

# MEDITATION FOR WALKING THE LABYRINTH

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I fully release and let go of those things I cannot change.

I let go of my own challenging world and also that of the outside world.  
I exhale from my heart.

Let me begin my labyrinth walk with untying my own knots of chaos.

I breathe into my heart. I exhale from my heart.

I begin to feel my heart centre opening.

I steady my own energy, my own world.

When I take a breath into my heart I feed my spirit with the sustainer of life:  
the breath.

When I exhale from the heart I am able to direct the gift of heart energy to  
anyone, anywhere.

I know this to be true.

I am grateful for this practice as I know I am full of generous potential, and  
capable of sharing it with others.

I open my heart wide, proclaiming myself as a resource for humanity.

I begin walking my labyrinth, centred, unburdened, and connected to all.

We connect as One, when we share out heart's coherent energy.

*Source: Veriditas.org*