

Why Walk a Labyrinth?

- Closer connection to the Divine
- Being guided to your purpose
- To clear your thoughts
- Unblock a “stuck” state of being
- Relax
- Heal old hurts
- Grieve
- Celebrate
- Let go of anger
- Open your heart
- Hear your inner wisdom



Walking Schedule

The Labyrinth at Marble Collegiate Church is open to all:

- **First Sunday of each month** - 1:00-3:00pm
- **Wednesdays** - 5:00-6:00pm and 7:30-8:30pm

Enter at 1 West 29th Street. Please call the church to confirm schedule.

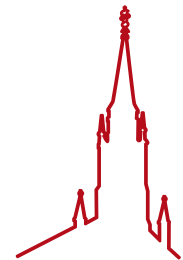
Our Labyrinth Facilitators will be available to help guide you and answer any questions you may have, while allowing you the space to walk in your own way, at your own pace.

For more information visit us at www.MarbleChurch.org or contact Judy Tulin (212) 686-2770 ext. 709.



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A Walking Meditation



The **LABYRINTH** *at*
MARBLE COLLEGIATE CHURCH

About the Labyrinth



Labyrinths have been used as a spiritual tool in cultures around the world for thousands of years. At Marble Collegiate Church we have one of the only indoor, permanent, walkable labyrinths in New York City. Ours is based on the design of the labyrinth inlaid in the floor of Chartres Cathedral in France dating from the thirteenth century.

The labyrinth aids in deepening your personal spiritual journeys. It is a “body prayer,” a walking meditation on a single path that provides personal, psychological and spiritual transformation. The winding path becomes a mirror for where we are in our lives; it guides us into the experience of the presence of God.

A labyrinth is not a maze, as a maze has many paths and dead ends; in a labyrinth there is only one path leading to a central point. One follows the same path in as you do on the way out. In a maze you lose yourself; in a labyrinth you find yourself.

This is what the Lord says, “Stand at the crossroads and look; ask for the ancient paths, ask where the good way is and walk in it, and you will find rest for your souls.”

– Jeremiah 6:16

How to Walk the Labyrinth

- There is no “right” way to walk a labyrinth. You only have to enter and follow the path.
- Clear your mind and become aware of your breath.
- Simply be present in the moment.
- Allow yourself to find the pace your body wants to go.
- As you walk you may pass people or you may let others step around you.
- The path flows in a circuitous route in and out. Those going in will meet those going out along the same path.
- As you pass another person, you may choose to greet each other or just continue on your way silently. Do what feels natural.
- As you walk, repeat a word, mantra, phrase or an affirmation over and over. For example: *Be Still and Know*.
- Focus on a passage of Scripture that has particular meaning for you.
- Meditate on a question that you have been asking yourself.
- Have a conversation with God.



The Three Stages of the Walk

Solvitur ambulando - It is solved by walking. – St. Augustine

Releasing: Each step taken along the pathway into the center represents a releasing, a letting go of the busy day-to-day details in your life, shedding thoughts and emotions, quieting and emptying the mind.

Receiving: When you reach the center, stay as long as you like. It is a place of meditation and prayer. Be open to receive what is there for you to receive.

Returning: Leaving the center, follow the same path out, taking back with you into your daily life whatever you have learned on your walk.