

## **An Invitation to Discover Peace Within to Walk for Peace Without**

*(a brief meditation to use for a labyrinth walk)*

Pause a moment as you stand at the entrance to the labyrinth.

Close your eyes, inhaling deeply to allow your breath to travel all the way down to your heart center and back up, and out in a gentle exhale.

Inhale deeply again letting the breath travel again to your heart center, sending its flow throughout the whole of your body, mind, and spirit.

Visualize this breath as a bubbling stream of peace, loosening any rocks, branches, leaves, or other debris inside you that might impede the flow of this stream in you now.

Watch what may be carried downstream on this current of your breath.

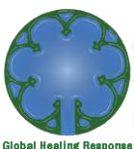
Say a prayer of thanks for this current of peace as it begins to carry you downstream too.

Opening your eyes, let this current of peace begin to guide your steps. Where might it want to take you? What wisdom does it invite you to receive today?

Returning to the entrance, pause again. Take a moment to recall the journey you have just taken on this current of peace.

Offer a gesture or prayer of gratitude for this journey.

*You may want to journal this experience or share it with a trusted friend after your walk.*



**Global Healing Intention for  
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