
The 5 Step Approach

One approach you may try is to break your walk into 5 steps :

PREPARE: This step occurs as you wait outside the Labyrinth . Be still .Remember you are blessed . All that we have , all that we are is a blessing from God .Count your blessings .Is there an issue on your heart todaywhy not walk with this issue.. then pray ,listen and receive ?

RELEASE : Let go ,become open, receptive , quiet and shed that which weighs you down .This step begins at the entrance and ends in the centre .

RECEIVE: Having emptied , there is now space to receive .Sometimes we receive guidance ,interior silence ,a creative idea ,or simply a sense of peace .it is different for everyone - and every walk is different . You can sit , stand and stay in the centre as long as you want .

RESOLVE: This step begins when you leave the centre and return .Consider what could be the next step in your life ?What challenges or obstacles may need to be overcome ? Rejuvenation often occurs here .

AS YOU LEAVE THE LABYRINTH : Consider the burdens that you set down on the way in.Which should you leave behind with God ?Giving thanks ,go forth in new strength ... take your next step knowing that you are walking with God at your side .

FOR MORE INFORMATION ..

ANGLICAN LABYRINTH RESOURCE GROUP

AUSTRALIAN LABYRINTH NETWORK

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Regular Labyrinth Walks are held at **St John's Anglican Cathedral** - 1st Sunday after 9:30 Service

St Matthew's Anglican Church Holland Park :29th September and 24th November@10:45-noon.

Let us know if you would wish to be added to our **SEQ Labyrinth Email Update Contacts** so you can know of upcoming events (mostly free and no obligation to attend - just come along if you wish)



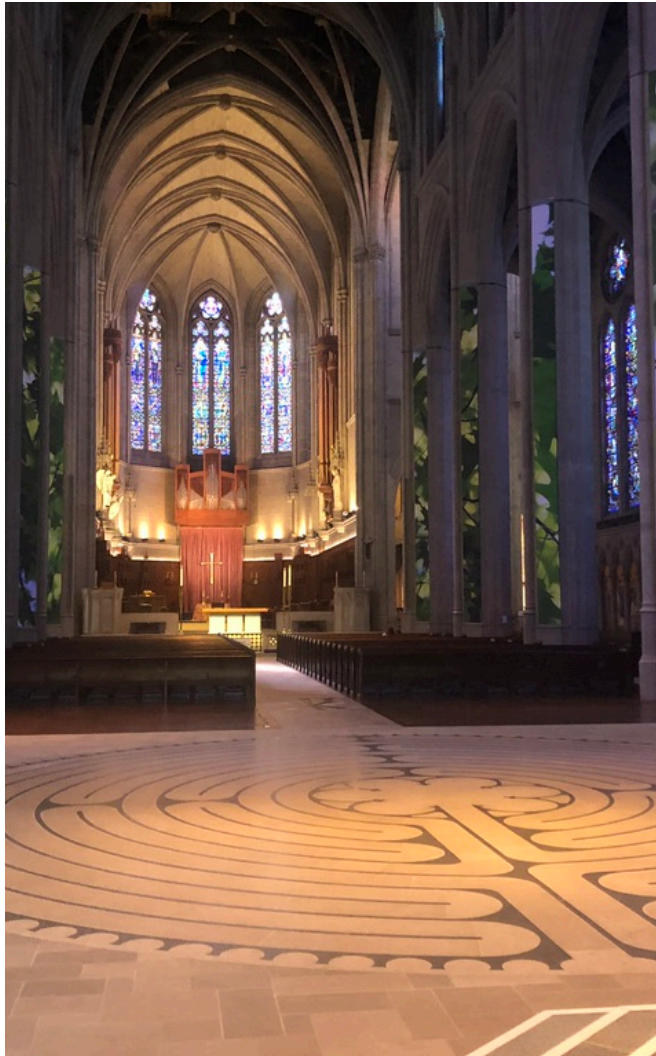
Discovering the Labyrinth @ St Matts...

Stand at the crossroads and look ...and ask for the ancient paths ,where the good way lies; and walk in it , and find rest for your souls ...Jeremiah 6:16



The point of a Maze is to find its centre.

The point of a Labyrinth is to find your centre ... your true self ... the person you are called forth by God to become ...



What is a Labyrinth ?

It is an ancient symbol found in many cultures which can be drawn on walls , objects or marked on the ground to walk .

It is not a Maze .

Mazes are designed to confuse . Labyrinths have one path winding to the centre then back out again .It is impossible to become lost in a Labyrinth.

A maze tries to make you lose your way .. a Labyrinth helps you to find your way.



Christians adopted the Labyrinth for use in their churches from earliest times .

The oldest continually walked Christian Labyrinth was set in the floor of the Chartres Cathedral France in the 1200's.

Chartres was a pilgrimage Cathedral and its Labyrinth was used as a pilgrimage path - a tool for meditation .

It symbolised the journey of the Soul towards the Divine - inviting us each to walk with Jesus along our own Emmaus Road .

THERE IS NO “RIGHT WAY” TO WALK A LABYRINTH

Feel free to walk at your own pace -overtake or step aside for the walker coming towards you .

Park your expectations.

Give yourself permission to walk and ...”experience your experience” .Simply receive what God has for you to receive whilst being respectful of others Walk.



Some suggestions for your walk..

One metaphor for walking the Labyrinth is that of your Life's Journey .Why not walk the Labyrinth being mindful of your life journey and how God sees you as a much beloved child ?

What do the turns in the Labyrinth represent in your life ?

Do you feel drawn more to one part of the labyrinth ?

Notice what occurs to you as you walk ... and what feelings and memories God calls forth in you .

