

ST CLARE GARDEN

Walk

Labyrinth

Come
Explore

A SELF-GUIDED WALK



LABYRINTH REFLECTION

We enter, one by one, to walk this sacred path
Mindful, deliberate, in silent solidarity
We navigate the winding way
One foot follows the other

Breathe, Breathe, Breathe
Walk, Walk, Walk

The journey through the labyrinth emulates life's odyssey
Twists, turns, curves
Sometimes straight, effortless
Sometimes meandering
Each turn leads to the center, welcoming
Along the way, opportunity to pause, listen, be alive

Breathe, Breathe, Breathe
Walk, Walk, Walk

We travel the path as silent companions
Holding space
Honoring the unique, spiritual, and sacred in each of us
Knowing that while we walk together
Ultimately, the journey is our own

Silent Solidarity
poem by
Heidi Franklin

FINGER LABYRINTH MEDITATION



FOR YOUR USE AT HOME:

We invite you to use the Labyrinth for your Meditation

- Use your finger to follow the path of the Labyrinth
- Quiet your mind
- Pray for yourself or someone else
- Keep a question in mind and feel the question using your emotions



THE “LABYRINTH EFFECT”

It appears that walking or otherwise interacting with the labyrinth might enable a set of physical responses (increased calm, quiet, and relaxation; decreased agitation, anxiety, and stress) that allows for the emergence of a set of “state of mind” responses (increased levels of centeredness, clarity, openness, peace, and reflection). In turn, these “state of mind” responses might increase one’s receptivity to flashes of intuition, hunches, nudges from one’s “inner voice,” and other types of insight regarding one’s problems, issues or concerns.

John W. Rhodes
“Commonly Reported Effects of
Labyrinth Walking.”

WALK
