

Labyrinth of Attentiveness

...Who can travel the miles who does not put one foot in front of the other, all attentive to what presents itself continually?...

Mary Oliver



MEADOW LABYRINTH KETTLEWELL CHURCHYARD

To walk a labyrinth is to step into an ancient space for the soul. Take a moment to unburden yourself of expectation. Become aware of the present moment, then ...

walking in gently let go of preoccupations - open your eyes, ears and soul to the life around you

in the centre be attentive to what presents itself, continually

as you return along the same path reflect on what thoughts and feelings are with you as you leave to take your place again in the world around you