



Welcome to the Labyrinth of Gratitude

This sanctuary is created for you to reflect, look within, pray and negotiate new behavior. The rhythm of walking, placing one foot in front of the other, empties the mind, relaxes the body and refreshes the spirit. Consider walking in these four stages.

As you encounter others, simply allow them to pass.

Remember – Before walking the Labyrinth

Take time to be thankful for your life. If there's a specific situation troubling you, bring it to mind and form a healing question.

Release – Walking into the Labyrinth

Open your heart. This is the time to quiet the mind. Take slow deep breaths. Relax and move at your own pace.

Receive – Standing or sitting in the Center

Pause, reflect and stay as long as you like.

Listen to that small inner voice.

Have a heart-to-heart talk with your higher power.

Return – Walking out of the Labyrinth

Walk out the same path you walked in, unifying your experience. Feel the sense of well-being, healing, excitement, calm or peace.

Enjoy your unique experience. Please replace stones which may have been accidentally moved. Your help in keeping it naturally weed-free is appreciated.

♥ ♥ ♥ ♥ ♥ **With Grateful Hearts** ♥ ♥ ♥ ♥ ♥