



Labyrinth



Labyrinths are ancient pathways. The winding path helps us to 'unwind' and to let go. Labyrinths provide a stilling space in a busy world. A labyrinth is not a maze, which is full of dead ends and designed to get you lost. A labyrinth has only one path that always leads to the centre... if you stay on the path you cannot get lost. There is no right or wrong way through a labyrinth... no set pace... just follow the path in your own time. Finger labyrinths are an alternative to walking a full-sized labyrinth and can be carried around with you.

**The Methodist Church in Scotland and Shetland. All welcome.
For more resources see www.meetpraylove.co.uk**