

Following the Labyrinth Path

This labyrinth maze can be used as a meditative tool.

Trace the path with a finger, pen, or object of choice starting from the outside moving towards the center or starting from the center finding your way to the edge. Pause, and then repeat the process in the reverse direction.

Use this technique when you might be needing some grounding to settle your mind, or to reconnect with the moment you are currently in.

Ask yourself, how does it feel to follow the lines on this path? Which direction feels best? Where am I feeling relaxation or tension in my body as I trace this path? How might I change the path with my own mark making?

If you feel inspired to, create your own maze to try this exercise.

