

Labyrinth of Change

...the rooks saw...what we below could not see, winter pass.

Edward Thomas



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 note the imperceptible changing of the season around and within

in the centre at this moment of changing possibility open your heart and soul to what is there for you

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