

CHARTRES LABYRINTH



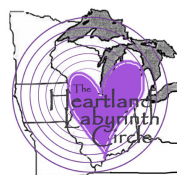
Place your finger on the dot and move along the white path following the turns to the center. Return on the same path.

Three Suggestions for walking – There is no right or wrong way to walk

Release – Enter and let go of the thoughts of the mind and the things we carry

Receive – By letting go there is room to receive the messages of our heart in the center

Reflect – Consider metaphors, processes of the walk or simply what you notice in returning



The Heartland Labyrinth Circle

www.heartlandlabyrinthcircle.com - A support and resource for labyrinth enthusiasts Midwest
Questions? Contact Lynda Tourloukis, webmaster Lynda@youcansayyes.com (847) 401-5787