



Labyrinth & Centering Garden WALKING GUIDE



WELCOME TO THIS SACRED SPACE:
an opportunity to journey to your center
and back out into the world.



In the midst of the uncertainty of the world or the changing circumstances of your life, the labyrinth offers the assurance of a defined path free of dead ends or confusing choices. The labyrinth as a metaphor for the journey of life and death or for the journey inward are just two of many ways to understand the meaning of labyrinths.

Though there is no right or wrong way to walk the labyrinth, we offer the following suggestions as a guide for those who seek some direction.

Walking the labyrinth is a purely individual journey

You may choose to walk barefoot

Enter with an open heart and an open mind

You may wish to walk with an intention. If so, allow yourself to focus on that intention before you begin

Allow yourself to move at a pace that feels comfortable and intentional

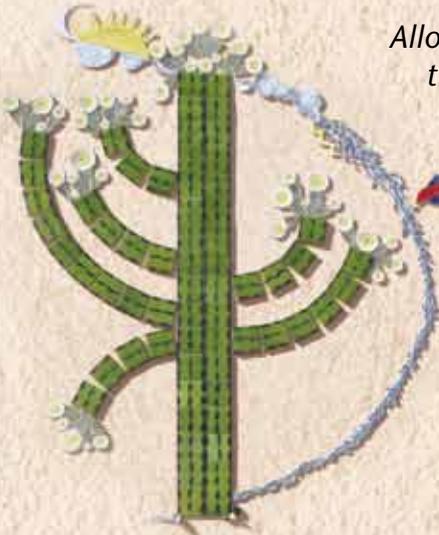
Resist the urge to focus on reaching the center; rather, attend to the step just ahead of you

Allow others to pass by moving to the side of the path

You may pass other walkers moving at a slower pace

Remain in the center as long as you wish; you may sit, stand or kneel

Pause upon exiting the labyrinth to reflect on your walk



Traditionally, there are three stages to a labyrinth walk:

WALKING TO THE CENTER

Releasing ~ This is a letting go of the clutter in our minds, a shedding of distractions that prevent us from being present to ourselves and our bodies. The focus is on quieting the mind and opening the heart

AT THE CENTER

Receiving ~ A place to reflect, gain insight, center, meditate or pray. This is a place of listening to the inner life

LEAVING THE CENTER

Returning ~ A time for integration and gratitude, carrying back into the world new insights and new strength for transformation



Children are invited and encouraged to enjoy the labyrinth. We ask that children are always supervised by adults and rocks are left undisturbed.

Please be mindful that others will come after you to walk the labyrinth. You may place stones among the river rocks but please keep the paths clear so as not to disturb another's journey. Please refrain from writing on the stones. Should you want to share a word or two about your experience walking the labyrinth, a Labyrinth Book of Reflections can be found in the Hospice chapel, located near the main entrance to Peppi's House.

It is our hope you find a new sense of wholeness in this space.

For more information on the Labyrinth and Centering Garden at TMC Hospice, or to make a donation of support please contact the Chaplain's office, (520) 324-2492 or the TMC Foundation, (520) 324-5978

