

CORNERSTONE 2019 RESOURCE

Walking the Labyrinth: A Spiral of Intention and Return *Start Your Morning*

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SUMMARY:	<p>Clarity of intention in the morning can set the tone for the entire day at camp. Utilizing the technology the labyrinth, we will "let go" into this spiral- as- metaphor- for our lives. This start your morning is part meditation, part focus- sharpening tool, additionally, the labyrinth can be utilized anytime to reboot or recollect.</p> <p>Through walking the labyrinth, you will come to explore how you cannot make a wrong turn or lose the path, you can only go deeper. Person and path merge, as you rediscover that we are only ever where we are meant to be. Wake up, pray with your feet and come away with a brand new journey of self -discovery and intention for the day, the week, or the year</p>
TOPIC(S):	Meditation, Prayer- Alternative
LEARNING OBJECTIVE:	Fellows will experience the transformational power of the labyrinth. They will experience the process of shedding and recommitting to a new Kavanaugh for the day or for the week.
AUDIENCE:	Age: 5 th grade and up The group should be in proportion to the size of the labyrinth so that folks will not feel rushed or crowded.
TIMING:	60 minutes
APPENDICES:	None
MATERIALS NEEDED:	Stones, index cards, pens
SET-UP DETAILS:	There are so many ways to make a labyrinth – here is one example . For this activity have a pile of stones by the entrance of the labyrinth, and index cards and pens in the center.

SESSION TIMELINE & OUTLINE:

“Even building a labyrinth brings a sense of holy dedication inside of those who do so, as we read in Exodus: “Build for me a sanctuary and I will dwell among you.””

Fellows will be invited to pick up a stone from a bucket along side the labyrinth and hold it to ground themselves as they set an intention for walking. They may focus on something they would like to learn, let go of or lean into.

Once inside the center, Fellows will be invited to sit and reflect for a few moments before walking the return spiral. While inside they may meditate, sit quietly, write a note to themselves on provided cards, etc. Fellows may leave the card in a provided container) or take it with them.

At the end we will close out in a circle and share a word about our experience.