

A Reconciliation Labyrinth Walk

A labyrinth is a special walking path. As we walk it with intention for reconciliation, we will focus on:

EMPATHY. GOODWILL. SOLIDARITY. LOVE

You will need 4 different seeds or dried beans, eg lima, borlotti, kidney, cannellini – each one representing one of the 4 different attitudes

Mark 4 places along the path where you will collect each of the 4 seeds. Draw a heart in the centre.

- **walking in:** collect one of each seed at your designated places, and think about how you are these things and how you are not these things sometimes
- **at the centre:** sow the seeds in the heart, like sowing them in your own “soil”.
- **walking out:** think about the energy force that you create walking with others at the same time, a life force that flows onwards and outwards on the twists and turns and into the future as you learn and grow into your own truth

