

In our personal and professional lives, experiences, interactions and relationships trigger emotions that in turn can morph into feelings strongly felt...

When Feelings Surface

...at these times a virtual, finger or walking labyrinth can help quieten the mind, calm the body and assist with the finding of inner peace and tranquility

annoyance

anger

confusion

frustration

being ignored

bewilderment

humiliation

embarrassment

overwhelmedness



Before you walk:

Stand at the entrance to the labyrinth, facing towards the Centre. Close your eyes and take some deep, calming breaths. Focus on each breath moving deeply into your body and out again. Open your eyes.

On the walk in:

Let those feelings that are consuming you flow from you, leaving them with each step along the path and at the turns as you make your way to the Centre.

At the Centre:

Rest in stillness and silence; take as long as you need. Receive the stillness and silence as a gift to you, to your body.

On the walk out:

Notice how your body is responding to the walk. What are you sensing? What will you take with you as you leave the labyrinth?

After you walk:

You might like to indulge in an expressive form, eg journal, dance, sand play, draw, paint, model, construct, music making to let your body speak.

A note: depending on the extent of your feelings, you may need to repeat the walk at a later time, or seek professional help.

Virtual Labyrinths

[Labyrinth Journey](#)

[Labyrinth Society Walk](#)

[Labyrinth Walk](#)

Finger Labyrinth Patterns

[The Labyrinth Society](#)

[Quiet Meadows](#)

[relax4life](#)

Walking Labyrinths

[Worldwide Labyrinth Locator](#)

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