

Group Activity #1: Synchronicity's Path

1. If you have stones, magnets, etc. with inspirational words on them, you can use those, or simply use index cards and write an inspirational or thought-provoking word on each card. Words like Love, Faith, Compassion, Hope, Renewal, Peace, Possibility, Wisdom, Joy, Friendship, Dream, Energy, Patience, Self-Determination, Passion, Intuition, Change, Fear, Dedication etc. You can also use various packages of cards found in bookstores that focus on angels, animals, inspirational messages, etc.
2. Each person picks a card and enters the labyrinth holding the card and thinking/feeling about this word/these words while making their way to the center.
3. Instruct participants to relax and let thoughts and feelings bubble up into their consciousness about how the word or phrase has meaning for their lives. For example, do they possess too much or too little of what's written on the card and how does that effect their daily lives.
4. Upon reaching the center of the labyrinth, have them stop thinking and feeling about what's on the card and take at least 3 slow deep breaths with eyes closed. Following this, have them leave the center.
5. As they make their return journey, have them reflect on any small steps they can begin to take to change their lives for the better. Suggest they be grateful for any new insights.

Group Activity #2: Seven Directions Ceremony

(Ideal for a solstice, equinox or earth day type of event)

Have your group stand or sit around the outside or inside of the labyrinth. Ask for volunteers or assign 7 people the task of each reading one of the directions out loud (in the order below or in any order as long as the direction "within" is read last).

Direct the group to say something like "Aho" or "Amen" at the end of each of the 7 directions. Having participants sound drums, rattles or chimes (after each direction is read) or simply shout "Woo Hoo" is an excellent way to raise group energy prior to the walk.

EAST

We welcome in the Grandmothers and Grandfathers and great spirits of the East. The East's medicine animal is the Eagle and the season is Spring. It represents the life stage of Infancy into Childhood whose qualities are creativity, imagination, love for spirit and the ability to soar high

above everyday problems so as to see them with a fresh perspective. Let us welcome these energies within our spirit, to energize and strengthen us for the coming changes as we walk these labyrinths. Aho (Amen)

SOUTH

We welcome in the Grandmothers and Grandfathers and great spirits of the South. The South's medicine animal is the Mouse and the season is Summer. It represents the life stage of Adolescence whose qualities are innocence, passion, play and the joy of physical body sensations. Let us welcome these energies within our spirit, to energize and strengthen us for the coming changes as we walk these labyrinths. Aho (Amen)

WEST

We welcome in the Grandmothers and Grandfathers and great spirits of the West. The West's medicine animal is the Bear and the season is Autumn. It represents the life stage of Middle Age whose qualities are introspection, insight, reflection; a going within to determine the truth and purpose of life for oneself separate from the one society gives us. Let us welcome these energies within our spirit, to energize and strengthen us for the coming changes as we walk these labyrinths. Aho (Amen)

NORTH

We welcome in the Grandmothers and Grandfathers and great spirits of the North. The North's medicine animal is the Buffalo and the season is Winter. It represents the life stage of Old Age & Wisdom whose qualities are objectivity, wisdom, discipline, strength, endurance and sacrificing self for the good of the tribe. Let us welcome these energies within our spirit, to energize and strengthen us for the coming changes as we walk these labyrinths. Aho (Amen)

BELOW

We welcome in the energies of Mother Earth. Thank you mother for providing us with a home and classroom for our spirit and for the glorious bounty from the mineral plant, animal and angelic realms. We ask for the wisdom to walk softly upon your face in thought, word and deed. Let us welcome these energies within our spirit, to energize and strengthen us for the coming changes as we walk these labyrinths. Aho (Amen)

ABOVE

We welcome in the energies of Father Sky, Grandfather Sun and Grandmother Moon. Thank you for providing the winged ones with a place to soar and by extension, a place for our spirits to imagine, create and reach higher. Thank you for the synergy of sun and rain which causes growth in all things. Let us welcome these energies within our spirit, to energize and strengthen us for the coming changes as we walk these labyrinths. Aho (Amen)

WITHIN

We welcome in the energies of the Great Mystery, the seat of our soul and the wonder of life; the Divine spark which make us all one family. Thank you Great Mystery for providing us intuition and the messages which call us to sacred service. Let us welcome these energies within our spirit, to energize and strengthen us for the coming changes as we walk these labyrinths. Aho (Amen)