

Walking a Prayer Labyrinth involves 3 stages:  
'Releasing', 'Receiving', and 'Returning'.

**Releasing** occurs as you move toward the center of the labyrinth. During this time - release the cares, burdens and distractions of life and open your heart and mind to the voice of God.

**Receiving** occurs at the center of the labyrinth. During this time, "receive what is there for you" through listening prayer.

**Returning** occurs as you move outward. In this time, you prepare to return to life and to join God in God's work in the world.

