



## Guide to Labyrinth Walking Meditation

This guide is provided by Lauren Artress, founder of Veriditas, a non-profit organization dedicated to inspiring personal and planetary change and renewal through the labyrinth experience. Find the Purchase Labyrinth behind the Dance Building.

---

### Remember

#### At the Threshold of the Labyrinth

Take time to offer gratitude. You are invited to count your blessings and be thankful for people that support you and places that nourish you. You may choose to focus on a mantra, prayer, or intention.

If there's a specific situation challenging you, bring it to mind and form a healing question if possible.

---

### Release

#### Entering the Labyrinth

This is the time to quiet the mind, let go of the mental chatter and release your burdens. Open your heart to feel whatever it might feel. You may want to connect with your breath or your footsteps. Relax and move at your own pace. If you meet someone on the path, do what feels natural.

You may move ahead of others, and they may pass you by. Follow your intuition and experience your experience.

---

### Receive

#### Pausing in the Center

This is a place of reflection. Pause and stay for as long as you like. Open yourself to your higher power.

Listen to that still, small inner voice. In the safety of the labyrinth have a heart-to-heart talk with yourself.

---

### Return

#### Outward through the Labyrinth

When you are ready, retrace your steps (or in a processional design you may follow a separate path out).

On the return journey, the integration of your experience happens. You may feel a sense of well-being, healing, excitement, calm, or peace. You may also reclaim, restore, or renew some aspect of your life.

**Purchase College, SUNY** | 735 Anderson Hill Road | Purchase, NY 10577 | [purchase.edu/labyrinth](https://purchase.edu/labyrinth)