

prayer, meditation, reflection and mindfulness

To walk a labyrinth, you need an overview, a mental space, a mental image of the path

begin and end use, taking ground, attractive

x English cathedrals have a central tower, the path leads to the tower and then journey back out

x It's good to have a starting point, a destination, a starting point, a destination, a starting point, a destination

x You may want to try walking it barefoot

x You don't have to start at the beginning

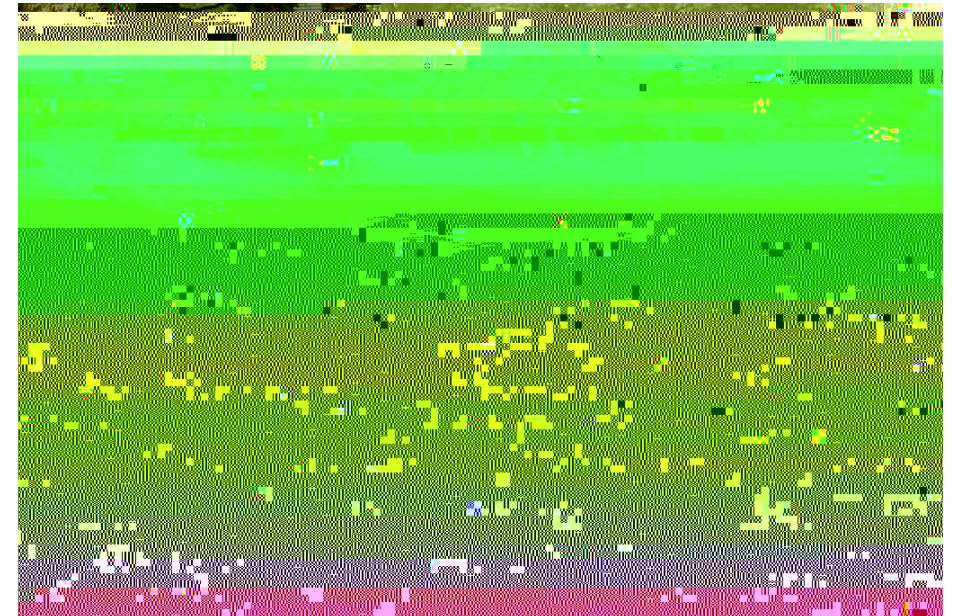
x Similarly you can leave at any point

x It's fine to see other people walking the labyrinth

x It's fine to see other people walking the labyrinth

x It's fine to see other people walking the labyrinth

x It's fine to see other people walking the labyrinth



floor of Chartres Cathedral, but labyrinth designs date back to...

the walls of the labyrinth, the walls of the labyrinth, the walls of the labyrinth