
How Do I Walk the Labyrinth?

The labyrinth is a path for meditation and prayer. Symbolically, it echoes the turns and twists in life. The best way to learn about it is to walk it – with an open heart and an open mind – and experience it fully. There is no right or wrong way to walk the path. Relax and enjoy the experience.

What Do I Focus On As I Walk the Labyrinth?

There are infinite focuses you may choose. There is no “right or wrong” way to walk a labyrinth.

What you focus on at the time may be determined by where you are in your life and what your questions, concerns or goals may be in the moment.

It is best to walk the labyrinth with an open heart and an open mind, asking for that which is for your highest good.

Here are some suggestions.

You might walk it as a kind of prayer.

You might walk it as a symbolic journey, as mentioned above.

You might set the intention to receive inspiration, or to receive an answer to a question, or solution to a “problem.”

You might walk the labyrinth with the intention to unwind, to let go of a worry or burden of some sort – letting it go when you reach the center.



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**Guided walks are available.
Call the church office for details.**



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Labyrinth Walk Contemplative Garden

*Stand at the crossroads and look;
ask for the ancient paths,
ask where the good way is,
and walk in it,
and you will find rest for your souls.*

- Jeremiah 6:16

What Is A Labyrinth?



Labyrinths are geometrical patterns used for walking or tracing, as a tool to assist the consciousness. They have been in existence for thousands of years. No one knows for certain when or where they first originated. They have been used by different cultures and mystical and religious traditions worldwide. Some patterns are simple and some are more complex.



Why Walk A Labyrinth?

Many use the labyrinth as a tool to aid the self or consciousness.

It can be used as a tool to “unwind the mind,” and to let go stress or worries and concerns. There are hospitals, universities and churches who have installed labyrinths to assist people to come to peace or relaxation.

A labyrinth differs from a maze in that there is only one way in and one way out. They have one continuous path that twists and turns, eventually leading to the center. There are no dead ends. There is nothing to figure out as you walk or trace a labyrinth. You simply follow the path to the center and then retrace the same path back out.



Walking the labyrinth can release patterned behavior, thoughts, and feelings of various sorts. It can “untorque” or unwind you. As you release old patterned energy, the alignment of your body may shift or straighten into a greater spiritual alignment.

Some walk a labyrinth as a kind of moving meditation.

The labyrinth can be used as a metaphor for how you live your life. **What can you learn about yourself as you walk it?**