

# Walking a Sacred Path

The Labyrinth is a pathway - a journey - a pilgrimage -  
- a physical manifestation of the interior workings.

## **Guidelines for Virtually Walking a Labyrinth's Three-Fold Path:**

When you arrive at the labyrinth's threshold pause to become aware of your intention for this prayer walk and seek to pay attention on the journey. Mindfully experience the process by remaining purposeful. Observe the process. There is no right way to walk this divine imprint other than with an attitude of surrender, tuning into your moment to moment feelings, breathing, opening...  
Follow your body & heart - let go of trying to figure anything out.

**1. Releasing:** From the entrance to the centre is the path of shedding or “letting go.” There is a release and an emptying of worries and concerns. Try to eliminate worldly concerns and quiet the mind. If you want to go deep and listen to the prompts of your soul, you may want to:

- Pray for someone in need as you walk.
- Make it a walk of thanksgiving and praise.
- Honour a benchmark: anniversary, birthday, death of a loved one.
- Make it a walk of discernment/decision-making.
- Walk with a question, a word, a dream, a mantra, a scripture verse.
- Do you carry some baggage or burdens on this path or in your life?
- What do you want to release as you walk in?
- What gifts, talents, and treasures do you bring to your journey?
- Who or what causes you to alter your path?
- How do you meet the twists, turns, or seeming dead ends in life?

**2. Receiving at the Centre:** When you reach the centre, stay there and focus for several moments. In the centre there is illumination, insight, clarity, and focus. It is here that you are invited into a receptive, prayerful, meditative state. Take time to allow what this unique moment offers.

- What is the centre of your life... is this the centre you want?
- Does anything happen in the centre of the labyrinth?
- If this is the turning point for you, what is the central theme of transformation for you?

When you sense you have received a gift, are centred and with peace, join in the journey outward.

**3. Relating & Reflecting:** The return walk from the centre to the exit is the path of becoming grounded and integrating the gifts received. There is energy and an invitation to share what was received. The way out is never the same as the way in, moments have passed and all is changed if only fractionally.

- What do you wish to receive or take on as you walk out?
- What are you given as you walk out?
- What has the labyrinth given you?

When you leave the labyrinth be mindful of letting the experience settle in you. Breathe deeply and express gratitude for this moment in time...

*Each stage of the 3-fold path is marked for you by the sound of our Tibetan Singing Bowl, as a gentle cue, should you feel moved to just close your eyes as you embark on a journey of the heart and soul to discover and uncover that which lies hidden deep within....*



# A Prayer Option to Lead you Through the Virtual Labyrinth Walk:

## Labyrinth Prayer (Adapted)

You are with me, Ever-Present Journeyer, as I stand at the opening to the labyrinth. Remind me that I do not make the passage to the center alone.

Encourage me to bring my entire life with me. Each particle is woven into my relationship with you. I bring all of it onto the path.

Instill trust in me as I begin to walk. Assure me that I can walk without fear, knowing you are my Guide.

Slow me with your stillness so I do not hurry the steps I take. Enable my patience and mindfulness to assist my focus on each step, as I join my breath to you, the One Breath.

When I reach the center, open the portals of my mind and heart to remove anything that prevents me from seeing clearly. Grant wisdom to know what to leave behind.

Before I begin the return journey, place in my heart the gift that will support my being more truly yours.

Strengthen and deepen my commitment to personal and world transformation. May each step be a step of kindness, of compassion, of justice, of hope, until the last step that moves me out beyond the labyrinth.

Wrap your peace around me as I go forth. May I move into what lies ahead with restored confidence.

**Adapted from: Prayer Seeds: A Gathering of Blessings, Reflections, and Poems for Spiritual Growth**  
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<http://www.labyrinthnetwork.ca>

<https://summersolsticefestivals.ca/events/>

<https://www.almanac.com/content/first-day-summer-summer-solstice>



*Blessings from Loretto Maryholme*