

The 7-Circuit Classical Labyrinth



Seed Pattern for a 7 Circuit Classic Labyrinth

Practice!



the seed pattern

Practice!



step 1



step 2



step 3



step 4



step 5



step 6



step 7



step 8

Walking a Labyrinth

- there are no set rules
- walk with an open heart and mind
- take a few deep breaths before setting out
- walk at a natural pace, find your own rhythm
- experience the experience

Three stages:

LET GO (walking in),

LET IN (usually at the centre, or pause anywhere along the path),

INTEGRATE (walking out, reconnecting)

Guidelines for Walking a Labyrinth

- remove shoes (optional, but recommended on portable cloth labyrinths)
- walk with “soft” eyes
- it’s a two-way path, move around people thoughtfully
- stay in the centre as long as you like
- lightly notice feelings and sensations as you walk
- wait respectfully for all to complete their walk before speaking

“We aren’t walking the labyrinth to learn about *it*, we are walking the labyrinth to learn about *ourselves*.” Eve Hogan