

Labyrinth Meditation (User guide)

- Three minutes can take you closer to your goals & aspirations -

While meditation is widely acknowledged as beneficial, many have difficulty quieting the mind. MOVEMENT MEDITATION – tracing the lines of the labyrinth – can be helpful, to de-stress or to focus on a particular goal. By engaging the hand, the mind is free. Creative powers will be strengthened by the ancient, sacred geometry of the labyrinth, allowing you to carve the life that lies deep in your heart.

1. Pause with a prayer for yourself or someone else. Then, keeping the desired goal in mind, enter the labyrinth using a pointed object, such as the tip of the pen or pencil, and follow the path. As your hand moves, your mind will focus on your desire.
2. When you reach the center of the labyrinth release any concerns or questions, giving them to a Higher Power to handle.
3. Rest calmly at the center of the labyrinth for a moment. When you are ready, when you feel complete, trusting your wish will be done, retrace the design back to its beginning.
4. Pause. Offer thanks for the opportunity to bring Divine strength and wisdom into your life.

Repeat the practice as often as you like. Keep in mind it takes 21 days to build a new neurotransmitter from A to B to establish new habits.

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