

## **Script for the 10-Minute Guided Labyrinth Walk**

Welcome to the App State labyrinths. We have two labyrinths on our campus, one near Sanford Mall and one near Levine Hall. You can walk these labyrinths any time they are not reserved. They are open to the public.

A labyrinth is not a maze. It is a single path that you can walk from the beginning to the center of the labyrinth, and then you can follow that same path out to exit the labyrinth. There is no wrong way to walk a labyrinth.

This audio recording provides a guided labyrinth walk. You can pause it at any time if you need additional time for your walk. Please be mindful of others who are also on the path and step aside for them if needed. If you wish, you can trace a printed labyrinth with your finger instead of walking.

Let's begin. Start by entering the labyrinth pathway. Slow down as you try to leave the world behind you. Stay in the present moment, putting one foot in front of the other. Notice what is coming up for you as you wind your way through the pathway. Remember that you can always return to your steps and to your breath as a way to stay grounded during your walk. If you get distracted, acknowledge the distraction and let it pass you by. Remember, there is no wrong way to walk a labyrinth. Your way is the right way for you in this moment. As you wind around the pathways, you might feel like you are lost or that you are traveling to no place in particular. Try to stay in the present moment. You are not lost. You are walking the path one foot in front of the other.

As you arrive at the center of the labyrinth, take some time to pause here. You might want to sit down, or you may wish to stand. As you get comfortable and rest here, reflect on and honor your journey so far. What has been challenging or difficult? What has been effortless or comforting?

When you are ready, begin walking out the same winding pathway you took to enter. Continue to stay present with yourself by focusing on your steps, your breath, and your body. Notice what it feels like to walk by yourself if you are alone or to walk with a group of people if others are also walking. You may want to reflect on what you have learned through this journey and any lessons that you want to take back into the world with you. You might find yourself feeling ready to move faster and exit the labyrinth. Or, you might find yourself wanting to linger and stay a while longer. Remember that whatever way you walk the labyrinth is the right way for you in this moment.

As you exit the labyrinth, take some time to reflect on your experience. You might wish to sit in one of the benches or on the nearby lawn to write down your thoughts in a journal or notebook. Remember that you can return to the labyrinth any time. We hope you will also tell others about our campus labyrinths. You can learn more about the App State labyrinths online and on the sign just outside the labyrinth.