

Light of the Prairies Centre



Our Centre provides a vibrant and life-giving environment for those seeking to get away, to relax, to unwind, and to reconnect with themselves and with life.

For more information or to book your next event at the Centre, please contact us at

204 878-3647 or e-mail us at

info@lightoftheprairies.com

www.lightoftheprairies.com



22115 Oakgrove Rd.

Lorette, Manitoba

Labyrinth Walk



May the Spirit of Peace
walk with you this day.

Guidelines

Light of the Prairies
Centre

Moving Inward Releasing

- * A time to shed thoughts and emotions and quiet the mind.

You may wish to use a sacred word, mantra or special image to enter the silence.
- * Seek to become a child before the Divine, empty, open, expectant.
- * Reject any anxious desires or expectations about what "should" happen in the labyrinth. Simply walk in prayer, reflection, silence, allowing the walking itself to quiet and deepen your attentiveness.

Centering Receiving

- * Take the time to listen to an inner voice or to silence .
- * Stay in the centre as long as you like, until you are satisfied.

Consider the possibility of new Images, new insights, understandings, the transformative Spirit entering your daily life.
- * Enjoy the silence, stillness, waiting, and the simplicity of seemingly nothing happening.

Moving Outward Returning

- * The return journey empowers you to find and do the work you feel your soul reaching for.

Oftentimes there is a lighter step, a deep peace or joy, a sense of a simpler and more focused life.
- * Rest in the knowledge of God's unconditional love.
- * Move away from anxiety toward peace and deeper faith and love.

Everyone has their own music and moves to their own dance.

Preparing yourself for the Walk

Many find it helpful to sit a few minutes, clear the mind and become aware of the breath.

Allow a little transition time from the outside world to the inner world.

When you walk allow yourself to find your own pace. Do whatever feels natural. Remember there is no right or wrong way to walk the labyrinth.