



Labyrinth Prayer Practice



There are 5 stages to the Labyrinth prayer:

- 1. Readyng (Settling) (outside the labyrinth)** – take a moment to settle & quiet yourself. Invite God to accompany you: with the intent to open your heart, mind, body, & spirit to the Holy Spirit.
- 2. Releasing (Letting go) (at the beginning of the labyrinth)** –take a moment to quiet the mind, letting everything go and fall away. Relax & find your natural pace. Allow yourself to be open & relaxed.
- 3. Receiving (Listen) (at the center of the labyrinth)** - When you reach the center stay as long as you want. Do whatever feels most comfortable for you. This is a place of reflection, meditation, prayer and listening. Open to what is there for you to receive.
- 4. Return (Reflect, resolve, reclaim) (walking out of the labyrinth)**
When you are ready follow the path back out...take your time...integrating what you have received...
- 5. Rejoice (at the end of the labyrinth)** – take a few moments to breathe & extend compassion, gratitude, etc. for whatever came up. Remain in silent reflection as others pray the Labyrinth.