

How to walk a labyrinth

Labyrinths have their origins in many ancient spiritual and religious traditions. Many see 'walking the labyrinth' as a way of making a significant inward journey towards the centre of one's deepest self. The labyrinth is not a maze. It is just a simple path between the lines, which will lead you to its centre and out again.

When walking the labyrinth, you may find it helpful to:

- pause for a moment before you begin
- take your time, walking slowly and quietly
- notice how the path twists and turns – sometimes leading you to the centre and sometimes appearing to lead you away from it
- pause for a moment when you reach the centre, before turning to make your way out
- pause again when your walk is complete

Enjoy your journey!