

*WALK THE LABYRINTH at
DAMASCUS UNITED METHODIST
CHURCH*



THE DUMC LABYRINTH

The DUMC Labyrinth was built in May 2011. The Labyrinth is an archetypal image found throughout history from ancient Egypt to Crete to Celtic, Scandinavian and Native American cultures. The Christian roots of the DUMC Labyrinth date back to the Chartres Labyrinth, laid in the floor of northern France's Chartres Cathedral in 1220.

What is a Labyrinth?

The labyrinth is an ancient sacred symbol of pilgrimage to the Divine. Unlike a maze, the labyrinth has only one path which leads to the center and out again. The path winds throughout and becomes a mirror for where we are in our own lives. Walking the path is a letting go of daily concerns and opening ourselves to God's healing presence in the center. The insights we receive are then taken back out the path into our lives.

Walking the labyrinth naturally causes our attention to start turning inward, focusing in the present moment. Labyrinths can be used as a spiritual practice to help relieve stress, to help persons work through grief, and also to provide comfort during illness. At the most basic level, walking the labyrinth focuses the attention, stills the mind, and quiets the breathing.

The Experience

There are three stages of the walk.

- First, the 'inward' journey, as you enter the labyrinth: *The theme of the 'inward' journey is letting go of things which hold back our wholeness and inner approach to God.*
- Second, the center. *The center of the Labyrinth is a space of meditative prayer and peace.*
- Third, the 'outward' journey, as you exit the path: *The theme of the 'outward' journey is relationship - with ourselves, with others and with the earth - seen in the light of our relationship with God.*

PREPARATION FOR THE WALK

- Take time before you begin to disengage from your day and relax. Consider the issues, concerns, questions or dreams you want to take with you on this walk. Or, simply decide to clear and quiet your mind and put yourself into a receptive state.
- Maintain silence throughout your walk for your own and others' reflection
- Move at your own pace. Feel free to pause at any place. You may pass others who are moving at a slower rate. The path is two ways - those going in will pass those coming out.
- Upon reaching the center, you may sit, kneel, stand, meditate, face several directions, pray or read something you brought along with you. Stay in the center as long as you wish.
- Walking out of the labyrinth is a time for integration and gratitude for the gifts received.
- Feel free to take some time after your walk to remain in the area for further reflection and meditation until you are ready to leave.
- Please – no food or drink on the labyrinth.
- May God abundantly bless your journey!

The DUMC Labyrinth is available from dawn to dusk for all who wish to walk the sacred path.

If you would like to share the story of your Labyrinth experience with us, please contact:

Pastor Linda Motter
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Feel free to share this pamphlet with a friend.

Testimonial

"I really felt the power of God's presence as I walked the Labyrinth."

11 year old male