



“It is solved by walking”

Welcome to the Labyrinth—an ancient spiritual tool used by people all over the world of many cultures and spiritual traditions. The labyrinth creates a sacred time and space for you to look within, pray, meditate, and reflect. The meandering and rhythmic turning helps to relax the body, quiet the mind, and refresh the heart. There are many ways to experience the labyrinth. Faith Church offers this path as a guide:

Remember *At the Threshold of the Labyrinth*

Take time to offer gratitude. Choose a prayer, phrase, or sacred word as a symbol of your intention. If you bring a concern or challenging thought, take this time to form a healing question.

Release *Entering the Labyrinth*

Take time with each step—this is not a race—and quiet your mind. As distracting thoughts emerge, take time to recognize each one and let it go. If you meet someone on the path, do what feels natural. You may move ahead of others, and they may pass you by. Follow your intuition and experience your experience. Breathe.

Receive *Pausing in the Center*

This is a place of reflection. Pause and stay for as long as you like. Listen to that still, small inner voice.

Return *Outward through the Labyrinth*

When you are ready, retrace your steps as you integrate your experience in returning to the outside world and reclaiming your steps within it.

Each labyrinth experience is different. You may Remember, Release, Receive, and Return anywhere and in any order on the labyrinth. You might not notice anything or have an insightful, transformative journey. Whatever occurs, listen to your heart and take your time. There is wisdom in each step.