

Stilling the Voice in Our Heads

There's one voice we struggle to switch off more than anything – the insecure voice in our heads, which drags us back to the past, to bring up old failures or achievements, and forward into the future, to where we dream of really becoming someone. That voice attaches to anything it can find which will give us identity, and it won't let go.

The only way to still it and stop it is to become aware of it as it struggles to create a false sense of who you really are. This inward journey on the labyrinth is one of detachment.

You are not your ego: and so, as you journey towards God, become aware of the things that you cling to for a sense of identity, yet which ultimately weigh you down, or drag you back, or bury you alive.

After all, God is not ultimately interested in what other people think of you; your reputation does not go before you on this journey. You can only be yourself.

Travelling Companions

It's a moving experience to see other people walking the same path as you. The labyrinth is metaphor. We travel with others, even though sometimes they seem to be behind or in front, or even heading in different directions. One minute, they can seem very close to us; the next, the path can seem to take them far away from us.

It is humbling to watch a fellow traveller walk the path of the labyrinth while you are walking it too. It is mystery. If we choose to walk this road less





travelled, we are not alone. Others are journeying with us, into the centre of things: brothers and sisters, mothers and fathers, sons and daughters.

Twisting and Turning

As you walk a labyrinth, you may notice how you are, at first, almost straining to reach your destination. Try to relax and savour each step. There are no prizes for finishing quickly. Life is not a competition, and neither is the labyrinth.

As you walk, the path will seem to take you close to the centre, but then it will draw away, towards the outside, time and time again. It twists and turns back on itself, and you will sometimes find you're walking in the opposite direction to that which you originally thought. Such is the path of life.

But you have to trust the path and keep walking. Despite the fact that it can seem a little disorientating, you will always have a sense of where the centre is and where you are in relation to it.

This is the difference between a maze and a labyrinth: you will not be lost, but found. And the finding happens along the way, step by step. So notice how you feel, whether or not you strain forward in life, whether or not you can savour the journey itself, *how you travel*. It should be our goal to travel with grace and love.

As you move further along the path, you might sense how far you have come, yet also how far you have to go. There are no shortcuts to our journey.

One step at a time – that is all we can do.

Our arrival at the centre will not be the end of the journey, but a crucial stage along it. It is where we can take rest and savour the presence of Another.



So, as we begin to get nearer to the centre, our sense of anticipation inevitably grows. It's as if, almost without noticing it, the scenery has changed. We have left the cliffs behind, as well as some of the things that weigh us down as we travel.

Now we are about to enter a different world.