

## Why Walk the Labyrinth?

We encourage each person to develop a method to recollect themselves and journey inward to their sacred center which is abundantly alive and our true nature. Walking the Labyrinth is one of many methods to find a spacious and peaceful simplicity within. The Labyrinth provides a space to listen to one's inner and outer world and find a slower pace in our busy lives.

Dr. Rev'd Lauren Artress suggests "by following the one path to the center, the seeker can use the Labyrinth to quiet the mind and find peace and illumination at the center of his or her being. The walk, and all that happens on it, can be grasped through the intuitive, pattern-discerning faculty of the person walking it."

The Labyrinth is open to anyone and any tradition to walk, because it does not require a doctrine to walk meditatively. Adults and children both find the Labyrinth beneficial and it can be danced, skipped, crawled, or even walked with a cane. "The seeker is only asked to put one foot in front of the other. By stepping into the Labyrinth, we are choosing once again to walk the spiritual path."

This Labyrinth is in the form of a circle with a meandering path from the edge to the center and back out again - large enough to walk into and out. The Labyrinth has only one path and once we make the choice to enter it, the path becomes a metaphor for our journey through life.



- o *Enjoy your experience. Listen to your own heart and take all the time you need.*
- o *The Labyrinth is very user friendly. You cannot get lost nor can you fail - there is no right or wrong way to walk the path.*

Visit our website:

[www.unityofnashville.org](http://www.unityofnashville.org)

## Walk The Labyrinth



## Unity of Nashville

5125 Franklin Pike, Nashville, TN 37220  
Phone: (615) 333-1323



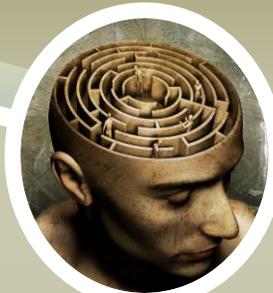
## Welcome

We are pleased to offer this ancient spiritual tool to the community. We invite all traditions to discover much abundance, wholeness, and creativity on the Labyrinth.

## What is Labyrinth?

The labyrinth is an ancient mystical tool that can help bring about personal transformation and a shift in consciousness. It is meant to awaken us to the deep rhythm that unites us to ourselves and to the Light that calls from within.

Physically, a labyrinth is a design having a single pathway which, after a number of twists and turns, arrives at the center of the design. A maze, on the other hand, is designed to be confusing and multi-cursal, having multiple pathways and dead ends. The labyrinth at First Church Unity is located at the back of our property, near the Barn. Its scale is such that a person can walk the path from the entrance to its center, and then back out again. It is used as a tool for contemplation and meditation. Labyrinths have been known to the human race for over four thousand years. The oldest European form on record is the Cretan Labyrinth, also called the classical seven-circuit labyrinth.



## The 3-fold Mystical Path

In the Christian mystical tradition the journey to God was articulated in the Three Fold Path. Mystical means a direct avenue to God, which has often been discouraged by the church. The Labyrinth can be walked in these three stages:

### Release

**Walking Into the Labyrinth**  
This is a time to release your troubles, clear and quiet your mind. Open your heart to whatever it might feel. Become aware of your breathing. Take slow breaths. Relax and move at your own pace.

### Receive

**Reaching the Center: Home**  
This can be a place of meditation and prayer. Pause. Open yourself to the Spirit, your higher Self or power. Listen to that small inner voice. Feel the safety and have a heart-to-heart talk with yourself.

### Return

**Re-Connect with the Outside World**  
When you are ready, begin walking again out the same path you came in. As you follow the path out, experience the sense of well-being, healing, excitement, calm or peace.



## Instructions for Walking the Labyrinth

- There is not a right or wrong way to walk the Labyrinth.
- As you begin your walk, take a few deep breaths at the start of the path, find your center, and focus your intentions.
- Find your own natural pace as your walk. You can walk slow, fast, crawl, dance, skip or pause at any point as you walk to or from the center.
- In the center you can stay as long as you want. You can lay down, kneel, meditate, prostrate, dance, stand or just leave. Again, follow your own natural pace.
- Since the Labyrinth has only one path, you may encounter others and can simply allow them to pass.
- Each experience with the Labyrinth will be different. Sometimes it may feel as though nothing has happened and others you may have a strong experience. Remember everything on the Labyrinth is metaphor.