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Walking the Labyrinth

The Labyrinth: Quenching the Thirst Between the Ancient and the Modern Adapted from Veriditas by Robin B. Dilley

Welcome to the labyrinth. You are about to step into an ancient archetypal path that is hundreds of years old. Millions of people of all cultures for many reasons have walked the pattern over time.

The labyrinth is a sacred place set aside for you to reflect, look within, pray, and negotiate new behavior. The rhythm of walking, placing one foot in front of the other, empties the mind, relaxes the body, and refreshes the spirit. Follow the pace your body wants to go.

The labyrinth can be walked in four stages. As you encounter other people walking the same path, simply allow them to pass. Use your body to walk the labyrinth so that you may rest your mind.

Remember

Before walking the labyrinth – take time in gratitude. Be thankful for your life. Bless the people in your life. If there is a specific event or situation troubling you, bring it to mind and form a healing question if possible.

Release

Walking into the labyrinth – this is the time to quiet the mind, let go of the mind chatter and release your troubles. Open your heart to feel whatever it might feel. Become aware of your breathing. Take slow breaths. Relax and move at your own pace.

Receive

Standing or sitting in the center – this is a place for reflection. Pause and stay as long as you would like. Open yourself to your higher power. Listen to that small inner voice. In the safety of the labyrinth have a heart-to-heart talk with yourself.

Return

Walking out of the labyrinth – when you are ready, begin walking out the same path you followed into the labyrinth. Walking out, integration of your experience happens. Allow yourself to experience the sense of wellbeing, healing, excitement, calm or peace.

Each labyrinth experience is different. You may feel nothing or have a powerful reaction. Whatever it may be, listen to your heart and take all the time you need. The above description is only a thumbnail sketch. You provide the bigger picture.

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http://wellfedspirit.org/Arizona_Facilitators/Robin_Dilley.html
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