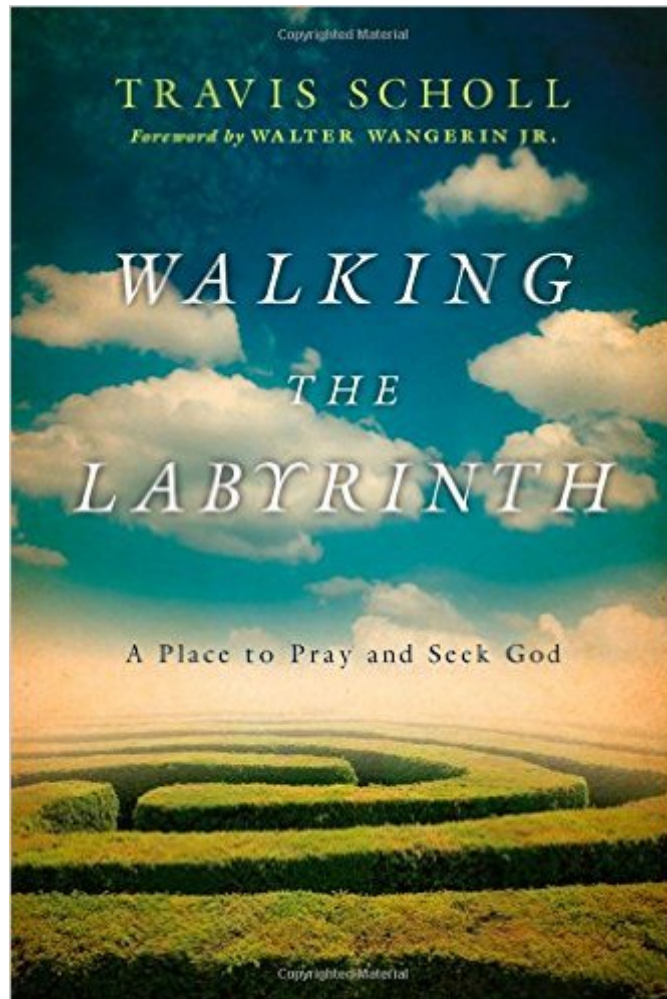


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# Walking The Labyrinth: A Place To Pray And Seek God



## Synopsis

One day Travis Scholl discovered a labyrinth in his neighborhood. As he began to walk it, he found this ancient practice offered a much-needed path away from life's demands, allowing him to encounter God in quiet solitude. In this meditative guide, Travis Scholl takes readers on a journey: "The path is always new, because, as a spiritual discipline, the labyrinth is a tool for contemplation, for reflection, for prayer. Underneath the surface, walking the labyrinth is a profound exercise in listening, in active silence, in finding movement and rhythm in the stillnesses underneath and in between every day's noise. Walking the labyrinth is an exercise in finding the voice speaking in whispers underneath the whirlwind of sound." With no end, but only a center, labyrinths become a physical symbol of prayer and our journey with God. Each step unites faith and action as travelers take one step at a time, living each moment in trust and willingness to follow the course set before them. Providing a historical and modern context for this unique spiritual discipline, Scholl weaves his own journey through a labyrinth with the Gospel of Mark's telling of the twists and turns of Jesus' life, providing 40 reflections ideal for daily reading during Lent or any time of the year.

## Book Information

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## Customer Reviews

It is not very often that I come across a book about God that I find to be truly refreshing. Most of the time, the books I read about God and following Him are interesting, challenging, motivating, or something else - but rarely do they leave me feeling like I have experienced God's peace. Travis Scholl's book, *Walking the Labyrinth* leaves you with this rare feeling. *Walking the Labyrinth* is a

reflection on Scholl's chosen Lenten practice one year - to walk the Labyrinth, pray the Lord's Prayer, and meditate upon his own life in the frame of the Gospel according to Mark. And you, the reader, get to plod along with him - feeling the rhythms of his footsteps internally. As Scholl himself reflects on the call of Jesus, he reflects that it is a call to refreshment: "Come, follow me." The irony is that I read these words as a sabbath, a day of rest from work. It is the labyrinth's invitation too."Some have already, and perhaps you too wonder about this seemingly  
• practice of labyrinth walking and how that fits with orthodox Christianity. As you read the book, however, you find the applications of the labyrinth in all sorts of ancient and modern Christian contexts. You will find that the labyrinth is not so important in this book, but the One whom you find in the labyrinth is. I recommend this book for anyone who is tired of the • in Christian literature. Talk a step into the labyrinth with Scholl and enjoy the refreshment that comes from his (and your) walk with Jesus.

This book is not only scripturely sound, but I also found it to be both intriguing and enlightening. It's refreshing to hear the Gospel of Mark worded in a thoughtful way that brings insight on who Jesus really is as we walk thru the labyrinth of our own lives. HIGHLY recommend this book!

I really enjoyed my time with this book. Scholl walks the reader through the Book of Mark and the Lenten season by way of a labyrinth. Balancing history, scripture, and personal narrative, Scholl creates a space for reflection which helped me to refocus my spiritual walk and work.

I'm currently serving a church in the NYC suburbs that has a labyrinth--something we built over 10 years ago as a memorial to an especially beloved, especially spiritual member who had died after a valiant struggle with cancer. He would have LOVED it. It's a lovely spot on our grounds. But as a form of spirituality without clear roots in our particular tradition, it wasn't long before the labyrinth saw little use beyond the annual Blessing of the Animals (because, well, you can probably guess)...and as the location for the fire pit at the Fall Youth Lock-in. Until I read Scholl's book. His vivid invitation to a more spiritual life did not simply give me a way to "explain" the labyrinth to my church--it made me realize how I was searching for such a way to listen for and connect to the voice of my own soul and to God. It didn't just help me "rescue" the labyrinth, but helped me see that I was in need of rescue. Beautifully written, honest and nurturing, without ever being new-agey. Buy this book, then find a place to start walking the labyrinth.

I enjoyed the author's personal daily journey through the labyrinth and how he related it back to Jesus' journey to the cross and his resurrection. I would read one or two chapters a day and then try to digest what I had read. There were a few days when I had a harder time following the author's train of thought, but overall, I feel like I grew in my faith walk from his story.

Walking the labyrinth is an inspiring piece of writing. As I rediscover my own life journey, walking the labyrinth reminds me we are all on a journey towards healing and finding our way to a place of peace and possibilities. Diana has written a clear, concise, very easy to read and assimilate book that helped to refocus and review my own labyrinth journey. Thank you Diana for sharing your life and labyrinth journey with us in this lovely read.

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