

# Walk the Labyrinth

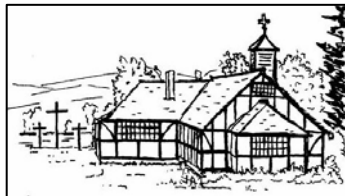


*at St Alban's*

Labyrinths were a feature of many medieval cathedrals; the best known is in Chartres in northern France. Unlike a maze they have only one path - there are no dead ends. People walk the labyrinth slowly, as an aid to contemplative prayer and reflection, as a spiritual exercise, or as a form of pilgrimage.

The labyrinth at St Alban's is outdoors at the far end of the field from Robin Hood Lane, at the foot of the three wooden crosses. It is a seven circuit labyrinth, cut as a path into the long grass.

There is no single right way to use a labyrinth. A quiet mind and an open heart are the real requirements. Walk slowly and steadily, and allow thoughts and fears to be calmed. Use the labyrinth in the way you find helpful. On the reverse of this card are some suggestions you are free to use or to ignore.



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## Some suggestions:

### Bible Verses:

As you walk repeat a Bible verse, eg

*"Your word is a lamp to my feet and a light to my path"* (Psalm 119: 105)

*"Teach me your way, O Lord, and I will walk in your truth; give me an undivided heart; I will glorify your name for ever"* (Psalm 86: 11)

Jesus said, *"I am the way, the truth and the life"* (John 14: 6)

### The Jesus' Prayer

Following the Orthodox tradition, repeat this prayer as you walk. Breathe deeply and slowly, so as to say the prayer as a single breath:

*Lord Jesus Christ, Son of God, have mercy on me, a sinner'*

### The Three-Fold Pattern

1. Releasing (Purgation). From the entrance to the goal is the path of shedding or "letting go." There is a release and an emptying of worries and concerns.

2. Receiving (Illumination). At the centre there is illumination, insight, clarity, and focus. It is here that you are in a receptive, prayerful, meditative state.

3. Integrating (Union). Empowerment and taking ownership. The path out is that of becoming grounded and integrating the insight. It is being energized and making what was received manifest in the world.

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