



**You are invited to consider this handheld labyrinth as a metaphor for life's embodied journey as you participate in this prayerful practice:**

*Use the index finger of your dominant hand to begin to circle the labyrinth in a clockwise sweep, finding a slow and leisurely place, perhaps imagining a leisurely stroll in a beautiful setting. Continue this circling, around and around the perimeter, as you settle your focus into this moment, and your body into this space. Feel your feet on the floor, your thighs on your seat, your back, your shoulders, your neck and your head. Feel your finger on the page and let the contact you are making connect you to all of your bodily awareness. Align the pace of your finger's movement to your breath, moving with focus and intention to each inhale and exhale.*

*When you feel ready, enter the labyrinth with a sense of RELEASE - leaving behind other thoughts or concerns in order to RECEIVE whatever truths might arise for you. Expect nothing in particular, but travel the path with an open mind and an open heart.*

*When you arrive at the center of the labyrinth, check in with your body and note any changes. There may be none, or, you might feel more relaxed or more alert, or something too subtle to name. There is no right or wrong; there is only the opportunity to notice and to wonder.*

*When you are ready, begin slowly to RETURN to the exit of the labyrinth, again traveling the path with mindful focus. As you do so, you might picture your whole body on this walk, your legs striding, your arms swinging, all your senses subtly aware of your surroundings. Listen to your heart; perhaps you will have a sense of something you know now that you did not know before, or perhaps you will simply feel a readiness to complete this short journey for now. Again, receive what is there for you to receive.*

*As you leave the labyrinth, circle it again as long as you'd like to align with your breath or to offer a prayer, and end this meditation as you are ready.*

**Take this labyrinth with you today, and return to it this week as often as you'd like. Blessings on your path!**