

*A Prayer for Focus*

*As I enter the labyrinth I am here now.  
I am mindful and in the moment. I release  
that which does not serve me.*

*As I stand in the center of the labyrinth I  
see the distractions that I feel are outside of  
me. The center is a place within. I put my  
thoughts aside for the present moment. I  
am willing to receive what Spirit wants me  
to hear.*

*As I walk out of the labyrinth, I feel peace  
and commitment to stay focused in my  
journey.*

*As I leave the Sacred space of the labyrinth  
and cross the threshold back into the  
world, I feel gratitude for this moment.*

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