A Walk of Unburdening

Before walking the labyrinth
Choose a small stone from the table to represent 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.