

## **A Homecoming Walk Into Your Core**

***Barbara S. Arthur***

A labyrinth, unlike a maze, has no tricks and no dead ends. It is a continuous path that winds, through bends and turns, back and forth in a circular pattern, into the center. A replica of the pavement labyrinth from the Cathedral at Chartres, which has been painted on canvas, took up most of the floor space in Carey Hall at the Pathwork Center this summer during our convention. The dimensions of the labyrinth are 40' x 40'! As we gathered in a circle around the labyrinth, just looking at the design began the process of journeying into one's core.

Walking the labyrinth is a three fold process. First, the walk into the center is one of acute awareness and letting go. It is an opportunity to hear, see, and feel one's blocks. As one foot follows the other, grounding and walking through those blocks, the process of releasing them begins. Second, the time spent in the center is an opportunity to be in the very heart of one's being. It is an opportunity to receive what is there for you to receive. It is an opening. It is a homecoming visit with your Core. Third, the walk out is a union with God, a partnership with your higher self. It is an opportunity to integrate and prepare to take this experience out into the world. Which, of course, leads back to the beginning and a new journey into the center.

The connections to Core Energetics are very powerful for me, beginning with the symbol of the Core spiral. The process of becoming aware of where one is blocked...using that awareness to go through the block, in order to release it... .experiencing the connection to God, just on the other side of the block. . .the commitment to bringing that core of one's being into the world—in a nutshell, for me, this is what Core Energetics is all about.

The labyrinth is a metaphor for one's life. It provides an opportunity to see one's self from an external vantage point, while simultaneously having the experience of being in one's body. A labyrinth walk used in conjunction with "Core" body work, I believe, stimulates and supports the integration and practical application of the underlying spiritual principles of Core Energetics.

On a practical level, there are not many of us who have the space in our lives for a 40' x 40' labyrinth. I have translated the experience of walking a labyrinth into my daily morning walk. I walk for one mile, making a conscious commitment to hear, see and feel what is blocking me in my life. At the end of one mile, I stop, I am still and I stand in place as I wait to hear the voice of my inner God self. As I return, on the same path, walking one mile back to the beginning of my journey, I feel the presence of God. I make a conscious commitment to be open to the messages of how to maintain my connection to God and walk through the laboratory of the day ahead.

The feedback from students and clients who have used the concept of the labyrinth as I have in daily walks has been very positive.

I find that there is a deeper level of integration of the work done during our sessions. The experience of a "gap" between sessions is less frequent. There is a strong sense of empowerment experienced by the client as he/she takes more responsibility for his/her own healing between sessions. I encourage you to explore this form further.

Reference recommendations:

Walking a *Sacred Path* by The Rev. Dr. Lauren Artress "Creative Emptiness," Pathwork Lecture #224

