

# THE SPIRITUAL ARTIST

# Walking the Labyrinth



According to Lauren Artress, “The labyrinth can be a tremendous help in quieting the mind, because the body is moving. Movement takes away the excess charge of psychic energy that disturbs our efforts to quiet our thought processes ... walking the labyrinth is a body prayer. It is non-threatening; all we are asked to do is walk.”

Before you enter the labyrinth, take time to center yourself.

Take several deep breaths, focus on your feet and your connection to the ground and environment.

Set an intention, whether to feel peace, process an emotion or gain insight about some life situation. Consider writing down the intention on a small piece of paper and carry it with you. I wish to reveal:

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## RELEASE

Use the inward journey of the labyrinth for RELEASE. While walking this portion of the path, release judgment, control, negative feelings, fear and shoulds. When we release, we create space to receive.

## RECEIVE

Once in the center, stop and stay for a while. Let yourself RECEIVE impressions, guidance, insight and intuitive knowing. Only leave the circle when you are ready.

## RETURN

After you leave the center and as you RETURN, experience gratitude, reflection and thoughts of integration.

To locate a labyrinth near you, visit [labyrinthlocator.com](http://labyrinthlocator.com).