

A Walk of Unburdening

Before walking the labyrinth

*Choose a small stone from the table to represents
a weight of doubt, fear, anger, grief
or something else in your life that
weighs you down, even overwhelming your spirit.*

As you walk toward the center of the labyrinth

take the stone with you in your hand.

*Think of all the ways this “weight” in your life
holds you down and separates you from Love.*

For the time you remain in the center

*deeply imagine how your life would be
different, refreshed, healed
if this “weight” were removed.*

When you are ready, move out of the center

and back onto the pathway;

journey now toward the entrance.

Consider how God is, indeed, with you.

*Celebrate the Lightness of God that is overcoming
the burdens which weigh you down.*

*While walking toward the entrance of the labyrinth,
claim this unburdening for yourself;*

Once you leave the labyrinth

place your stone in the bowl of water on the table.

Observe how the stone is washed;

*let it be a symbol of God’s already present Love
in your life, washing away the weight upon you.*

May you move into the days ahead, refreshed with hope.

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