



About Labyrinths

- The labyrinth is an archetype, a divine imprint, found in many religious traditions in various forms around the world.
- Dating back to around 2,000 BC not a lot is known about their history, use, various designs or who designed and made them, other than manuscripts that included drawings that were copied and passed on. Some cathedral labyrinths were used to “find a path” to God, others appear to be purely decorative.
- In recent years they have seen a resurgence. Rapid changes such as industrial revolutions can lead to human displacement. As a result, people tend to shift to a greater level of consciousness and a need to connect with their inner selves for guidance and peace.
- Labyrinths are a circuitous pathway with usually the same entrance and exit, and circles signify elements such as unity, harmony, symmetry, connection and wholeness.
- A labyrinth differs from a maze in that they have one way into the centre and one way out, with no tricks or traps, just twists and turns. Walking a labyrinth is about finding your way, whereas walking a maze is about losing your way.
- Labyrinths are a meditation tool, e.g. a walking meditation and an opportunity to practice mindfulness of the breath, body and senses.
- Labyrinths can integrate both sides of the brain because whilst the left brain is thinking about where you need to walk (or where your finger needs to go), the right brain is free to be creative and come up with new ideas or solutions to problems.

Benefits to Walking a Labyrinth

Walking a Labyrinth can help with:

- Allowing a state of stillness and receptivity where we can receive creative thoughts, answers to questions or insight on challenges.
- Settling restless energy and preparing for sleep.
- Feeling connected to nature and the earth.
- Developing a greater level of self-awareness, self-reflection and self-acceptance.
- Focus, concentration and clarity
- Thoughtfully responding instead of reacting and constructively channelling emotions.
- Connecting to your body and integrating the mind, body and spirit.
- Creating a sense of connection not only with your inner self but with those around you “on the same path”.





Three Stages to Walking a Labyrinth

n.b. this is my own adaption I use in my labyrinth workshops

- Entrance to the centre – set your intention, e.g. mantra, question/problem, releasing (see some options below)
- Centre – pause and let go of the intention.
- Centre to exit – connect to your intuition and allow any guidance, thoughts, images, words, ideas or solutions to come through.

Options for Labyrinth Meditations

- Mindful walking exercise - tuning into your body and the sensations of each movement.
- Use a favourite word, phrase or affirmation - repeat the mantra slowly as you "walk."
- Recite a prayer or pray to your deity as you walk.
- Walk with a question, e.g. "what do I need to know right now?"
- Ask for insight or guidance on a problem you may be struggling with.
- Release something, e.g. an emotion, negative thought, your inner critic, grief.
- Reconnect with your body - explore sensations, emphasise movement, listen to messages of pain.
- Celebrate a milestone or benchmark, e.g. birthday, retirement, anniversary of something.
- Interpret a dream that you have had recently.
- Creative thought - come up with an idea or project you would like to work on or need help with.
- Break the cycle of repeated patterns or behaviour, e.g. perfectionism, job losses, toxic relationships, financial losses, bursts of anger.
- Seek your soul or life purpose - ask for images or symbols.
- Journal writing before or/and after.





Tips for Walking a Labyrinth

- Remove your shoes (if it is culturally appropriate to do so).
- There is no right or wrong way to walk.
- Allow one minute between walkers.
- Review the route before you enter so you know which way it goes.
- Walk at a natural pace.
- Let go of expectations.
- Open heart = open mind (allow any feelings to flow).
- Use whatever happens in the labyrinth as a metaphor for your current life experience.

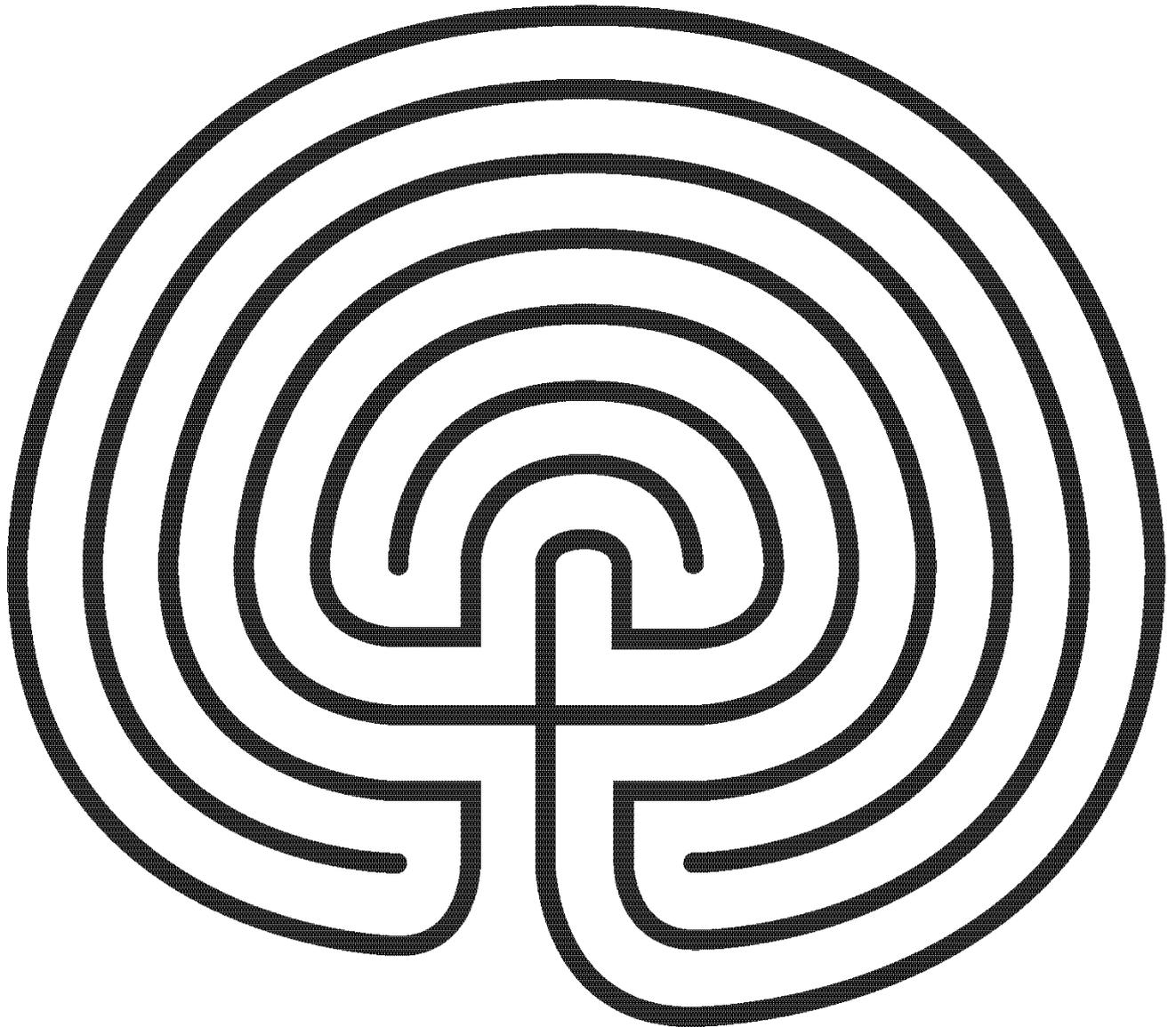




Finger Labyrinth Meditation Exercise

- Print out which labyrinth you want to try from the attached pages (print on cardboard/thick paper if you have) and have a pen and paper ready in case you want to write down anything afterwards.
- Sitting in your meditation posture (legs crossed, back upright, shoulders relaxed or sitting in chair with feet flat on the floor).
- Holding your labyrinth in your dominant hand, e.g. right if you are right handed with the index finger of your other hand ready at the beginning of the labyrinth (n.b. you can use any finger).
- Keeping your eyes open and taking a slow deep breath in through your nose and then out through your mouth, feeling that connection with your body to the earth beneath you.
- Letting your breathing flow naturally, in and out through your nose, noticing the feel of the air as it flows in and out through your nostrils.
- Noticing the gentle rise and fall of your chest with each breath and the inflation and deflation of your belly with each breath.
- When you are ready, begin tracing the circuit towards the centre focusing on any question you want answered, any problem you want solved or mantra to repeat, or just be open to whatever comes up.
- At the centre of the labyrinth, take a few breaths as you let go of your questions, quiet your mind and be still.
- When you are ready, trace your way back out, staying open to whatever solution, ideas or thoughts that come to you along the way.
- When your “walk” is done, place both hands on the labyrinth (or hold it with both hands) and give thanks for whatever you have learned.









Additional resources:

- [Labyrinth History & Walking](#) – YouTube video from the Labyrinth Society
- [Walking into Stillness – Encountering the Labyrinth](#) (Youtube video)
- [Veriditas](#) – worldwide organisation that trains labyrinth facilitators and is dedicated to inspiring personal and planetary change and renewal through the labyrinth experience.
- [The Labyrinth Society](#) – an international group of labyrinth enthusiasts whose mission is to support all those who create, maintain, and use labyrinths. They also have a worldwide [labyrinth locator](#).
- [The Australian Labyrinth Network](#)

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*It is in the stillness that we find peace, acceptance, compassion,
clarity, wisdom and ourselves.*

(Michelle Eckles)

