



# Walking the Labyrinth: Your Path to Peace and Possibilities

*Diana Ng*

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## **Walking the Labyrinth: Your Path to Peace and Possibilities** Diana Ng

Diana Ng, like most people, wants peace and possibilities in today's frantic world. As a mature student, on her journey towards healing from trauma and making a career change, she discovered the labyrinth as a pathway to mindfulness and walking meditation. Diana transforms words into music with her own narrative of how she came to be involved with labyrinths and how she built the first outdoor public labyrinth in the Vancouver metropolitan area, British Columbia, Canada. In an inspiring, powerful, and thought-provoking way, the writer shares other people's personal stories of the amazing effects they experienced walking a labyrinth. Come, meander through the labyrinth with Diana to experience its profound calming and therapeutic benefits. Readers will walk away with a better understanding of the: a) History and meaning of labyrinths b) Process involved in building public and school labyrinths c) Methods of using different types of labyrinths d) Scientific evidence supporting mindfulness and walking meditation e) Transformational stories from those who have walked labyrinths For the uninitiated, reading Diana's book creates an urge to explore the world of labyrinths. For the initiated, it reaffirms the labyrinth's healing and peaceful qualities. Diana is a Registered Nurse with a master's degree in leadership; she worked over twenty years in health promotions and post-secondary education. Currently, she is an award-winning speaker and consultant, encouraging openness, equality, and collaborative leadership in organizations. She is recognized by her community as the Labyrinth Lady.

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#### **Mattie Regan:**

Spent a free time to be fun activity to perform! A lot of people spent their down time with their family, or their friends. Usually they accomplishing activity like watching television, likely to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Might be reading a book may be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the book untitled Walking the Labyrinth: Your Path to Peace and Possibilities can be excellent book to read. May be it could be best activity to you.

#### **Ronald Dotson:**

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