

A cup of tea and a piece of quiet

I invite you to enjoy a few minutes aware and listening to your inner self as you use your finger to walk the path of the labyrinth below. Imagine peace in your life. Imagine peace with your friends and neighbors. Imagine peace for all people. Look for peace inside your problems and inside acceptance of life's pain. When you get to the center of the labyrinth, be still for a moment; appreciate this moment, and all of life. Enjoy it, embrace it, and breathe it in as a cup of tea. Then, retrace your path to the beginning of the labyrinth. Bring the peace with you as you return to the exterior world, ready to greet the next moment in our beautiful world. M.E. Langley www.LastingLabyrinths.com

