

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.*

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.*

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.*

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.*