

'How to use my Handheld Labyrinth'



Be comfortable sitting or standing.

Begin by placing a finger from each hand at the entrance of each path. Breathe deep, close your eyes and allow your fingers to gently follow the path spiraling towards the centre.



Gently breathing and observe your thoughts and feelings. Is the journey easier of either hand? Are you finding it difficult coordinating both hands? Do you feel lost? Do you feel the need to open your eyes? Keep your eyes closed. Hold yourself in this space, and move forward, trusting the direction you choose. Pause when you reach the centre (you will know when you are there!) Breathe in and experience the energy felt in the centre. Your centre.



On an out breath, continue your journey outwards, once again observing your thoughts and emotions, expanding, and radiating outwards.



Once you have completed the outward journey, you are ready to enter the world as the centered and complete individual you are.

Using your Labyrinth with an Intent

If you want to use the labyrinth as a tool to bring in more clarity about a situation, one makes an intent or asks a question before entering the labyrinth and then allows an answer or solution to 'arrive' while losing oneself on the path.

There are three stages in the process:

1. The way in, allows a letting go of the old thought patterns, emotions, beliefs. Lose yourself to the path, observing your thoughts and feelings.
2. When one reaches the centre there is the opportunity to be still and in a mood of receiving, invoking whatever quality you are needing to bring into your life. Allow yourself to be drawn to one or more of the petals, if one the charters pattern, and spend some time in quiet contemplation.
3. The path back out is when inspiration, understanding and new ways of seeing a situation arrive. Again, just allow your mind to flow with the path, observing your process.

Labyrinth Symbolology

While working with your labyrinth you may notice different reactions or feelings you get, at different parts of your journey. The Labyrinth serves as an exact mirror into the self. Here are some clues to help you work with the subconscious aspect of yourself.

The Journey is Threefold

The way in – Feminine

The path towards the centre is symbolic of the journey taken when starting an inner quest to find purpose and inner truth. Is it easy for you to go within? What blocks you on the way?

Centre

This is the centre of your own being. The gifts are clarity, peace, inspiration, collectiveness, strength, knowing and purpose. It is a symbolic place where you can connect with your higher self.

The way out – Masculine

The outward path is symbolic of the journey taken to express what has been learned in the centre, out into the world. How easily can you express and ground your purpose and truth in the physical world?

Which Hand is Leading?

Left hand – Feminine (receiving)

Your left hand expresses your feminine side: inviting, nurturing, and connecting to inner spaces, inner guidance, listening and sensitivity.

Right hand – Masculine (giving)

Your right hand expresses your masculine side: the aspects which penetrate the physical world and create boundaries. It is the active, grounded expression.

Corners

The corners are symbolic of change and challenges in life. Do you meet the challenge or revert back to the old pattern? Sometimes when one cannot manage to negotiate a corner, there is an issue that needs clarification first. Explore the feelings that have arisen if you experience this.

Boundaries

While working on the labyrinth you might find that outside noise becomes very loud and invasive, bring up anger or irritation. This is highlighting a boundary issue in your life. What is going on at home or work where your boundaries are being violated or crossed?

Shape

The shape of your Labyrinth reflects that of the brain, the heart, ear, womb, intestine, or the tree of life.