



You can trace the path with your finger, a pencil, or pen.

1. **Entering the labyrinth: Release** whatever is cluttering your mind. You may ask for and share forgiveness, releasing problems at the feet of God. Each time you become aware of a concern or worry, just pause in the labyrinth until you release it – then move forward, pausing again to release whenever you are so moved.
2. **In the labyrinth center: Receive** calm, strength, perspective, new hope, peace. You might allow the your finger or pencil to simply rest in the center. This is a time for being open to what you really need to receive.
3. **Moving out of the labyrinth: Return** to your daily life. When you encounter any of the burdens you previously released, you might want to pause. Intentionally choose to leave them or perhaps to pick them up. If you pick them up, you might relate to them in a new way, changed by the meditation experience and informed by what you have received while in the center.

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