



# The Sacred Path Companion: A Guide to Walking the Labyrinth to Heal and Transform

*Lauren Artress*

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Full of exercises, suggestions, questionnaires, assignments, and meditations for getting the most out of the Labyrinth experience, **The Sacred Path Companion** is the indispensable guide for anyone searching for a spiritual journey that will inspire, educate, and engage.

Created by one of the guiding forces of the Labyrinth movement and the author of **Walking a Sacred Path**, this comprehensive and interactive workbook includes:

- The art of Labyrinth walking
- The nine lessons of the Labyrinth
- Four guidelines to gauge spiritual growth
- Specific uses for healing and transformation through the Labyrinth
- Forgiveness and reconciliation
- The six purposes of ritual
- Developing visions for the Labyrinth movement

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The book untitled *The Sacred Path Companion: A Guide to Walking the Labyrinth to Heal and Transform* contain a lot of information on this. The writer explains your ex idea with easy means. The language is very simple to implement all the people, so do not worry, you can easy to read it. The book was compiled by famous author. The author will bring you in the new era of literary works. You can actually read this book because you can continue reading your smart phone, or product, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site along with order it. Have a nice go through.

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