

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

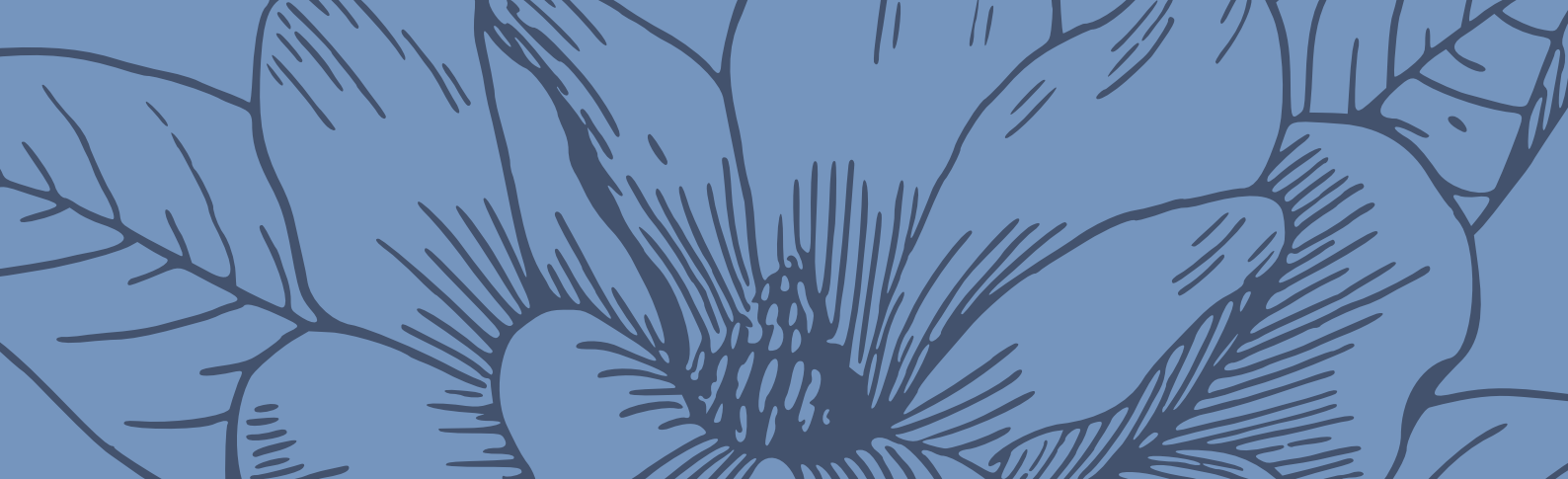
As you walk, recall different points your life: either chronologically or using the form of the path, the turning points, the significant encounters and relationships. When you reach the centre reflect on your destination and journey's end.

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.





YOU ARE WELCOME TO USE OUR LABYRINTH WHETHER YOU COME FROM A PARTICULAR FAITH TRADITION OR NOT

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