

# Aldersgate Community Labyrinth

The Labyrinth path is the same for all walkers. But each walk is a unique experience. Each walker brings a variety of cultural, religious, and spiritual traditions and understandings; their own unique hopes, dreams, history and longings. The labyrinth is to be approached with reverence and respect for all that each journey to the center holds.

Walking the labyrinth clears the mind and gives insight into our spiritual journey—urges action; calms us in the throes of life transitions; stirs the creative fires within; helps us see our lives in the context of a journey. Those in deep sorrow receive solace and peace. The labyrinth is a tool for meditation, an experience of prayer, an opportunity for spiritual questioning or discernment.

## A Single Path ...

Unlike the maze, which is a puzzle with many paths to choose, the labyrinth is a singular road to the center and back. Following the curved path in a prayerful stance, can accompany an inward journey—letting go of barriers and busyness that stand between us and God.

The middle of the labyrinth invites us to center in God, reflecting on God's presence, truth, and love in our lives.

As we return to the threshold of the labyrinth, we go with a greater sense of oneness with God — the Incarnation — God with us and in us. It is a time to remember and be grateful for the gifts God has given us.

## Suggestions for Walking the Labyrinth

*There are many ways to walk a labyrinth and no rules! You may be seeking relaxation, prayer, problem solving, or healing. Here are some guidelines for the process that are frequently used. Use what is helpful for you. Practice the discipline of holy silence for your reflection. Remember, all things on your walk can instruct.*

### 1. Prepare

*Set your intention. Reflect on your life right now.*

### 2. Walk In

*Set your own pace. Most people find it most helpful to walk slowly. Stop whenever you wish. As you walk, let go of burdens, ideas, need to control, Simply follow the path..*

### 3. Center

*When you reach the center, walk in and stay as long as you like. This is a place to reflect and listen to the still small voice of God.*

### 4. Walk out

*When you are ready begin your journey back.. Be aware of your feelings, energy, and insights.*

Aldersgate United Methodist Church

Phone: 302.478.2575

[www.aldersgatede.org](http://www.aldersgatede.org)

Fax:302.4781828