

# LABERINTO DE HOLY CROSS

Bienvenidos.

Un laberinto es un camino de oración místico. El laberinto es una herramienta para la oración contemplativa y la meditación. El laberinto tiene un solo camino que lleva de y hacia el centro. Siempre se puede ver el centro. El destino está asegurado, esto permite a la mente estar tranquila y atenta.

Caminar el laberinto aclara la mente y nos da perspectiva de nuestros pasos espirituales. El laberinto es una herramienta para que las personas profundicen en sus oraciones. Cada caminata hacia dentro y fuera del laberinto es una oportunidad única para encontrarnos con nuestro querido Dios mediante la oración contemplativa.



## Normas Generales

Algunas normas para caminar en el laberinto:

1. **ENFOQUE:**  
Haga pausas y espere en la entrada. Póngase en calma y centrado. Asiente con un gesto y luego entre. Si alguien está delante de usted, dele unos minutos antes de entrar.
2. **EXPERIMENTE:**  
Camine con un propósito. Observe el proceso. Cuando llegue al centro, enfóquese por unos momentos. Salga cuando se sienta listo. Sea considerado a la salida.
3. **SALIDA:**  
Gire y camine a la entrada. Haga una señal de que terminó, como Amén o un saludo.
4. **REFLEXIONE:**  
Después de caminar por el laberinto, reflexione sobre su experiencia. Use un diario o dibuje para recordar.
5. **CAMINE FRECUENTEMENTE.**

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## **Historia de los laberintos**

Los laberintos datan de miles de años, sin pertenecer a una cultura o religión en particular. Los primeros datan de más de 3,000 años. Se han encontrado en muchas culturas y diseños. La arqueología concluye que estos diseños estaban relacionados con lugares sagrados comúnmente. El sinuoso camino de la mayoría de los laberintos es circular. El círculo es un símbolo universal de la unidad, integridad y eternidad.

El laberinto se hizo parte de la tradición cristiana por necesidad. Los primeros cristianos prometían visitar la Ciudad Santa de Jerusalén en algún momento de sus vidas. A través de los siglos, especialmente durante el crecimiento del cristianismo en el oeste de Europa, esta promesa se hizo cada vez más difícil de cumplir. Esta costumbre empezó a surgir para ayudar a los cristianos a cumplir su sagrado compromiso de peregrinaje. Una de estas fue el laberinto. Se crearon en los pisos de muchas catedrales europeas como sustitución al peregrinaje a Jerusalén.

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# HOLY CROSS RETREAT CENTER LABYRINTH

Welcome

A labyrinth is a walking Mystical Prayer. The Labyrinth is a tool to use in contemplative prayer and meditation. The Labyrinth has only one path leading both in and out of the center. One can always see the center. The destination is assured, allowing the mind to be still and attentive.

Walking the Labyrinth clears the mind and gives us insight into our spiritual journeys. The Labyrinth is simply a tool for many people in deepening their prayer lives. Each walk into and out of the Labyrinth is a unique opportunity to meet our creative and loving God through contemplative prayer.

## **Suggestions for Walking the Labyrinth**

The Labyrinth can offer a time to hold up a particular intention to God, such as when you are trying to discern God's will, or pray for another person. But most often, a Labyrinth walk is a time of opening yourself to God without an agenda.

Before you step onto the Labyrinth, spend a few moments quieting your mind in preparation for the experience. Notice your breathing and become in tune with its rhythm as you quiet yourself in preparation. Then you may want to say a prayer before beginning the walk.

As you walk toward the center, you may want to consider things you need to let go to

be in God's presence. Or you may want to hold on to one intention for which you are walking.

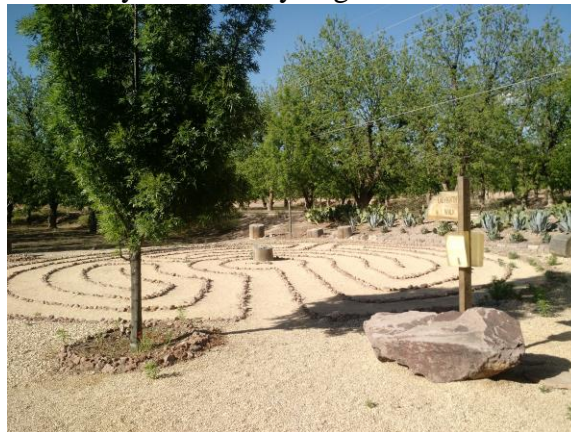
Walk at your own pace...which may be slow and measured or relatively quickly. The pace that feels right to you is the right speed for the Labyrinth. You may also pause as you wish, at turns or at other points along the path.

If others are walking the Labyrinth at the same time, you may want to step off the path to let them pass or pause to allow them to step around you. You may acknowledge one another or stay focused on your own walk as feels appropriate.

As you walk, notice how the path winds sometimes close to the center, sometimes near the edge. This is a metaphor for our own spiritual journeys. The path that leads us to God may bring us nearer to God's presence at times, and sometimes further, all the while on the path.

When you reach the center, you may continue standing or sit. Spend as much or as little time within the center of the Labyrinth as you wish.

When you are ready begin the outward



journey on the same path that brought you to

the center. As you retrace your steps, you may want to consider what you received from the experience.

As you reach the exit from the Labyrinth, you may want to remain in the area for a little while. This can be a productive time to draw, journal or sit and enjoy the relative stillness for a while.

There has been a long tradition of labyrinths in Catholic Cathedrals going back to the Middle Ages. We welcome your sharing in this prayer.

## A Prayer

Eternal God, you call us to ventures of which we cannot see the ending by paths as yet untrodden, through perils unknown. Give us faith to go out with courage, not knowing where we go, but only that your hand is leading us and your love supporting us; through Jesus Christ our Lord. Amen.

*You may also want to consider using the Rosary walk next to the Chapel as another form of meditation reflecting on the example of Mary, the Mother of God. You can view the four locations of the mysteries of the Rosary for added insights.*

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