WALKING THE LABYRINTH

Some Suggestions:

**Slow walk**
Simply walk the labyrinth as slowly as you can. The process of doing this will slow you down, putting you into a more contemplative frame of mind. That might be all you need to do today.

**Stilling exercise**
As you begin, centre yourself with a few deep breaths. Use the process of walking as a focus: the feel of your feet touching the ground; the sound of trees moving in the wind; bird song and so on.... When you become distracted, gently bring your focus back to the walk.

**Reflect**
As you walk, recall different points your life: either chronologically or using the form of the path, the turning points, the significant encounters and relationships. When you reach the centre reflect on your destination and journey’s end.

**Gratitude**
As you walk, consider those things for which you are grateful.

If you have any questions about the labyrinth, or would like to speak to a Chaplain about anything at all, please drop into the Chaplaincy next door.
Welcome to the Chaplaincy Labyrinth

The space can be used for mindfulness: a way of calming, settling and learning to live in the moment.

A labyrinth differs from a maze, in that there is only one way through: you simply follow the path through, and after many twists and turns - representing our journey through life - you end up in the centre.

After pausing at the centre, either retrace your steps or walk straight out.

Turn over for some suggestions on how to use the labyrinth.