

## Labyrinth Walk

Find a quiet and comfortable space for yourself. Decide on the pace for virtual walk. No need to hurry. Set a question that you seek an answer or a wish for yourself or another person before entering the labyrinth.

As you enter the path towards the center of the labyrinth at your preferred pace with your finger, repeat the question or wish. When needed feel free to pause and take deep breaths, grief work is a slow process. Be gentle and patient.

Breathe deeply and pause when you reach the center of the labyrinth. Take as much time as you need at its center. Allow any deep feelings to surface and settle.

Take the outward path to return to the starting point at your preferred pace with regular breathing. Invite feelings of hope and gratitude as your finger moves to exit the labyrinth.

