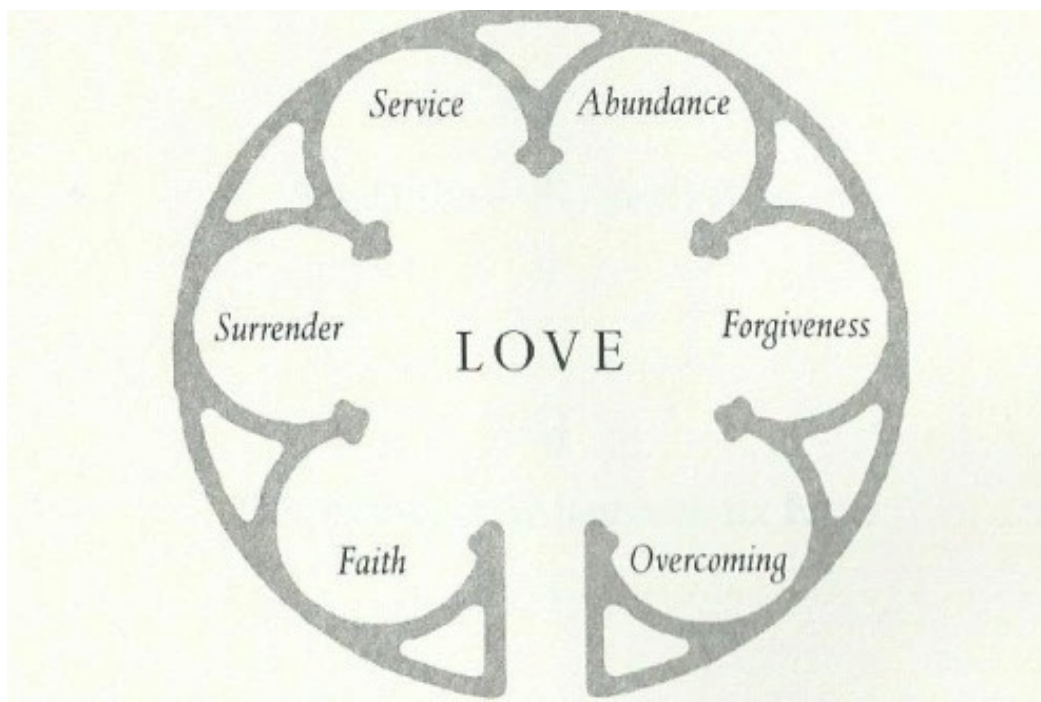


Walking the labyrinth for a time of Silence, Trust and Prayer.

Entering the path... you may want to lay down your worries, regrets, concerns, or prayers. You may want to enter and listen for wisdom to guide your path or allow this to be a time of silence. Placing one foot in front of the other, trust the path as it reflects your life's journey... one single path, yet often confusing and certainly full of unexpected turns.

Arriving at Center - you may entering, and if using the Lord's prayer then please step gently to each petal as you pray. The final step is to Center. Receive, Sing, Meditate, Do as you feel called.

Returning. Walking the winding path outward. You may feel more open to receive guidance and direction on your life's path. Possibly the question "how may I serve?" Or "How may I love?" may resonate. It may come as a "bolt" of insight or something you receive later. Trust the path and know that your journey of life has direction and purpose.



Entering the Center with the Lord's Prayer.

Faith: Our father, who art in heaven,
hallowed be thy name.

Surrender: Thy kingdom come, thy will be
done.

Service: On Earth as it is in Heaven.

Abundance: Give us this day our daily
Bread.

Forgiveness: And forgive us our trespasses,
as we forgive those who have trespassed
against us.

Overcoming: And lead us not into
temptation, but deliver us from evil.

Love: For thine is the kingdom, the power
and the glory, now and forever.
...do all things with love and love will do
all things.

* The Source of Miracles, by Kathleen McGowan