

## Walking a Labyrinth for the Jewish New Year

A labyrinth is not a maze with blind alleys or dead ends; a labyrinth is a winding path to the center. There is no way to get lost; there is only one path. Yes, some turns will take you away from the center, but they are part of the journey. Walking a labyrinth reminds us that even when we feel distant, wayward, or facing the wrong way, we are headed in the right direction.

There is no one right way to walk a labyrinth. You set your own pace, you decide if you want to change pace. If others are walking the same labyrinth as you, you will at times seem to approach them and at other times seem to be going away from them. If you happen to cross paths, especially if someone is exiting while you are entering or vice versa, simply turn sideways and pass each other respectfully.

Walking a labyrinth on the High Holy Days adds a special dimension. The central idea of *teshuvah*--of return, often understood as repentance--is a process: we get to see where we have been, we see where we are meant to go, and we get to find our center. We exit by the path we came, rediscovering our renewal, ready to reconnect. Teshuva and a labyrinth allow us to reset our relationships with ourselves, with others, and with God. Consider these questions:

- *What will you release? What grudges, frustrations, and behaviors will you leave behind? What expectations, pressures, and challenges will you let go of?*
- *What did you find? What did you (re)discover?*
- *What is different for you as you emerge?*

If you cannot walk with us, find a labyrinth near you: <https://labyrinthlocator.com/> or do a finger labyrinth like the Jericho Labyrinth below. Use a finger from your non-dominant hand and trace the path from the entrance to the center, pause, and trace your way out.

