

## LABYRINTH: A WALKING MEDITATION



*Reclaim* : start at the entrance opposite the Church doors.  
Pause and remember that you are God's beloved.

*Releasing*: as you walk to the centre let go of the business and tension, pause whenever you wish.

*Receiving*: when you reach the centre stay as long as you like. Receive what is there for you to receive.

*Returning*: integrate your experience as you walk back from the centre along the same path that brought you there. Prepare to re-enter your life with a new perspective or insight.



St Basils Community