

Labyrinth Mindfulness Exercise.

A labyrinth is a single pathway which turns and curves upon itself towards a central point. Unlike a maze which requires a choice of path and direction, if you faithfully follow the labyrinth path from the beginning you will arrive at the centre. Either seen as a mini pilgrimage or as a means of taking a few mindful minutes thought, start at the arrow and find your way to the middle, returning to the arrow if you wish.

The simple action of following a prescribed path can for a few minutes take us away from our natural restlessness to strive, get ahead and make progress. In turn, this may help us find a peace that might be otherwise difficult to find.

