



Helen Brown is an experienced Jungian therapist, and likes to work with people in a creative, holistic way. She has recently been ordained in the Swedenborgian church and works freelance, facilitating groups and workshops. She has written a short course entitled 'Nurturing the Soul' and offers spiritual counselling and spiritual direction to people across all belief systems or none.

All spiritual seekers welcome



Do come and bring a friend



Walking the Labyrinth

Pathway to wholeness

Give the inner you a treat – come on a retreat day. De-stress and replenish your inner energy by walking a labyrinth - getting in touch with your spirit.

Saturday 17th July
11 am – 4 pm

Venue:

**Oaklands New Church Centre
Winleigh Road, Handsworth
Birmingham B20 2HN**

If we are facing in the right direction, all we have to do is keep on walking.
Ancient Buddhist expression

A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path, representing a journey to our own centre and back again out into the world. Labyrinths have long been used as meditation and prayer tools. The experience of walking it is a powerful metaphor for life's journey. It is a symbol that creates a sacred space and place and can take us out of our ego to experience the Divine, which is at the centre of us all.

The workshop day will be led by Helen Brown an experienced spiritual facilitator. After chance for personal reflection, sharing and discussion, you will have the opportunity to walk a 6 x 6 metre canvas labyrinth.



Aim of the day:

To use the sacred space of the labyrinth and the meditation walk to open up our spirits and get in touch with the Divine love and life within us. From this we can learn to experience true peace and joy, even when life around us appears stormy.

If you would like any further information then please don't hesitate to contact Carran or Catherine (contact details on reply slip)

Please make a donation towards the cost of the event

Find the journey's end in every step.
Ralph Waldo Emerson

REPLY SLIP:

Please complete and return by **Thursday 15 July**

Name.....

Address.....

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Telephone.....

I wish to book places.

**Further information contact
Carran 01215591820
Catherine 01332 762978
labyrinth@spiritualwisdom.org.uk**

The day is sponsored by Unity
Birmingham
and Oaklands New Church Centre.