

Individual Labyrinth Activity #1: Conflict Resolution Journey

Only by changing our perceptions and attitudes towards others will our situations change in the way others act and feel towards us. A labyrinth can help facilitate this change.

1. Think of a person you're in conflict with.
2. Enter the labyrinth and pretend that you are cradling that person to your breast in the form of an innocent newborn.
3. Continue to cradle and let your mind travel into the future, exploring anything about this conflict that could change you for the better in the long run.
4. At the center of the labyrinth, gently place the newborn down in a crib surrounded and infused with divine white light and leave the child there.
5. As you leave the center of the labyrinth and start your return journey back to the entrance, allow thoughts and feelings of how this conflicted relationship could resolve itself by asking yourself the following question: "If I thought or acted _____ (fill in the blank), I could make this relationship with _____ better".
6. Feel free to repeat the above question as many times as you need to and be completely honest with yourself
7. As you exit the labyrinth, be grateful for any new insights and possible steps to take to resolve the conflict.

Individual Labyrinth Activity #2: Releasing A Quality Or Habit

1. Write on a small piece of paper a quality or habit that you would like to release or gain a better understanding of.
2. Pause at the entrance to a labyrinth (or finger labyrinth) and choose to enter with an open mind and heart. Call upon a higher power to help you.
3. Walk/finger walk towards the center thinking about all the ways this one quality or habit has affected your life.
4. When you get to the center of a walking labyrinth, tear the paper into tiny pieces and scatter them in the center and let your higher power take care of it for you. When you reach the center of a finger labyrinth, tear the paper into tiny pieces and throw them away. Let your higher power take care of it for you.
5. After releasing the paper, spend as much time in the center as you need to, and when you feel ready, simply walk a straight line out of the labyrinth, crossing over the paths; with a finger labyrinth, simply remove your finger from the center of the labyrinth design.

6. Offer gratefulness and thanks to the labyrinth and the energies that are helping you release or gain greater understanding of this quality or habit.

NOTE: This is a unique exercise and a departure from the typical labyrinth journey of following the path to and from the center. By taking the normal path to the center and then walking a straight line out over the paths, this symbolizes a direct, quick and conscious decision to release the unhealthy quality or habit. Many have found this type of exercise to be a helpful step in transforming their lives for the better.

Individual Labyrinth Activity #3: The Future You

1. Pause at the entrance to a walking labyrinth or finger labyrinth and choose to enter Sacred Space.
2. Before you begin the journey to the center with your finger or feet, imagine yourself having all of the qualities that would make you a happier person right now; such as vibrant health, great job, financial security, wonderful relationships with family and friends etc.
3. Now, create in your mind an energetic double of you sometime in the future that possesses all of these qualities. How would this new you look? How would it walk? How would it feel to talk with others?
4. Visualize your imagined double walking or finger walking a step or two in front of you as you make your way to the center of the labyrinth.
5. When you reach the center, imagine uniting with your double and taking on all of these wonderful new qualities. Bask in the feeling of this new you. Then, when you're ready, leave the center staying perfectly in sync with the image and attributes of this newer, happier you.
6. Exit the labyrinth and feel these new qualities becoming a part of you.
7. Offer gratefulness for this opportunity for your future, happier you to become a part of you today.