

## Labyrinth reflection

### what is a labyrinth?

labyrinths in church/society. Probably wider society much longer than churches. No matter, used by all sorts of groups for meditative walking. Some would say, labyrinth is a form of walking prayer. For you, it may or may not be.

Labyrinth is a sacred place.

Single circular path leading to centre, and then out again. If you get lost, you can't actually get lost – you follow the path – it will take you to the centre, or to the entry point

Not a maze – you are not trying to find your way. You simply follow the path, and allow the way to be revealed to you

### Actual walk

Make sure phones are off, or silent

Remove shoes/socks if desired

R/R/R release, refresh, re-enter; release, receive, return

Might do walk with intention/thought/prayer/relaxed (or empty) mind

Possible question: what do I seek?

Be respectful of others

Metaphor – allow what happens to happen: no-one says anything has to happen, that in itself can be a metaphor.

Be aware of expectations – what do I expect? Experience your experience.

Allow surprises. Do what is right for you eg pausing, prostrating, praying

Walk at own pace – no time frame (except for constraints we have with conference program);  
some more quickly, some more slowly, with few/lots of pauses –  
there is no right way, or more accurately, there is no wrong way to  
walk a labyrinth  
Pass on corners (or anywhere)

Begin walk with ritual, end walk with ritual  
Individually take time to centre yourself, however you may do that; if  
not sure how to, best way be aware of your breathing – slow it  
down, breathing in, breathing out; could use a mantra/verse/word  
but don't have to.  
When you finish, reflect on walk: what happened; if nothing, that is  
what happened – whatever happened, what is that a metaphor for;  
End with a group ritual

Symbolism: very briefly  
Petite Chartres labyrinth  
7 circuits – obviously rich symbolism with number 7  
Centre: some say it is a rose with six petals – a symbol of Mary;  
perhaps its Luther's rose!!  
Six sections (name??) can represent six days of creation (plus rest)  
Petitions of Lord's Prayer

Briefly talk about finger labyrinths

Beginning:  
Gather in middle  
Rilke: "There is nothing so wise as a circle"  
Share one word/phrase describes what is happening for you now;  
pass if not ready/prefer not to

Psalm 25:4 Make me to know your ways, O God; teach me your paths

Remind to centre self; allow Holy Spirit to guide you in your walk

Allow one at a time; allow plenty of space between (remember  $\frac{1}{4}$ ,  $\frac{1}{2}$  whole spacing)

Hold the space while walking

Ending: gather in centre

(depending on time) allow for debrief

Debrief – 3 practices

- 1) Speak with intention: noting what has relevance to the conversation in the moment
- 2) Listen with attention: respectful of the learning process for all members
- 3) Tend the well-being of the circle: remaining aware of the impact of our contributions

Choose depending on time available

Sharing/perhaps reverse of beginning – ie one word/phrase, what's happening

Or what metaphor jumped out at you? What have you learnt? What will you take with you?

Close with prayer/poem/verse

If time allows, discussion re use personally, in schools, other (my own availability?)