

LABYRINTH EXERCISE

Materials:

Masking tape 4 magic markers: blue, red, yellow, green
8x11 paper 3x5 cards

1. Mark out an equi-cross with a circle in the center, using masking tape on the floor.
2. Participants are given 3x5 cards and asked to write their impressions of the color yellow. "Write whatever comes into your mind about the color yellow." Now repeat that for red, blue, and green.
4. Pair and share. Debrief.
5. Participants are asked to place the colors in appropriate quadrants.
6. Explain the colors:
 - Yellow = awareness
 - Red = letting go
 - Blue = goals and vision
 - Green = realization (bringing into being)
7. Contemplative questions:
 - What are you going to let go of?
 - What are you going to keep?
 - What are you going to add?
8. If you wish, you may walk into the compressed labyrinth with an intention or a question.
9. Recite Rumi poem:

The breeze at dawn has secrets to tell, Don't go back to sleep
You must ask for what you really want, Don't go back to sleep
People are going back and forth across the doorsill between the two worlds
The door is round and open
Don't go back to sleep
10. Enter the labyrinth in the yellow quadrant. Take a deep breath and stand in silence before you enter and enter when the energy moves you. Stand in the quadrant until you feel ready to move to the next quadrant.
11. Stand in the middle in your vision.
12. Return the way you came. As you leave the labyrinth, take 3 deep breaths. Sit and journal. We will debrief. (Only debrief last question).



Compressed Labyrinth Exercise
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1. What do you need to let go of?
2. What do you need to keep?
3. What do you need to add?
4. What can you do differently?
5. What did you learn?