

Using your Finger Labyrinth Ball

Tracing the path of the Labyrinth with your finger is 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.
Take a few deep slow breaths in and out. Try to be still.

Hold the ball in your hands. Feel it's surface and texture. You may want to pray with intention for guidance and revelation into something.

When you are ready slowly trace the labyrinth ball path, use a finger on the hand you do not write with, your non-dominant hand. From the top centre circle to the bottom circle, follow the path around the ball, there are no dead ends, there is only one path to the centre in and out.

As feelings and thoughts come to mind try to release any tension, remember you are beloved and unique. Let busy thoughts go, you don't have to engage them, just notice them and move on. Breathe and trace the path to the bottom circle which becomes the centre.

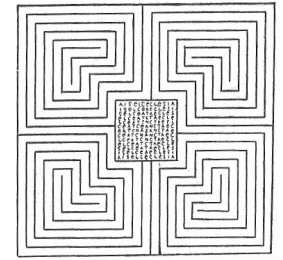
When you reach the centre, pause, rest and receive, Be in the present moment of this 'breathing space'. Linger for a short time, offer your prayers, concerns and decisions to God. You are loved as you are, where you are in your journey. Be open to the circle of love that you're invited into.

When you feel ready, slowly trace the path 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. Write down your experiences. How did you feel? What did you think as you took this time to pause and pray?

It's beneficial to Journal your experience.

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



Those who put their strength in you are truly happy; pilgrimage is in their hearts

Psalm 84:5

Christian labyrinth Algeria, North Africa 324 CE.

See if there is any path of pain I'm walking on, and lead me back to your glorious, everlasting way— the path that brings me back to you

Psalm 139:24 TFT

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

Your 4 circuit Finger Labyrinth ball is printed from eco friendly, plant based material.
Designer :Wawrzyniec Walczak, Poland



Finger Labyrinth Ball

"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



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

Psalm 25:4



Using labyrinths create and enrich a state of mindfulness enabling fruitful prayerful silence. Help reduce inner noise and confusion of our everyday busy lives. They help us slow down, find peace, and a place of rest to hear God's heartbeat.

For although we know God, is right with us and in us and out of us and all through us, we have to go on journeys to find...

A labyrinth is a journey where heaven and earth meet, a sacred space, a bridge for the beloved seeker to seek creative loving union with their God.

*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..*

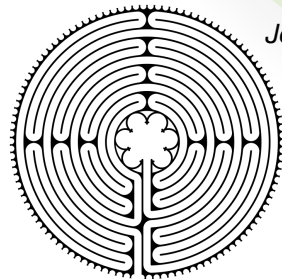
Celtic Daily Prayer, Chad Liturgy

"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.

Since before the medieval ages, labyrinths were common in Christian manuscripts long before becoming walkable large scale labyrinths in cathedrals, especially in France and Italy.



Jeff Seward

The Labyrinth in Chartres Cathedral

The Finger Labyrinth Ball



The Labyrinth is an ancient symbol, metaphor and experience of prayer - A journey into one's deeper self and into God. An opportunity for spiritual renewal and encouragement on your journey. Labyrinths offer a welcome opportunity to slow down, still the busy mind, and connect again with our deep inner resources.

Your 3D labyrinth ball is eco friendly, printed from plant based material offering a unique, interesting version of the Labyrinth. It is unlike other finger labyrinths that are usually flat. The labyrinth ball takes your journey to deeper experience using touch as the main way of following the path.

The labyrinth ball enhances mindfulness and meditation, rest and recharging creating opportunities for recovery, discovery, growth and transformation.

Spirals and circles have always been important spiritual symbols, especially in Celtic Christianity. The labyrinth is seen as a representation of 'The Way', a life journey of 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, they are multicursal. Labyrinths have one path, to the centre and back out, they are unicursal.

You get lost in a maze, you find yourself in a labyrinth.

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