

NEW YEAR REFLECTIONS

Labyrinth Walk 1: Remembering:

Stop, Look, Listen

For your first walk on the labyrinth, let the path help you relive your year. In the center, stop, look and listen; reflect with God. As you walk out, begin to let go.

Spend some time reflecting on the past year. You might want to write a timeline, and label it with significant events. Consider these questions: What were the miraculous moments? What were the difficult times? What did you learn? What did you accomplish? Who are the people who accompanied you during this year and how did they enrich your life? How did you love and serve others? What unfinished business do you have? Of what do you need to let go? Whom do you need to forgive? From whom do you seek forgiveness? On the small sheet of paper, if you have things of which you'd like to let go, write those down.

Labyrinth Walk 2: Considering the New Year

For your second walk on the labyrinth, let the path begin to take you into a new year. In the center, be present to God and discuss your hopes, possibilities, mission. As you walk out, begin to step into this new year, letting intentions begin to take shape

Spend some time making wishes for your new year. Consider possibilities, mission, hopes. You might write your intentions. If you are ready, you might write a few goals for the year. Writing intentions and goals can be a very powerful tool to help lead you into your best life.

Note: This might be adapted to use for various times in your life when you begin again, perhaps for your birthday, or a time of change, beginning a new job, moving to a new place, etc.

The Living Vine Finger Labyrinth Owner's Manual



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Enjoy!

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Living Your Question

Suggestions for your Walk

Before you walk, ask God for guidance and to bless your walk.

While you walk in, ask your question and listen for answers.

In the center, talk with God about your question and the answers you're hearing.

As you walk out, think about how you'll incorporate the answers into your life.

Journaling Suggestions

Before you walk...

What is your question for today?

Write it down before you walk.

After you walk...

Take some time to reflect on your experience. You might answer some of these questions:

- How was your experience of asking a question on your labyrinth walk?
- Did you receive any answers as you walked? If so, write them down to help you remember later.
- How was your time of prayer in the center of the labyrinth?
- How can you incorporate the answers into your life?
- If you didn't hear answers to your question, what more can you do to consider this question and ask God for help with it?
- Create a picture, poem or write some thoughts to help you remember this labyrinth walk.

And remember the wisdom of Rilke...

Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer." — Rainer Maria Rilke

Chakra Meditation

The flowers on your finger labyrinth are painted in the colors of the chakras. A times you might want to focus on a particular chakra during your walk, or pause at the flower to see what that chakra is communicating with you at the time.

Chakra Flower/Meaning/Reflection Suggestions

1. Root/Tailbone-Red (Earth-grounded attitude, security, steadiness of mind)

What are you feeling about your rootedness? What concerns do you have? What gratitude do you have? What prayers do have?

2. Womb/Reproductive Organs-Orange Water – (Creative impulse, going with the flow)

What are you yearning to create? What is happening with your creative projects? How is God calling? Pray about these things.

3. Solar Plexus-Yellow (Fire – ability to adapt and transform; fortitude)

For what in your life are you seeking courage? Where do you need fortitude and to learn to be flexible? Pray about these things.

4. Heart- Green Air – (Compassion; ability to love)

How are your relationships going? How does your heart feel today? Talk to God about what surfaces. Pray for the people in your life, for your own love and connections.

5. Throat – Lt. blue (Throat – Ether/Space; Communication skills, ability to overcome limits of space)

Where are you being called to speak? What are you wanting to say? Pray about your voice in this world. There is only one you. What is God calling you to say?

6. 3rd Eye – Indigo (Brow – Mind, controlling senses and elements; intuition and intelligence)

What is the wisdom you are being given? What intuition do have about situations in your life? What intuition are you hoping for?

7. Crown - Purple (Beyond the elements; spiritual insight enlightenment – connection to God)

How is your relationship with God? Talk to God. Think about how you can strengthen your bond. Pray over that as you walk, or stand at the purple flowers.

Note: This aspect of the Living Vine Labyrinth makes it very special. It helps me again and again in my life. I hope it will also help you.

BASIC INSTRUCTIONS

A finger labyrinth is a spiritual tool. Feel free to use it in whatever ways seem right to you. Here are some guidelines for getting started.

Before you “walk”:

Breathe, relax

Have a journal ready for recording any insights after your “walk”

Set an intention.

Say a prayer, if that feels appropriate (for support, for guidance, for healing)

Choose a mantra or short phrase or scripture that speaks to you to carry in your heart during the walk. (“Abide with me”; “Come, Holy Spirit”: “Here I am, Lord.”)

If appropriate, play soft music to accompany your walk.

Your “walk”:

Place a finger from your non-dominant hand at the entrance to the labyrinth. (Research shows that often our non-dominant hand has easier access to our intuition, our inner child, and our deep place of Truth.)

As you trace the circuit, stay open to whatever presents itself: feelings, sensations memories, images, “knowings.”

Pause at any time to breathe, to be present with the journey.

At the center of the labyrinth, feel its connection to your own center. Respond in whatever way seems appropriate. (Pray, sing, relax).

When you are ready, trace your way out, staying open to the experience and whatever it brings.

After your “walk”:

Place both hands on the labyrinth and give thanks for whatever you learned and experienced.

Note in your journal any insights to use later for reflection.

PARENTING REFLECTIONS

I hope this finger labyrinth will be an oasis of calm for you in your parenting journey. Here are some suggestions for use. Perhaps you will think of others.

1. **A Prayer Assistant.** Use the labyrinth as a time to pray for your children, your grandchildren, your spouse, and yourself as you are family together.
2. **Chakra Prayers.** Become familiar with the meaning of the chakras and use them as a tool to pray for yourself and your family. Finger labyrinth walk once for yourself, once praying for your spouse, and once for each of your children/grandchildren... considering each aspect of life—relation with God (purple), intuition (dark blue), voice (light blue), heart (green), courage (gold), creativity (orange), roots (red).
3. **Calming Time.** If you start to get frazzled by the many responsibilities of parenting, your job, etc. Take a few minutes to unwind and calm yourself down. Put on some favorite music and re-center yourself.
4. **Calming Child.** As your grandchildren grow, teach them to trace the path of the labyrinth to help them learn to calm themselves.
5. **Journaling Time.** Ask a question before you walk, listen for answers and write them down in your journal. Or just walk the labyrinth, thinking about your life and new learnings, and then journal after you walk the labyrinth.

LABYRINTH WALK WITH JOURNALING SUGGESTIONS.

RELEASE. Let go as you walk in.

RECEIVE. Receive in the center.

RETURN. Re-enter as you walk out, bringing along the insight or peace into your life..

Follow the path. Let go of thoughts. Let the labyrinth carry you.

Before you walk. Take a moment to pray. What is your intention for the walk? Write it down.

My intention is...

AFTER THE WALK, REFLECT. JOURNAL. CREATE.

Journal answers to some of these questions:

How was your experience in general?

Were you able to let go? Why or why not?

What surprised you?

What frustrated you?

What did you receive?

They say that the labyrinth can be a metaphor for life. Are there ways your walk may apply to life these days?

If you have time, write a poem or draw a picture, or capture something of your experience through art.