

On being grateful



Allow yourself some time to reflect on those things you are grateful for, the things that bring light and hope to your life. The meditative and reflective nature of a labyrinth walk provides a walker with some quiet reflection time, gentle exercise and a momentary escape from the stresses and anxieties associated with daily life.



If you don't know of a labyrinth nearby, the [Labyrinth Locator](#) will enable you to find a labyrinth you can walk near you, anywhere in the world. If you cannot find one nearby or you would prefer to walk indoors, [this link](#) will take you to the template for a labyrinth. You can walk it by tracing the path with your finger. Or print it and indulge in some create coloured design work ☺ Or take a [virtual labyrinth walk](#)



'The labyrinth literally reintroduces the experience of walking a clearly defined path. This reminds us that there is a path, a process that brings us to unity, to the centre of our beings. In the simple act of walking, the soul finds solace and peace.' – Lauren Artress