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The Way of the Labyrinth: A Powerful Meditation for Everyday Life (Compass)

Helen Curry

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The first time **Helen Curry** walked a labyrinth she was moved to tears and then "was filled with peace and possibilities." Here, she shares her years of experience with labyrinth meditation and shows how others can find serenity and guidance by adopting this increasingly popular practice. Unlike mazes, which force choices and can create fear and confusion, labyrinths are designed to "embrace" and guide individuals through a calming, meditative walk on a single circular path. **The Way of the Labyrinth** includes meditations, prayers, questions for enhancing labyrinth walks, guidelines for ceremonies, instructions for finger meditations, and extensive resources. This enchanting, practical, and exquisitely packaged guide helps both novice and experienced readers enjoy the benefits of labyrinth meditation, from problem-solving to stress reduction to personal transformation. Includes a foreword by **Jean Houston**, the renowned author and leader in the field of humanistic psychology, who is considered the grandmother of the current labyrinth revival.

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