

You could try drawing your own labyrinth, or even mark out a labyrinth pathway outside using chalk or pebbles.

1. Breathe gently in and out until you feel calm and peaceful.
2. Then walk slowly (or 'walk' your fingers slowly) along the pathway to the centre of the labyrinth.
3. Pause in the centre. You might like lay down a token here as a way of letting go of a trouble, or as a gift of thanks, and maybe to say a prayer here.
4. Then return slowly along the pathway to leave the labyrinth.

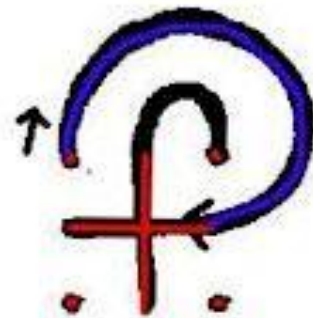
How To Draw a Simple Three Path Labyrinth Just Follow the Steps!



1. STEP ONE
Draw A Cross
With Four Dots



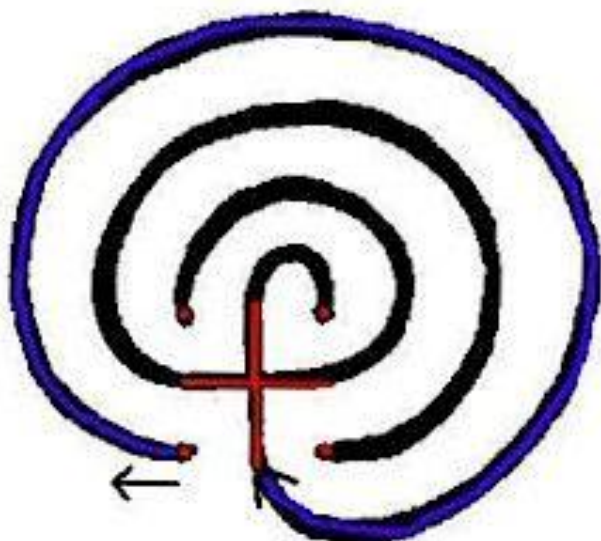
2. STEP TWO
Connect Top With
First Right Dot



3. STEP THREE
Continue As
In Picture



4. STEP FOUR
Continue As
In Picture



5. STEP FIVE
Continue As
In Picture> Great! Bravo!
Magnificent!

