

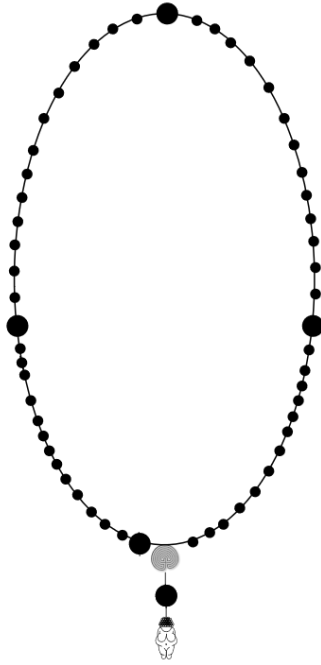
The Labyrinth Beads

A Journey of Prayer and Contemplation



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Goddess Bead: I come to the Labyrinth, bringing nothing but myself, and prepare myself to be transformed.

Touchstone Bead: I humbly request the blessings of the Elements, the Ancestors, the Familiar Spirits, and the Divine. May I approach you in Perfect Love and Perfect Trust, and may I work my True Will with harm to none.

Gateway Bead: I look to the East and meditate on the Element of Air.

Step Beads: Open my mind to new possibilities.

Gateway Bead: I look to the South and meditate on the Element of Fire.

Step Beads: Strengthen my will to do what is right.

Gateway Bead: I look to the West and meditate on the Element of Water.

Step Beads: Fill my heart with love and trust.

Gateway Bead: I look for the North and meditate on the Element of Earth.

Step Beads: Preserve my body's health and wellbeing.

Gateway Bead: I look within me and meditate on my Ancestors.

Step Beads: Advise me of the wisest course of action.

Gateway Bead: I look around me and meditate on my Familiar Spirits.

Step Beads: Protect me from harm and danger.

Gateway Bead: I look below me and meditate on the Lord.

Step Beads: Prepare me for the moment of death.

Gateway Bead: I look above me and meditate on the Lady.

Step Beads: Teach me the mysteries of life.

Touchstone Bead: I look in the mirror and meditate on my Shadow.

Goddess Bead: I stand in the center of the Labyrinth, surrounded by the Mighty Forces who watch over me. As I emerge from the Labyrinth into my daily life, I am blessed, protected, and transformed. So mote it be.