

# CLASSICAL LABYRINTH



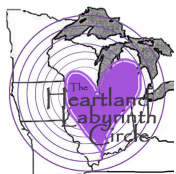
Place your finger on the dot and move along the white path following the turns to the center. Return on the same path.

## **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



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## **The Heartland Labyrinth Circle**

[www.heartlandlabyrinthcircle.com](http://www.heartlandlabyrinthcircle.com) - A support and resource for labyrinth enthusiasts Midwest  
Questions? Contact Lynda Tourlouis, webmaster Lynda@youcansayyes.com (847) 401-5787