



The path of life rarely unfolds neatly or predictably. It is the nature of the human experience that progress and Soul Growth are the result of transitions and new directions.

Use this labyrinth to help you to relax and feel calm.

Take a deep breath. Using the hand you don't use to write, put a finger at the entryway to the path. Place your attention in the feel of the paper. Notice your thoughts and then let them go. Return your focus to your finger. Follow the path to the centre. Follow it out again if you wish. Breathe.