

'How to use my Vortex Labyrinth'

How to use your Vortex Labyrinth to realign you with a new intention

Maybe you have a uncomfortable situation in your life that you feel does not serve you and would like to move on.

Start by placing the labyrinth on your lap with a hand over each pattern.

1. Connect with your issue by thinking about it. As you do that, become aware how you experience that situation in your body.(example, maybe you tense up all over or in a particular area, or maybe you feel tearful and your heart area feels heavy) whatever it is for you, amplify the feeling in your body. Really allow yourself to feel how it feels and allow full expression of that feeling, for example you may feel anger, let yourself imagine the expression of that anger. Explore this as long as you wish. Maybe connect with the people in your life that are involved with this issue, what would you like to say to them, etc...

2. When you feel you have explored the negative embodiment of your issue, connect with what you would like to replace it with. (ex. Maybe you would like to feel freedom and happiness). Explore how that feels in your body, really experience it on every level and notice how it makes you feel emotionally and how that translates in your body.

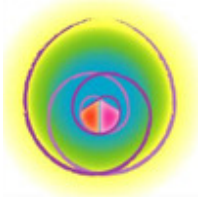
3. Now is the time to enter the Labyrinth, the journey into the centre is all about letting go of old patterns, so as you enter, know you are doing the journey of letting this old uncomfortable pattern go. Lose yourself to the path and observe your thoughts and feelings.

4. The centre is where you receive what you want to bring in, so allow yourself to open up to your new intent. Imagine a waterfall of supportive and loving energy pouring in through the top of your head and imagine yourself stepping back out of the small reality you have been part of into this abundant flow of infinite love, allow it to wash all the way through your body and out your feet.

5. When you feel complete, give thanks and take the journey out again. This journey is about the action of bringing what you have received into your everyday life. Again, lose yourself to the path and observe your feelings and reactions.

6. When you have completed the outward journey, connect again with your new intention and accept it into your life.

7. Use the tool again, whenever you need to be reminded of that intention.



Seed of Life Card

The Seed of Life brings a new level of healing working through the chakras and the body vortices.



Resonance Card

Used with Seed of Life in Body Spin. Dramatic healing qualities. Locks into the DNA. Research into this card continues.



Tree of Life Card

Works with spiritual, causal, light bodies. Assists in expansion and connecting with higher dimensions and grounds at the same time.