



Labyrinth
Prayer
Guidelines



Guidelines for Walking the Labyrinth

There is a lot of **flexibility** in this form of meditation so use these as guidelines.

- **Follow the pace your body wants to go.** Your pace may change throughout the different stages of the labyrinth and that is perfectly okay and normal.
- Use “soft eyes” a **gentle gaze as you walk.**
- **Experience your experience.** Let the labyrinth be a mirror, a metaphor or just simply a quieting.
- **There is no right or wrong way to walk a labyrinth.** As you get familiar with the practice customize it to fit your needs.
- **Each labyrinth experience is different.** Whatever you experience is okay. I encourage you to listen to your experience with gentle loving attention. Take all the time you need.