



**Free Sample Self-Care Solution
Mini Coloring Book**
from Penny & Bill Company
CenterToAwakenKindness.com

**Welcome to the World of Self-Care Solutions
from Penny & Bill Company**

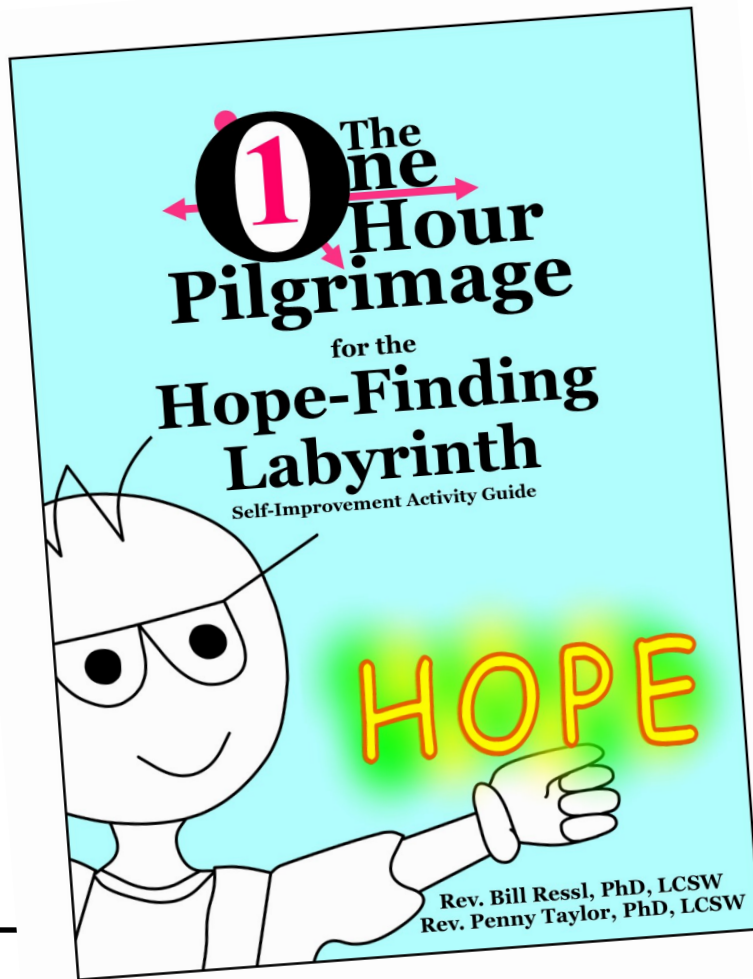
Greetings! We hope you enjoy all our self-care solutions, in particular this Free Sample Self-Care Solution. We hope it brings a bit of peace and renewal in your life.

Peace & Blessings,
Penny & Bill
Co-Founders
Penny & Bill Company

**How to Enjoy Your
Free Sample Self-Care Solution
Mini Coloring Book**

1. Print this downloaded file using the print on both sides of paper feature.
2. Sort the pages and staple together on the left side.
3. Begin enjoying your new free self-care solution Mini Coloring Book.
5. See page 5 for ideas on how to get the most out of using this Mini Coloring Book. Enjoy the journey!
6. See next page for details on purchasing a complete Coloring Book, or visit CenterToAwakenKindness.com/coloring-books

This Page Intentionally Left Blank



Buy the complete One Hour Pilgrimage for the Hope-Finding Labyrinth Self Improvement Activity Guide on Amazon.

On Amazon Search ISBN: 1727104285

Visit: <https://www.amazon.com/Hour-Pilgrimage-Hope-Finding-Labyrinth-Self-Improvement/dp/1727104285>



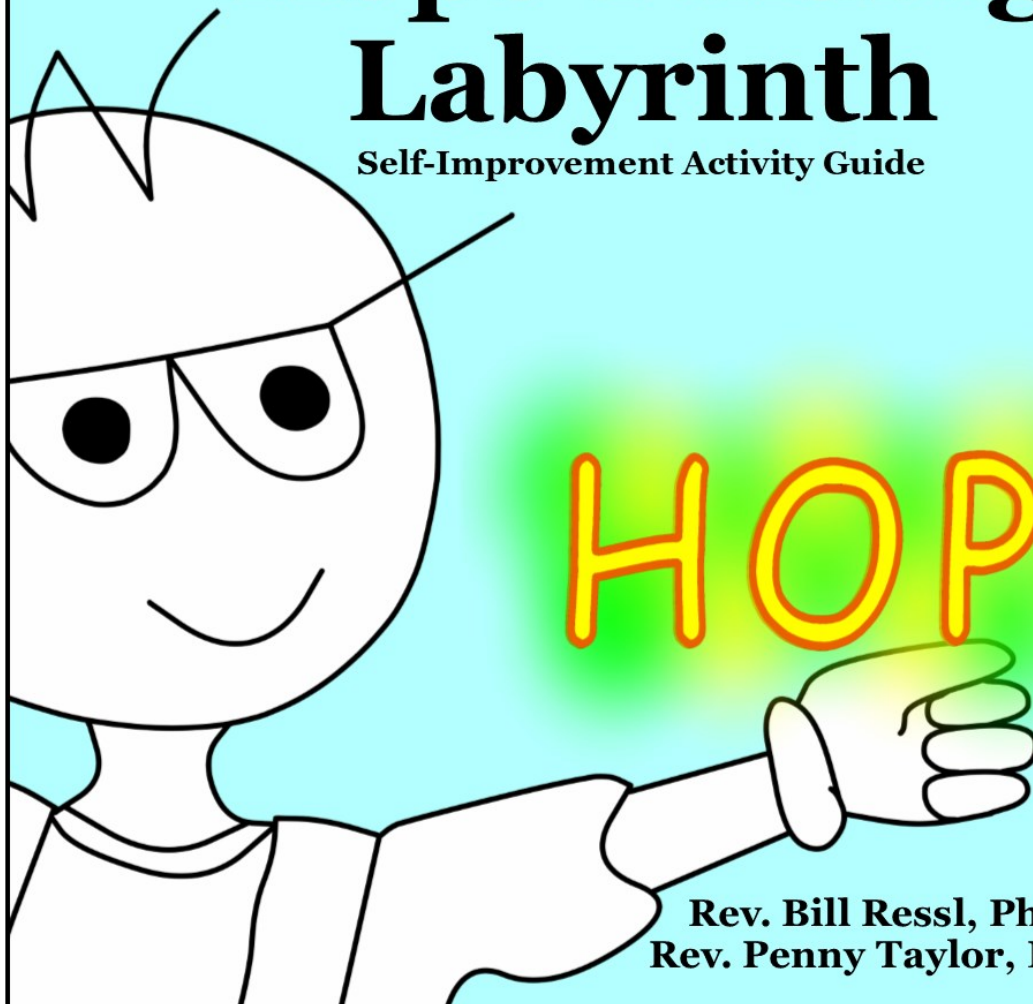
From Penny & Bill Company
CenterToAwakenKindness.com

This Page Intentionally Left Blank

Free Sample Self-Care Solution
Mini Coloring Book
from Penny & Bill Company
CenterToAwakenKindness.com

1 The One Hour Pilgrimage

for the
**Hope-Finding
Labyrinth**
Self-Improvement Activity Guide



Rev. Bill Ressler, PhD, LCSW
Rev. Penny Taylor, PhD, LCSW

Free Sample Mini Coloring Book

Copyright © by Penny and Bill Company 2018-22

Penny and Bill Company
Box 504
Brookfield, Illinois 60513 USA

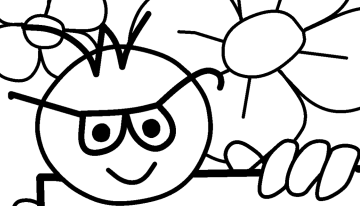
Includes select pages from: *The One Hour Pilgrimage for the Hope-Finding Labyrinth: Self-Improvement Activity Guide*, ISBN-13: 978-1727104288, 2018.

Cover art and interior artwork by the Rev. William G. (Bill) Ressler, MDiv, MSW, PhD, LCSW.
Text by the Rev. William G. (Bill) Ressler, MDiv, MSW, PhD, LCSW and the Rev. Penny L. Taylor, MDiv, MSW, PhD, LCSW.

All rights reserved. No part of this book may be reproduced by any mechanical, photographic, or electronic process, or in the form of a phonographic recording; nor may it be stored in a retrieval system, transmitted, or otherwise be copied for public or private use – other than for “fair use” as brief quotations embodied in articles and reviews – without prior permission of the publisher.

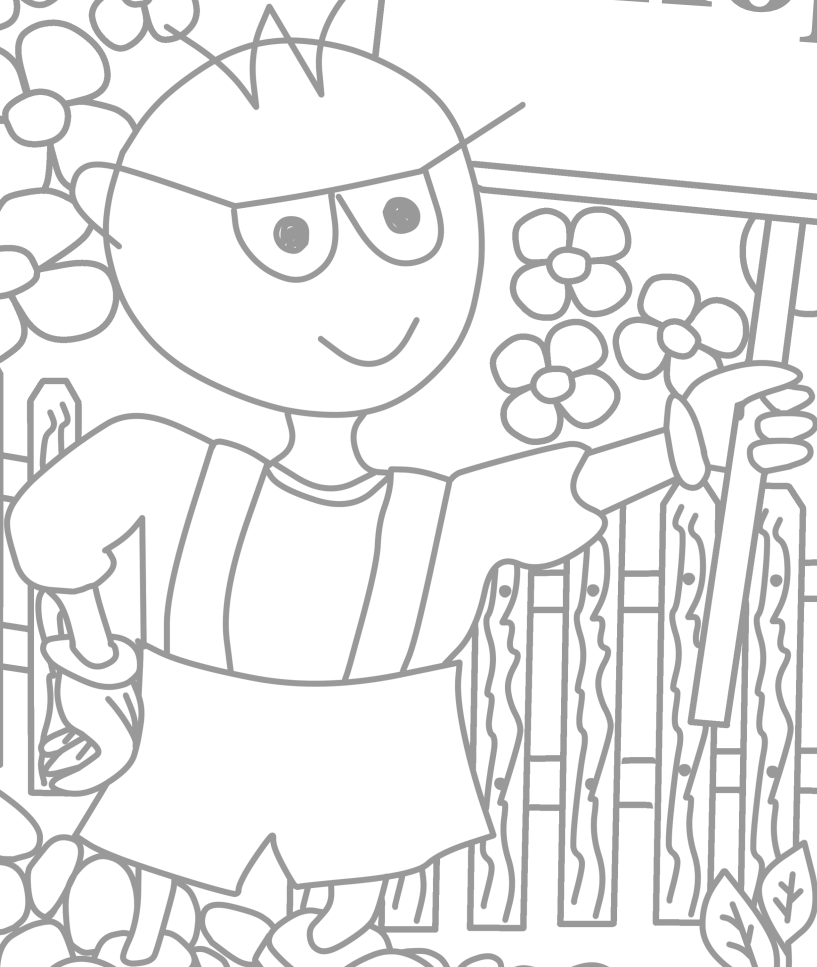
This book provides general information on various widely known topics related to transformation and widely accepted mindful practices that tend to provide an opportunity for self-reflection toward self-improvement. However, it should not be relied upon as recommending or promoting any specific diagnosis or method of treatment for a particular condition, and it is not intended as a substitute for medical or mental health advice or for the direct diagnosis and treatment of a medical or mental health condition by a qualified physician. Readers who have questions about a particular condition, possible treatments for that condition, or possible reactions from the condition or its treatment should consult a physician or other qualified health care professional.

The authors of this book do not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, medical, or spiritual problems without the advice of a physician or trained professional, either directly or indirectly. The intent of the authors is only to offer information of a general nature to help you in your quest for physical, emotional, medical, and spiritual well-being. In the event you use any of the information in this book for yourself, the authors and the publisher assume no responsibility for your actions.



**This One Hour Pilgrimage for
the Hope-Finding Labyrinth
belongs to:**

**YES to
Finding
Hope!**





Welcome!

We designed this transformative adult activity to encourage self-insight and discovery. This One Hour Pilgrimage invites you to carve out an hour of your time for self-reflection, journaling, and taking a finger labyrinth walk (*yes*, using your finger to 'walk' the labyrinth by tracing its path into the center and back out). The pilgrimage of a labyrinth walk can bring to light the past, present, and future realities toward the hope of a new tomorrow.

This One Hour Pilgrimage, like all sacred pilgrimages, anticipates an intensive spirit-filled journey toward a revelatory new moment in life. There are no guarantees of success or if new revelations and insights will occur. However, pilgrimages like this one are an age old historic tradition in human existence offering life changing experiences.

As you begin the journey remember that this One Hour Pilgrimage involves exploring, reflecting, and discovering life possibilities. It is only the beginning toward a new reality. Self-reflection invites a deeper understanding of discovering the hopes and dreams upon which future possibilities can be built.

We hope you enjoy preparing for and following the One Hour Pilgrimage Guide on page 19. Enjoy your journey exploring the Hope-Finding Labyrinth.

Peace and Blessings on your journey,

Bill & Penny

REV. BILL RESSL, PHD, LCSW
REV. PENNY TAYLOR, PHD, LCSW

CONTENTS

~~7~~
~~Entering Sacred
Time & Space~~

~~7~~ ~~Beyond the
Daily Reality~~

~~8~~ ~~Sharing the Journey
or Not?~~

~~9~~ ~~Pilgrimage Explored~~

10 - Labyrinth Defined

11 - The 4 Walks

~~13~~ ~~Color Palette
Test Page~~

~~14~~ ~~The Journey Unfolds~~

**17 - Hope-Finding
Labyrinth**

**Select Pages
One Hour
Pilgrimage
Guide**

~~23~~
~~Cr8 Work!~~

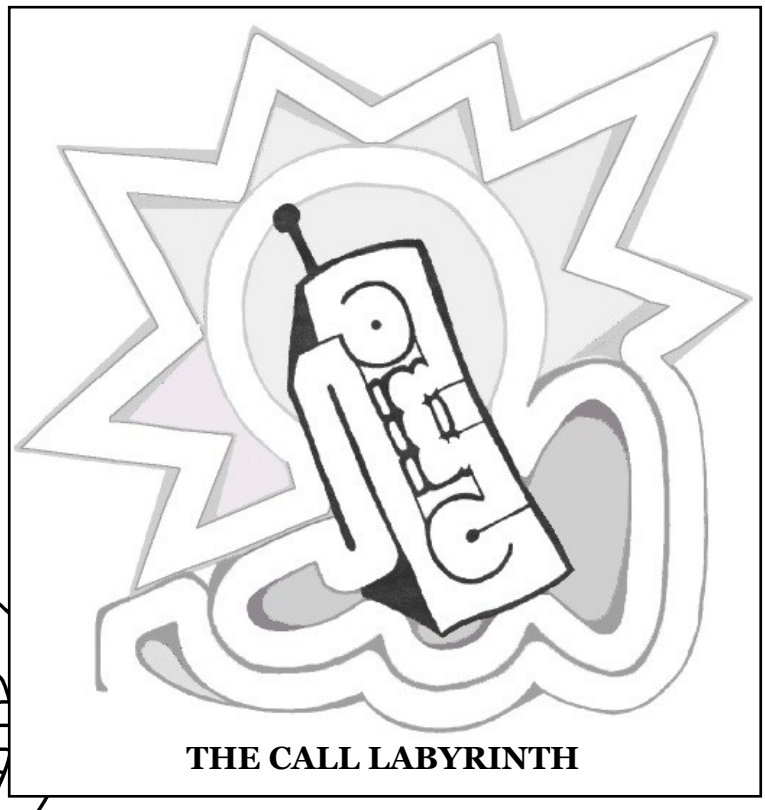
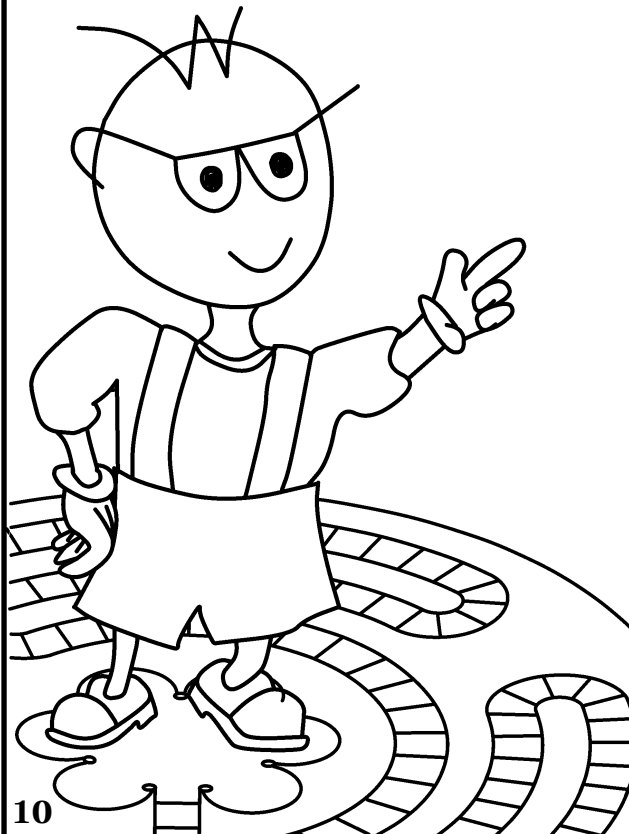
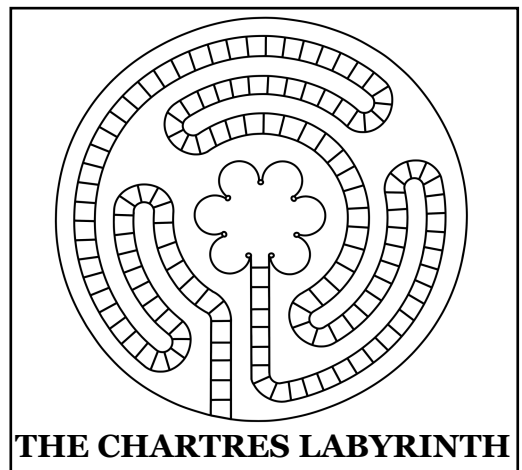
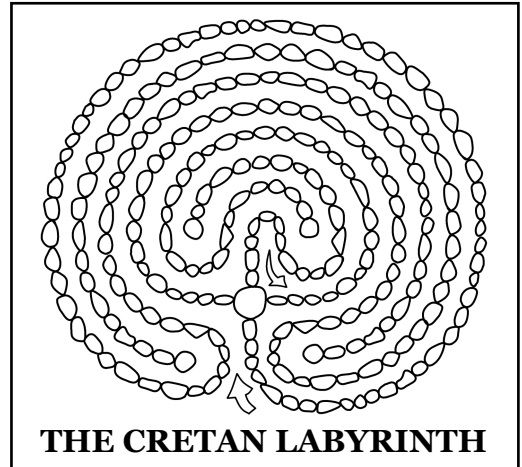
~~23~~ ~~Hope All Around~~

~~24~~ ~~Reflect & Celebrate~~

LABYRINTH DEFINED

Labyrinths have been used as a sacred journey of care and transformation for thousands of years, dating back to prehistoric times. A labyrinth is a continuous path that provides a space for a self-reflective journey into and out of the center of the design without any dead ends. The Cretan Labyrinth is reminiscent of an early path from Greek mythology. During the Middle Ages in Europe labyrinths were installed in the floors of Cathedrals as a symbol of doing a pilgrimage to Jerusalem. One of the most famous that is still in use today is the labyrinth built into the floor of the Cathedral of Our Lady of Chartres in Chartres, France.

In 2002 Penny and Bill designed their first custom labyrinth. “The Call Labyrinth” was a one-time use paper labyrinth that was 15 feet in diameter. It was created for the 2002 Fall Gathering of the Fox Valley Association of the Illinois Conference of the United Church of Christ (UCC). The path invited users to reflect on God’s call for their life. Today Penny and Bill continue to design custom labyrinths encouraging mindful reflection.



THE 4 WALKS

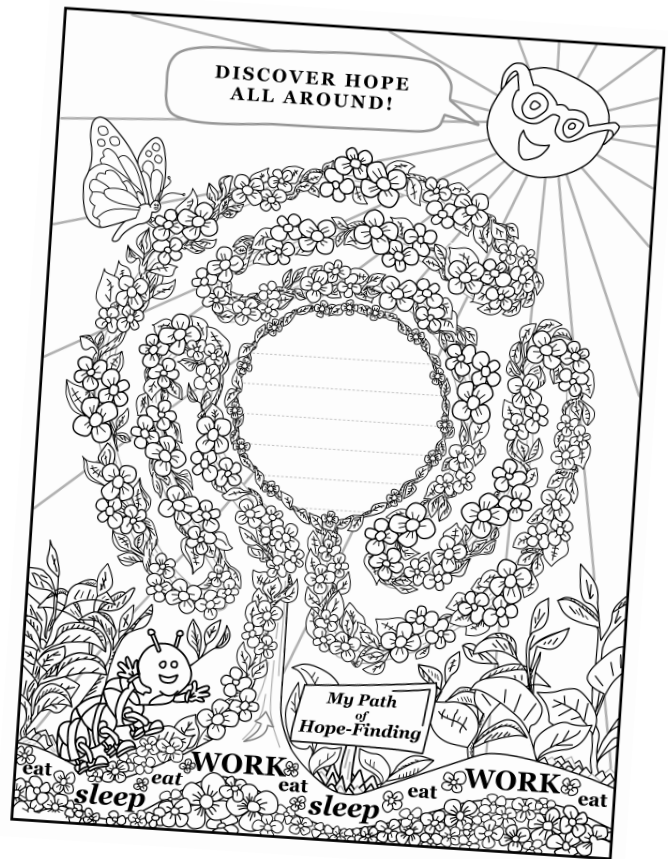
There are many different ways to walk a labyrinth. Your one hour journey, that begins on page 19, includes walking the Hope-Finding Labyrinth through 4 different mindful practices historically rooted in the Christian tradition.

† Free Walk of Francis of Assisi

Inspired by the spiritual practices of Giovanni di Pietro di Bernardone (1182-1226), also known as Francis of Assisi from Italy. Like Francis' life walk, the 'Free Walk' is a mindful journey that engages all 5 senses. This free form, flexible 'walking' style invites a re-connection with that which is most important in life. 'Walk' with the Spirit and imagine all the opportunities – and then move toward those possibilities.

How do I 'Free Walk' a labyrinth?

Calm your mind and simply 'walk' the labyrinth path to see what bubbles up from deep inside. As you 'walk,' become fully immersed in the design and imagine how your senses would react. Free your mind to imagine... What smells do you imagine along the path? ... What sounds do you hear? ... What colors are important to this new journey? ... What additional sights become visible as the path opens up? ... What does the path feel like - what is the terrain or texture of the journey? ... Connect with the Spirit as you 'walk' and listen to the insights that emerge.



FREE WALK
of Francis of
Assisi

TOPIC WALK
of Thomas
Aquinas

REFLECTIVE WORD WALK
of Augustine of Hippo
and Martin Luther

SYMBOL
WALK

† Topic Walk of Thomas Aquinas

Inspired by the reflective processes of Thomas Aquinas (1225-1274) an influential Dominican friar best known for his theological writings. Like Aquinas' intentional and prayerful study of a specific virtue or topic (such as courage or faith) toward a specific goal, the 'Topic Walk' invites you to 'walk' each labyrinth exploring the topic it was designed to represent while reflecting on the goal of that topic for your life.

How do I 'Topic Walk' a labyrinth?

Before 'walking' the Topic Walk review the suggestions provided in this text. Then as you 'walk' the labyrinth continue to reflect on how the topic informs your life. What are your goals and what path will you take to accomplish them? You can also ask yourself directive questions as you 'walk' supporting the topic of each labyrinth and your life goals – ask yourself the who, what, why, where, when, and how of each labyrinth topic.

† Reflective Word Walk of Augustine of Hippo and Martin Luther

Inspired by the spiritual practices of Aurelius Augustinus (354-430), commonly known as Saint Augustine of Hippo who was an early theologian whose writings influenced the founding of the Augustinian Order. Expanding from his spiritual practices, the 'Reflective Word Walk' supports the mindful practice of using the imagination to put one's self into the words of scripture toward a personal reflection of one's current situation and daily life. The 'Reflective Word Walk' was also inspired by Martin Luther (1483-1546), an Augustinian monk dedicated to the Augustinian practices of prayer, fasting, pilgrimage, and confession. Luther's *95 Theses* of October 31, 1517 in Germany that invited an academic discussion on church practices led to the Protestant Reformation. Luther is also known for translating the Bible from Latin to German, publishing the New Testament in 1522 and the complete Bible with Old and New Testaments in 1534. Building upon Luther's tradition of striving to make the Bible reflective of his current German situation and daily life, the scripture verses in this text have been paraphrased supporting the current situation defined by each labyrinth relating to a life of transformation.

How do I 'Reflective Word Walk' a labyrinth?

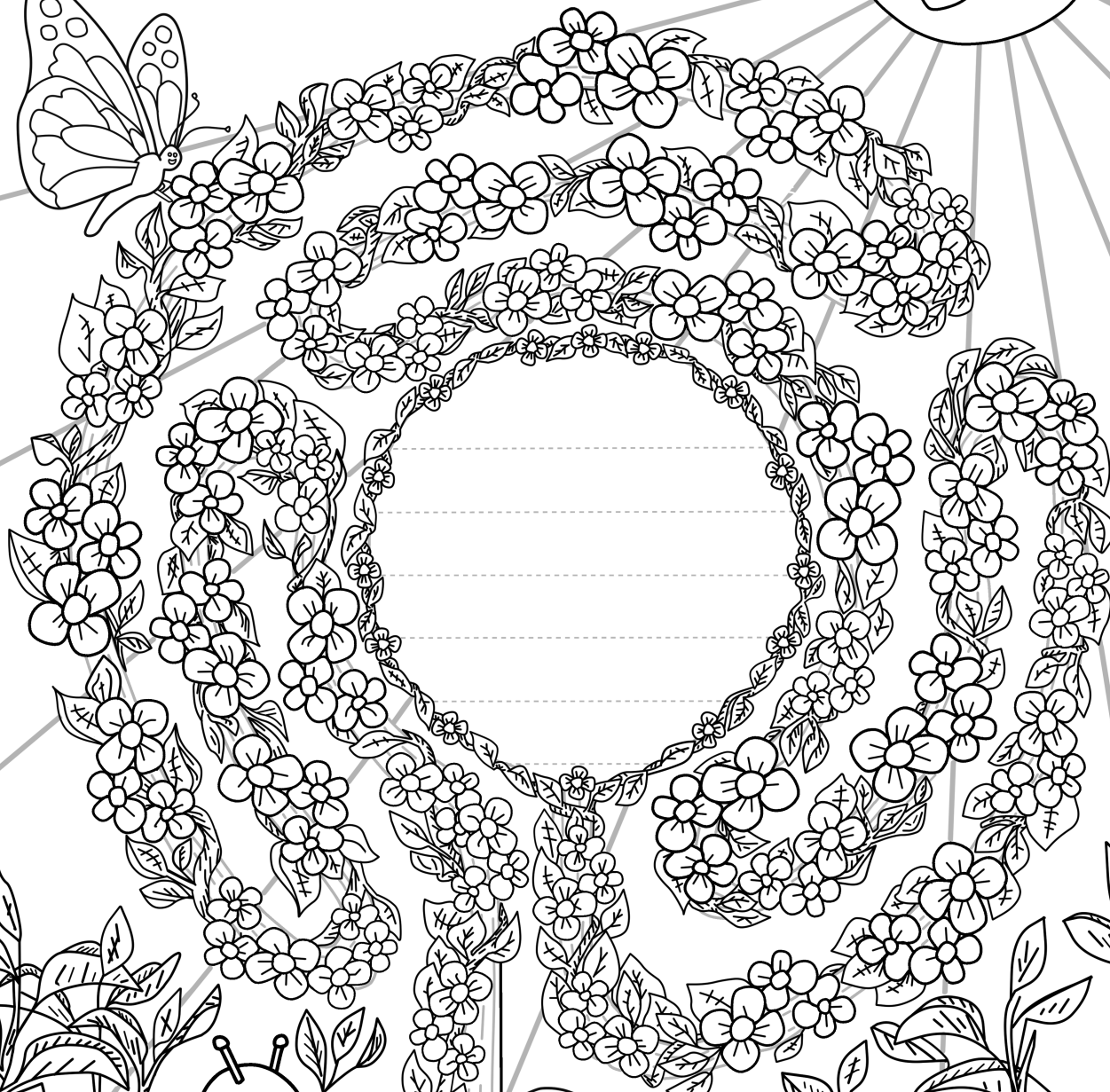
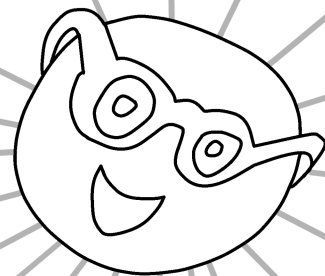
Before 'walking' be sure to review the 'Reflective Verse' on page 21. Then as you 'walk' the labyrinth continue to reflect on the verse, listening to each word and the silent moments between each word. This intentional act of 'walking' and reflecting on the verse is intended to stimulate a personal reflection listening to God's call for one's life.

† The Symbol Walk

The Symbol Walk expands from the Topic Walk of Thomas Aquinas. Doing a Symbol Walk focuses your 'walk' on a symbol that represents the labyrinth's design. The Symbol Walk is explored in greater detail on page 22.



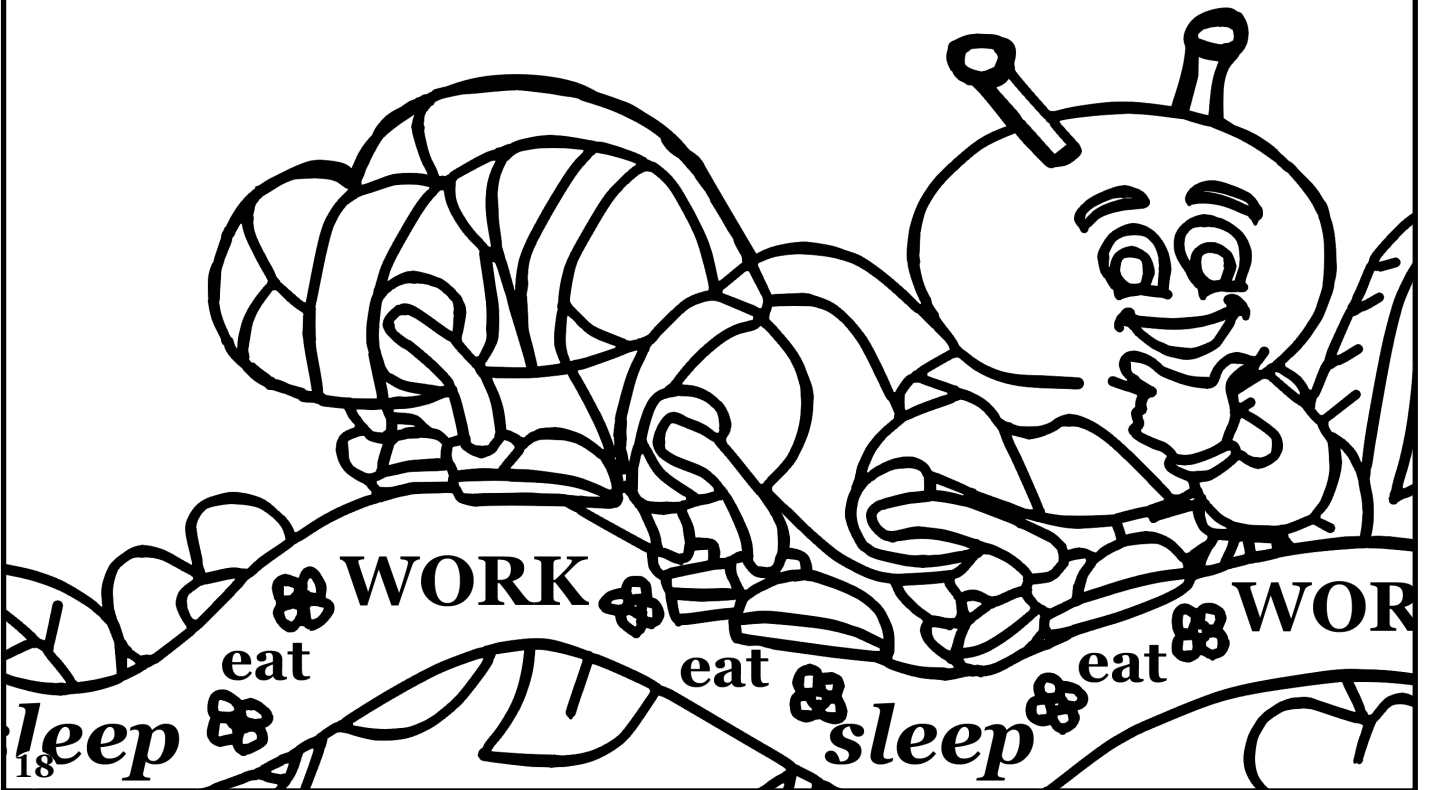
DISCOVER HOPE
ALL AROUND!



My Path
of
Hope-Finding

eat **WORK** eat **WORK** eat
sleep **sleep**

**IT IS TIME TO
LEARN NEW THINGS,
SEE NEW THINGS,
AND
DO NEW THINGS!**



One Hour Pilgrimage Guide

FREE WALK - A 15 MINUTE JOURNEY

TAKE 3 MINUTES... Like a garden filled with flowers, the Hope-Finding Labyrinth invites you to take a walk and reflect on hope. Before you begin the Free Walk, take time to explore the Hope-Finding Labyrinth on page 17. How does the imagery speak to you? Consider - do you wish to free your mind and simply, slowly walk the labyrinth - or walk it reflecting on these Free Walk Suggestions...

FREE WALK SUGGESTIONS... Break free of the daily grind and take a walk on the hope-finding garden path. The path ahead is sunny, light, and airy as if you are 'walking' with a bounce in your step. Reawaken your senses. Take time to smell all the flowers and feel the softness of their petals. What hope-filled color do you imagine the flowers to be? Recognize how the vines and leaves provide support for your walk. Immerse yourself into the design. Envision hope.

TAKE 5 MINUTES... Turn to page 17 and Free Walk the Hope-Finding Labyrinth. Take your time and enjoy your Free Walk.

TAKE 7 MINUTES... Your time to reflect, color, and journal. Choose how you wish to best use these 7 minutes - reflect on your experience, color the labyrinth freely, and/or journal your thoughts about the Free Walk below. As you color the design fill the page with colors that speak from the hope found deep within your inner core.





TOPIC WALK - A 15 MINUTE JOURNEY

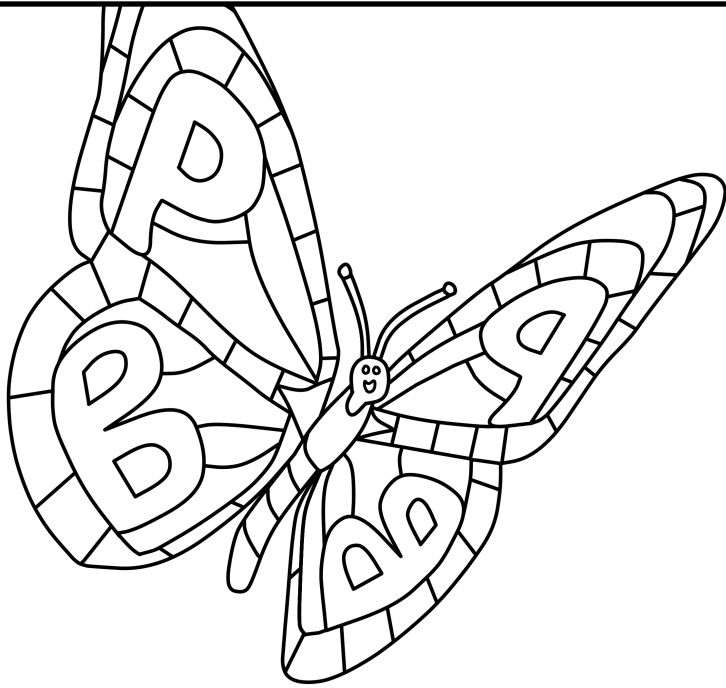
TAKE 3 MINUTES... The Topic Walk encourages you to reflect on specific topics as you slowly walk the labyrinth design. The topic for the Hope-Finding Labyrinth is Resilient, Strong, Confident Hope. Take a few minutes to reflect on what Resilient, Strong, Confident Hope looks like in your life. Then take the Topic Walk using topics you define or use one of our Topic Walk Suggestions below...

TOPIC WALK SUGGESTIONS... Resilient, Strong, Confident Hope. As you enter the path use the flowers to reflect on all the different types of hope in life... the hope of an expectant feeling... the hope of the desire for a specific outcome... the hope known as the resilient, strong, confident certainty of the Spiritual Presence alive in your life and world. Where have you witnessed these different types of hope in your life? As you walk to the center of the design imagine all the vines (life experiences) and leaves (people) in your life that have supported your hopes and dreams. In the center of the design jot down the top 5 things that give you hope. Note them on the lines provided. As you walk back out of the design, reflect on each group of flowers that serve as a symbol for all the different types of hope that are present as you move forward in your life. What goals of hope are symbolized by each flower group? Name the hope-filled folks you want to share your journey of life with. As you return to the daily grind be sure to keep your new found hope alive.

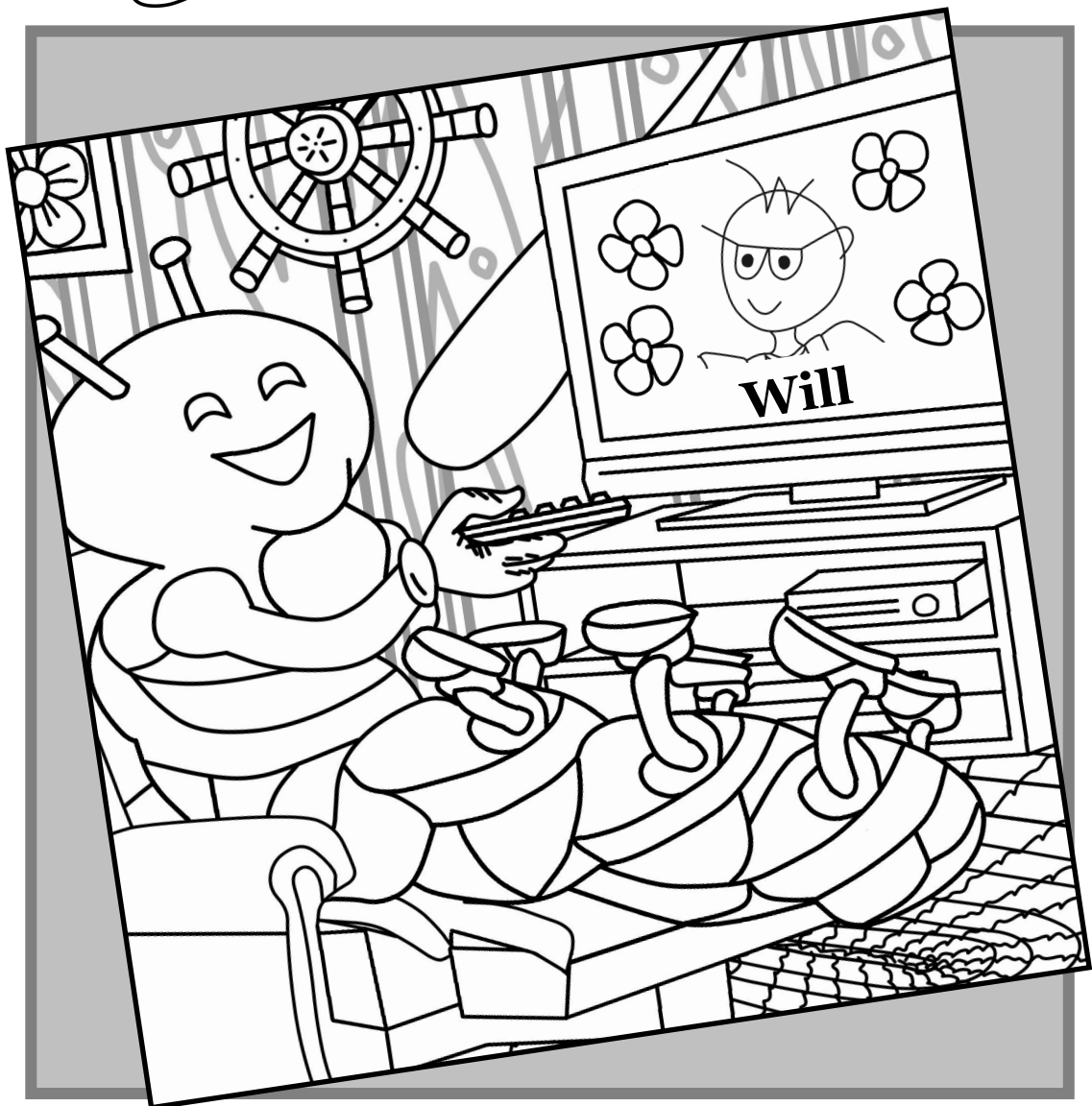
TAKE 5 MINUTES... Turn to page 17 and Topic Walk the Hope-Finding Labyrinth. Take your time and enjoy your Topic Walk.

TAKE 7 MINUTES... Your time to reflect, color, and journal. Choose how you wish to best use these 7 minutes - reflect on your experience, color the labyrinth freely, and/or journal your thoughts about the Topic Walk below.





**WE BID YOU
FAREWELL
AND WISH YOU
HOPE
ON YOUR
JOURNEY!**



One Hour Pilgrimage

**Explore our other
One Hour Pilgrimages for...**

The New Beginnings Labyrinth
The Happiness Labyrinth
The Rat Race Labyrinth
The Boss Free Labyrinth
The Bucket List Labyrinth



**WE HOPE YOU ENJOYED
THIS MINI COLORING BOOK
ONE HOUR PILGRIMAGE
ADVENTURE. PLEASE BE
SURE TO EXPLORE OUR
OTHER ACTIVITIES AT
CenterToAwakenKindness.com**

**REV. BILL RESSL, PHD, LCSW
REV. PENNY TAYLOR, PHD, LCSW
CO-FOUNDERS OF THE PENNY AND BILL COMPANY**