

## LEARNING with LABYRINTHS “Moving Forward”



The labyrinth form offers shifting, inspiring and renewing perspectives on its spiral path. To take this walk focused on your professional practice, use a personal, school or community labyrinth, or, download a Labyrinth Society seed pattern to make one [here](#)

### **Preparing to walk:**

- Remove your shoes (if safe), turn off phone, take several deep, calming breaths
- Focus: “Moving Forward”
- Walk with soft eyes, be respectful of any other walkers already on the labyrinth, feel free to walk around other walkers

## **The Walk**

At the entrance: breathe in, breathe out three times

### Walking in

- how open am I to learning and acquiring new knowledge and skills? what prejudices and intolerances do I harbour?
- how open am I to higher levels of consciousness?

### Centre:

- silence, stillness, receiving
- stay in the centre as long as you like, rest in the presence,
- be aware of what you are sensing – your thoughts, concerns, feelings

### Walking out

- what am I actively bringing with me to my learning community?  
what am I giving of me?

After the walk, pause quietly and focus again on breathing in and breathing out, three times.