

# Introducing Labyrinth Walking

## Seeking the Sacred Thread

August, 2015





A circular wooden labyrinth with a central flower-like design. The labyrinth is made of light-colored wood and has a dark wood path. The path starts from the outside and winds inward, forming a series of concentric loops. The central area is a small circle with a flower-like pattern. A small figure, possibly a person or a robot, is visible on the right side of the labyrinth, near the outer edge.

Who has never walked a labyrinth?

Who has walked a labyrinth 1-10 times?

Who has walked a labyrinth more than 10 times?



# Pilgrimage Ritual

Stand.

As we bow our heads,  
we remember that the first step  
on the path is humility.

The second step, letting go,  
is symbolized by  
holding two fists out  
and opening them downward.

The third step, receiving,  
is honored by turning the palms up  
in a gesture of openness.

For the fourth step, both hands  
are placed over the heart.

Then, all pray,  
“May the path lead us Home.”

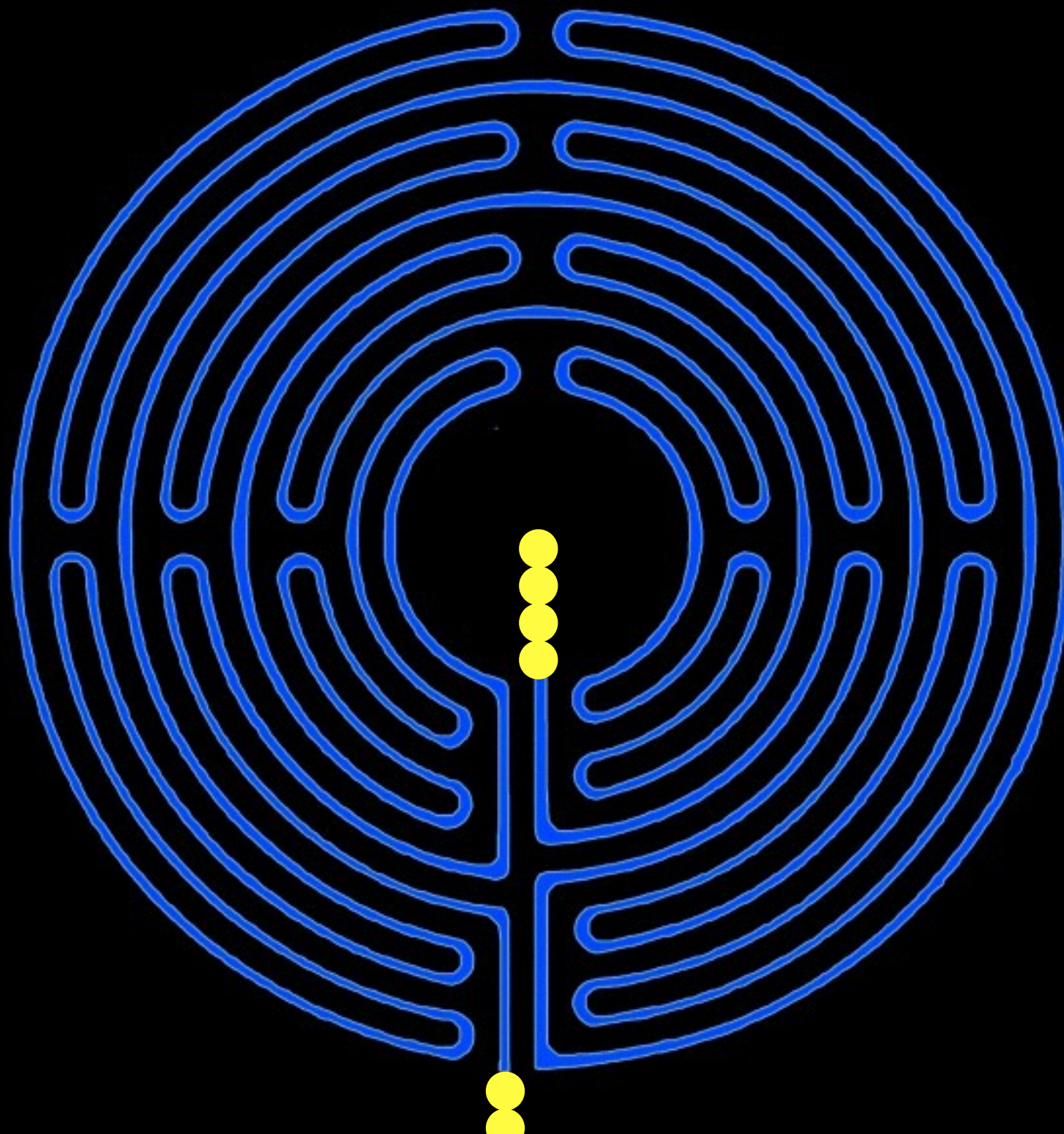
Created by: Cielle Tewksbury







**Labyrinths are designs that consist of a single, winding path that begins at the periphery and leads to a central space. The way out is on the same path, but in the opposite direction.**





A labyrinth has one--and only one--pathway.  
Mazes have many.  
There are no tricks or dead ends in a labyrinth.  
You can't get lost.

Karen Wingaba Maze  
at a Buddhist Temple  
Yangon, Myanmar



Symbols help us to grasp  
and remember what is  
most important.



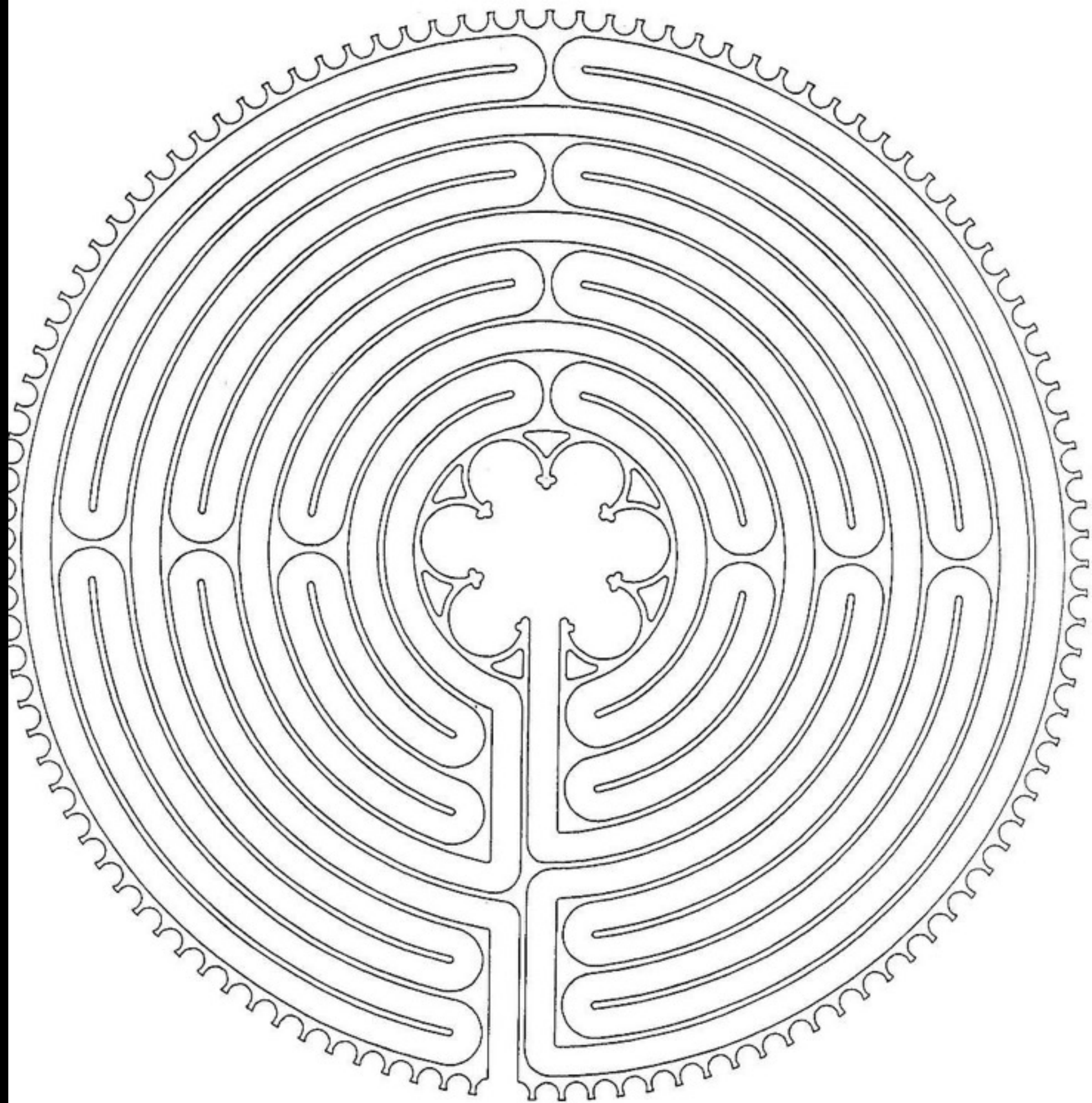
Grace Cathedral, San Francisco, California (USA)



Drawing a  
Circle

Creating  
sacred space  
to nurture  
personal and  
community  
connections

Self  
Divine  
Others







Home

Community Center Labyrinth created in Yangon, Myanmar  
Ecumenical Event for children from Buddhist, Christian, Muslim, and Hindu families





Home  
Northern Rwanda



Historical labyrinths exist all over the world.  
The oldest is approximately 4,000 years old.  
It is found in Goa, India.

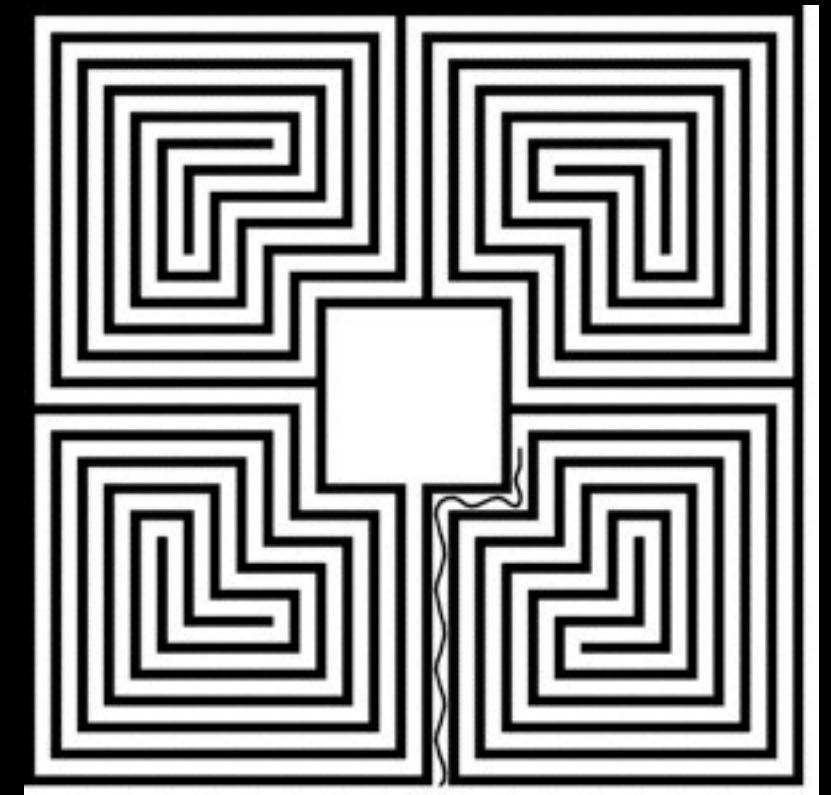
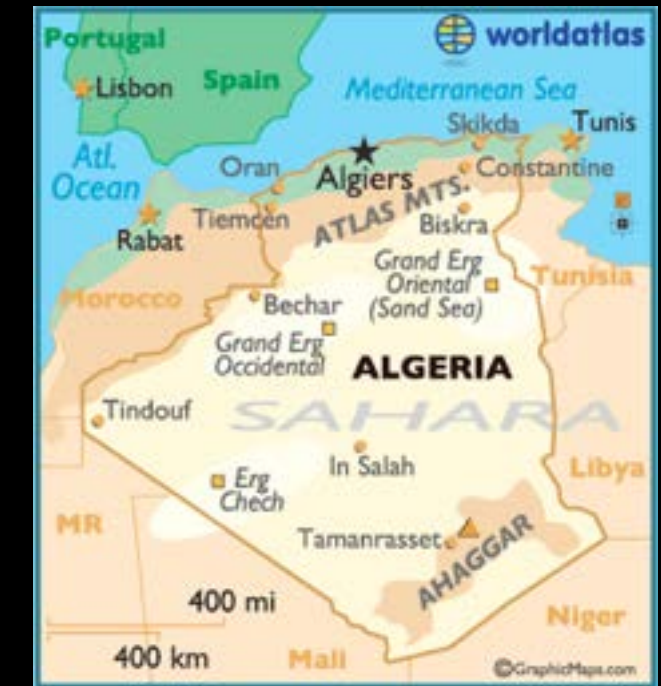
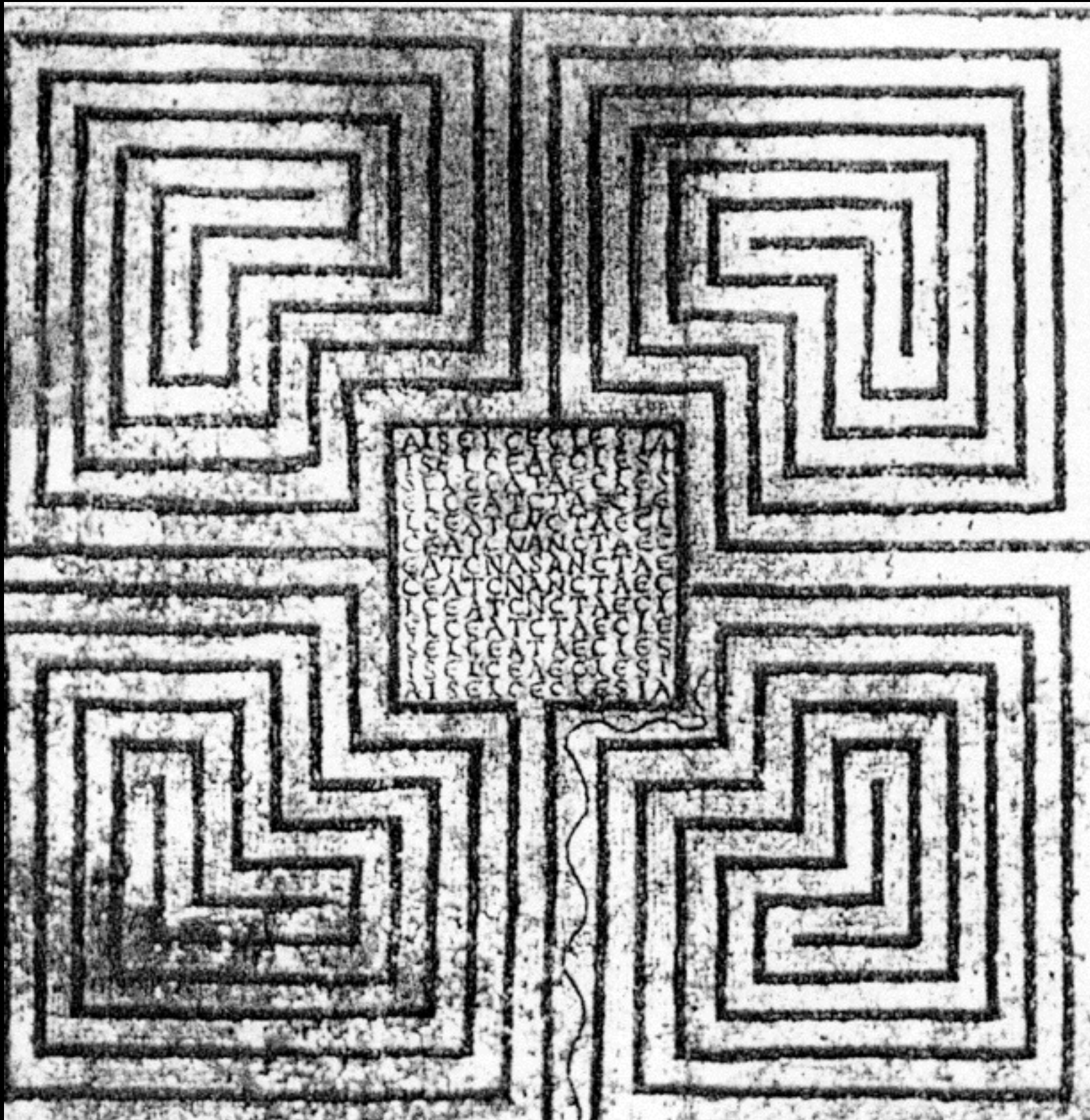


Goa, India 2,000-2500 BCE  
Pansaimol Labyrinth

©Jeff Saward see [Labyrinths and Mazes](#) & [www.labyrinthos.net](http://www.labyrinthos.net)



Christians began using labyrinths as early as 324 A.D.



From a church in Orléansville, Algeria (Africa)









Labyrinth - Vatican,  
Biblioteca Apostolica Vaticana, Pal. lat.  
291, detail of f. 170v. Rabanus Maurus,  
De rerum naturis. 1425






Cathedral Labyrinth  
St. Quentin, France



There are 4,800 labyrinths  
in over 77 countries that are currently listed on the  
world-wide labyrinth locator at [www.labyrinthlocator.org](http://www.labyrinthlocator.org).

| Hennepin Avenue United Methodist Church   |        |         |           |  | ID#5206  |
|---|--------|---------|-----------|--|--|
| Church or Place of Worship  | Public | Outdoor | Permanent |  |  |
| <div>Address: 511 Groveland Avenue<br/>Minneapolis, Minnesota 55403<br/>United States<br/><a href="#">view map</a></div> <div>Directions/notes: Labyrinth is adjacent to the main entrance, just off the parking lot.</div> <div>Contact: Phone: 612-871-5303</div> <div>Web: <a href="http://hennepinchurch.org">http://hennepinchurch.org</a></div> <div>Schedule: Always open</div> <div>Type: Classical<br/>5-circuit concentric classical</div> <div>Material: Rock or Garden<br/>square stepping stones in turf</div> <div>Date installed: 2009</div> |        |         |           |  |  |
|   |        |         |           |  |  |

| Hennepin Avenue United Methodist Church   |        |        |          |  | ID#241 |
|---|--------|--------|----------|--|--------|
| Church or Place of Worship  | Public | Indoor | Portable |  |        |
| <div>Address: 511 Groveland Ave.<br/>Minneapolis, Minnesota 55403-3240<br/>United States<br/><a href="#">view map</a></div> <div>Contact: Bob Brinkley<br/>Phone: 612-871-5303<br/>Email: <a href="mailto:staff@themethodistchurch.org">staff@themethodistchurch.org</a></div> <div>Web: <a href="http://hennepinchurch.org">http://hennepinchurch.org</a></div> <div>Schedule: Open for scheduled events</div> <div>Material: Canvas</div> |        |        |          |  |        |



**Before entering: Will I do this?**

**Prepare yourself for your walk.**

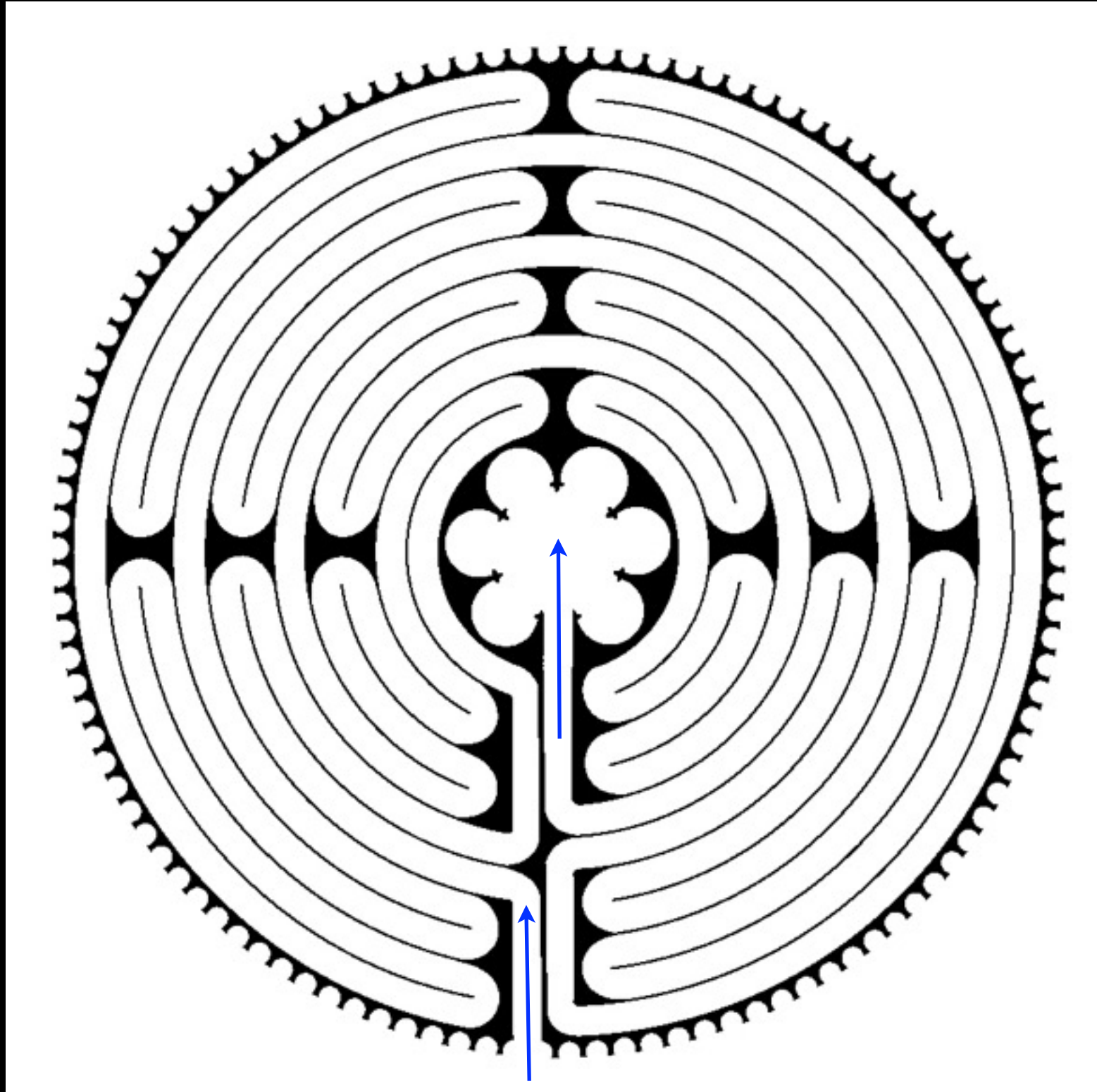




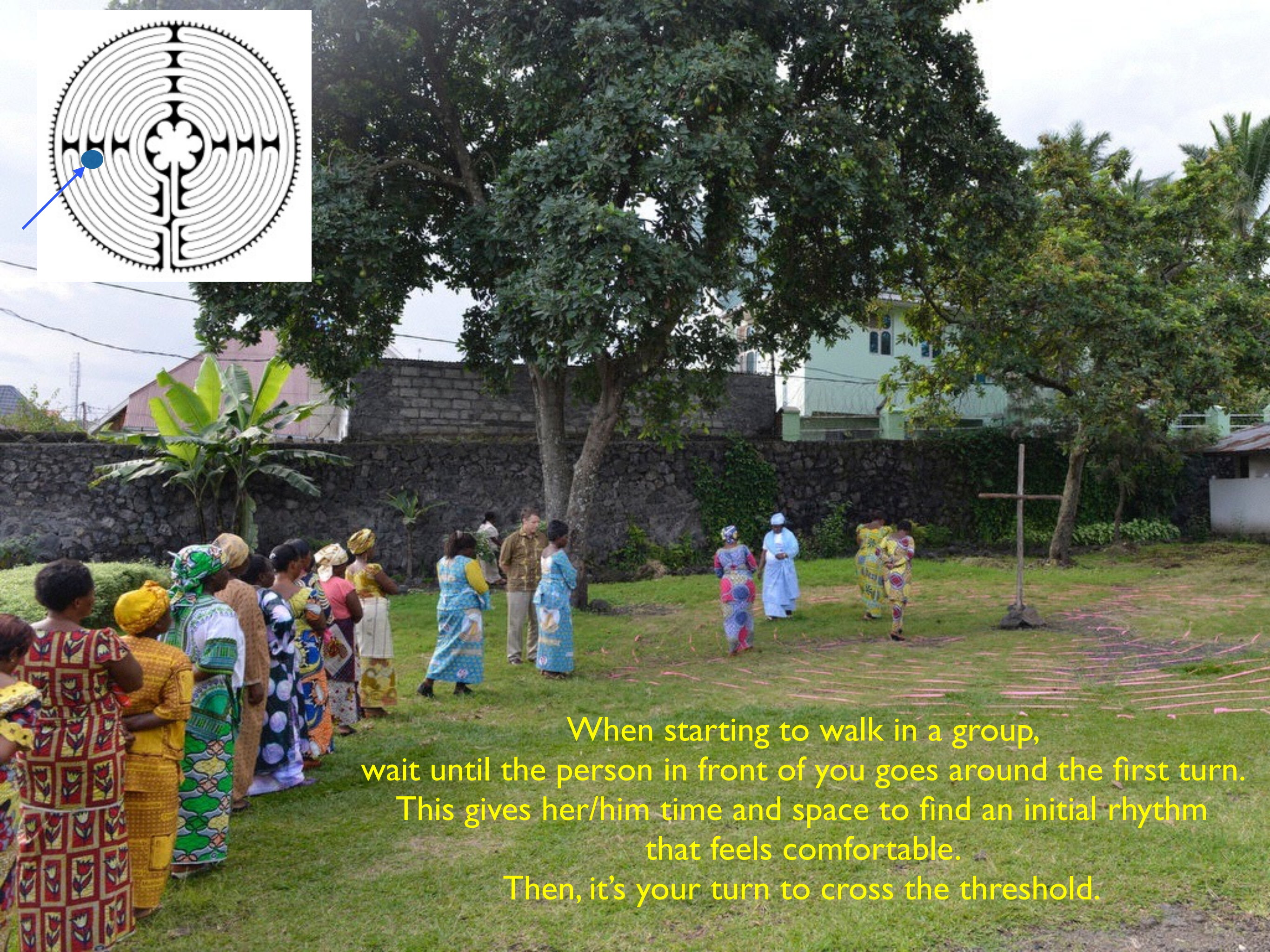
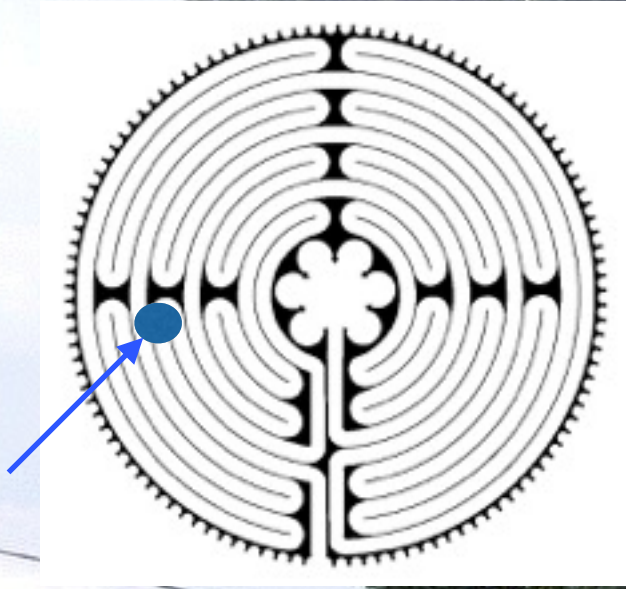




You enter the labyrinth through its “gate” or “door.”  
Then, you follow its pathway to the center while you pray.



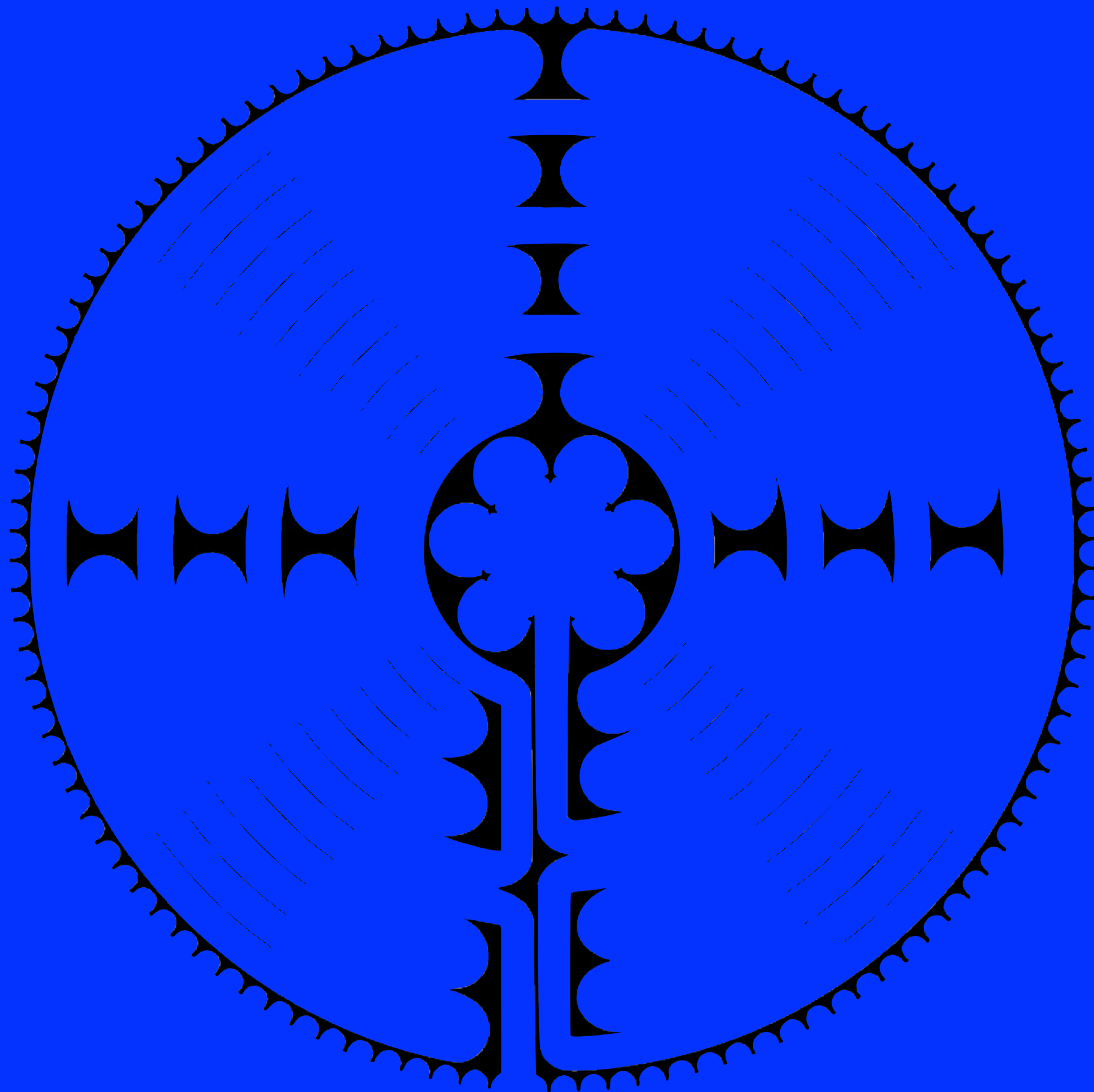




When starting to walk in a group,  
wait until the person in front of you goes around the first turn.  
This gives her/him time and space to find an initial rhythm  
that feels comfortable.  
Then, it's your turn to cross the threshold.



You are  
being led to  
the center.  
You can  
trust the  
path







Pay special attention as you turn.



When walking the labyrinth you can move around another person, or let someone “pass” you.





**When you get to the  
center:**

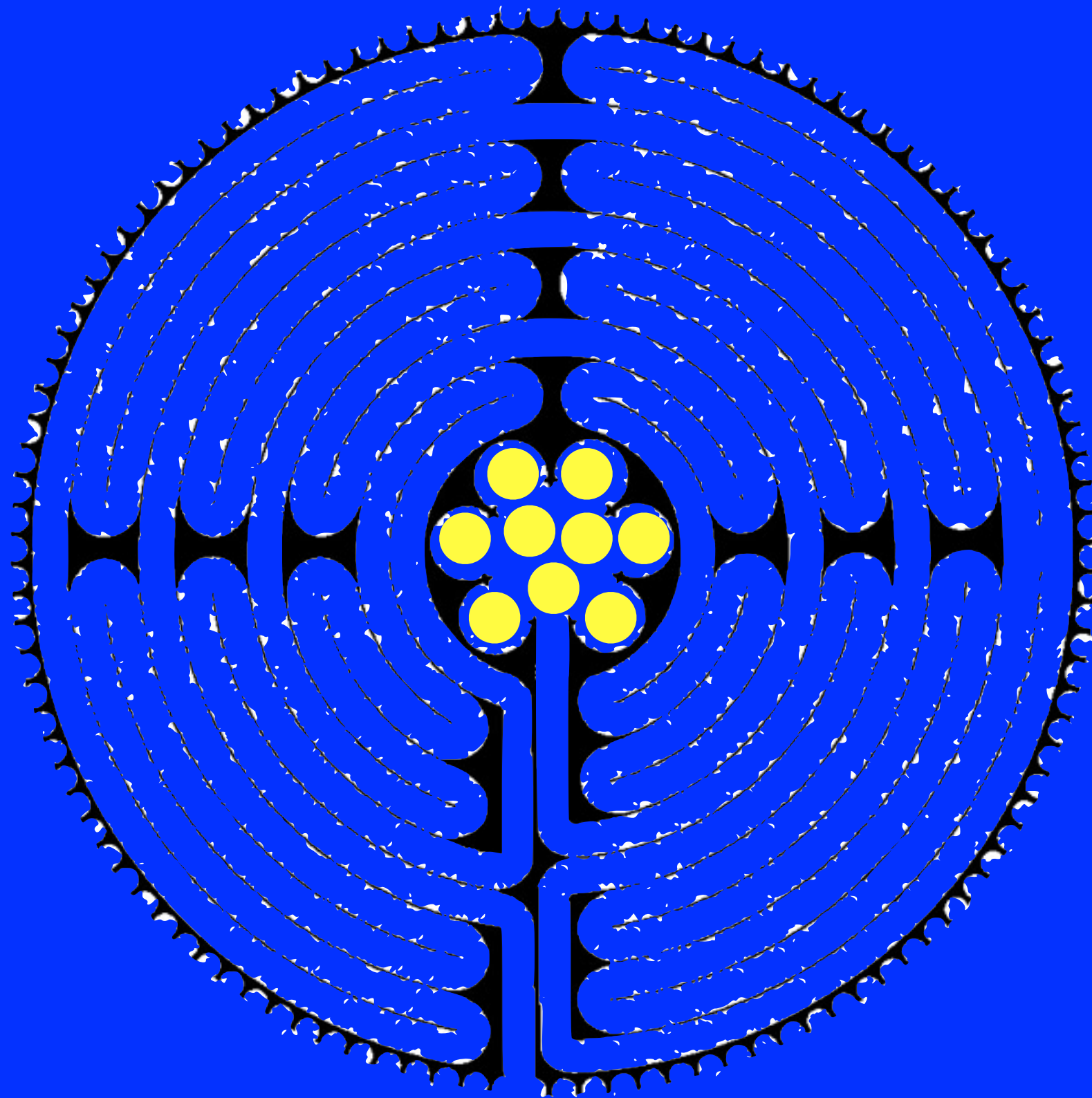
Rest  
Listen  
Receive  
Offer thanks

Stay in the center  
as long as you would like.





There is room in the center for many people.

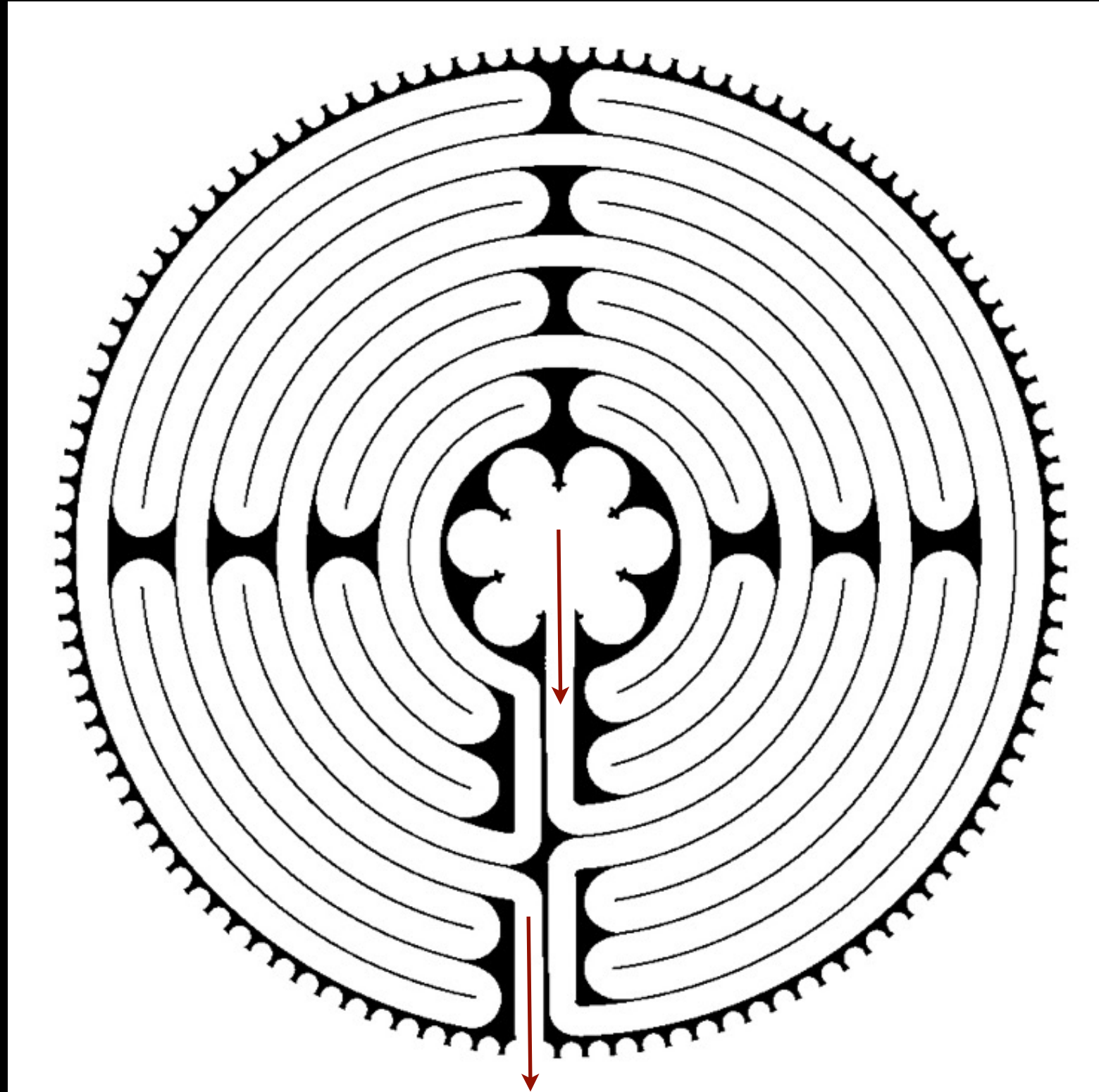








The same path is used as you continue your prayer  
when returning to the single opening in the perimeter.





Prepare yourself to leave.







You can get turned around, but it's not a problem.

You will end up either in the center or at the doorway.

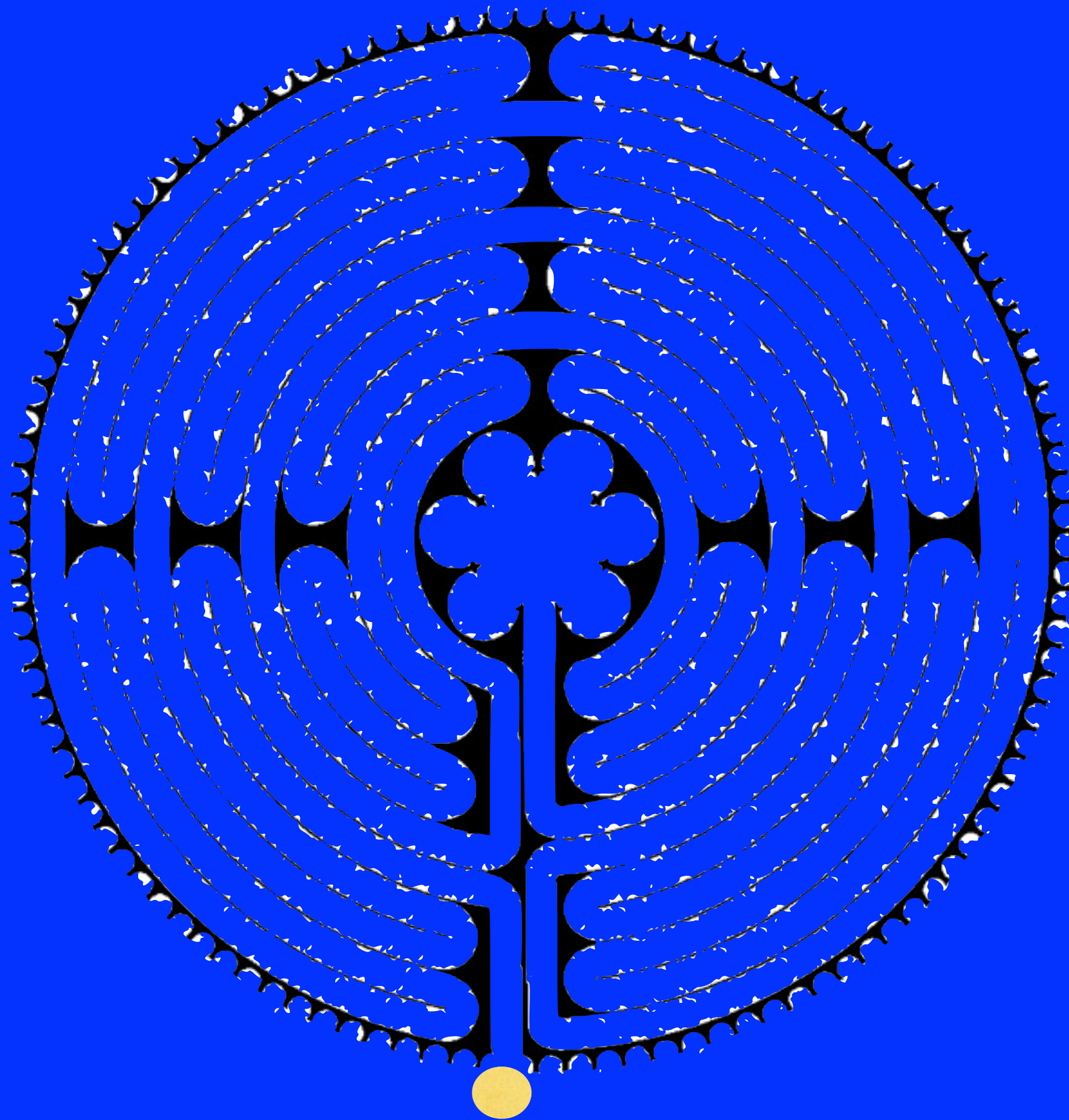


You may experience a variety of feelings while praying.  
Each is a messenger that can serve you.  
It's okay to express your feelings, even if others are nearby.






**Revisiting Your Prayer Experience:  
make time for personal reflection.**








There is a way to begin,  
meaningful movement is the child of stillness.

Alla Bozarth-Campbell, "Dancing the Labyrinth"

lighted labyrinth--  
around midnight in February

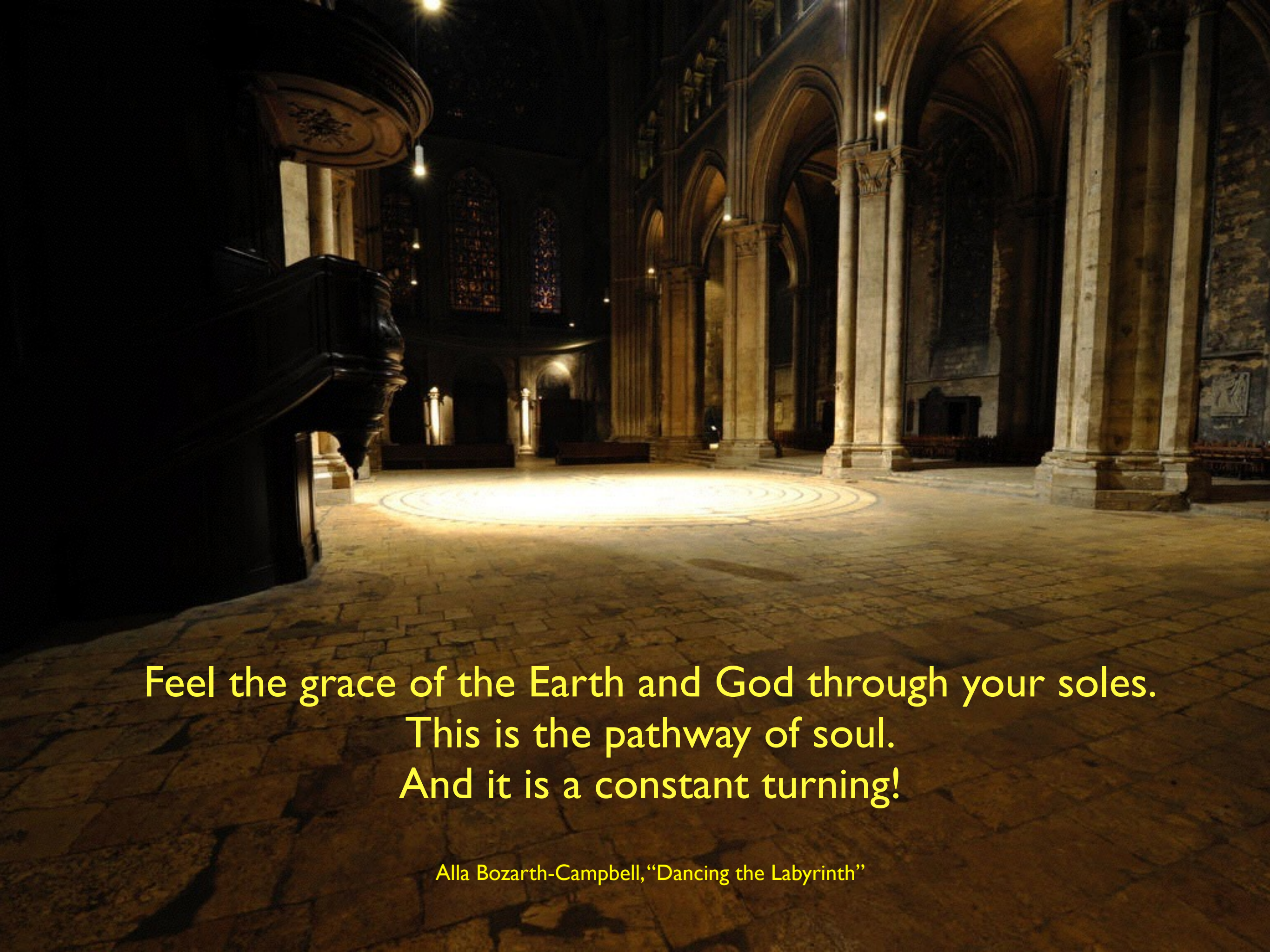




See where you are.  
You do not have to be anywhere else  
or better than you are.

Alla Bozarth-Campbell, "Dancing the Labyrinth"

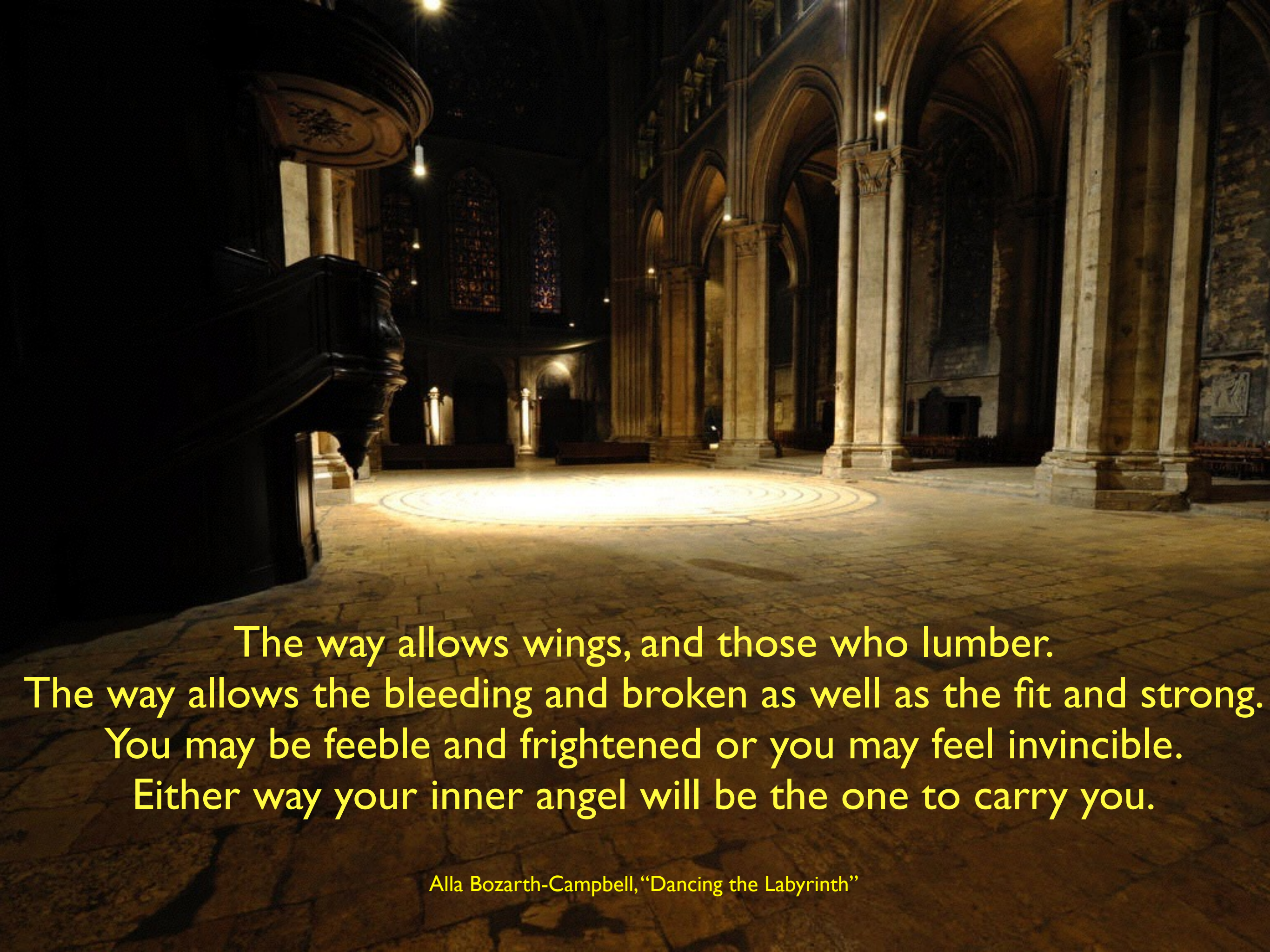


A photograph of the interior of a large, dimly lit cathedral. The floor is made of large, irregular stone tiles. In the center of the floor, there is a large, circular labyrinth pattern. A bright light source, possibly a spotlight or a large window, illuminates the labyrinth, creating a strong contrast with the dark surroundings. The walls are high and feature Gothic-style arches and columns. Stained glass windows are visible in the background. The overall atmosphere is solemn and spiritual.

Feel the grace of the Earth and God through your soles.  
This is the pathway of soul.  
And it is a constant turning!

Alla Bozarth-Campbell, "Dancing the Labyrinth"





The way allows wings, and those who lumber.  
The way allows the bleeding and broken as well as the fit and strong.  
You may be feeble and frightened or you may feel invincible.  
Either way your inner angel will be the one to carry you.

Alla Bozarth-Campbell, "Dancing the Labyrinth"

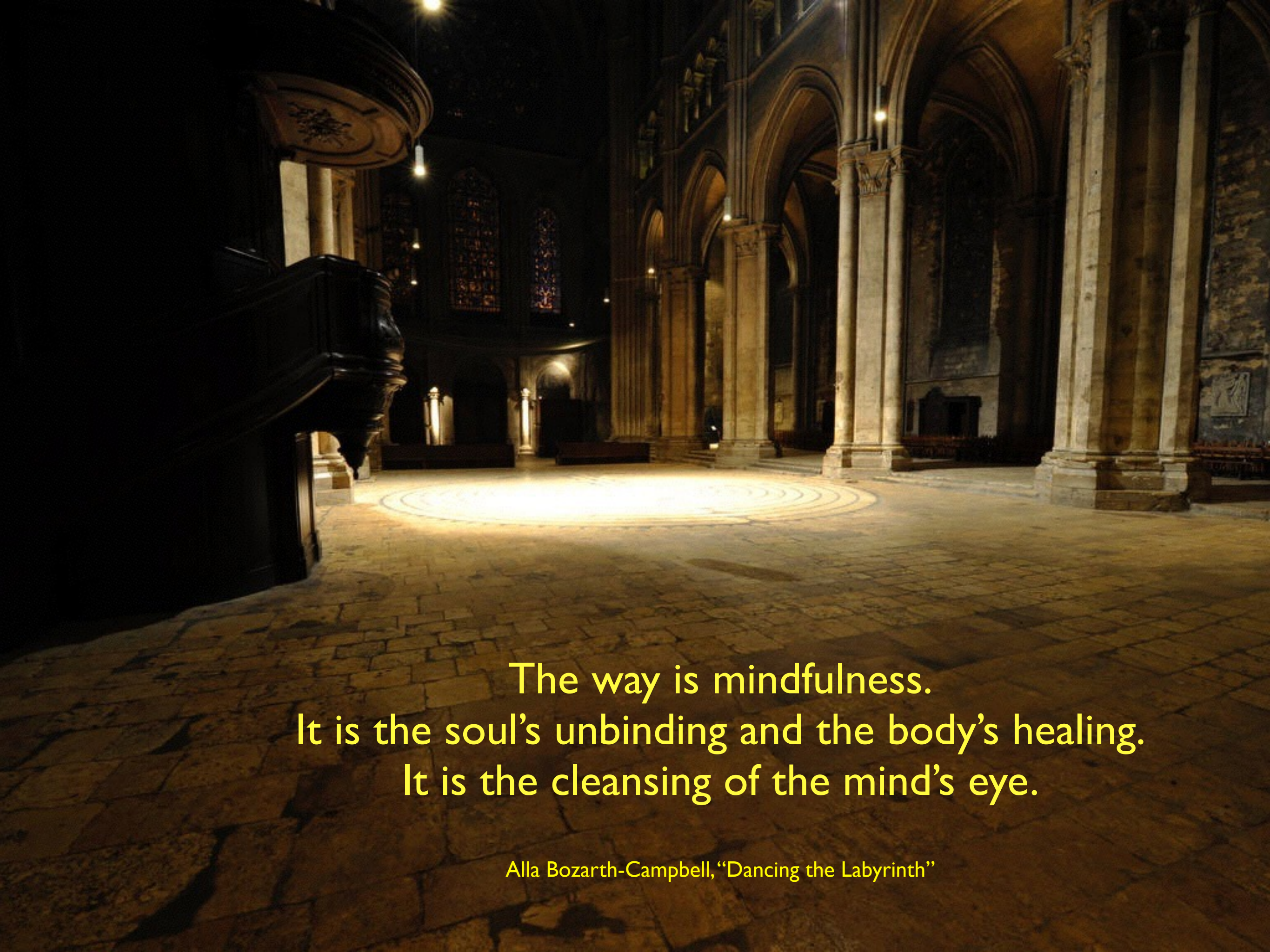


A photograph of the interior of a large, dark cathedral. The floor is made of large, irregular stone tiles. In the center of the floor, a bright, circular light illuminates a circular pattern of concentric lines. To the left, a dark, ornate wooden structure, possibly a pulpit or part of a choir screen, is visible. In the background, tall, arched stone columns support the ceiling, and stained glass windows are visible in the distance. The overall atmosphere is dark and mysterious, with the central light providing a focal point.

The way is black and white and also living colors—  
all suggesting change.

Alla Bozarth-Campbell, "Dancing the Labyrinth"





The way is mindfulness.  
It is the soul's unbinding and the body's healing.  
It is the cleansing of the mind's eye.

Alla Bozarth-Campbell, "Dancing the Labyrinth"

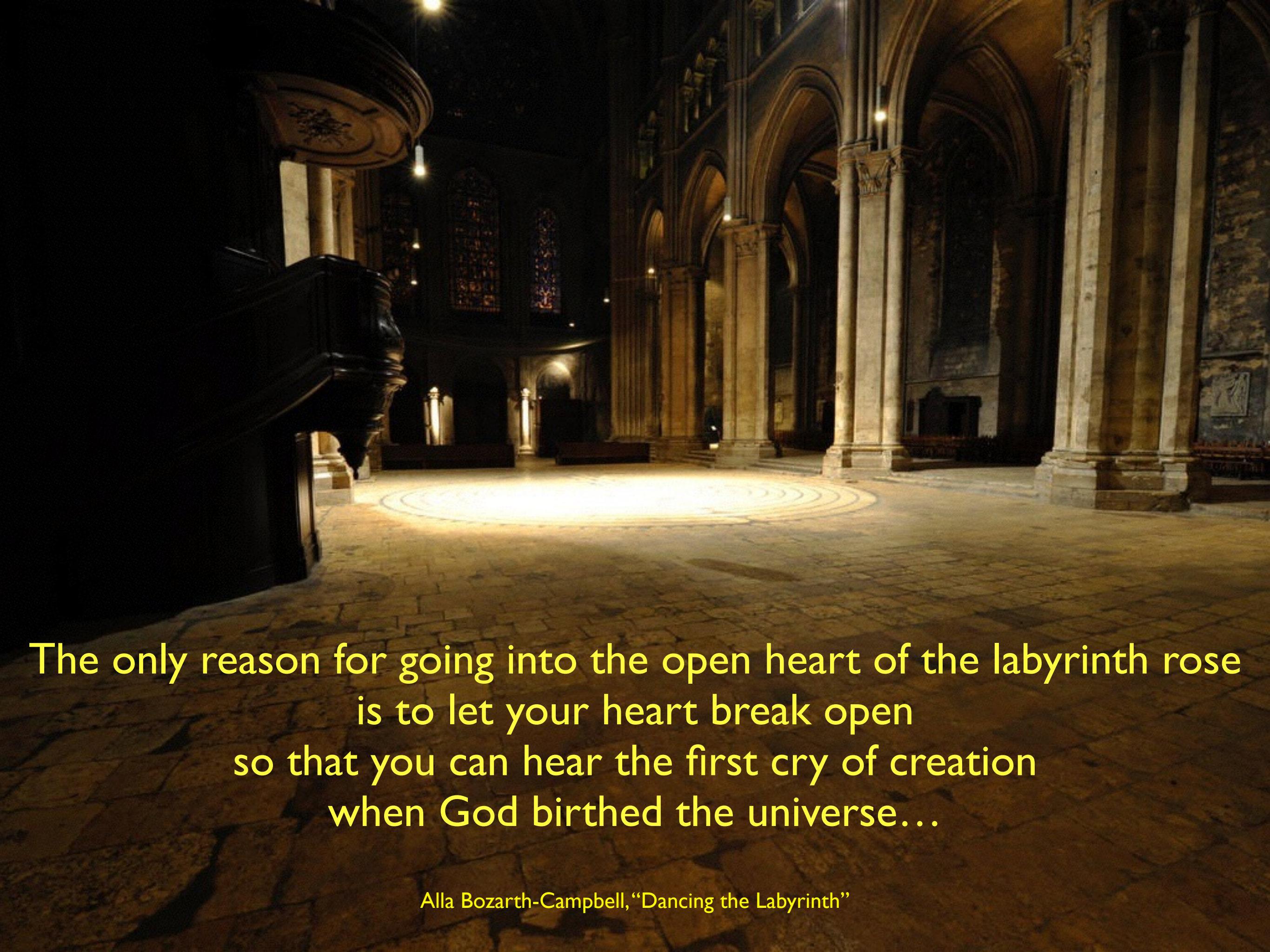




Simply begin.  
At the center you will find your truest self  
and your birthplace  
at the heart of the rose.  
In the phoenix nest at the center you will be touched by fire.

Alla Bozarth-Campbell, "Dancing the Labyrinth"

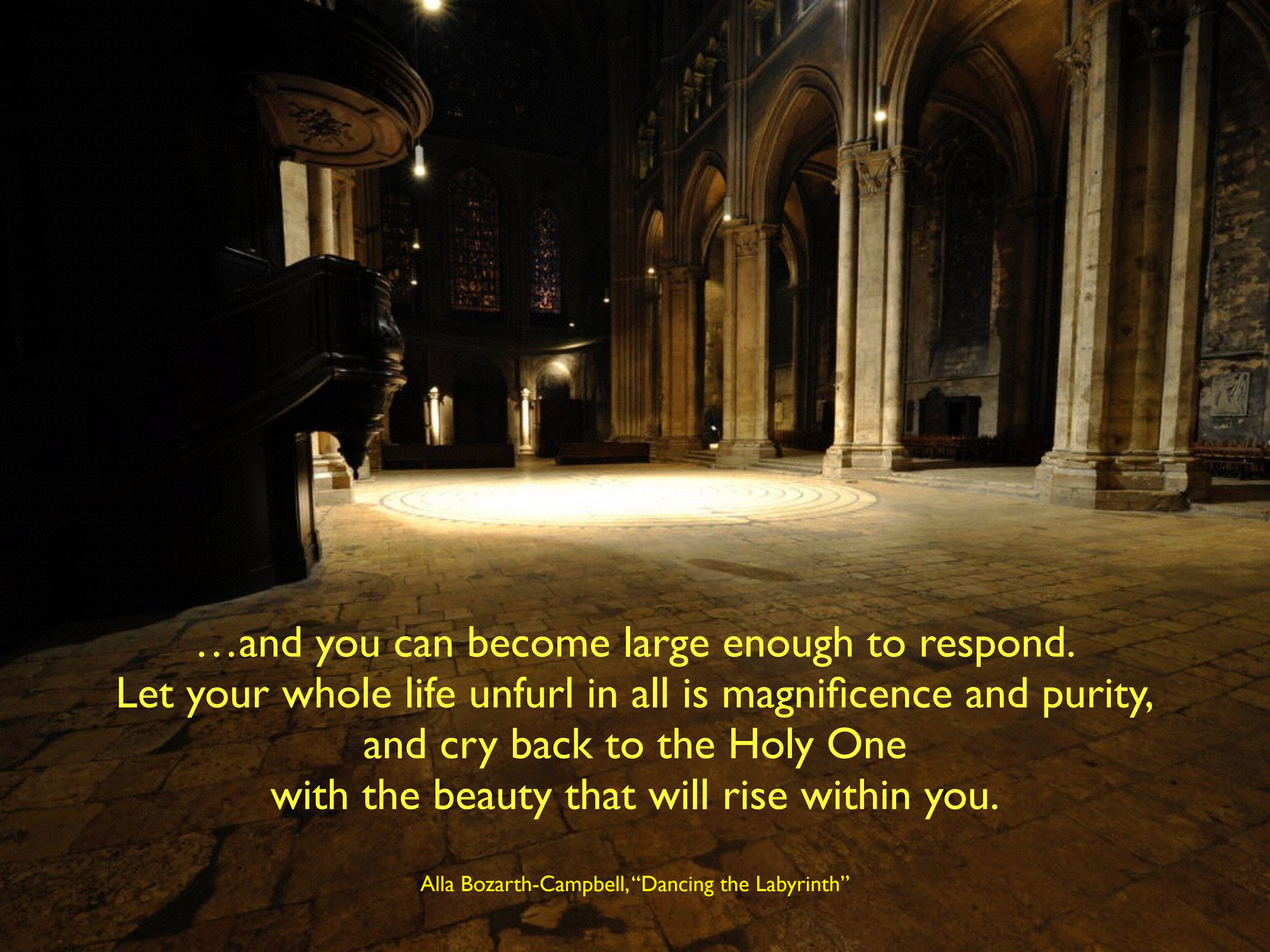




The only reason for going into the open heart of the labyrinth rose  
is to let your heart break open  
so that you can hear the first cry of creation  
when God birthed the universe...

Alla Bozarth-Campbell, "Dancing the Labyrinth"





...and you can become large enough to respond.  
Let your whole life unfurl in all its magnificence and purity,  
and cry back to the Holy One  
with the beauty that will rise within you.

Alla Bozarth-Campbell, "Dancing the Labyrinth"





LABYRINTH  
EVERYONE'S  
WELCOME



# Community Uses of Labyrinths



Pastors, Cambodia





Discerning together





Praying together





Creating rituals to nurture

Frost Labyrinth Northfield, Minnesota (USA)





Christ Special times of celebration





New Year's Communion, Yangon, Myanmar





Praying for the world in crisis  
Global Healing Response  
<http://globalhealingresponse.com/>

Flooding, Kalaymo, Myanmar



Before we  
walk







We are walking with our bodies.  
Use yours to help you enter the experience fully.





“All journeys have secret destinations  
of which the traveler is unaware.”

Martin Buber (Jewish Philosopher) in Tales of the Baal Shem Tov



You can walk in a way that is natural for you.  
Your way is the “right way”.

Open

Saying a mantra

Reflecting on a question

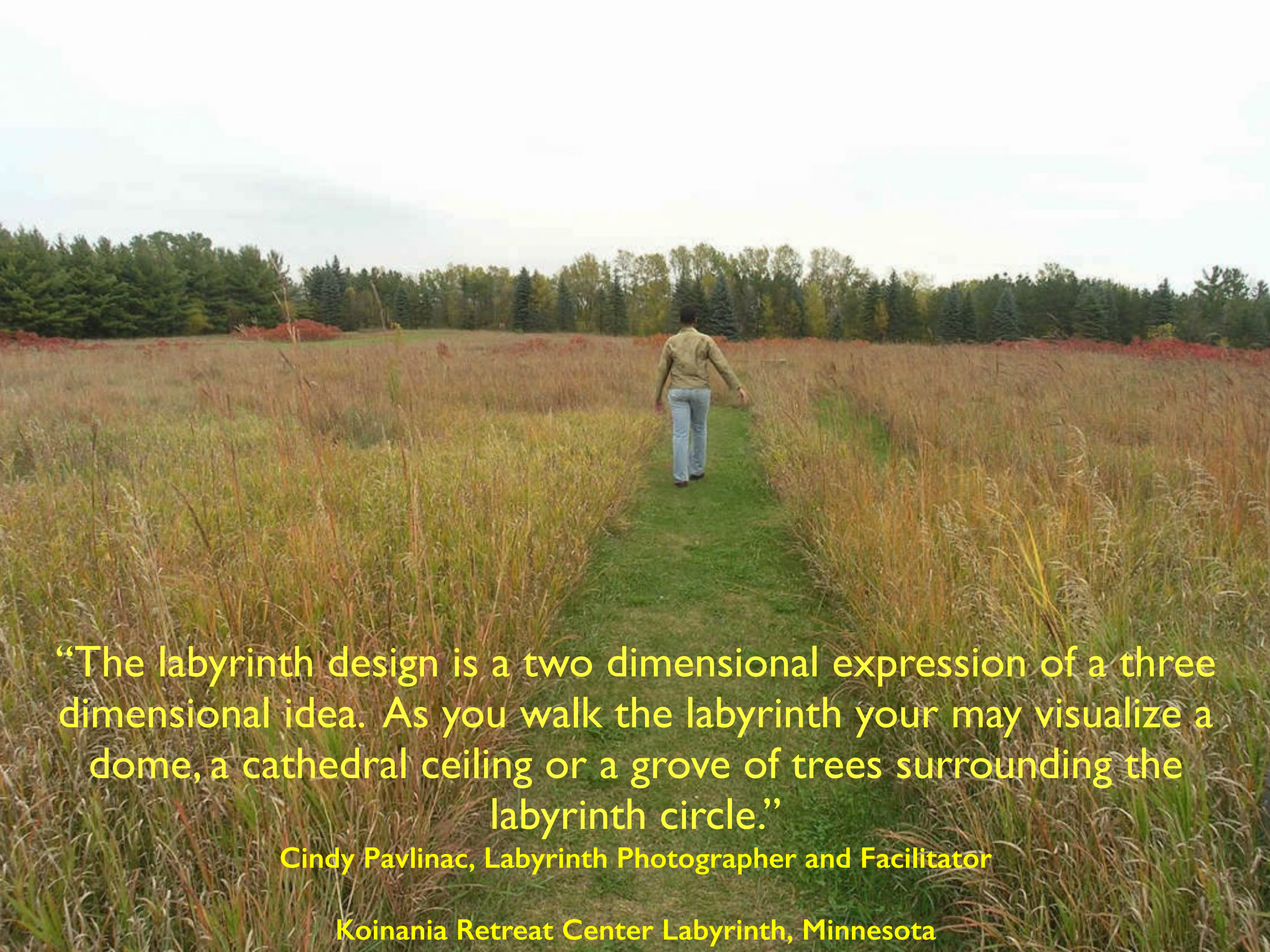
Singing a spiritual song

Praying for others

Resting in center

Praying for self





“The labyrinth design is a two dimensional expression of a three dimensional idea. As you walk the labyrinth your may visualize a dome, a cathedral ceiling or a grove of trees surrounding the labyrinth circle.”

Cindy Pavlinac, Labyrinth Photographer and Facilitator

Koinania Retreat Center Labyrinth, Minnesota



Keep walking, though  
there is nowhere  
to get to.  
Move within,  
but don't move  
the way fear  
makes you move.”

Rumi in Coleman Barks,  
*The Illuminated Rumi*, 31.



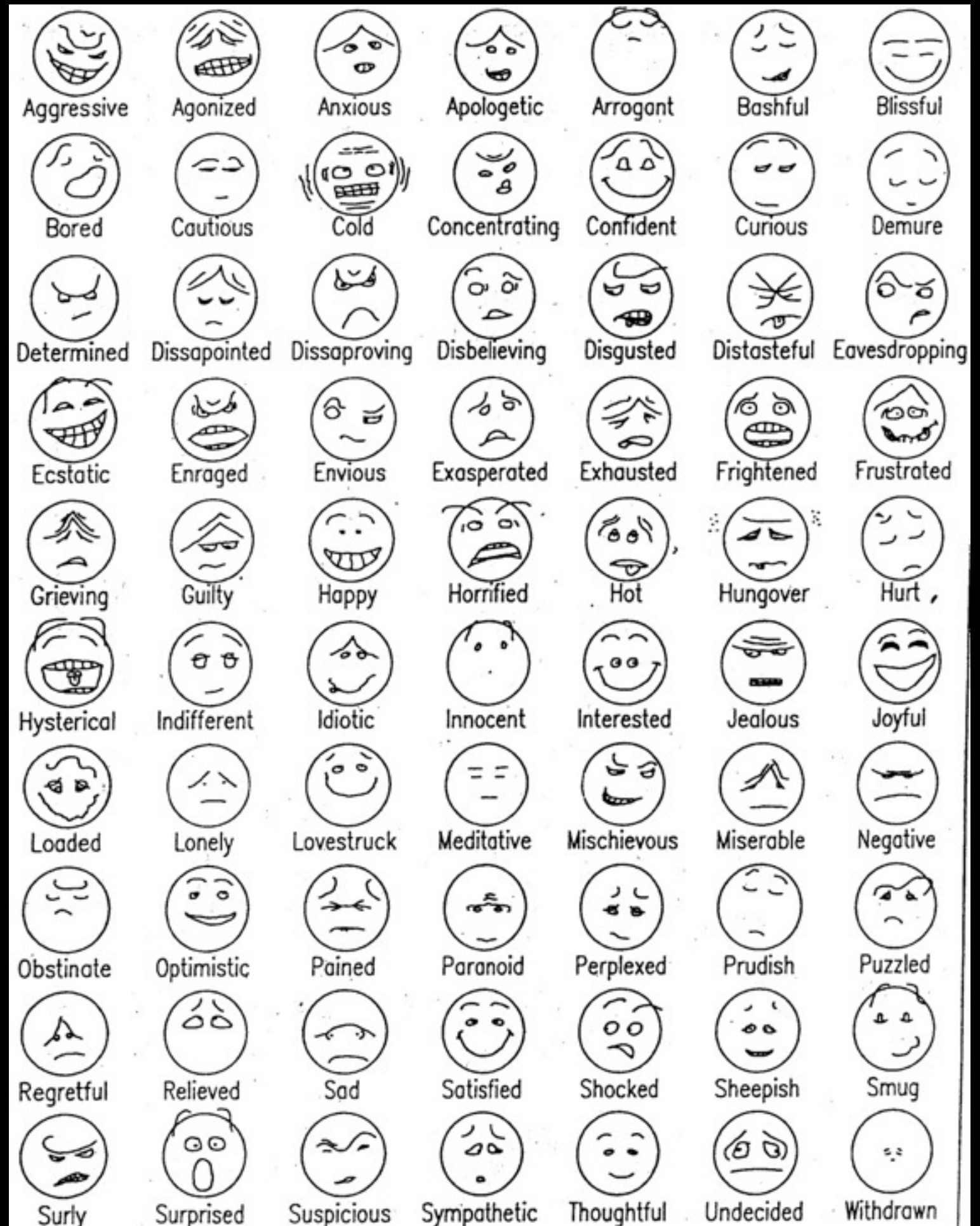


A circular labyrinth with a central flower-like design and a serrated outer edge. The word "Integrating" is written in yellow text across the center of the labyrinth.

# Integrating



Right now  
I am feeling...

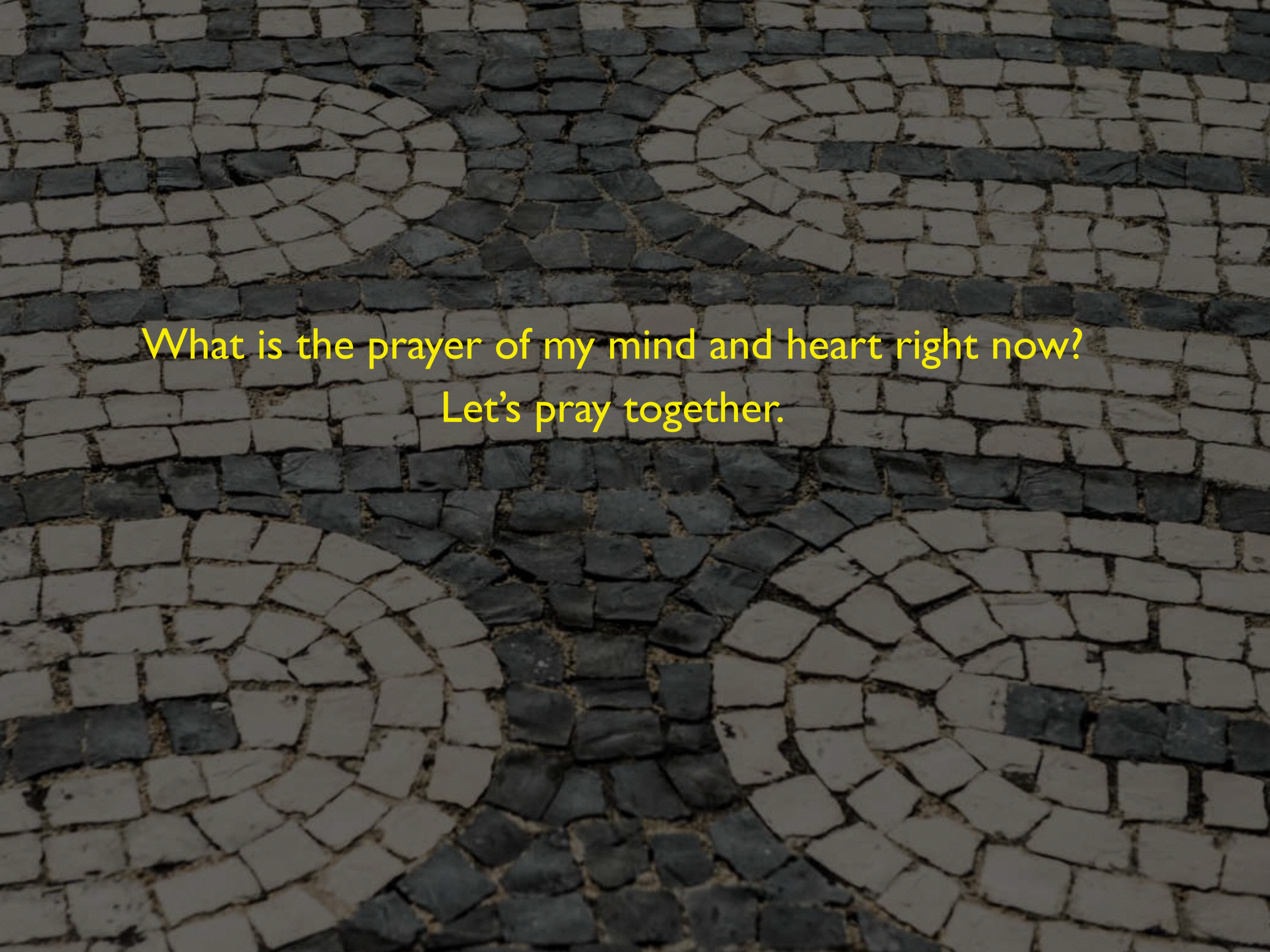






What do I want most to remember?





What is the prayer of my mind and heart right now?  
Let's pray together.



# Pilgrimage Ritual

Stand.

As we bow our heads,  
we remember that the first step  
on the path is humility.

The second step, letting go,  
is symbolized by  
holding two fists out  
and opening them downward.

The third step, receiving,  
is honored by turning the palms up  
in a gesture of openness.

For the fourth step, both hands  
are placed over the heart.

Then, all pray,  
“May the path lead us Home.”

Created by: Cielle Tewksbury





A photograph of a person standing in the center of a large, circular labyrinth floor inside a cathedral. The labyrinth is drawn on the floor with dark lines, creating a complex path of concentric circles and dead ends. The person is standing on one of the paths, with their arms outstretched. The cathedral's interior is dark, with tall, stone columns visible on the sides. The floor is made of light-colored stone tiles.

Labyrinth resources by jill [www.jillgeoffrion.com](http://www.jillgeoffrion.com)

Photo prayer blog:  
[praywithjillgeoffrion.wordpress.com](http://praywithjillgeoffrion.wordpress.com)  
Journey blog by jill [jillgeoffrion.wordpress.com](http://jillgeoffrion.wordpress.com)

Email: [jill.geoffrion@gmail.com](mailto:jill.geoffrion@gmail.com)