

Lord, show me Your way

~Psalm 27:11

HELPFUL GUIDELINES

There is not a right or wrong way to walk the labyrinth but the following thoughts may be of help to you as you walk:

- Be open and receptive as you begin. If you meet someone along the way, just step aside and let each other pass.
- Pause a few moments to get focused as you stand at the entrance.
- Become conscious of your own breathing. Let your body slow down.
- Walk at a pace that is good for you. There is no rush to get finished.
- When you get to the centre, stay there and be centered - let your inner stillness bring you to the centre of your being - be with God.
- Leave the centre when you feel that you have had enough time there.
- On your walk out continue the slow, reflective pace. Ponder the experience. Be ready to bring the gifts given out into your life.

- When you reach the end, pause and turn to face the centre again. Make a gesture of thanksgiving to God who has walked with you.
- Take time to reflect on your walk, and journal if possible.

Some may find it helpful to begin the walk into the labyrinth with palms down, symbolic of letting go of any anxieties, fears, concerns etc. At the centre, turn the palms up, symbolic of the desire to receive the gifts, insights, peace that God offers. At the end of the walk, place palms together in a gesture of prayer and thanksgiving.



Ignatius Jesuit Centre
5420 Highway 6, North
Guelph, ON N1H 6J2
519-824-1250

IGNATIUSGUELPH.CA



Ignatius Labyrinth

God, You will show me the
path to life
~Psalm 16: 11



A Place of Peace



WALKING OUR LABYRINTH

WALK THE LABYRINTH, AND WALK YOUR JOURNEY OF LIFE, KNOWING THAT YOU ARE THE BELOVED OF A LOVING AND GENEROUS GOD

The Labyrinth at Ignatius Jesuit Centre is located off the main driveway, adjacent to the Jesuit cemetery. The concentric lines of our labyrinth are carefully sculpted from native turf grasses. A single pathway, 484 meters in length, formed by turf ridges and shallow trenches, leads to the labyrinth's centre in which is an inviting weathered chair partially enclosed by a ring of Feather Reed Grass. Smooth black oval pebbles define the Labyrinth's centre, with a granite boulder carefully placed to provide a quiet strength.

Labyrinths have been around for over 4000 years and are found in just about every major religious tradition in the world. They have been an integral part of many cultures such as Native American, Greek, Celtic and Mayan. Unlike a maze which is more like a puzzle and can have dead ends, the labyrinth leads us to its centre. The labyrinth symbolizes our life's journey, a spiritual pilgrimage, coming from God and returning to God.

Before entering the labyrinth, we encourage you to stand quietly and clear your mind. Some people walk the labyrinth to inspire divine guidance through difficult times, others just to slow down and take time out from a hectic world.

Walking the labyrinth is a contemplative prayer. Let this walk be a holy journey for you. Enter into it with an open heart and mind. Let yourself be led by the journey itself. The walk is very much like the ebb and flow of our life. Sometimes on the walk you will feel that you are going round in circles, getting farther from the centre and going in the wrong direction! You may feel that you are lost, but remember, you cannot get lost in the labyrinth. Sometimes you will feel that you are right on target, heading peacefully along towards the centre! Have courage and confidence and keep on the path.

Perhaps you will walk it seeing your own life's journey: reflecting on the years past, present and yet to come. Maybe you will see it as journeying inward to receive all that God has to offer you, recognizing God's gifts to you. As you journey outward, know that these gifts are not for you alone, but gifts to be shared.