

WHY WALK?

There are many reasons to walk a labyrinth. Whether you are seeking a deep spiritual practice or just looking for a few minutes to unplug and unwind, you can use the labyrinth path as a tool.

- Meditation
- Mindfulness
- Healing & Recovery
- Stress Reduction
- Prayer & Contemplation
- Insight
- Community & Team Building
- Ritual & Ceremony

WHERE DO I START?

Find a labyrinth near you.*

The searchable *World-Wide Labyrinth Locator* database (labyrinthlocator.com) lists thousands of labyrinths around the globe. Many are open to the public and require no appointment.

Show up and step in.

Labyrinth walking requires no special skill or knowledge. Follow the path to the center at your natural pace. When you are ready, take the same path back out. Notice what you notice. You can also trace a finger labyrinth for similar benefits. Many free, downloadable patterns can be found online.

**For more information about labyrinths in the Mid South, see sacredsouth.org.*



*Solvitur ambulando
It is solved by walking.*

SACRED SOUTH LABYRINTH WALKS

Memphis, TN

www.sacredsouth.org

If you would like to schedule a facilitated walk for your group, please contact
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*Labyrinth drawings by Jeff Seward,
Robert Ferre and Vicki Keiser.*

A BEGINNER'S GUIDE TO

*Labyrinth
Walking*

WHAT IS A LABYRINTH?

The labyrinth is an ancient shape with modern applications. Unlike a maze with many dead ends and decisions, the labyrinth is unicursal. One path leads to the center and back out again.

Dating back thousands of years, labyrinths have been found all over the globe and across countless cultures. Today labyrinths are being built in:

- Parks & Playgrounds
- Churches
- Schools
- Prisons
- Offices
- Military Bases
- Spas
- Recovery Centers
- Hospitals
- Backyards & Gardens

"There is nothing so wise as a circle,"

RAINER MARIA RILKE

HOW DOES IT WORK?

There is something about following the highly structured, circuitous pattern that helps focus attention and integrate mind, body and spirit. Since there are no decisions to make about which way to go, the mind is able to relax and be present with the experience of walking.

"The best way out is always through."

ROBERT FROST

IDEAS FOR YOUR INDIVIDUAL WALK

Think of your walk in three phases. As you enter the labyrinth, quiet your mind and focus on your breath. You might want to think of a question, set an intention or repeat a simple mantra as you walk. As you wind your way to the center, let go of the day's worries and tensions (**RELEASE**). Fall into a pace that feels natural.

In the center, open yourself to inner quiet, insight or guidance (**RECEIVE**).

When you are ready, walk back to the entrance on the same path (**RETURN**). Reflect on what you received to take back into your daily life. Each walker and every walk is different. Let what you experience be a message for wherever you are on your personal life path.

"The labyrinth meets you where you are."

REV. LAUREN ARTRESS, AUTHOR
WALKING A SACRED PATH

SMALL GROUP WALKS

As a metaphor for life's journey, the labyrinth is a wonderful setting for team building, goal setting, conflict resolution, contemplative prayer, seasonal ritual, marking transitions and celebrating milestones.

COMMUNITY WALKS

Non-denominational and inherently inclusive, labyrinths are ideal venues for many types of public events. Walking a labyrinth with others in your wider community can be a powerful reminder that we are all on the same path together.

KIDS & THE LABYRINTH

Children instinctively know that the labyrinth is both profound and playful. Running, skipping, singing, drumming, storytelling ... kids love playing on the path.

People of any age can benefit from the calming and balancing effects of mindful movement by walking in silence, tracing finger labyrinths (try using the non-dominant hand) and drawing labyrinth shapes.

