

## Walking in Unity

There is no “right” way to walk a labyrinth. This is true whether you walk for yourself or on behalf of someone else.

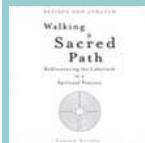
This brochure offers some ideas that may help you find a way that works for you, especially if you are walking for a friend or for a cause.

First, consider what it means to walk on behalf of someone or something else.

One meaning is that you are simply walking the labyrinth in spiritual company with your friend or your cause. You join your friend in her distress. You join with those who work for your chosen cause, or with those who suffer its absence. Let the walk be an experience of unity with those you hold in your heart.

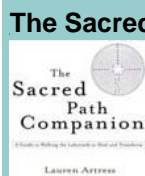
Offer your feet, your time, your attention, your compassion as vessels of light in the world — especially in the life of your friend.

## More Labyrinth Resources



**Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice**  
(by Lauren Artress, 2006)

This book was the first to provide a way to use the Eleven-Circuit Medieval labyrinth as a practice. The story of discovering the labyrinth in Chartres Cathedral, its history, placing it in Grace Cathedral and the rationale for this work are included.



**The Sacred Path Companion: A Guide to Using the Labyrinth to Heal and Transform** (by Lauren Artress, 2006)

outlines the practice of labyrinth walking and the many ways the labyrinth can be used to heal and transform our lives.



**The Sand Labyrinth Kit**  
(by Lauren Artress, 2000)

offers a template of the Medieval Eleven-Circuit Labyrinth and the Classical Seven Circuit Labyrinth. Open the packet of sand and cover the templates and it offers a meditative sensate finger walk of these labyrinths. A book of meditative quotes is included.

## “Walk for a Friend” Resources

[www.synapsesite.net/labyrinth](http://www.synapsesite.net/labyrinth)

**Contact:** Barbara Hemphill  
barbara@synapsesite.net

Come, let us walk  
in the light of the Lord!  
(Isaiah 2:5)



**Labyrinth Walk**  
... for a friend  
... for a cause





## Steps on the Path



### Establish an Intention

An intention aims us inwardly toward spirit, helps us become receptive to the Presence, and holds our focus throughout the walk.

An intention does not seek a particular outcome. It is like an open-ended question — not a yes/no inquiry. It is like a compass point rather than a destination.

In walking on behalf of someone or something, an easy way to establish an intention is to carry with you a reminder of the person or a symbol of your chosen cause. You might carry a glass bead of a particular color (pink for breast cancer, lavender for Alzheimer's disease, red for heart disease, etc.). You might walk with a holy card of a patron saint, or with a photo of your friend.

### Letting Go (the path toward the center)

As you walk the path inward, hold in your mind an image of receptivity — an empty bowl, a canyon, cupped hands. Consider how you might become that receptive within? What hinders your openness?

In walking for a friend you may need to let go of fear or anxiety about their situation, your agenda for what would *improve* their situation, memories of relational conflicts, judgments about their difficulties.

Note that “letting go” is simply releasing your grip on things. It is not forcing them to leave. They may stay or go. Your task is to release them and let Spirit decide what happens to them.



### Receiving (in the center)

The letting go exercise has helped you become more open, so now just relax and listen. Be quiet and still. Receive whatever is there for you and your friend. You may or may not experience anything you can name. Try to keep your friend or cause there with you. Take as much time as you need before moving on to the outward path.

### Integrating (the path outward)

If you are aware of a particular experience in the center, your task on the journey back is to intentionally welcome it into your life and into your friend's life. Express your gratitude.

If you aren't aware of anything in particular, just welcome the peace or whatever draws your attention. It is all a gift. The welcoming attitude is the important thing. Try to realize that you have received something new, but it is for now invisible to you. Many important things are invisible, including God.

### After the Walk

Take a few minutes in quiet to let the inner “dust” settle. You might take time for journaling or drawing. Whether or not you felt it, you have been changed through walking. You are not the same person you were when you entered the labyrinth. Your friend, your cause, is on a new page too.

### Send a Card

You may want to send a card to your friend letting him know you walked for him.