

LEGACY LABYRINTH PROJECT



Presents:

How to Create
an intention
for walking a labyrinth

What is an intention?

Intentions are the thoughts we have all the time. Our thoughts form our reality and can make powerful changes to the people around you.

There is a collective consciousness that works for all of us and collective intentions can be profoundly powerful, it helps you get out of yourself and walk for “the other” and helps us enter into the sense of Oneness.

Intention work is all about energy being transmitted in and through the magnetic field.

“Intentions are thoughts, directed with energy that seem to have the power to change our world.”

-Lynne McTaggart

- We have learned that our hearts create and can extend energy that has power to heal.
- When it is coherent, we know that it is in the best form possible for healing self and others.
- We ask the labyrinth to help us to amplify this energy.

How do intentions work on labyrinths?

From the Legacy Labyrinth Project's own longitudinal research study on the practice of Contemplative Labyrinth Activism comes the following process. This is the process that you will find in all of the journal articles to date on Contemplative Labyrinth Activism. The outcomes of using this process can be [found in our research](#).

The Process

Write your intention. You are actualizing your intention by connecting with it before you walk and being in heart coherence, while you walk. When you reach the center of the labyrinth you generate the feeling of what it will feel like when your intention is manifested. Believe, too, that this intention is already done. The next step is to release the intention into the Field. Leave the center when you feel ready. Walk out of the labyrinth in contemplation, be present to what emerges. Feel free to journal or discuss with others after your walk.

If you are not familiar with any steps in the Process and/or how to maximize their effectiveness, see the last page for supplementary information.

How do I create an intention?

The following is a step-by-step method to write an intention. This is a specific way (and of course not the only way) to write an intention.

This method has been drawn from the research of the HeartMath Institute and the extensive intention research work of Lynne McTaggart, plus 3 years of research of gathered from over 1,000 international labyrinth walkers who participated in the Big Connection research project held on World Labyrinth Day from 2020-2023.

Ideas to consider

1. Know that the source of power in intention work is not you. You are the conduit.
2. No need to be perfect! Just heart centered.

Elements of an Intention

To begin:

As an individual or as a group (I/we), ask the question-

What do I/we want to heal, change or impact? (Be specific)

Examples:

I/we want to impact immigrants' working conditions in the meat packing industry

Next step:

As an individual or as a group (I/we) ask the question-

What do I/we want to see when this intention is manifested?

The workers in the meat packing plants have health insurance.

Final step:

Combine what you want to see heal, change, or impact, with how you see it when it is manifested and make sure it is in the present tense.

Specific example:

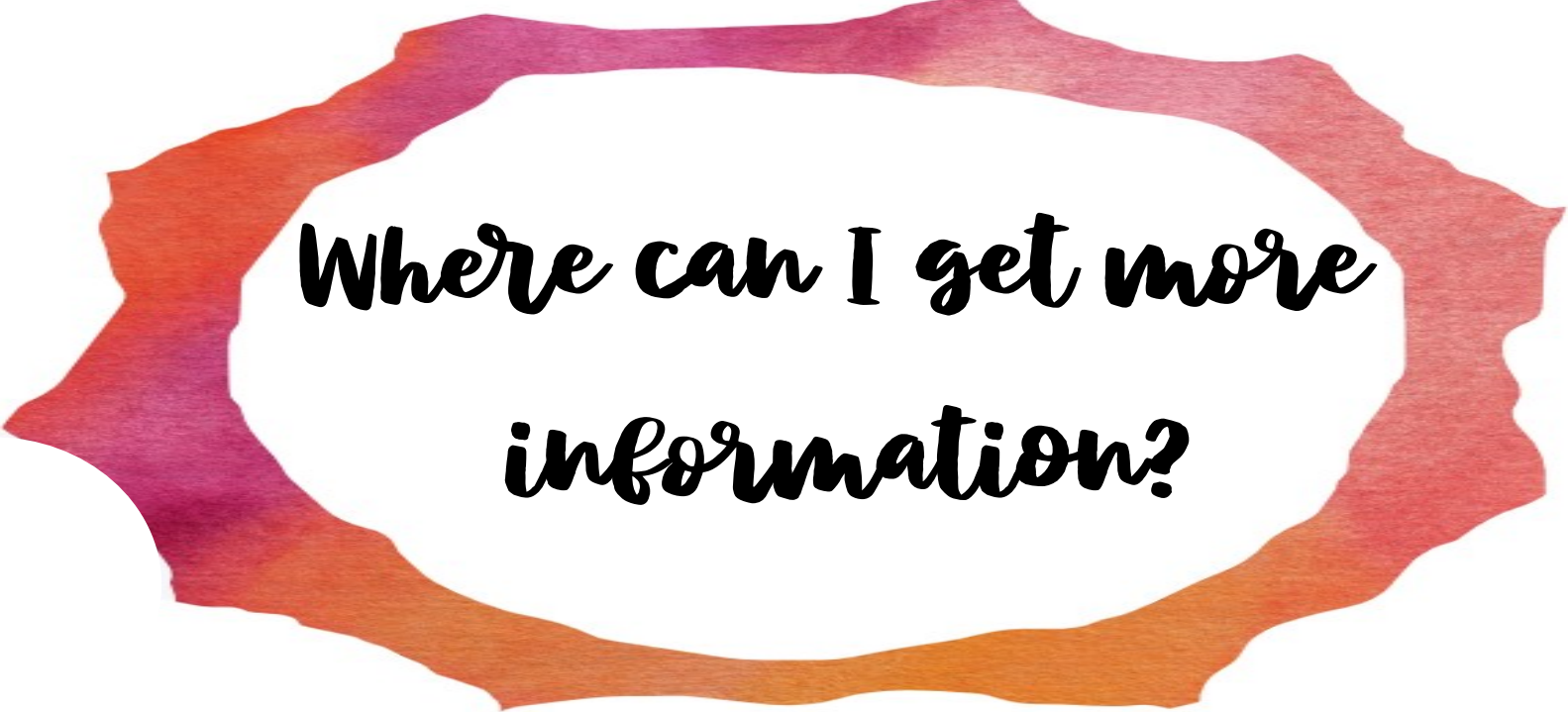
The 225 immigrants currently working in the 2 meat packing plants in Greeley, Colorado receive paid health insurance from their employers, immediately.

(Not in present tense: The 225 immigrants currently working in the 2 meat packing plants in Greeley, Colorado *will receive* paid health insurance...)

(It is ok to say: immediately and permanently in your intention if it makes sense to you)

Tips

- ◆ **Employing the energy of the intention as already done when releasing it in the center is far more important than a perfectly worded intention.**
- ◆ **Do not doubt that it will work. The energy of doubt is not heart centered.**
- ◆ **Trust the intelligence of the Universe.**



Where can I get more information?

The information in this download is a helpful way to get you started in creating intentions. For further information on how labyrinths are being utilized with intentions to create change in people's lives and in the world, visit:

LegacyLabyrinthProject.org

For a copy of the latest research on Contemplative Labyrinth Activism and Intentions go to:
[Frontiers in Psychology](#).

All online and in person trainings on how to use intentions for Contemplative Labyrinth Activism can be found on the above website.

To practice walking labyrinths with intentions, for free, with a group, please join the Labyrinth Activist Network. See website for details.

To have training for your community in walking labyrinths with intentions, please contact:
chriskatzenmeyer1@gmail.com