

Autumn Labyrinth Walk

A guide for walking the prayer labyrinth in the season of turning

Before You Begin

Autumn is a season of letting go. Trees release their leaves without struggle, fields give up their harvest, and the light grows shorter. Walking the labyrinth in this season is a way to practice the same trust: setting down what you've been carrying and receiving what is given.

There is no wrong way to walk. The path has one way in and one way out, so you can't get lost. Go at your own pace, and feel free to pause, sit, or turn back whenever you need to.

Take a moment at the entrance. Breathe slowly a few times. Notice the air, the colors, the sounds around you. You might name an intention for your walk, or simply arrive as you are.

The Walk

Going in: Releasing

As you walk toward the center, let each step be a small act of release. Consider what you're ready to set down: a worry, a grudge, a season of life that is ending, an expectation you've held too tightly. Imagine each one falling like a leaf as you go.

Reflection: What am I holding that I no longer need to carry?

At the center: Receiving

Rest here as long as you like. Stand, sit, or kneel. This is a place to listen rather than speak. Notice what rises in you, and receive what comes: peace, a word, a memory, or simply stillness.

Reflection: What has been given to me this year? What am I grateful for, even the hard gifts?

Coming out: Returning

The walk back out is a return to your life, carrying what you've received. Move a little more slowly if you wish. Think about how you want to meet the season ahead and the people in it.

Reflection: What do I want to bring back into the world?

A Closing Blessing

May you release what is finished with gratitude.

May you trust the quiet work of this season.

May you find, in the turning of the year, that you are held.

Amen.

Optional Practices

- **Gather a leaf** on your way in, carry it through the walk, and leave it at the center or return it to the earth on your way out.
- **Walk with a single word** such as *release*, *harvest*, *enough*, or *trust*, repeating it silently with your steps.
- **Bring a journal** and write for a few minutes when you finish.
- **Walk with a friend** by starting a few minutes apart, so each of you has quiet space on the path.

Practical Notes

Dress for the weather, since autumn mornings can be chilly and the ground may be damp or covered in fallen leaves. Wear comfortable shoes. All ages and abilities are welcome, and you may walk the path in any way that works for your body.