

LABYRINTH MEDITATION #1 - THE PATH

Consider this meditation as you enter the labyrinth today. How might God guide your path? And what might you bring – joy, sorrow, anxiety, even a sense of playfulness – to share with God at the center?

The Path - as found in [*Celtic Blessings: Prayers for Everyday Life* by Ray Simpson](#)

God bless the path on which you go.
God bless the earth beneath your feet.
God bless your destination.
God be a smooth way before you,
A guiding star above you,
A keen eye behind you
This day, this night, and forever.

God be with you whatever you pass.
Jesus be with you whatever you climb.
Spirit be with you wherever you stay.

God be with you at each stop and each sea,
At each lying down and each rising up,
In the trough of the waves,
on the crest of the billows
each step of the journey you take.

As you leave the center and re-enter the world, hear this as a blessing for the week ahead. May you find a sense of peace and may know that you are created in the image of and celebrated by a loving God.

A Celtic Prayer - Sister Susan, Nada Hermitage, Crestone Colorado

Deep peace of the shining star to you,
Deep peace of the running wave to you,
Deep peace of the quiet earth to you,
Deep joy of the leaping fire to you,
Deep peace of the Son of Peace to you.

LABYRINTH MEDITATION #2 - THE SEARCH

Consider this meditation as you enter the labyrinth today. What have you been searching for? What are you still searching for? What's getting in the way of what you really seek?

Give Up Your Endless Searching - by Christine Valters Painter

Lay down your map and compass,
and those dog-eared travel guides.
Rest your weary eyes from so much looking,
your tired feet from so much wandering,
your aching heart from so much hoping.

Lay down on the soft green grass
wet with morning dew, and watch as
the tree heavy with pendulous pears
bends her long branches toward you,
offering you perfection in every sweet bite.

Give up the weight of knowing,
for the reverence of quiet attention
and curiosity, for the delight of
juice that runs in generous streams
down your chin.

As you leave the center and re-enter the world, hear this as a blessing for the week ahead. There is gratitude in our universe for you! And for what you will bring into the world with you. And you are held in the hands of a loving God, who will support you in your journey. Always.

Thanks to Thee, O God, that I have risen today,
To the rising of this life itself;
May it be to Thine own glory, O God of every gift,
And to the glory of my soul likewise.
O great God, aid Thou my soul
With the aiding of Thine own mercy;
Even as I clothe my body with wool,
Cover Thou my soul with the shadow of Thy wing.
Help me to avoid every sin,
And the source of every sin to forsake;
And as the mist scatters on the crest of the hills,
May each ill haze clear from my soul, O God.

This Gaelic grace was collected by Alexaner Carmichael in the nineteenth century and used in Avery Brooke's Celtic Prayers.

LABYRINTH MEDITATION #3 - THE JOURNEY

Consider this meditation as you enter the labyrinth today. Where is your journey headed? Who and what are accompanying you? What might bring a sense of clarity, purpose, and direction as you move to the center?

Prayer Song from Ghana

as found in [*The Soul of a Pilgrim* by Christine Valters Painter](#)

Journeying God,
Pitch your tent with mine so that I may not be deterred
by hardship, strangeness, doubt.
Show me the movement I must make
toward a wealth not dependent on possessions,
toward a wisdom not based on books,
toward a strength not bolstered by might,
toward a god not confined to heaven.
Help me to find myself as I walk in others' shoes.

Know this, wherever your journey takes you, God holds you in loving hands. May you experience God's presence in every sense, and through every expression of the season.

Beloved, Lord Almighty God,
Through the rays of the sun,
Through the waves of the air,
Through the all-pervading life in space
Purify me and revivify me,
And, I pray, heal my body, heart, and soul.
Amen.

Nayaz by Hazrat Inayat Khan



LABYRINTH MEDITATION #4 - THREE-FOLD PRAYER

One way to pray at our labyrinth is to use a medieval practice for a three-fold act of prayer.

FIRST MOVEMENT – ENTERING

The first step is letting go. Ancients called this “purgation.” As you walk into the labyrinth let go of worries, busy thoughts, and emotions. These “purging” prayers are a way of cleaning your spiritual windows.

SECOND MOVEMENT – CENTERING

When you reach the center of the labyrinth, rest. You may want to sit down, or even lay on your back. Feel the warmth of the sun on your face. Is the surface of the labyrinth cool or warm? Look up and around. Notice the sky, the trees, the vegetation around you. Listen for the chimes. Here, you are seeking “illumination.” Now that you have cleaned your windows, let the light come in. Seek a word from God.

THIRD MOVEMENT – RETURNING

As you retrace your steps through the labyrinth, remember that the presence of God goes before you. Reflect on the insights or blessings you’ve received. Seek “union” with God as you unwind and return to what you left behind – strengthened by the provisions you received from God.