

# Guidelines for the Labyrinth Walk



Keep in mind that walking the labyrinth is a sacred activity, and it is not to be rushed or forced. Here are a few suggestions to enrich your prayer walk:

- **Stop, relax, and breathe** deeply at the entrance. You might want to set an intention for yourself before beginning or formulate a question you would like to have answered.
- **Begin walking slowly, following the winding path towards the center.** Release any busy thoughts, concerns, or burdens of any sort. As your body moves into a peaceful rhythm of contemplation, an awareness of the infinite presence active in you may be quickened.
- **If you meet another walker** on the path, simply step aside and pass with reverence.
- **When you reach the center, pause** for as long as you like and focus your attention on the divine or infinite.
- **As you leave the center** and begin to return toward the outer edge, maintain serenity, and offer silent praise and thanksgiving.