

A Journey into Clarity

1. A Place To Start...Pause for a moment to set your intention

Prepare to be open to the journey before you; the labyrinth will take you places you don't expect.

As you stand at the entrance to the labyrinth, take a deep breath in. Exhale fully and slowly; naturally. Let your breath become a guide for your life in this moment!

What feelings and needs do you want or need to leave at the entrance to this pathway as you move forward?

What distractions keep you from being present to this moment? Listen deeply!

2. On The Journey Inward...find the pace your body wants to go

Upon entering the labyrinth, pay attention to your body. Can you perceive any tension? Continue to breathe deeply and let each breath out slowly.

In what way does your body support your journey?

How is your body fighting this journey?

If you were to relax and trust the path you are on, what might you discover?

In what ways is walking the labyrinth like the journey of your life at this time?

How is this walk along the labyrinth pathway different from your life?

3. At The Center Of Life...stay in the center as long as you like

What does your one precious life want to say to you in this moment?

Pay attention; are you listening?

If you get distracted, don't spend your energy feeling guilty. It is okay. But breathe slowly and deeply until you can come back to this moment, now.

Identify the thoughts, feelings, phrases, images, and questions that are shaping your journey into life in this moment.

Give thanks for these gifts and receive them, now! Aware, unjudged, open to all.

4. On Your Way Back...consider the possibilities

When you are ready (it is up to you), begin to follow the path from the center out to the entrance.

Again, pay attention to your body; don't rush yourself but find the pace your body wants to go.

This is a time for gaining strength with each step; for considering how you might to integrate into your life what you have received in this time.

Let this time become an opportunity to be encouraged to take on a more empowering way.

As you exit the labyrinth, offer a "thank you;" take a deep breath!

Go into life!