

Your Labyrinth Walk

As you approach the labyrinth, ask yourself:

What do I need today?

- Healing?
- Peace?
- Clarity or understanding?
- Forgiveness (for me or someone else?)
- To honor and remember?
- To celebrate?
- Something else?

On your journey around the labyrinth:

- Keep your mind and your heart open.
- Notice thoughts as they enter your mind
- Observe feelings as they enter your heart.
- Notice what the symbolism of the labyrinth means to you.
- Perhaps hold a thought, prayer, word, or phrase in your mind and repeat it to yourself.
- Reflect on and contemplate your needs and your reasons for entering the labyrinth.
- Or maybe just notice and let go of thoughts and feelings as they arise, and focus on your breath; allowing your mind to be still and calm.

Once you arrive at the center, consider:

- What does the center represent to you?
- What do you feel compelled to do?
- Is there something you need to let go of?
- Is there something you need to hold on to?

As you exit the labyrinth, ask yourself:

- What are you bringing out with you?
- How will this affect you moving forward?

