

Ideas for using the Labyrinth with SoulCollage®

The idea of a “three-fold” experience comes from Lauren Artress, Author of “walking a sacred path” Here are a few modifications to the three-fold concept:

| In | Center | Out |
|-----------------------------------|--------------------------------|-------------------------------|
| Turn over/mulch | Plant | Nurture/feed |
| Release | Receive | Return |
| Question | Answer | Action and connection to life |
| For what support are you grateful | Where do you need more support | How can you support others |
| Your path | Divine Path | Meeting of the two |
| Problem | Solution | Application of the solution |
| Past | Present | Future |
| Gather | Put Together | Explore |
| Where I've been | Where I am | Where I'm going |

- ❖ Create a card while in the labyrinth.
 - Put images or magazines at turns (some or all)
 - Stop, select, tear out
 - At center – put the card together
 - Upon walking out let the image inform you taking time to stop and write as you go
- ❖ Put a card at the entrance, at the center, and at the exit to the center – see what story this tells you
- ❖ Ask a question upon entering the labyrinth and select a card from your deck as you walk each segment to see what the cards have to tell you
- ❖ Put a card at each petal and let the petals represent one of the items I've included in the resources, or make up your own