
LABYRINTH CHEATSHEET



“I release this list of desires and surrender it to the Womb of Creation, trusting that when things don’t seem to go my way, there is a reason, and that the cosmic plan has designs for me much grander than even those I have conceived.” – DEEPAK CHOPRA, THE SEVEN SPIRITUAL LAWS OF SUCCESS

Walking a Labyrinth

How to

The Labyrinth is an ancient symbol of the cycles of life, death and rebirth. It has long been associated with the Womb of Creation. Find a labyrinth in your town at labyrinthlocator.com, or make your own.

▶ **Journey In: Release**

Walking towards the center you are invited to let go, release, relinquish, become empty and open.

In this way, it is symbolic of a deep letting go, a death.

▶ **The Center: Receive**

The center is a space to stop, pray, meditate, listen, receive energy, insights or presence. Be still in the center, and wait until you receive a message, or your intuition tells you it is time.

In this way, your presence is symbolic of life in the here and now.

▶ **Journey Out: Reintegrate**

Retrace the path you entered from and return with whatever gifts or messages you received, being open to reintegrating into your life.

In this way, you emerge from the path renewed, which is like a rebirth.

