

Walking in Silence, Walking with Silence



The labyrinth can be used as an aid to meditation, mindfulness, contemplation and prayer. Simply speaking, a labyrinth is one way to come to a place within.

Use a personal, school or community labyrinth, or, download a labyrinth seed pattern to make one [here](#)

Some prompts you might like to use:

- reflect on those things you are grateful for, the things that bring light and hope to your life.

- mindfully or prayerfully engage with questions and thoughts related to any ethical, moral and social justice issues

- reflect on philosophical/existential questions or issues of social justice and human rights.

- focus on a virtue: courage, patience, friendliness, truthfulness, compassion, humility, integrity, kindness, respect, responsibility, understanding, unity



Some ways to proceed on your silent walk

‘Palms Up, Palms Down’

- **Releasing, Receiving, Responding (or Integrating)**

are outlined [here](#)

Depending on the focus of the walk, eg. *compassion, reconciliation, harmony, peace, forgiveness*, there could be a container of thoughtful quotes, proverbs, or sacred text passages placed in the centre of the labyrinth for contemplation



The extent to which labyrinths are considered effective is directly connected with the experience they engender; the emotions and insights they ignite, the sense of calm or Presence they invoke, the depth of solace they bring, and the activation of our interior symbolic realms that they stir. ~ Lauren Artress, Walking a Sacred Path, Rediscovering the Labyrinth as a Spiritual Practice