

Labyrinth Meditation

Reflections and Insights

Processing the Experience:

- By yourself: journal writing, thinking, drawing, doodling, making music
- With others: conversation, drawing, shared quiet time & reflection, shared journaling

Questions to stimulate your processing:

- What happened in the labyrinth? What happened inside of me?
- What was the best part of the experience? When did I feel most connected? What did I feel connected to?
- If the labyrinth had a voice, what would it say to me about the time we just shared?
- What words, symbols, colours, feelings or sounds best express for me what just happened?
- Are there parts of the experience I am comfortable sharing with others? Do I need to keep parts of the experience to myself? Do I need to talk about it or is silence better for me right now?
- Did this experience bring up something that has made me uncomfortable? Am I ok dealing with this or do I need to talk to someone about it?
- What am I taking away from this that I need to hold onto and nurture?
- Am I being called by the Spirit to re-enter the labyrinth?
- Am I being called to change or action in my life?

Phrases that might help:

- Words that came to me...
- Thoughts that came to me...
- Feelings that I experienced...
- Images that came to me...
- Insights that came to me...