

How to use The Beazer Garden Maze, or any labyrinth, as a Wellbeing Tool:

1. Setting an intention:

- Clarify your purpose for walking the labyrinth. It might be for meditation, self-reflection, or finding answers to specific questions. This means, consciously telling your subconscious mind where you want to go or what you want to get? Examples: my intention is to be:
 - More relax and at peace. To have clarity on “X” or “Y” situation. To have more ideas on how to handle “X” or “Y”, etc.
 - It is intended to be positive on its approach. It can also be used for a time of silent prayer or to silently chant a spiritual mantra or sacred tone.

Set your intention before entering the labyrinth.

2. Entering:

- Begin walking the path slowly and mindfully. This can be a time for letting go of distractions and focusing on the present moment. Observe yourself. How do you feel? What kind of thoughts do you have? Any emotions showing up? This is a time to be present in the moment and of being aware of oneself by taking one step at the time.

3. Centering:

- When you reach the center, pause, and spend some time in reflection, meditation, or prayer. This is often the heart of the labyrinth journey.

4. Exiting:

- As you leave the center, and start walking back the same path you came in, consider any insights or feelings that arose during your time there. The journey out is a continuation of the reflective process.

5. Reflection:

- After completing the labyrinth walk, take time to reflect on your experience. Consider any thoughts, emotions, or insights that emerged.

It's important to note that these processes are flexible, and individuals may adapt them based on personal preferences and needs. Combining wellbeing practices with activities like labyrinth walking can contribute to a holistic approach to health and self-discovery. There is no right or wrong way to walk the labyrinth. It is all about our own journey. Taking one step at the time.

“Good Way”! or “Buen Camino”! (in spanish)

