

## LEARNING with LABYRINTHS “Letting Love Flow”



Two Macedonians, one Croat and three Australians in a boat on Lake Ohrid, Macedonia. This labyrinth image has special significance for me because I drew it on a paper napkin so that the six of us could connect and communicate via the labyrinth on the International Day of Peace in 2016. Here I offer it as inspiration for “Letting Love Flow”

The labyrinth form offers shifting, inspiring and renewing perspectives on its spiral path. To take this self-reflective walk, 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: “Letting Love Flow”
- 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 are my channels for giving and receiving? how sincere, really, are my thoughts and intentions?
- to whom do my words and deeds belong? heart and ego, what's the point of balance?

**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**

- in what ways will how I think and express myself be beneficial to all?
- how will I integrate this in my life and being?

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