

Labyrinth: The Walking Prayer

The labyrinth is a metaphor for life—a pilgrimage or journey with the divine, a journey in which we can grow closer in relationship with God, and in turn, become closer to others. In life, as in the labyrinth, we don't always know where the path will take us.

We don't foresee the twists and turns that the future holds, but we know that the path will eventually arrive at the center. Sometimes the path leads inward toward the ultimate goal, only to lead outward again. We meet others along the path—some we meet face-to-face stepping aside to let them pass; some catch up to us and pass us from behind; others we pass along the way. At the center we rest, watch others, pray. Sometimes we stay at the center a long time; other times we leave quickly.



Suggestions for ways to use the labyrinth in prayer:

1. Ask a question upon entering and then listen for an answer.
2. Pray for yourself on the way in, stop to experience God's love in the center, and pray for others on the way out (or vice versa). While we walk the labyrinth individually, we can expand our consciousness to encompass others in our prayer.
3. Recite a short prayer or mantra as you walk. The repetition may help you quiet your mind and allow your consciousness to be open.
4. As you move toward the center of the labyrinth, focus on letting go of distractions or worries that keep you separated from life and from relationships. In the center, spend time reflecting on your relationship with the world around you.

Adapted from *Soul Shaper* by Tony Jones.

