Labyrinth reflection

what is a labyrinth?

labyrinths in church/society. Probably wider society much longer than churches. No matter, used by all sorts of groups for meditative walking. Some would say, labyrinth is a form of walking prayer. For you, it may or may not be.

Labyrinth is a sacred place.
Single circular path leading to centre, and then out again. If you get lost, you can’t actually get lost – you follow the path – it will take you to the centre, or to the entry point
Not a maze – you are not trying to find your way. You simply follow the path, and allow the way to be revealed to you

Actual walk

Make sure phones are off, or silent
Remove shoes/socks if desired
R/R/R release, refresh, re-enter; release, receive, return
Might do walk with intention/thought/prayer/relaxed (or empty) mind
Possible question: what do I seek?
Be respectful of others

Metaphor – allow what happens to happen: no-one says anything has to happen, that in itself can be a metaphor.
Be aware of expectations – what do I expect? Experience your experience.
Allow surprises. Do what is right for you eg pausing, prostrating, praying
Walk at own pace – no time frame (except for constraints we have with conference program);
some more quickly, some more slowly, with few/lots of pauses –
there is no right way, or more accurately, there is no wrong way to
walk a labyrinth
Pass on corners (or anywhere)

Begin walk with ritual, end walk with ritual
Individually take time to centre yourself, however you may do that; if not sure how to, best way be aware of your breathing – slow it down, breathing in, breathing out; could use a mantra/verse/word but don’t have to.
When you finish, reflect on walk: what happened; if nothing, that is what happened – whatever happened, what is that a metaphor for;
End with a group ritual

Symbolism: very briefly
Petite Chartres labyrinth
7 circuits – obviously rich symbolism with number 7
Centre: some say it is a rose with six petals – a symbol of Mary;
perhaps its Luther’s rose!!
Six sections (name??) can represent six days of creation (plus rest)
Petitions of Lord’s Prayer

Briefly talk about finger labyrinths

Beginning:
Gather in middle
Rilke: “There is nothing so wise as a circle”
Share one word/phrase describes what is happening for you now;
pass if not ready/prefer not to
Psalm 25:4 Make me to know your ways, O God; teach me your paths
Remind to centre self; allow Holy Spirit to guide you in your walk
Allow one at a time; allow plenty of space between (remember ¼, ½ whole spacing)
Hold the space while walking

Ending: gather in centre
(depending on time) allow for debrief

Debrief – 3 practices
1) Speak with intention: noting what has relevance to the conversation in the moment
2) Listen with attention: respectful of the learning process for all members
3) Tend the well-being of the circle: remaining aware of the impact of our contributions

Choose depending on time available
Sharing/perhaps reverse of beginning – ie one word/phrase, what’s happening
Or what metaphor jumped out at you? What have you learnt? What will you take with you?
Close with prayer/poem/verse

If time allows, discussion re use personally, in schools, other (my own availability?)