

Quietly walking the labyrinth ...

...can be a way of seeking to resolve a problem, seek guidance, grieve a loss, release a fear, or just to be with God, your Higher Power, or your Spiritual Strength.

The simple act of following the path is a way of soul-searching and engaging body, mind and soul.

Walk the Labyrinth for a period of reflection or just for fun.

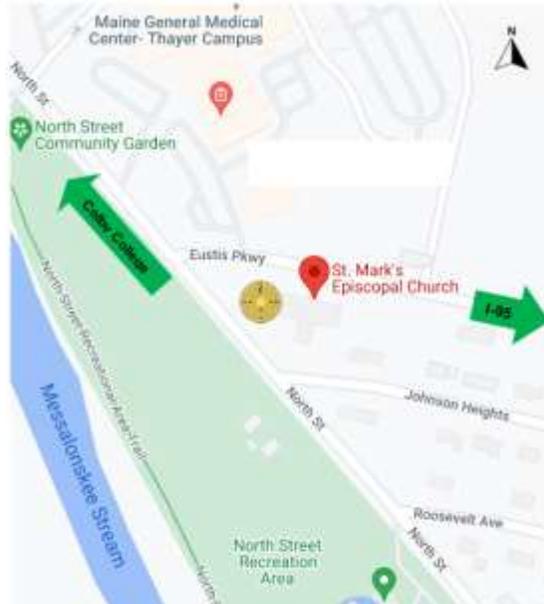


Guidelines for the Walk

- Feel free to move around others, or let others move around you. This is easiest to do on the turns.
- The path is a two-way street: you will meet people coming out as you go in. Do what feels natural when you meet.
- Let your gaze be soft as you walk.
- If others are beginning the walk, allow one minute before you start.
- Parents will want to supervise their children, especially if others are walking.
- Be open to your experience even if it does not meet your expectations.

How to get there...

- From 1-95 Exit 130, go southeast on Route 104 / Main Street toward downtown Waterville.
- Drive $\frac{7}{10}$ (0.7) mile to the light at Eustis Parkway.
- Turn right and go one-half (0.5) mile.
- St. Mark's, on the left. Park in our lot.
- The labyrinth is in the triangle of green space between Eustis Pkwy and North Street.



St. Mark's Episcopal Church

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The Labyrinth at St. Mark's



Walking the Labyrinth...

The Labyrinth is one path to and from the center. If you stay on the path, you will not get lost.

The rhythm of walking and placing one foot in front of the other, quiets the mind, relaxes the body, and refreshes the spirit.

Follow the path in your own time, and take all the time you need.

Listen to your heart.

Steps for Walking the Labyrinth

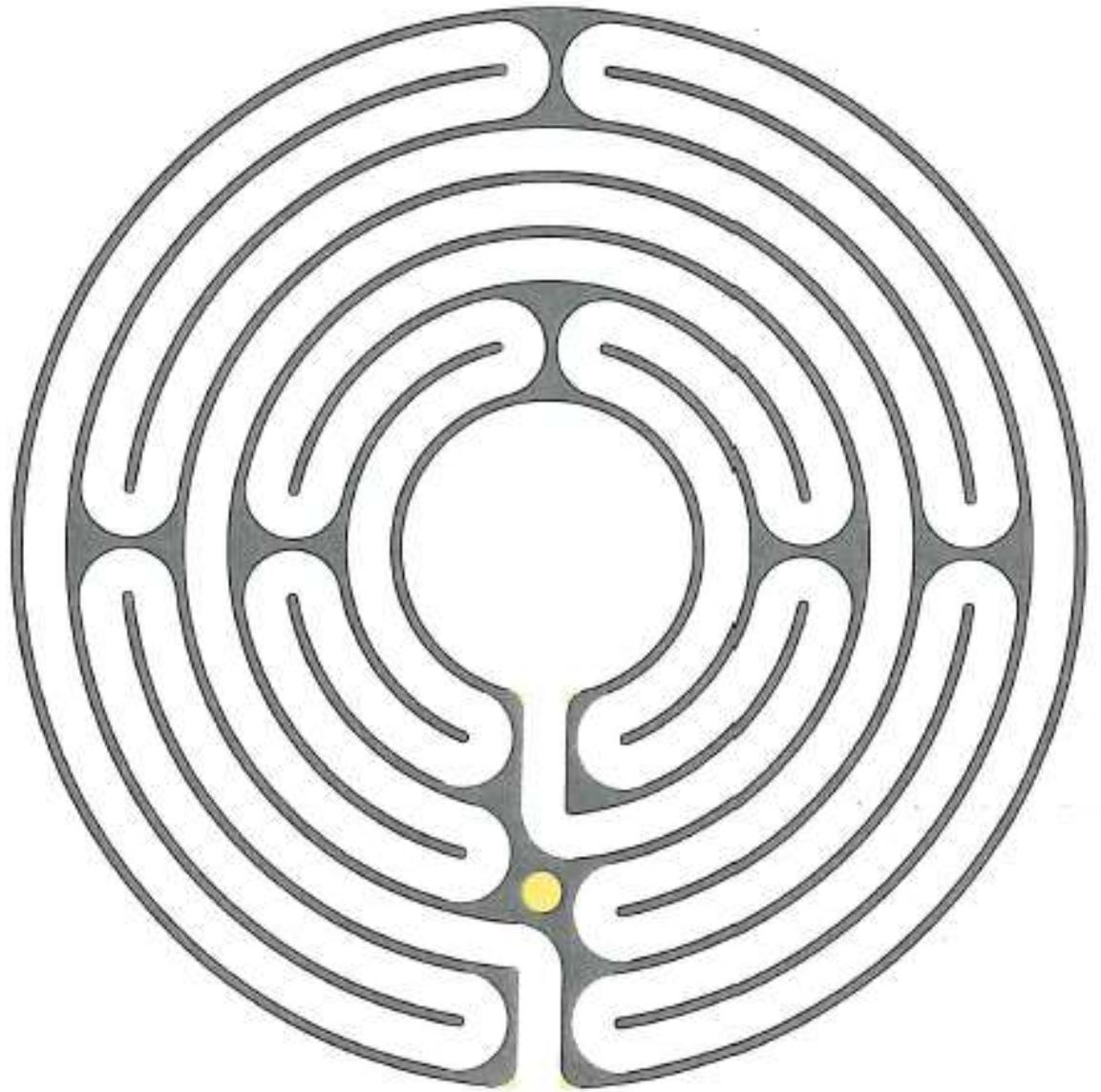
Step 1: Prepare to walk into the Labyrinth: Relax and breathe. Take some time to quiet your mind and let go of distracting thoughts. Open your heart to feel what it feels.

You can name an intention. You can ask a Spiritual Strength -- God or a Higher Power -- to walk with you.

Step 2: Walk the Path: Enter and follow the path at a pace that feels natural. If your mind wanders, name and honor those thoughts. You may wish to offer those thoughts to God, your Higher Power, or the Strength that you have asked to walk with you. Then return to your intention.

Step 3: When you reach the center: Stand or sit as long as you want to think about your journey. Give thanks for any Spiritual Strength that has walked along with you. Receive what is there for you to receive.

Step 4: Return: Walk back out following the same path at a natural pace. Relax and breathe. Reflect on any wisdom or spiritual direction that you have received on this walk.



Take me with you! Trace the path with your finger, pen, pencil, or crayon. Find more designs at celticartstore.net where you can download *Mindful Finger Labyrinth Digital Download Pack #1* for free!

Learn more about Labyrinths:

Veriditas.org,
labyrinthsociety.org
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