

Using a Finger Labyrinth

Tracing the Labyrinth with your finger can be calming and relaxing, giving you time and space to let go of worries and just 'be'. It is a form of prayer and meditation.

Find a comfortable peaceful place to sit. Take a few moments to notice how your body is feeling. Breathe slowly and deeply.

When you are ready slowly trace the labyrinth path, use a finger on the hand you do not write with, your non-dominant hand. You need only follow the path, there are no dead ends, there is only one path in and out.

As feelings and thoughts come to the surface try to release any tension, let busy thoughts go, you do not have to engage them. Breathe and trace the path to the centre.

When you reach the centre, pause, rest and receive, Be in the moment of this 'breathing space'. Linger for a short time, offer your prayers, concerns and decisions to God. You are loved as you are and where you are in your journey. Be open to the circle of love that you're invited into.

When you feel ready, trace the journey out again, taking with you any thoughts or insights you have received.

When you find yourself back at the beginning, take some time to reflect and give thanks. You may feel lighter, stronger, and ready to engage with the world again. You may even find the labyrinth walks you. Write down your experiences. How did you feel ? What did you think as you took this time to pause and pray ?

Those who put their strength in you are truly happy; pilgrimage is in their hearts Psalm 84:5

"We shall not cease from exploration, and the end of all our exploring will be to arrive where we started, and know the place for the first time".

TS Elliot



The practice of walking the labyrinth creates and enriches a state of mind and heart to enable fruitful prayerful silence. It helps reduce the inner noise and confusion in the everyday of our busy lives. It helps us rest to hear God's heartbeat.

A labyrinth can be where heaven and earth meet, a sacred space, a bridge for the beloved seeker to seek creative loving union with their God. The labyrinth is a way to stand at the crossroads and look, to wait, to ask for the ancient paths, ask where the good way goes and walk in it and find rest for your soul.

"The Labyrinth is gracious and generous with its gifts for all who enter it. It reintroduces the much-needed walking meditation back to the Christian tradition. It gives everyone a tool for spiritual experience. It heals and consoles, supports and confronts, and helps us remember the ancient path where others have trod before others. Labyrinths allows us to experience the rhythm of our souls. It weaves us together in the joy and mercy of Gods grace"

Rev. Lauren Artress, Walking a Sacred Path.

Throughout the long history of labyrinths, whenever and wherever society is going through rapid change and development, the labyrinth has blossomed. Now, humanity is seeking the sure path of the labyrinth in an uncertain and confusing world.

Jeff Saward



The Finger labyrinth pattern in this leaflet is a small version of the Northumbria Community Nether Springs, Garden Labyrinth.

This is based on the Labyrinth still laid in the marble floor of Chartres Cathedral, France, one of the best preserved medieval labyrinths in the World.

Northumbria Community
Nether Springs Garden

The Labyrinth Using a Finger Labyrinth



The labyrinth offers a welcome and opportunity to slow down for a while, still the busy mind, and connect again with our deep inner resources.

It is a beautiful sacred space and pilgrim path where rest and recharging, change and transformation can happen.

Spirals and circles have always been important spiritual symbols. The labyrinth is seen as a representation of 'The Way', a symbolic journey, an outward and inner pilgrimage. A path of encounter with the Divine, peace, light and love and deeper understanding of yourself.

The labyrinth is not a maze. Mazes have dead ends, choices, many paths, multicursal. Labyrinths have one path, to the centre and back out, unicursal. You get lost in a maze, you find yourself in a labyrinth.

Labyrinths have been used for for thousands of years in many different cultures. The first recorded church Labyrinth is a Roman style in Algeria, North Africa dating back to 324 CE.

In the medieval ages, labyrinths were common in Christian manuscripts and became large walkable labyrinths in cathedrals, especially in France and Italy.

There is no right or wrong way to walk a labyrinth... no set pace, just a moving mindfulness.

Finger labyrinths can be used for prayerful reflection when it is not possible to walk a full-sized labyrinth.

Show me Your ways , O Lord, teach me Your paths.

Psalms 25:4