

Finger Labyrinth Instructions

1. Find a comfortable place where you can sit and welcome peace.
2. Start by taking deep breaths, to help bring focus and to relax.
3. You might think of a word or verse to focus on for your 'walk'.
4. Choose either your dominant pointer finger (or non dominant if you want to use even more focus). You can also use a pen, pencil, or other implement to 'walk' the labyrinth.
5. Slowly and intentionally trace the path. Just as you might walk a labyrinth, you can take the tracing at your own speed.
6. Remain in the center for a moment, taking time to relax and focus on your breathing. Reflect on your thoughts.
7. Retrace your way out of the labyrinth. Again, at your own pace.
8. Breathe, relax, and consider how you are feeling when you have retraced your way out of the labyrinth.