

## HOW TO USE THE CLASSICAL OLD WAY AND FINGERPRINT LABYRINTHS

The labyrinth strengthens contemplation, meditation, rest and recharging, it helps handle anxiety and creates opportunities for recovery, re-discovery and re-charging your spirit.

Tracing the path of the Labyrinth with your finger is calming & relaxing. It is a method of of prayer, meditation and self reflection. It engages your rational, logical, analytical mind to concentrate on following the path and at the same time releases and enhances your awareness, intuitive, instinctual, imaginative mind, balancing the two, giving you time and space to let go of worries and be in the present moment.

Find a comfortable peaceful place to sit in a straight backed chair, if possible so that your spine is self supporting and feet flat to the floor. Take a few moments to notice how your body is feeling. Take a few deep slow breaths in and out focusing your attention on your breath.

Hold the labyrinth on your lap or on a table in a position where you can be comfortable but attentive. Touch the surface of the labyrinth, close your eyes and feel it texture. Notice the notches, the 'speed bumps' at the entrance/exit, to help you slow down and be totally in this present moment, notice where the path ends in the centre to begin again on its way out.

When you are ready and with gratitude for this time, slowly begin to trace the labyrinth path, use a finger on the hand you do not write with, your non-dominant hand. Slowly follow and trust the path. There is only one way to the centre both in and out. Take your time, go gradually, unhurriedly.

**Release** any tense feelings & thoughts that come to mind, make a note of them, you don't have to engage with them now, you can come back to them later . **Remember** you are loved & unique, breathe slowly and trace the path to the centre.

When you reach the centre, stop. **Rest & receive**. Give yourself permission to be in the moment totally, linger here awhile. Offer your concerns, prayers and decisions to God. You are loved as you are and wherever you are on your unique path.

When you feel ready, **return** back to the beginning, still breathing slowly, trace the path out again, 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's beneficial to Journal your experience. Write down and or draw your insights observations and experiences. How did you feel ?  
What did you think as you took this time to walk and pray ?

A labyrinth is not a maze. Mazes, have multiple paths which branch off with dead ends that don't lead to the centre. (multicursal). You get lost in a maze but found in a labyrinth.

To reach the centre you must turn away from it, go backwards to move forwards, become seemingly lost, spin around, twist and turn, wander and wonder in its absorbing, sometimes immense encounters, just as in life, as you travel, and experience your experience

The labyrinth is an invitation of change, (metanoia) transformation and growth in self-awareness and self-acceptance to discover your true life's work.

Finger walking labyrinths is like teaching fish to swim, it helps us to discover, turn corners and re-discover, wholeness well-being, rest and restoration, contentment and calm, peace and joy in our frantic world.

Your real journey in life is interior; It is a matter of growth, deepening, and of an ever greater surrender to the creative action of love and grace in our hearts. Never was it more necessary to respond to that action. *Thomas Merton*

*"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*

You are my God. Help me to do your will, and let your gentle Spirit lead me on the right good paths Show me Your ways , O Lord, teach me Your paths. Psalms 143 :10 Psalm 25:4

Stand at the crossroads and look, ask for the ancient roads, ask where the good goes, and walk in it, find rest for your souls. *Jeremiah 6:16*

Classical labyrinths are found all over the world in many different cultures over thousands of years. Created from a simple cross pattern the Classical Labyrinth appears in cathedrals and on coastlines. It is the simplest form of the labyrinth and is the basis for the Roman, Medieval and Contemporary designs that evolved from it over time.

Learn how to draw your own classical labyrinth [www.pilgrimpaths.org.uk](http://www.pilgrimpaths.org.uk)



The Hollywood Labyrinth Stone, Co. Wicklow, Ireland.

The Hollywood Labyrinth Stone is probably one of the earliest examples of a Classical labyrinth in Ireland. Originally located beside an ancient Celtic saint pilgrim pathway, to the monastery at Glendalough, founded by St. Kevin in the mid-6th century CE.

*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*

*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 Pilgrim Paths, Classical, Old Way and Fingerprint labyrinths are 3D printed from Eco friendly, sustainable organic plant polymer material and biodegradable*

*Designed by Jim Bailey 2023*



## THE CLASSICAL, THE OLD WAY THE FINGERPRINT LABYRINTHS

The Labyrinth is an ancient archetype symbol, a metaphor for life's journey, a representation of pilgrimage. A tactile spiritual tool to help tangible contemplation, intentional prayer and mindful meditation by connecting with our deep inner resources and finding an oasis of calm and relaxation. They help us slow down to catch up with our soul, still the busy mind.

Finger labyrinths are an excellent addition and alternative when it is not possible to walk full sized labyrinth. The Pilgrim Paths, Classical, Old way and Fingerprint labyrinths are three similar labyrinth designs.

### CLASSICAL LABYRINTH

Classical dates back over 4000 years, the oldest known labyrinth design.



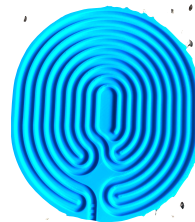
### OLD WAY LABYRINTH

Neo classical geometric 7 circuit version of the classical design



### FINGERPRINT LABYRINTH

Neo classical 7 circuit version i



All invite you on tacit tactile sacred journeys through touch and feel to embody a deeper, more tangible engaging experience of self reflection contemplation, mindfulness and prayer.