

THE RUBEN L. F. HABITO

LABYRINTH

A PATH TO THE SACRED

LABYRINTHS are ancient human symbols that date back more than 4,000 years. For many Christians, labyrinths held a specific purpose: they served as a way to make a sacred pilgrimage even if one could not undertake an actual journey to a holy place (the shrine of a saint) or to the Holy Land. They engaged the body, the soul, and the mind—focusing upon movement along a defined path toward the center, and back again. Today, labyrinths are used for prayer, introspection, meditation, centering, or relaxation.

HOW TO WALK THE LABYRINTH:

1. **Preparation:** Take a deep breath or pause for a moment of silence, clearing your body and mind, as you approach the entrance to the labyrinth.
2. **The Journey Inwards:** As you follow the path toward the center, go at your own pace, and use the time to pray, listen, reflect, and feel. One step at a time, let yourself lose track of the outside world as you move toward the center.
3. **At the Center:** As you linger in this space, considered the most sacred of the labyrinth, receive what is there for you to receive.
4. **The Return Journey:** Reflect on what you have learned, and let yourself feel gratitude for the journey and insights. Remember them as you re-enter the world.



Scan this QR code to learn more
about the Habito Labyrinth.

Or visit www.smu.edu/perkins/labyrinth

Unlike a maze, the labyrinth is not a puzzle and does not have dead ends. The labyrinth is one single-coiled pathway leading toward a center and then back to the world again. To follow the way of faith in a labyrinth is to journey to the sacred center and then return, renewed, to the world.