

# Peace Awareness Labyrinth & Gardens

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“Peace must start at home: in your physical home, and even more important, within you. You can call it the heart, Spirit, God, awareness, caring, empathy, or other words that identify the place of peace within you.” - John-Roger, DSS

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## The Power of the Labyrinth

A labyrinth can be a powerful experience for centering yourself, getting clarity, letting go of a concern, or simply providing an opportunity to be present and observe. We recommend walking the labyrinth with an open heart and open mind, asking for whatever will be for your highest good.

You might look at walking the labyrinth as a metaphor for how you live your life. Notice how fast or slow you walk it, what you do when you meet others on the path, how patient you are with the turns and time it takes to walk, or what your mind does to distract you.

The labyrinth can also be used as a moving/walking meditation where you seek to empty your mind and let yourself be open to the messages of Spirit or God, your higher self, or inner knowing. You could chant a tone, focus on your breathing, or go into it seeking an answer to a question.

Some people walk the labyrinth with the intention or prayer to let go of a worry, concern, or burden of some sort by the time they reach the center. It is as if you allow the labyrinth to be a symbol for releasing that which burdens you or that which you no longer need.

Allow your own creativity to be present and walk the labyrinth in the way you think will work best for you. We hope you have a wonderful experience walking the labyrinth at Peace Awareness Labyrinth & Gardens.

