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## Introduction to the Instructions for the Big Connection 3.0

Hello everyone and welcome to The Big Connection 3.0!

We are in the 3<sup>rd</sup> year of a groundbreaking research study that the Legacy Labyrinth Project has been doing in collaboration with Dr. Jocelyn McGee of the Garland School of Social Work at Baylor University. Most importantly, this study has been informed by practitioners in the labyrinth community, **which means each of you**, and is aimed at stimulating transformation through collective heart centered intentional labyrinth walking.

During the first year of the study, at the height of the COVID-19 pandemic, we learned how collective heart centered intentional labyrinth walking can lead to profound insights for individual labyrinth walkers which can prepare them for making a difference in the World.

Based on findings from year one, we recognized that the labyrinth community was calling for social action, among other things, during this unique time in Global history. Thus, the second year focused on learning about what it means for labyrinth walkers to rally around specific social issues through collective heart centered intentional labyrinth walking. We recognized that a model for labyrinth activism, a form of subtle contemplative activism, was emerging.

For the third year of this study, we seek to refine our understanding of our model for labyrinth activism. At its core, we believe that labyrinth activism is rooted in compassionate action and a desire for cultivating a more humane response to the big issues we face on this planet. We are grateful for your willingness to contribute to this important knowledge base on collective heart centered intentional labyrinth walking.

We value your time and support of this research study and your dedication to spreading compassion in the World through your heart centered intentions and labyrinth walking together as a collective.

Chris & Jocelyn

# Take this with you to your World Labyrinth Day- Big Connection 3.0 Walk

The research team for Big Connection 3.0 wants to **thank you very much** for your participation this year!

We will all be walking together in solidarity with people around the World with the same heart centered intention. Here are your instructions for walking the labyrinth. Each step is highlighted in yellow:

## **Read the shared intention:**

***As I walk in solidarity with people around the Globe on  
World Labyrinth Day,  
I feel and send peace  
to families in War torn areas in the World***

## **Do this Heart/Brain Meditation before you walk the labyrinth**

You can do this one of two ways:

Listen to the audio we sent in the email on your phone or device.

Or, if you cannot do that:

**(This can be read aloud slowly to you or the group walking the labyrinth)**

Sit or stand in a comfortable position.

Straighten your back.

Close your eyes.

Relax your face.

Drop your shoulders.

Inhale a sense of the circle created here, if you are in a group.

Exhale what needs to let go

Start to notice the beating of your heart.

Dropping your attention of your thinking mind, down into your heart space.  
Now start to slow your breathing down in your heart space.

Elongating your inhales.

Elongating your exhales.

Feeling your breath 360 degrees front and back, side to side of you.

Every in-breath feel your heart expand.

Every exhale feel a release and a softening.

Feel the energy flow into and from your heart space.

You are inhaling into the heart space and exhaling from the heart space.

Your whole chest is filling with a golden light as you breath in and exhale out

Bring to mind a person, a place, that you can feel a deep emotion of gratitude for.

Feel that emotion of gratitude in your heart.

Feel the emotion of gratitude.

Feel that gratitude in your heart.

Place one hand on your heart

Continue to feel gratitude.

Then release the breath of gratitude slowly and consciously.

Keep this conscious breathing going,

until you are aware that your breathing and heart rate have slowed down

### **Read the intention again...**

...after the heart/brain meditation and then begin your walk. As you walk with that intention, begin to feel the emotion of it.

### **At the center of the labyrinth, read the intention again...**

...and feel the emotion of it as if the intention has already been completed.

Then release this feeling, into the Universe.

Leave the center of the labyrinth when you are ready and walk the path out at a pace which is comfortable to you.

## Fill out the questionnaire

Please fill out the confidential **questionnaire** within 48 hours of your walk. Preferably right after your walk. The link is located in the email you received.

## Optional grounding step, after you leave the labyrinth:

After you leave the labyrinth, you may want to “ground” yourself, due to any emotional experiences that may have occurred. This is only if you are moved to do so.

**Option 1:** Some people like to sing, walk, move their bodies in some ways that connect them with the ground, Earth, floor, whatever the walking surface maybe. Allow yourself to feel gratitude for what you just did.

**Option 2:** Sit on or bring your hands to the Earth. Consciously let your heart/mind connect with the feeling of touching Earth. Breathe, and allow yourself to feel the connection. Allow yourself to feel gratitude of what you just did.

**Option 3:** Sit for a while in Nature, ideally close to the labyrinth. If you have been walking on an indoor labyrinth, go outside, breathe, and connect with the air, sky, whatever you are sitting on. Allow yourself to feel gratitude for what you just did.

**Option 4:** Talk to someone you trust about what you experienced. Share with them how you are feeling. Try to wait to do this until you have finished the confidential questionnaire. If you can't wait, that is ok too.

**Option 5:** Most people have positive experiences walking a labyrinth. However, some people might have lingering feelings that they are uncomfortable with. You may contact Dr.Jocelyn McGee at [Jocelyn\\_McGee@Baylor.edu](mailto:Jocelyn_McGee@Baylor.edu) if this is happening to you.