**2016 Beltane Visualization-Walking the maze to the center mandala**

Be still- your heart, your breath, and your feet. Be still. Feel the earth underneath your feet. Toes spread wide and heels pressing in, take in the coolness of the grass, the warmth of the earth.

Now let the desire for movement come, but slowly, slowly. You begin your walk. Let this be a journey to your innermost yearnings, your stirring passions, your most beautiful and balanced creative center. You can't wait to get there. You might want to run: but slowly, slowly now. Stepping one foot in front of the other, each one gets nourished while walking.

There is birdsong — listen. The wind catches and plays in the leaves — listen. Worms turn over the soil — can you hear them? Let thoughts come and go as you walk.

You feel that you are coming closer to the destination you have yearned for. It is palpable. But, then, wait —no, there is a turn. A sudden turn in direction. What was so clearly before your eyes —now has turned sideways and is suddenly out of view. The path takes you elsewhere. Don't struggle. Don't hesitated, GO. It is a leap of faith. The beauty has not left you. You are walking alone on this path.

Then, suddenly, you see another person coming towards you. Unbidden or intentionally, you cross paths. Maybe you linger a while, looking into each other’s eyes, right down into their beautiful souls. Maybe you just stand side by side for a while. Maybe you touch, and but then let go.

Now, walking alone again, returning to your own purpose, you are richer by whatever emotion or physical contact the encounter created. Your feet again feel the fullness, the love, the absolute perfection of this Earth Mother. Drawing it all up into your heart, with gratitude, reverence and joy, you walk on. Though it seems like the path has taken you away from your own destination, your own center, suddenly, joyfully, it aims for the heart again.

You walk with such longing. And finally, you arrive. You arrive at the core. There is a deep well of fresh clear water to drink from. There is a fire to warm you. You have come home. You have come home. What you need is all right here. It has been here all along- your unbelievable strength and courage, your beauty, your love, your passion, your creativity, your tears. You are a beautiful mandala, a wholeness unperceived until now.

Leap the inner fire. Lay down by the well. This richness, soak it in, stay awhile. Nobody is here but you. (You, you, you. -ME.) or (Your inner voice speaks to you saying…)

“It is here that I can let go of things no longer serving me on my path. It is here in this holy and sacred place that I can lay down all my suffering. It is here that I am given all the information that I need to continue on my path. My ancestors and my divine guides are speaking to me. I am so very blessed.

When my heart is full I will get up.”

It is time. Slowly, slowly now, you get up. The path winds back around. Your feet take one step, then another. Each step always being a first step in this never ending adventure. Your feet carry you back, back to the outer world with all its usual demands. Again, you meet others on your way. All are walking the same path, weaving in and out, creating this beautiful cloth of life.

Know this: you can always return, again, and again, to drink from the well at the core; to leap your fires, to let go and begin again.

Slowly return to the circle now, your sisters are all here. Return to our sacred circle and open your eyes.