



THE UNIVERSITY OF TEXAS  
**MD Anderson**  
~~Cancer~~ Center  
Making Cancer History®

## Using a labyrinth



Labyrinth meditation can take many forms. Some people recite mantras or select a word to focus on during their practice. Consider the labyrinth in three steps: releasing, receiving, and returning. Observe how the experience feels. What are you feeling or learning during these moments?

**Funding for Survivorship Week was generously provided by the Holiday Letter Fund.  
For more information, call the Office of Cancer Survivorship at 713-745-8720.**

[www.mdanderson.org/survivorshipweek](http://www.mdanderson.org/survivorshipweek)