

**Walking the Labyrinth - Write Yourself a Letter – 2023 Epiphany**  
**A gift to you**  
**From Jules' Poetry Playhouse**



***epiphany***

noun

literary

a *moment* when you *suddenly feel* that you *understand*, or *suddenly become conscious* of, something that is very *important* to you (*Cambridge Dictionary*)

The new year is here. It's a change of calendar, and also can be a change of mind. A new page. A fresh way of thinking. Turning the corner. Walking the labyrinth.



I walk my Poetry Playhouse labyrinth almost daily. It takes just a few moments and when I enter, always from the same place, I step forward.

Your labyrinth can be an actual labyrinth. It can also be a path in your backyard, or around the block. It can be a tracing of the labyrinth photo on page or screen.

Start your walk. Acknowledge what you want to focus on. Maybe it's a problem you're contemplating. Maybe it's a mood, which can be a stressful one like anger, grief, or frustration. Maybe it's more relaxed and you want to acknowledge a new path of healing or adventure.



Step forward, in the present. That is all we ever have. Step by step, one foot after another, follow the path. Acknowledge the rocks. Notice my footprints. Stay on the path. Breathe in, breathe out.

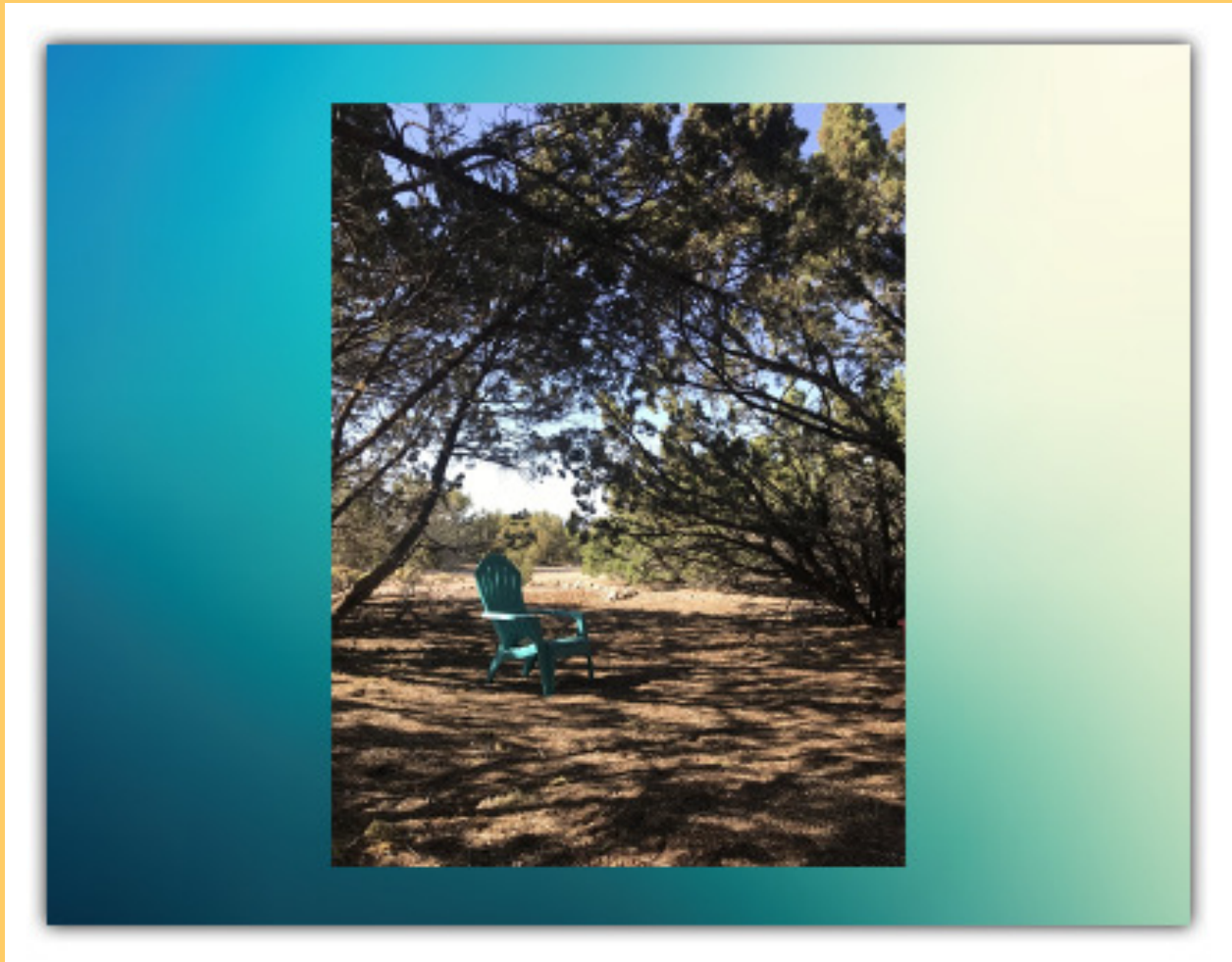
When I reach the center, the tiny cactus plants are there, waiting for me. I acknowledge them and know that I'm one with the earth. One week in summer the cactus bloom!





This moving ball of a planet, going around. Continue to walk back the way you came, allowing space for any new insights. Observe with a poetic sense of noticing. What do you notice?

The walk can end here. Since we are reflecting on the new year, we will take some time to write about your experience.



This will be a letter you write to yourself. No one else will see this letter except you. The act of writing can cement your vision into your reality. What do you want to focus on? How do you feel right now? How do you want to grow?

Take 10 minutes and begin your letter. Type or write it out.

Dear You....

Today I want to focus on...

I feel....

I want to grow by .....

Sign your letter, sincerely..... your best self



You are courageous by writing this letter. Print it out, or maybe you already have it written on some stationery. Fold it and put in an envelope, or tack it on your wall. Refer to it often. This is your letter to you, your best self for 2023.





If you like, write a letter every week, or refer to it often. For now, cherish this time you've used for yourself.

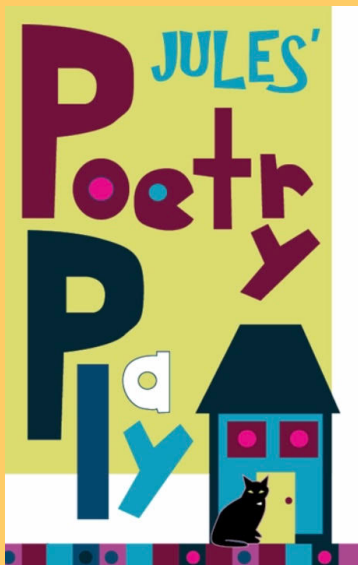
Write for yourself – in poetry and playfulness.

I wish you all the best!

Sincerely –

*Jules Nyquist*

Jules' Poetry Playhouse  
Placitas, New Mexico



Thank you for participating!

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