Follow these steps to create your own virtual labyrinth experience!

**Orient yourself**
- Take some time to watch and read a little bit on the history of labyrinths
  - A short video from The Labyrinth Society
  - A brief article from Smithsonian Magazine
- Familiarize yourself with the Box Breathing Method shown below or practice with this video.
Contemplate
Read and contemplate this poem by W. H. Auden. Consider its meaning and application to your own life experience. What are these words saying to you in this moment?

The Labyrinth

Anthropos apteros for days
Walked whistling round and round the Maze,
Relying happily upon
His temperament for getting on.

The hundredth time he sighted, though,
A bush he left an hour ago,
He halted where four alleys crossed,
And recognized that he was lost.

"Where am I? Metaphysics says
No question can be asked unless
It has an answer, so I can
Assume this maze has got a plan.

If theologians are correct,
A Plan implies an Architect:
A God-built maze would be, I'm sure,
The Universe in miniature.

Are data from the world of Sense,
In that case, valid evidence?
What in the universe I know
Can give directions how to go?

All Mathematics would suggest
A steady straight line as the best,
But left and right alternately
Is consonant with History.

Aesthetics, though, believes all Art
Intends to gratify the Heart:
Rejecting disciplines like these,
Must I, then, go which way I please?

Draw your own Labyrinth

In reflection of the poem, contemplate the reason for the labyrinth's existence, consider your own consciousness…and then, take a deep breath or two and let the world settle around you. Follow the Box Breathing Pattern as you continue through the rest of this activity. Compose yourself as you prepare to form your labyrinth.

Follow the step-by-step directions below
**When your labyrinth is completed:**

- **PREPARE TO ENTER**
  - Collect your thoughts and take a few deep breaths. With your labyrinth finished, contemplate the inward spiritual journey you are about to take to the center of the labyrinth and back out again. What will you choose to reflect upon during this journey? Your accomplishments? Dreams? Visions? Or perhaps, you will choose all of these for your personal journey.

- **ENTER**
  - Let go of your distractions and release any thoughts of what is weighing you down in life. Take another deep breath and begin the labyrinth. Slowly, follow the path created by the spaces between the lines with the **first finger of your non-dominant hand** until you reach the center of the labyrinth. As you go, envision the path that has led you to where you are now in your life. Consider spiritual crises, enlightenments or accomplishments that have impacted you along the way. Again, clear all external thoughts and focus as much of your attention as possible on the task at hand. Take deep, organic breaths as you continue to the center of the Labyrinth.

- **AT THE CENTER**
  - Once you reach the center of the labyrinth, take another set of deep breaths.
  - This is your space. Feel free to stay here for as long as you like but remember you must egress the labyrinth eventually.
    - Be at peace and relax. This is your space. Here, you are not troubled by outside influences. Remain in introspection.
  - When you are ready, begin to retrace your finger back out of the labyrinth.
- **EXIT**
  - As you exit, remember to breathe in a deep, organic manner. Reflect on those who have inspired you, motivated you or guided you to this place in your life. Imagine your ideals and the ways they can help you reach your vision. Think about what you are committed to and what you will do to continue those commitments.

- **CONCLUSION**
  - Observe how you are feeling after completing this experience.
  - How has this experience helped in your spiritual introspection?