

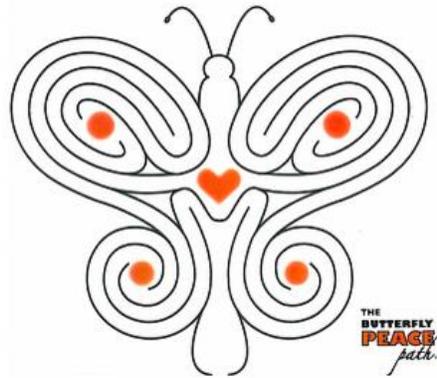


## Peace Walk

1. At the tail of the labyrinth state the affirmation (out loud or to yourself):  
“Peace is possible.”
2. Move your finger along the path until you reach the center of the first wing. Pause and take a deep breath. Close your eyes or soften your gaze as you imagine a place of peace. When you are ready, continue moving your finger along the path into the second wing.
3. When you reach the center of the second wing, pause and take a deep breath. Close your eyes or soften your gaze as you imagine people in your life who bring you peace. When you are ready, continue moving your finger along the path to the heart of the butterfly.
4. When you reach the heart of the butterfly, pause and take a deep breath. Close your eyes or soften your gaze as you imagine your own heart opening to receive the peace you are bringing into your experience right now. When you are ready, continue moving your finger along the path into the third wing.
5. When you reach the center of the third wing, pause and take a deep breath. Close your eyes or soften your gaze as you imagine a favorite object you own that you associate with peace. When you are ready, continue moving your finger along the path into the fourth wing.
6. When you reach the center of the fourth wing, pause and take a deep breath. Close your eyes or soften your gaze as you remember an ancestor in your family or community who stood for peace. When you are ready, continue moving your finger along the path back to the tail.
7. When you move back to the tail give thanks for your experience and insights in a way that is meaningful for you.

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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](mailto:awakeheart@yahoo.com) or 707-318-9565.

For information about THE BUTTERFLY PEACE PATH Self-discovery Experience contact Jackie at [jlevin4dream@gmail.com](mailto: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](http://www.butterflypeacepath.com)



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