



FOLLOW THE MYSTERY

With gratitude for the teachings of Angeles Arrien

The following walk was designed for the Butterfly Peace Path finger labyrinth but can be adapted for walks in any environment by pausing at a place of your choice to read and reflect on the passage for each wing.

First Wing

Let my heart be open,
and hope dispel my sorrow,
as I walk this path with courage and trust
and no promise of tomorrow.

Second Wing

Let the journey lead,
and nurture soul connection,
while my spirit dances to the songs I sing
and sheds its pattern perfection.

Third Wing

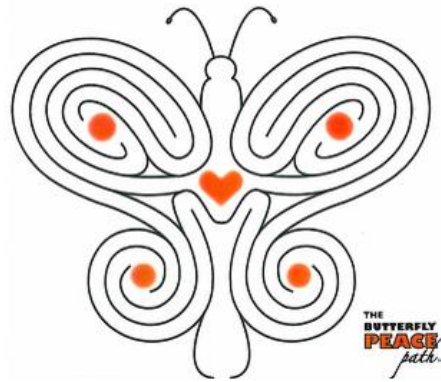
Let me wish upon a star,
and my spirit never tire,
as I follow what has heart and meaning
and my passions fuel the fire.

Fourth Wing

Let me focus on what matters,
and resist the need to roam
while I enjoy the sweet territory of silence
and the mystery guides me home.

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Want to know more? Read on!



The *Butterfly Peace Path* is an original labyrinth design, born out of the collaboration between William Grace Frost and Jackie Levin. To purchase the Butterfly Peace Path finger labyrinth contact William Grace Frost at: awakeheart@yahoo.com or 707-318-9565.

For information about THE BUTTERFLY PEACE PATH Self-discovery Experience contact Jackie at jlevin4dream@gmail.com.

Please indicate if you'd like more information about how to incorporate The Butterfly Peace Path into school and/or community contexts.

Examples include:

- Part of a classroom "relaxation station"
- Conflict resolution strategy for school-age children
- Coming together activity in cultural communities
- Connection activity at family, school and/or community celebrations
- Option for staff wellness activity or program
- Opportunity for elder care programs
- Teacher professional development

For more information about The Butterfly Peace Path visit: www.butterflypeacepath.com



www.sayyestopossibility.com