



Meditation labyrinth

Labyrinths are old symbols that can be found all over the world. They were almost forgotten, but they are reappearing more and more in our society. A labyrinth is an age-old way to, for instance, go the way to your inner source.

The idea of this labyrinth is that you follow it with both index fingers, with your eyes closed. By this it becomes a meditative exercise that may give insights, or through which answers can rise up into yourself. Allow yourself to be aware during the exercise. Do feel how walking the labyrinth affects you. Does left and right fit together easily? Where do

you get lost? Is it easy to stay in the centre? Is there a difference between coming and going etc. etc.

A labyrinth is a journey that always ends in the centre, although it has unsuspected turns. But in whatever way, in a labyrinth you always find your way. The journey on a labyrinth has three stages:

1. The journey inwards (the letting go)
2. The centre (receive what is to be received)
3. The journey outwards (to allow and take with you, in order to manifest)

The way to the centre corresponds with the feminine. We finish that what has been, and we take time to reflect. In order to do that, we go inside. When we arrive in the centre, we truly take time to ponder and to see how it feels like, to be there. Then we leave the old behind, we receive the new and take it with us outwards. With the therefore suitable male energy, we can manifest the new part in the world.

Because you do the exercise with both hands, we stimulate both brain hemispheres to become congruent (both hemispheres will work better together). It is a worthwhile side benefit of working with the meditation labyrinth. If you want more information about this phenomenon, we can refer you to our 'lazy eight'. Also see the information on our website.

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