

Individuals are welcome to walk the Labyrinth at any time, weather and traffic permitting.

Father Francois Legaux,
Rector of Chartres Cathedral
Blesses the new St. Andrew's Labyrinth
October 12, 2004



St. Andrew's Episcopal Church
The Rev. Monica Whitaker, Rector
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"Our Lord Jesus Christ said, 'I am the Way, the Truth, and the Life.' May all who walk this path of the labyrinth participate in your life through grace, and humbly seek the Truth on this earthly pilgrimage. I ask you also to bless all those who come here to find peace, so that they might then be bearers of peace to the world wherever they live. In the name of the Father, and the Son, and the Holy Spirit. Amen."

The Labyrinth At St. Andrew's

We welcome you and invite you to walk this ancient sacred design. Its purpose is to serve as:

- A prayer path
- A walking meditation
- A means of relieving stress
- A place to turn inward and reflect
- A pleasant, relaxing physical activity
- A way of connecting with God
- A sacramental act of faith
- A holy space.



About this Labyrinth

The Labyrinth at St. Andrew's is a replica of the one laid in the stone floor of Chartres Cathedral in France in the early 13th century. It is one of many Cathedral labyrinths walked throughout the Middle Ages by Christians as the culmination of a pilgrimage. Its holiness was considered equal to a journey to Jerusalem, to the dwelling place of God.

Modern pilgrims and spiritual seekers are rediscovering its power to bring renewal and inner peace to their lives. The action of labyrinth walking engages the mind, body, and spirit together harmoniously and allows the attention to focus on what is deepest within the center of our being.

Everyone who walks a labyrinth will have a different experience, and each new labyrinth walk will be different. But when walked with an open heart and mind all these experiences will be holy because the labyrinth was designed as a transformative journey.

As opposed to a maze, a labyrinth has no dead ends and no wrong turns. There is only a single path which meanders through the entire space. By following all the twists and turns along the path one finally arrives at the center. The same path is walked in reverse as the pathway out.

Suggestions for walking:

THE WALK IN:

1. You might offer a prayer or focus on an issue or area of life before beginning to walk, or simply pause at the entrance and take a few slow calming breaths. You may have a particular intention or not for your walk.
2. If several people will be walking at the same time, it is best to wait until the person in front of you has made the first turn in order to leave space between walkers. Find your own natural pace of walking. You may pass slower walker by going around them.
3. Be aware of body sensations, emotions, and memories. Let deep feelings emerge. Release these as you walk, and continue to allow whatever arises in you to emerge and be released.

THE CENTER:

1. There are six "petals" or bays in the center. When you arrive here, you may stand or sit. You may move through the petals or choose one to spend time in.
2. Open yourself to illumination, or to whatever insight and guidance you might receive.
3. Spend as much time as you wish in the center until you feel ready to leave.

THE WALK OUT:

1. Use the walk out to reflect on any insights, guidance, or illumination you have received. Envision how this might serve you and strengthen you as you return to the world.
2. At the exit you might pause to express gratitude.
3. You may wish to sit on a nearby contemplation bench to take notes, pray, or continue to reflect on the journey you have taken.

*"Stand at the crossroads and look.
Ask for the ancient paths where
the best way lies. Walk in it and
find rest for your souls."*

Jeremiah 6:16