Preparation of body, mind, and spirit is important. The following are only suggested steps. Be aware that praying in the labyrinth will be different for each person and different each time. Preparation may vary each time the labyrinth is used.

1. Prepare to take some time to walk the labyrinth. (Allow at least 30 minutes.)
2. Think about where you are in your life and take some time to determine how you feel before you start your pilgrimage. You may wish to spend some time reflecting and/or journaling before proceeding.
3. Consider one thing that you want to bring to prayer in the labyrinth. The following are just some examples:

* An intention/intercession, question or issue. Helen Curry suggests answering the phrase: “I am a pilgrim seeking \_\_\_\_\_\_\_\_.” (Be careful not to make this intention an expectation – see the section, “What can I expect.”)
  + Scripture passage for further reflection
  + A prayer of Thanksgiving, Praise, or Desire for God…
  + Nothing at all, only openness to what might happen. As Donna Schaper states, “Being in a state of prayer is more like an attitude than a set of correct words.”
  + Some people may repeat a prayer such as the Lord’s Prayer while walking the labyrinth.
  + Repeat a mantra while walking the labyrinth to keep themselves focused on God and the pilgrimage. A mantra is a word or short prayer that is repeated multiple times.

Examples of mantras include:

“Peace” or “Love” or “Be still and know that I am God” or “Jesus help me.” or “Lead me Lord.” or “Lord, make me an instrument of your peace.”

A mantra must feel very comfortable to the person who uses it and should be appropriate for the intention that is brought to the labyrinth. Sometimes a mantra will make itself known to a person as he or she walks the labyrinth.

* It is appropriate to use other devotional prayer forms within the labyrinth.

For example, one could walk the labyrinth while using prayer beads such as the Rosary or reflecting on the Stations of the Cross.