

# Meditate in our Labyrinth

For thousands of years, human beings have created the spiral paths that fold back on themselves within labyrinths for reasons ranging from decoration to art and myth. As well, the labyrinth has long been used as a creative or spiritual tool. If you have a problem, you can use the labyrinth to help solve it. If you have a need to discover spiritual meaning or find inspiration, a labyrinth can be put to service for you.

As a meditation tool consisting of a walkable single line path, a labyrinth can be a source of solace and can quiet a distracted or overactive mind. When troubled by disturbing emotions or unfortunate events in your life, walking a labyrinth can help resolve your inner discomfort and still your mind enough for you to get clarity of what is going on. As a spiritual tool, both the calming and quieting effect and the metaphorical symbolism of the labyrinth as a pathway on a journey or a spiritual track can help you to ponder life's greater mysteries.

## Meditation within a labyrinth

1. Stand in front of the entrance to the labyrinth. State your intention as clearly as possible. For example: *I want a solution to my problem with ...* It could be anything that is troubling you.
2. Center yourself by taking a couple of deep breaths. This is important because doing this you instruct your subconscious and all other parts of yourself to pay attention to your sincere wish of solving your problem.
3. Acknowledge your coming meditative or spiritual journey within the labyrinth. You may also say a short prayer or smudge yourself, depending on which faith you adhere to. Closing your eyes and reflecting or taking a simple bow are other nice ways to begin the process.
4. Begin your walk. The first step sets the pace for your walk. It can be fast or slow. Choose your intention for the walk. Are you being spiritual, reflective, mindful, playful, creative or something else? If you're problem solving, your walk becomes a meditation when you surrender all your problems and just walk. Other parts of you have now a chance to process your request of a solution.
  - If you are very upset: fast walking in lets the emotions dissipate easier. Most people try slowing down their mind by slower walking, relying on the mind and body reflection.
5. Continue to walk. Keep your mind quiet, and still pestering thoughts each time they arise. Concentrate on the placement of one foot before the other and rhythmic, gentle and regular breathing.
  - If you're problem solving, walk as you didn't have any problems at all, let it all go. Surrender to the activity of attentive walking. Let the burden (your problem) fall off your shoulders. Various parts of your being are now processing your wish for solution. All you have to do is to let it incubate

and not interfere, let it be and let go of any expectations. Continue to walk as you didn't have any problems at all, let it all go.

- If you're going on a spiritual journey or seeking creative inspiration, again let it all go and just surrender to the experience of walking the labyrinth.
6. Pause on reaching the center. You may stop here for awhile, sit or lie down if you feel like it and meditate or reflect. The main thing is to let yourself surrender totally to your inner process. It feels so good to have all the time you need.
    - If you don't have a problem, question or quest for inspiration, just sit quietly and let things be.
  7. Walk out. When you are ready, just walk out. Accept the insights and gifts you may have received. Adopting a sense of gratitude will always facilitate resolutions. Offer your thanks for what you have learned.

## Tips

- Labyrinths are not mazes. This confusion is frequent but a maze is a path with numerous entrances, dead ends and not necessarily with a center. A labyrinth, on the other hand, has but one way in and out and the purpose of it is to reach a center, to know your path all the time. The walker in a labyrinth should never be lost for that is an unnecessary distraction; it may be a particularly big labyrinth on occasion but it should still have a clear pathway.
- You may wish to use the labyrinth meditation exercise regularly to help center and calm yourself. It can be a very spiritually uplifting experience, one that connects back many centuries with many thousands of other human beings through time who have found the labyrinth to be a source of power and healing.
- Choosing when to use a labyrinth is entirely up to you but good times are usually early morning, evening and not-too-hot late afternoons. It's not much fun trying to meditate in the middle of a labyrinth with blazing hot sun overhead, so choose wisely to suit your mood and comfort.

October 31, 2021

[https://kipkis.com/Meditate\\_in\\_a\\_Labyrinth](https://kipkis.com/Meditate_in_a_Labyrinth).