

A DAILY LABYRINTH WALK FOR SOUL CARE

As an ancient method of praying, the labyrinth is a perfect metaphor for our journey through life. If you take a moment to visually follow the labyrinth's intricate design, you may initially perceive that the path seems incredibly random. But look longer. Yes, there are twists and turns, blind curves followed by relatively straight stretches, then more twists and turns, but there are no choices (unlike a maze) and no decisions to make. There is one path to follow - and it leads to the center. You could liken walking a labyrinth as time and a space to tune into your soul's path, for listening to it, giving it care and attention.



Walking the labyrinth on a regular, even daily, basis can be a beneficial and practical way to provide care to your soul. As you walk with this intention, you may uncover new perspectives, regain balance in your life and work, or even perhaps an enlarged sense of purpose for yourself and others.

- ❖ Walking the labyrinth creates a space in which to temporarily silence our productivity-driven lives, clearing the way for creativity. Just sitting with a finger labyrinth and meditating on its pattern and design, or even taking a few moments to trace its design with our fingers, may bring a renewed sense of peace and energy.
- ❖ Using your non-dominant hand to trace the miniature pathway of a finger labyrinth helps to create balance between the two hemispheres of the brain. Taking the time to pray, meditate, or journal after such a walk, may reveal new insights into the caring for both your own soul and those of others.
- ❖ A labyrinth can also help facilitate transitions to and from the various roles and activities of our days. Walking a labyrinth, after a particularly upsetting or angry encounter, its twists and turns are a reminder to our souls of the peaks and valleys, the pushes and pulls we experience as part of the sacred pathway of our lives in both the easy and the challenging times.
- ❖ Using the labyrinth before important meetings or events may help to clarify and focus the energy of the soul you may need to be fully present. It can also be “walked” after such meetings to re-center and assist you in touching base with your sense of the Divine at work in you and those for whom you provide care.
- ❖ Perhaps you need a “sabbath” moment for your soul at a particularly important interlude between all the responsibilities in your life. Take this time to discover the quiet empowerment of rest, while walking the labyrinth's path. Breathe deeply and calmly, letting go of whatever comes to mind. Receive this moment as a gift of renewal and grace for you and your soul.