

Inner Work Guidebook

ACTIVITY: LABYRINTH

Description and Detail of Activity

What is it?

The labyrinth is an ancient cross-cultural expression of the human journey. It combines the imagery of the circle and the spiral into a purposeful path. The Labyrinth represents a journey to our own soul-center and back again out into the world. Labyrinths have been used (since the 8th century A.D. in Christian history) as a tool for prayer and meditation.

Why do it?

The labyrinth is an archetype that offers the practitioner the possibility of an embodied experience of the soul. It needs to be acknowledged that this will be a more powerful experience for the intuitive person than for the sensate.

How to do it.

The traditional approach is to walk meditatively...very slowly...following the path toward the center. You may focus on a question, a concern or a sacred symbol, or set the intention for discerning a life situation. Often, the walker quiets the mind during the walking in. Once in the center, either continue the silence and remain there for a time, or consider one of the above options. When ready, leave the center and silently return the way you came. Some people find it useful to journal after the labyrinth experience.

Suggested Resources for this Activity

Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice by Lauren Artress

Labyrinths From the Outside In. Walking to Spiritual Insight: A beginners Guide by Donna Schaper