



CHOOSING TO BE

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. Let the situations you're dealing with enter your mind as you notice your primary emotional state.

First Wing:

Breathe gently into the space as you walk with the question: "What's possible when I choose to be FLEXIBLE?" Notice without judgement what emerges.

Second Wing:

Breathe freely into the space as you walk with the question: "What's possible when I choose to be OPEN?" Notice without judgement what emerges.

Third Wing:

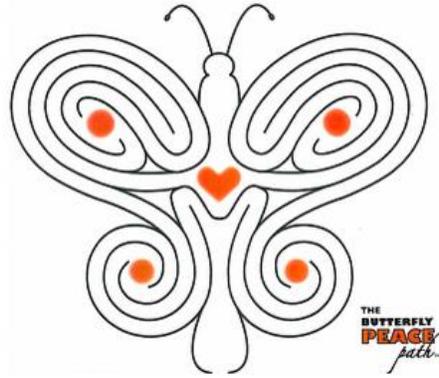
Breathe courageously into the space as you walk with the question: "What's possible when I choose to take a RISK?" Notice without judgement what emerges.

Fourth Wing:

Breathe peacefully into the space as you walk with the question: "What's possible when I choose to be FREE?"

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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



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