

## HOW TO USE THE TRIPLE SPIRAL FINGER

My good friend Tony Ærcyus Christie is from and lives in Ireland. He designed a full-size Triple Spiral labyrinth that inspired me to make a Triple Spiral finger labyrinth version for him. That can be offered through pilgrim Paths

Tracing the Labyrinth with your finger can give you time and space to let go of worries and just be and listen to God and your own life.

It engages your rational, analytical mind to concentrate on following the Path and at the same time releases your intuitive, imaginative mind, balancing the two, inviting you to 'be', fully immersed in the present moment.

Find a comfortable, peaceful place to sit. Take a few moments to notice how your body is feeling. Breathe slowly and deeply. **REMEMBER** God made you, God loves you, God keeps you.

When you are ready, slowly trace the labyrinth path and 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 surface, try to **RELEASE** tension and 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 briefly, 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 outwards and **RETURN** to the beginning, taking 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. It can be beneficial to write down your experiences. How did you feel? What did you think or 'see as you took this time to pause and pray?

## TRIPLE SPIRAL, OR TRISKELE



Ancient Celtic Christians revered nature and its spirals and circle. A spiral the simplest form of a labyrinth.

The triple spiral, or triskele, is a Celtic and pre-Celtic symbol found on a number of Irish Megalithic and Neolithic sites, most notably inside the Newgrange passage tomb, on the entrance stone, and on some of the curb stones surrounding the mound. The Triple Spiral

Labyrinth has been present for thousands of years at ancient sites in the world, experiencing the triple spiral walk that creates a strong link with the Divine.

The triple spiral offers a unique space for play and laughter, wonder and delight, introspection and discovery, transition and growth, and questions and answers. It is a reliable way to find what you seek.

The pattern contains three spirals and each spiral represents a third of the life cycle. From the beginning, you pass through the spirals from youth to adult to elder, before arriving at the heart space in the centre. Here you pause and reflect before returning by the same spiral path in the opposite direction and completing your finger walk

There are many different spiral arrangements containing multiple whorls. The circle, spiral and wheel are powerful symbols representing life's seasons. The spirals have equal whorls, or arms, symbolising balance.

*On your path, O my God, and not my own, be all my journeying.  
Rule this heart of mine that it be only Yours. God's path would I travel,  
my own path refuse. May I tread the path to the gates of glory.*

*Celtic Daily Prayer*

*Stand at the  
crossroads and look.  
And ask for the  
ancient ways, ask  
where the good way  
goes, and walk in it  
and find rest for  
your souls*

**Jeremiah 6:16**

## TRIPLE SPIRAL, OR TRISKELE CONT

There are many three-pronged meanings for the triple spiral, sometimes called the spiral of life: Body, Mind, Spirit; Father, Son, Holy Ghost; Mother, Father, Child; Past, Present, Future. What the triple spiral or triskele symbol meant to the builders of Newgrange and other monuments is still being determined.

As Christianity came into the forefront in Ireland before the 5th century AD, the triple spiral/triskele took on a new meaning as a symbol of the Trinity and eternity. Its popularity continues today as a decorative symbol of faith for Christians of Celtic descent worldwide



Prehistoric passage tomb Spirals at Brú na Bóinne, Newgrange, Ireland



### Labyrinth Prayer

The path I walk, Christ walks it.  
May the land in which I am be  
without sorrow.

May the Trinity protect me,

Father, Son, and Holy Spirit, wherever I stay.

Bright angels walk with me – dear presence – in every dealing.

May I arrive at every place, may I return home;

May how I spend to be a way without loss.

May every path before me be smooth; man, woman, and child  
welcome me. A truly good journey!

Well, does the fair Lord show us a course, a path

Prayer attributed to Saint Columbia.

### The Journey Prayer

“God bless the pathway which I go.

God, bless the earth that is beneath my sole;

Bless, O God, and give to me thy love...”

Carmina Gadelica, Traditional Gaelic Prayers



## THE TRIPLE SPIRAL FINGER LABYRINTH



The Triple Spiral Finger Labyrinth symbolises the journey of life. It provides a way to reflect on spirals as symbols of growth and transformation.

A Labyrinth or finger labyrinth walk is a powerful meditative practice that promotes peace, clarity, and insight. It aids in coping with grief, cultivating creativity, and healing relationships. It also expresses gratitude to the divine and appreciates the beauty of the earth.

The labyrinth is a form of embodied meditation for mindfulness that helps us slow down, connect with our inner resources, and catch up with our souls.

Labyrinths are ancient spiritual tools that help us to be still and focus our thoughts and feelings amidst the busyness of life. Found in cathedrals throughout Europe, they have been used by Christians for centuries for meditative purposes and to experience the divine presence. Labyrinths provide a space for reflective prayer and contemplation.

By following the triple spiral labyrinth, you can find your way to the peaceful centre of your heart where you can reflect on what to let go and what to embrace.



Back of the triple Spiral  
labyrinth resembles a  
Shamrock

The triple spiral labyrinth is a way to hold space and time for yourself and to carry in your heart your dear ones and others, as they journey toward greater spiritual, emotional, and physical wholeness. The triple spiral labyrinth embodies this journey, reminding us of the interconnectedness of the spiritual, emotional, and physical dimensions of who we are.

Every Pilgrim Path payer labyrinth & sphere is 3D printed from ecologically and sustainable plant based PLA material.