

# MODULE 4–HOSTING & HOLDING SPACE

## EXERCISE: SELF REFLECTION

The following are questions that we suggest you reflect upon, to see what might come up for you. There are no “correct” answers for these—whatever may come to you is what matters. Allowing yourself a little time for reflection on questions such as these will help you prepare for hosting walks. Some of this preparation may happen at a subconscious level, although you may like to write down anything that comes to you in your notebook.

- What, if anything, does the idea of a “sacred” or “special” place mean to you?
- To what extent do you believe or sense that the labyrinth is such a “special” place, however you might define this?
- Considering the points mentioned in the notes, along with any others that you think may be relevant, what points might you want to make when introducing a labyrinth walk?
- If you’re able, practice giving your introduction with a friend or other person, or alone, simply by speaking aloud.

*Note: Don’t worry about **forgetting things, stumbling over words, or thinking that you’ve said something wrong (such as historical “facts”)**. It will probably take a few attempts to feel comfortable with what you say, but you will soon build confidence. Taking the first step is normally the hardest, and not being too critical with yourself afterward if you feel you might have done better is important too!*

