



*Draw your own seven-circuit classical labyrinth.  
Begin with the "seed pattern" at right, and  
add curved lines as shown above.*

**A labyrinth is a curving path that leads to and back out from a center point. The process of tracing a labyrinth with your finger or walking one with your whole body can be compared to taking a thoughtful walk, going on a pilgrimage or spiritual journey, or even taking part in a religious dance.**

**Many people think of a labyrinth walk as having three parts.**

- The first part, walking in, can be seen as a time of **RELEASE**, of letting go, of leaving behind whatever keeps you from God, or that which is bigger than yourself.
- The second part, approaching the center, can be seen as an opportunity to **RECEIVE**, a time of being with God, or that which is bigger than yourself.
- The third part, walking out, can be seen as a **RETURN**, being sent by God, or that which is bigger than yourself.



**There is not a right or wrong way to walk the labyrinth. A labyrinth is different every time you approach it, because you are different every time you approach it. You bring the hopes and the fears, the capabilities and the limitations, the perplexities and the wonders of your unique body and being each time you travel the path.**

**Blessings on your journey!**

