How do I walk the labyrinth?

- People may silently name their troubles on the way in and their blessings on the way out.
- Some walk in contemplating a possible decision and walk out contemplating an alternative.
- Some ask forgiveness on the journey inward, and offer commitment to a new intention on the journey outward.
- Some people give thanks for one joy on the way in and celebrate another joy on the way out.
- Some consider the past and then the future.
- Some simply walk, allowing the Spirit to move within them—with no agenda.
- You may even skip, hop, or jump through the labyrinth!

“Say not, ‘I have found the PATH of the soul.’ Say rather, ‘I have met the soul upon my PATH.’

–Kahlil Gibran

Pastoral Care Department

Please feel free to call for more information:

720-777-6325
What is a labyrinth?

A labyrinth is a winding path along which a person may walk, crawl, roll, ride, skip, hop, dance, or otherwise move. Walking a labyrinth can serve a variety of purposes. It has been called both “sacred pacing” and “a playground for the spirit.” The most common use of a labyrinth is as a form of prayerful movement. Ultimately, the labyrinth is a purposeful path that leads to a journey of self-discovery.

Is a labyrinth a maze?

A labyrinth is not a maze. A maze has many paths and possibilities for wrong turns and getting lost. A maze is designed to confuse. Labyrinths were designed to help people find their way, whereas mazes were designed as a sort of puzzle. If you follow the path of a labyrinth, you will reach the center.

Does the labyrinth come from a specific religious tradition?

Almost every religious tradition respects some form of spiritual walk or pilgrimage. The oldest known labyrinths are thousands of years old. The labyrinth is simply a tool—it is not owned by any particular tradition and may be practiced by all. It is a universal symbol.

Who may use the labyrinth?

The labyrinth is available to all the patients, families, staff, and volunteers of Children’s Hospital Colorado. It is open to all who would come to pray for our children, our mission, and our community.

Your congregation, family, or service organization is welcome to walk the labyrinth in support of these goals.