

Labyrinth for Personal Journaling



The snapshot method of Journaling with the labyrinth experience.

Welcome to the labyrinth experience. Before you begin walking the labyrinth, take a deep breath and bring all your senses of hearing, seeing, smelling and feeling to this present moment. "Gather-in" to be truly present to who you are on this day, this hour, this minute and in this space. Use your mind's eye to capture the essence of where you are right at this moment. Think about what your senses are taking in and how your soul is responding.

Now, take a "snapshot," a quick thought, of your life as it is in present day. Begin by thinking of your outer circumstances such as your life's work, jobs, children, spouse, etc. in one or two words each. As you reflect on these words, allow yourself to think about what you seek spiritually. What do you need during this time? What "season" is it for you spiritually? After reflection of this, you can write and journal in an effort to clarify your thoughts and needs in preparation for your labyrinth walk.

Walk the labyrinth and keep your mind, heart and spiritual soul open to receive thoughts and insight. When you've completed the labyrinth walk, return to your journal to write or draw and somehow capture your thoughts, feelings, memories and day-dream fragments that have occurred during the walk. Write these free-form to get them out and on paper. This is part of the therapeutic experience. Later you can return to this paper and go over what you experienced.

Use this space below to begin your Journaling...