

MODULE 5-GOING FURTHER

EXERCISE: SELF REFLECTION

The following are questions that we suggest you reflect upon. There are no “correct” answers for these—whatever may come to you is what matters, although you may wish to revisit your answers from time-to-time.

- What questions might you ask yourself when reflecting upon your labyrinth experiences?
- Which development options might you consider to help you develop your labyrinth practice? Which worldwide or other labyrinth communities might you join? Plan or take action!