



Labyrinth: a journey into inner space

Labyrinths are enigmatic, ancient, and speak of a knowledge and ways of being lost in the modern world.

When most people walk a labyrinth they realise the it represents the journey through life. A labyrinth has only one path which you have no choice but to follow.

Whilst you can see your goal at the centre at all times, sometimes it's tantalisingly close, only then to move further away, until you come upon it almost unexpectedly.

It is the journey of coming into our own centre.

During this experience, we will use a 7 circuit labyrinth with the 7 Universal Laws and the 7 chakra centres (it is through the chakras that we embody the laws). They can be used for personal problems, business challenges, life decisions... anything that you want to make a decision on that you don't want to have to heal from in the future.

On the journey through the labyrinth:

- you take a realistic view of a problem you face
- own your part in creating it that situation
- understand which Universal Laws you are not embodying with your actions
- clear the relevant chakra centre which holds the Universal law energy
- work through the 7 chakras and 7 Universal Laws of success.
- access divine guidance at the centre
- envision our ideal outcome
- imagineer the steps you need to take to create a solution
- embody the 7 Universal Laws in our chakra centres to follow through on the actions.
- exit with a clear vision, strategy and action plan.

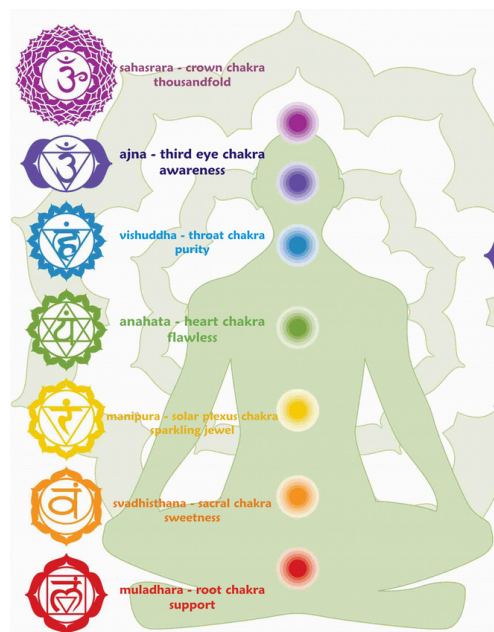
My wish is that you take the toolkit you acquire today and apply it in a spacious and timely manner to the challenges you face.

Blessings

Fay

Labyrinth

A Journey Into Inner Space



What problem/challenge are you seeking clarity on?

What is your desired outcome/goal from this situation?

Labyrinth

A Journey Into Inner Space

Labyrinth: a journey into inner spaces 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.

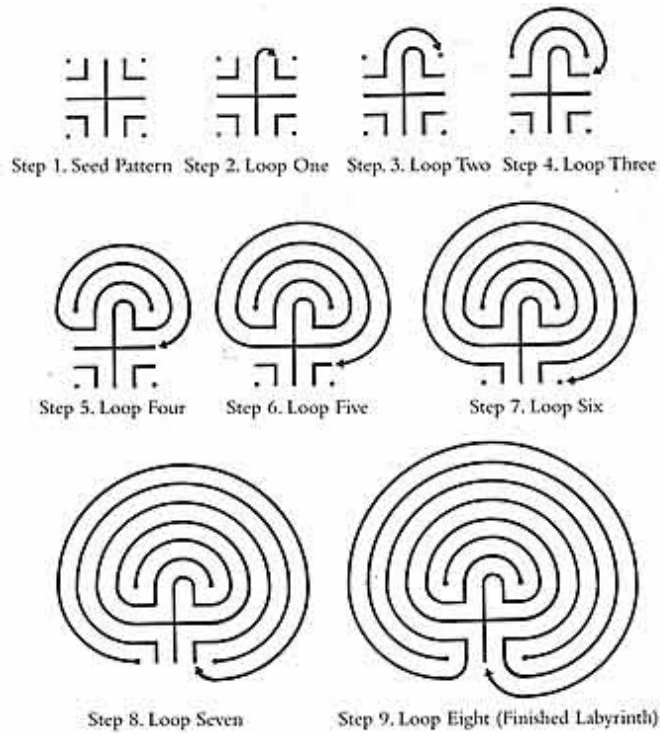
Familiarise yourself with this Classical 7 circuit Labyrinth,



Labyrinth

A Journey Into Inner Space

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.

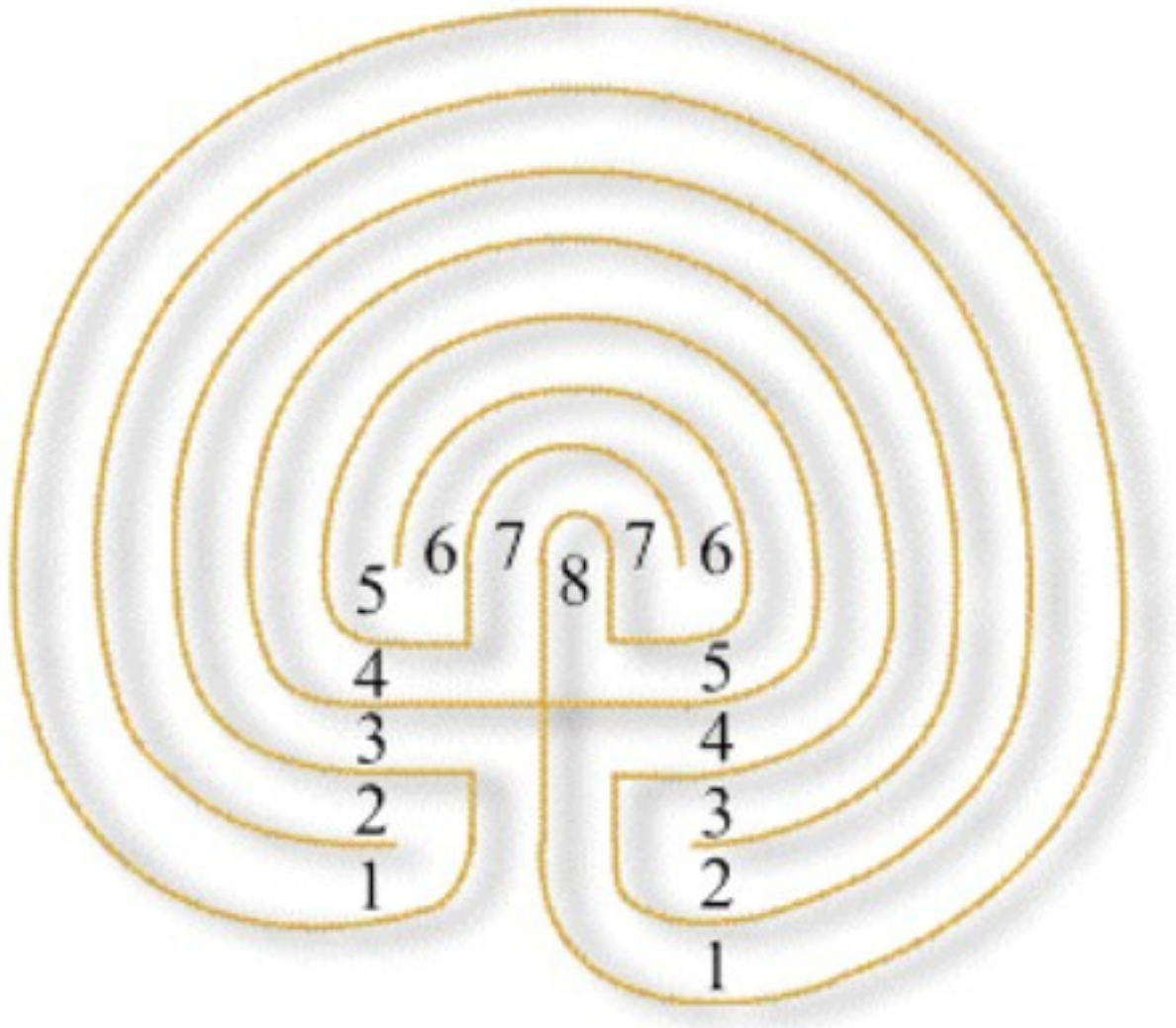
Don't worry if you make a mistake in the first attempt (or more!).

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.



Labyrinth

A Journey Into Inner Space



Mouth

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

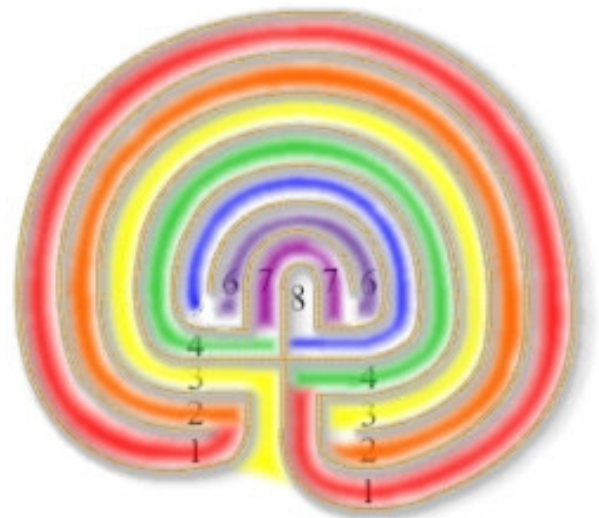
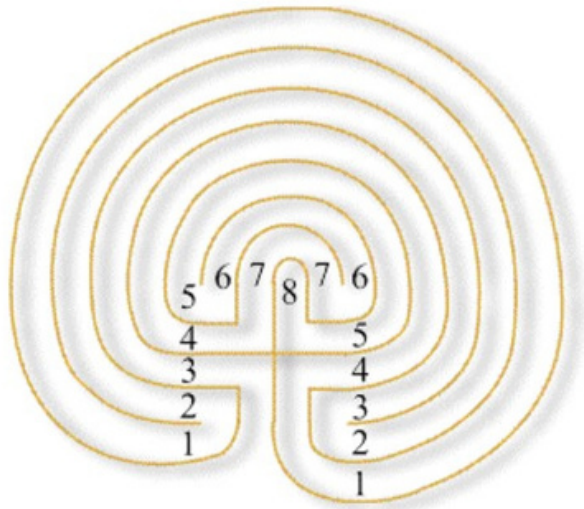
Use your finger to 'walk' the Labyrinth. Enter the Mouth of the Labyrinth at path 3 and simply follow the unicursal path with your finger to the Goal (8).

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.

Labyrinth

A Journey Into Inner Space



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.



Labyrinth

A Journey Into Inner Space

The first path you will encounter is 3

What do you think about this issue?

The next path you will encounter is 2

What do you feel about this issue?



Labyrinth

A Journey Into Inner Space

The next path you will encounter is 1

How does this problem affect me on the physical level?

The next path you will encounter is 4

How does this problem affect my personal and spiritual life?

Labyrinth

A Journey Into Inner Space

The next path you will encounter is 7

Invite the Deva of the problem into your presence

The next path you will encounter is 6

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



Labyrinth

A Journey Into Inner Space

The next path you will encounter is 5

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

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.

Labyrinth

A Journey Into Inner Space

Path 5 - Manifestation

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

Path 6 - Vision

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

Labyrinth

A Journey Into Inner Space

Path 7- Deva

Give thanks to the Deva for accompanying you.

Path 4 - Personal & Spiritual

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



Labyrinth

A Journey Into Inner Space

Path 1 - Physical

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

Path 2 - Emotional

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

A Journey Into Inner Space

Path 3 - Mental

What do you think about this solution? It's important to remember that no divination of intuition is always 'correct', sometimes real nonsense comes through so it's important we don't go off on flights of fancy. "I know I need to end this relationship but Spirit told me to go to Bali for six months" is avoidance of emotional challenge.

Your rational and intellectual mind is the first and last to deal with the solution and it must be workable, even if you find it challenging and it pushes you. That's the whole point! Use the space below to make a note of the overall solution.

[illegible]

Exit

Turn and give thanks to the Labyrinth and the experience.

A Journey Into Inner Space

Putting it into action

Now that you have your solution, spend a little time putting the action steps in order or priority. What steps do you need to take to arrive at the solution? For instance, if you need to upskill to increase your wealth, make a note to look for and enrol onto any relevant training or coaching. Do you need to hire additional team members or outsource tasks?

Breaking down the vision of your ideal solution into actionable steps is key to success.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings visible.

Do it!

Don't put this list away, take action NOW!



The Four Steps to Success

1. Commit to your goal
2. Create a step-by-step plan
3. Take action every day
4. Let go of attachment and continue to take action

Now that you have your solution, spend a little time putting the action steps in order or priority. What steps do you need to take to arrive at the solution? For instance, if you need to upskill to increase your wealth, make a note to look for and enrol onto any relevant training or coaching. Do you need to hire additional team members or outsource tasks?

Breaking down the vision of your ideal solution into actionable steps is key to success.



Labyrinth

A Journey Into Inner Space
