

# The Golden Thread

## Our Journey Through Time

To learn more, visit  
[stmary.sg/goldenthread](http://stmary.sg/goldenthread)



### Instructions:

- 1) Your journey starts at ● (Our Lady's Shrine).
- 2) Play the audio file at [stmary.sg/goldenthread](http://stmary.sg/goldenthread).
- 3) Listen to the narration. Follow the directions as you walk slowly along the coloured route indicated.
- 4) Pause the audio for a longer meditation. Resume when you are ready to continue.
- 5) Your journey ends at ○ (Pulpit).

### Notes & Tips:

- The whole journey takes approximately 45 min, so do set aside enough time for a complete experience.
- Use earphones/headphones for the journey.
- Choose a suitable time of the day to do this activity comfortably! Early morning/late evening is recommended.

