



THE LABYRINTH

*3 Simple Ways
To Use The Labyrinth Mandala
For Transformation*

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Introduction

Welcome to this guide to using the Labyrinth symbol as a tool for transformation.

I believe that this ancient symbol has relevance and power for our contemporary lives. At a time when we often look outside of ourselves for answers, solutions & quick fixes, the noise of the world can serve to disorient us even more.

Taking some time to be still to trace the labyrinth pathways can bring us into a meditative, more centred state of being.

Our ancestors knew of the power of this symbol. It is prevalent all over the world and especially so in caves throughout Europe and at sacred sites such as Newgrange in Ireland. It links with the spiral and the Fibonacci series which is to be found everywhere in nature and even within the geometries of our own bodies.

As we trace the Labyrinth symbol, we engage with its consciousness and allow ourselves to follow the pathway. We have to let go of our rational left brain as the pathway takes us by surprise and double backs on itself and so we are encouraged to go more slowly and in doing so we pay greater attention to our rhythm and simply following the pathway until we reach the centre. Here we have an opportunity to pause and rest.

I believe that the Labyrinth is a powerful symbol which works on many levels including;

The conscious, subconscious and super-consciousness

The 7 chakra centres

The left and right brain hemispheres

For more about my work please visit my website www.amahope.net



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3 Simple Ways to use the Labyrinth symbol for transformation

I would like to share with you 3 simple methods for engaging with the consciousness of the Labyrinth for personal transformation and growth. These methods tend to be most effective when you bring yourself into a meditative state.

Tracing the Pathways

Using a finger of your non-dominant hand or the end of a pencil trace the labyrinth pathways into the centre, pause and then trace the pathway out. You can enhance your experience by any of the following;

1. Transform Limiting Beliefs

As you trace the inward moving pathway hold in your mind or say out loud a limiting belief that you want to release. Rest at the centre of the Labyrinth and take 3 breaths in and 3 breaths out. Trace the pathway out whilst you hold in your mind or say out loud a life enhancing belief that you want to embed.

2. Your Mantra

Repeat a simple mantra as you trace the pathways in and out.

3. Gain Clarity To Move Forwards

As you trace the pathways in and out, hold in your mind a problem or decision that you would like clarity on and then be mindful of the insights, feelings, messages and intuition that flows in the 3 days that follow.

The Spiral as an Alternative

You can use the suggestions above with a simple spiral. The one which follows is formed using the words from a poem that I wrote some time ago.

Be creative, listen to your own intuition and find your personal ways of engaging with the symbol and its inherent power. Approach it with a sense of play and curiosity.

I would love to know your experience of using the symbol in these or other ways. Please email your feedback at Moriah@amahope.net



* Earth beneath me * Sky above me * Here I sit * I am part of the web of life * A part of the Whole & whole & whole within myself * Microcosm within the Macrocosm * As above so below * As within so without * Earth beneath me * Sky above me * Here I sit * Yin so in Yang * As within so without * Earth beneath me * Sky above me * Here I sit