



How to Use a Labyrinth

A labyrinth is a peaceful, quiet and healing space. Labyrinths have served as symbols of hope, healing and spirit for thousands of years in many cultures throughout the world.

Whether you are using a finger labyrinth or walking a labyrinth, labyrinths can help when dealing with a spiritual question, or a situation of concern. By the time you reach the center and move out again, you may feel a sense of direction, peace, or the beginning of an answer.

Begin by taking a deep breath and concentrate on something you need to find the answer to. Go slowly; there is no right or wrong way. Walking or tracing within the turnings helps you lose track of direction and the outside world, and helps quiet the mind. It is a walk of peace and serenity. The center is a place to rest. You may use it to pause, reflect or gain insight. Walking or tracing the path out of the labyrinth is a time to reflect on your experience and its meaning for you.

Most labyrinths are made for walking, but a finger labyrinth can be just used as well. Below are instructions on how to use a labyrinth. Fortunately for Fairview Health Systems, there is a beautiful labyrinth right on the Woodwinds campus nested within the Healing Gardens.

Using a Finger Labyrinth



Tracing the labyrinth with your finger helps you focus on your thoughts and open your mind.

Walking the Labyrinth at Fairview Health Systems Woodwinds Hospital

(Instructions copied from document 042-0337 4/12)



There are two paths into the center. The path on the left is a shorter journey while the path on the right meanders more slowly. The center is a place for quiet reflection. When you are ready to leave, you may retrace the path you walked, or follow the other path out.

These practices may help you get the most out your labyrinth journey:

- Clear mind and become aware of your breathing.
- Maintain silence throughout your walk and while others are walking.
- Walk at your own pace.
- Pause for rest or reflection.
- Share the path with others.
- Practice mindful walking by becoming aware of sights, sound and sensations.
- Repeat a word, phrase or prayer while you walk.
- Being into the labyrinth a question of conflict for which you seek insightful guidance.
- Reflect through meditation, writing or drawing when you have completed your walk.

Remember that each time you trace or walk a labyrinth it is unique experience – different for each person and different from the time before.