

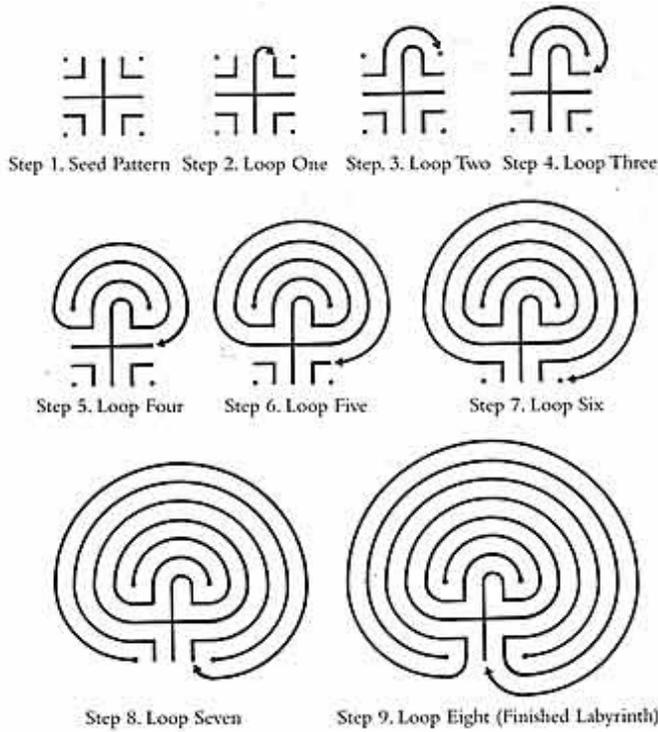
? What problem/challenge are you seeking clarity on?

A large, empty grey rectangular box intended for the user to write their question or challenge.

Write the order with which we work activate the Chakra system as we progress through the labyrinth

3 _____	7 _____
2 _____	6 _____
1 _____	5 _____
4 _____	8 _____

**CONSTRUCTING A LABYRINTH IS PART OF THE PROCESS**



Practise drawing a labyrinth.

Follow the illustration on the left.

This process will engage both your rational and creative minds.

Don't worry if you make a mistake in the first attempt (or more!).

The system is as simple as the design appears complex but once learnt you can reproduce it again and again whenever you feel the need to rest, relax or simply contemplate.



E  
D  
C  
F  
B  
A  
G  
C



## A Journey Through the Sacred Labyrinth

## The Pathway to

## *Power & Purpose*

is a unique experience that will give you the clarity and confidence to claim your full inner power...

... to finally unleash your potential to create abundance and find freedom (even in uncertain times)

Labyrinths are an ancient tool for spiritual development. Spiritual and personal development underpins our success in life and business.

This development requires us to face any issues or problems we face without falling back into the 'stuck' or 'blocked' procrastination and bypassing that too often comes up in the spiritual development world.

What if you're not stuck or blocked? What if you simply do not know how to solve the problem or issue you face?

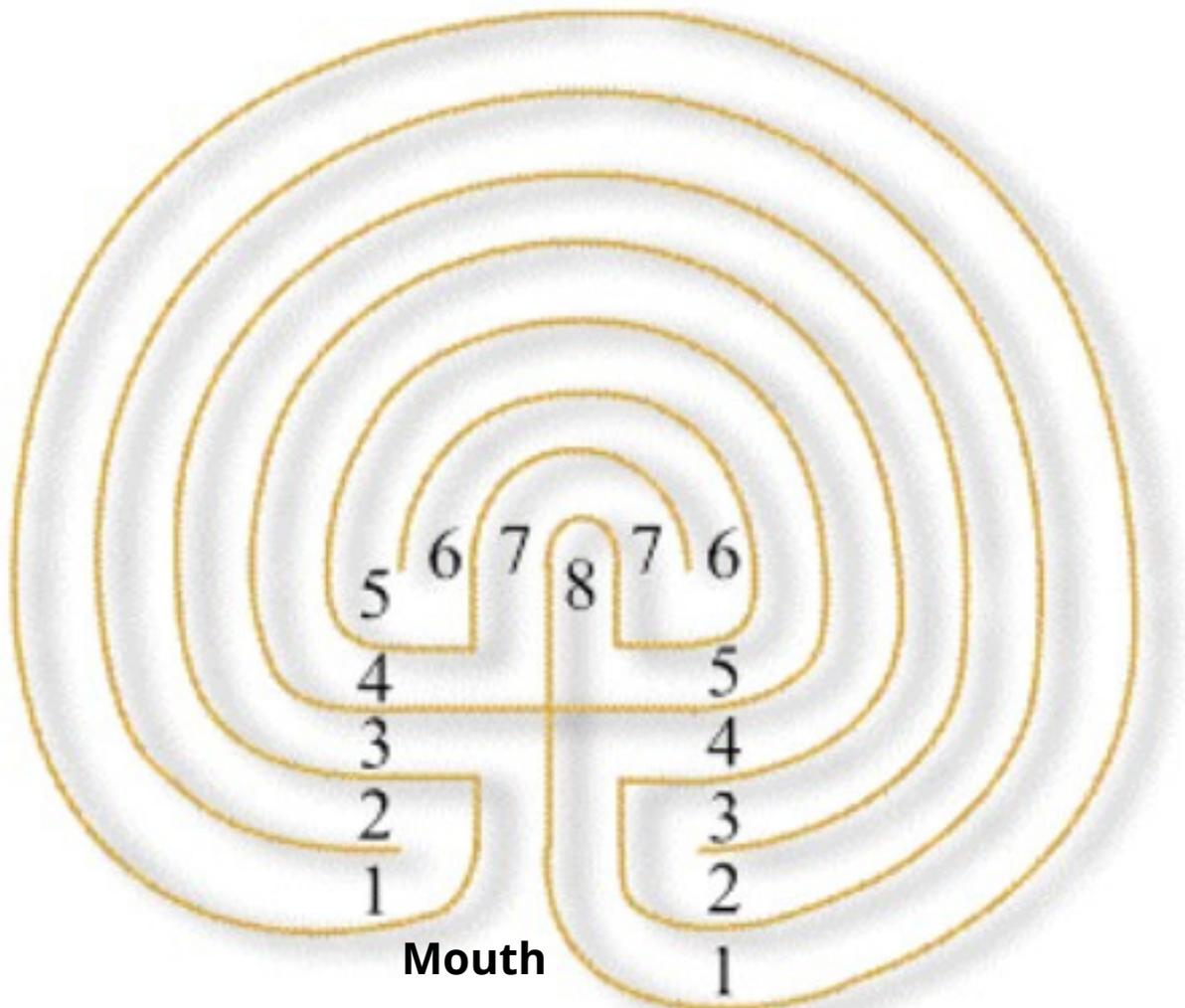
What if you don't have the mental, emotional, intellectual or physical know how to achieve your desired outcome?

We can use labyrinths as an intellectual and energy alchemy tool to walk through the problem and create an action plan to arrive at the solution.

In this workbook, you will be guided through the problem-solving methodology.

Familiarise yourself with this Classical 7 circuit Labyrinth,



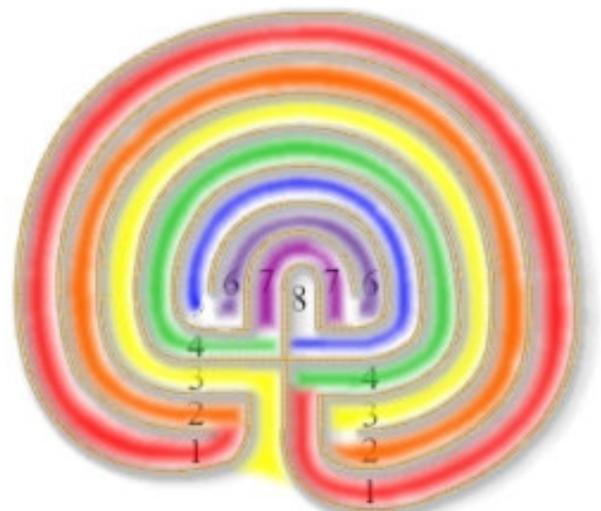
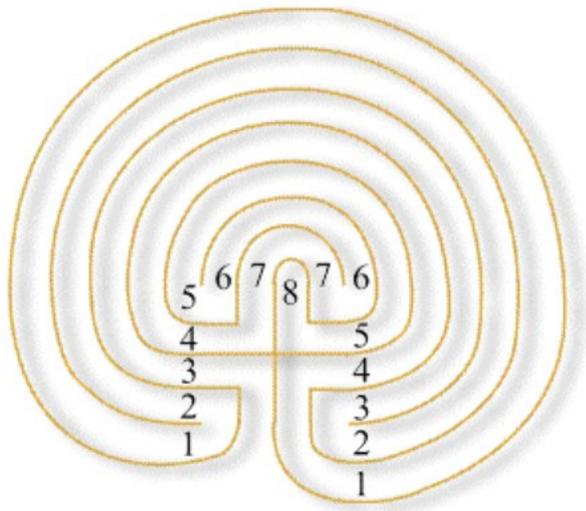


Path Order: 3-2-1-4/7-6-5-8

Use your finger to 'walk' the Labyrinth. Enter the Mouth of the Labyrinth at path 3 and simply follow the unicursal path with your finger to the Goal (8).

Take a few moments to notice how you feel. What emotions are you feeling? What sensations in the body? What thoughts are going through your head?

Simply acknowledge, give thanks and head back out the path to the Mouth. Do not be tempted to 'jump' out of the labyrinth.



## Energy Alchemy of the Labyrinth

### IN

- 3 - I think...
- 2 - I feel...
- 1 - The physical
- 4 - Personal & spiritual
- 7 - Deva
- 6 - The Vision
- 5 - The first step
- 8 - Breathe

### OUT

- Envision the first step - 5
- See the Vision - 6
- Thank you Deva - 7
- Personal spiritual - 4
- The physical - 1
- I feel... - 2
- I think... - 3
- Turn, Give Thanks

## HOW TO USE THE LABYRINTH FOR PROBLEM-SOLVING

Identify your most pressing issue or challenge?

Is it one of the 'big three' - money, relationships or health?

\*Pick one for each 'walk', you can always walk the labyrinth again. Breaking issues down will help reduce overwhelm.



**A Journey Through the Sacred Labyrinth**

**The Pathway to**

*Power & Purpose*

**The first path you will encounter is 3**  
What do you think about this issue?

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**The next path you will encounter is 2**  
What do you feel about this issue?

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**A Journey Through the Sacred Labyrinth**

**The Pathway to**

*Power & Purpose*

**The next path you will encounter is 1**

How does this problem affect me on the physical level?

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**The next path you will encounter is 4**

How does this problem affect my personal and spiritual life?

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**A Journey Through the Sacred Labyrinth**

**The Pathway to**

*Power & Purpose*

**The next path you will encounter is 7**

Invite the Deva of the problem into your presence

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**The next path you will encounter is 6**

Be open to whatever comes from your intuition & accept it.

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**A Journey Through the Sacred Labyrinth**

**The Pathway to**

*Power & Purpose*

**The next path you will encounter is 5**

What is the first step to manifesting your solution based on the intuitive guidance?

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**You've reached the Goal**

This is the intermediate rest stop. We transition here from absorbing information to evaluating as we move out of the labyrinth.

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## A Journey Through the Sacred Labyrinth

## The Pathway to

# *Power & Purpose*

### **Path 5 - Manifestation**

Consider the first step to manifestation you received on the way in. Don't judge it. Just look at it

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### **Path 6 - Vision**

See the answer to the problem. Again don't judge, just revision what you have been shown on this path.

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# A Journey Through the Sacred Labyrinth

## The Pathway to

## *Power & Purpose*

### **Path 7- Deva**

Give thanks to the Deva for accompanying you.

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### **Path 4 - Personal & Spiritual**

Now is the time to critique and judge! How will this solution affect your personal and spiritual life?

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# A Journey Through the Sacred Labyrinth

## The Pathway to

## *Power & Purpose*

### Path 1 - Physical

How does this solution affect you on the physical level? Will it give you what you want?

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### Path 2 - Emotional

How do you feel about this solution? Happy? Excited? Anxious? Nervous?

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