

## Labyrinth Prayer

Unwinding, unwinding,

Releasing all negative  
thought patterns.....  
and belief systems that no longer  
serve me or inform my spirit.....

I welcome the unconditional acceptance  
Of what is...

To ground me,  
Centre me and  
Support me.....

May the wisdom of the  
labyrinth guide me...  
May the silence of the  
stones hold me....  
May the earth beneath my feet  
breathe me....

I am coming home to  
who I am..  
To who I have  
always been...  
To where I belong.....

The winds of change  
The storms of life  
Serve only to....

Reshape me,  
and return me to my  
true nature....

October 07