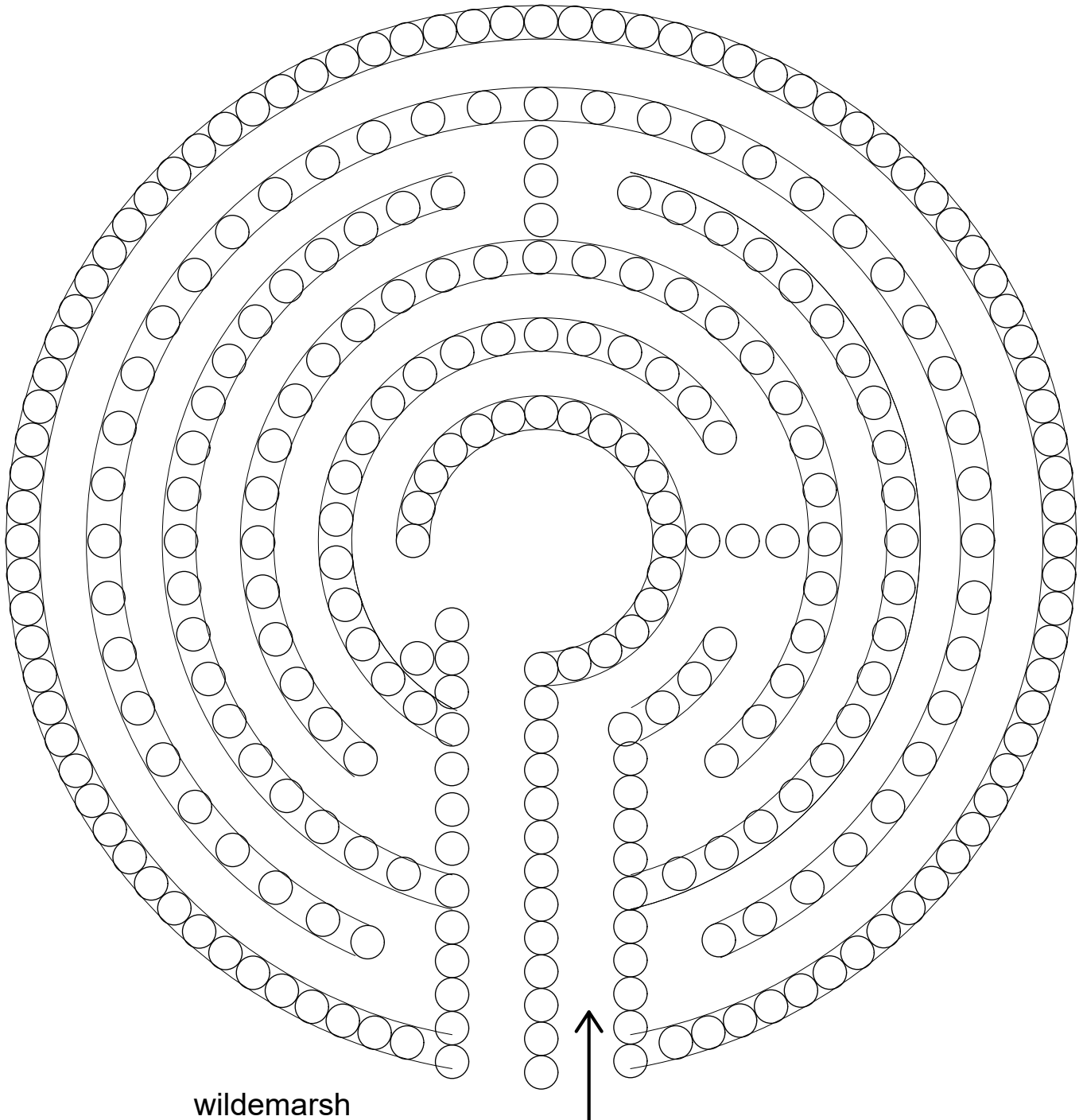


Finger Labyrinth Meditation Tool

To venture into the labyrinth is to venture into one's own center. Traditionally, these sacred spaces are meant for journeys of personal and spiritual healing. If one is unable to walk the labyrinth, a Finger Labyrinth can be used as a tool for meditation. Lavender Labyrinth image courtesy of Wildemarsh Perth.



wildemarsh
lavender labyrinth

1. Select your non-dominant hand.
2. As your finger enters the labyrinth, *RELEASE* thoughts that circle and trouble the mind.
3. Continue guiding your finger along the focused, circular path towards the center.
4. As your finger enters the center of the labyrinth, *RECEIVE* its sacred space, taking time for personal reflection & deep breathing exercises.
5. Retrace your finger back through the path, out of the labyrinth and *RETURN* with your renewed experience of healing, peace, and a sense of well-being.