## **Finger Labyrinths for Meditation**

Labyrinths are meditation tools that have been used for centuries by many societies and cultures. There are different types, but they have things in common. Unlike a maze there is only one way into the center (and one way out). The path of the labyrinth often symbolizes a journey. Some are large enough to physically walk but some are not. Even a finger labyrinth can help us find calm and become more relaxed.

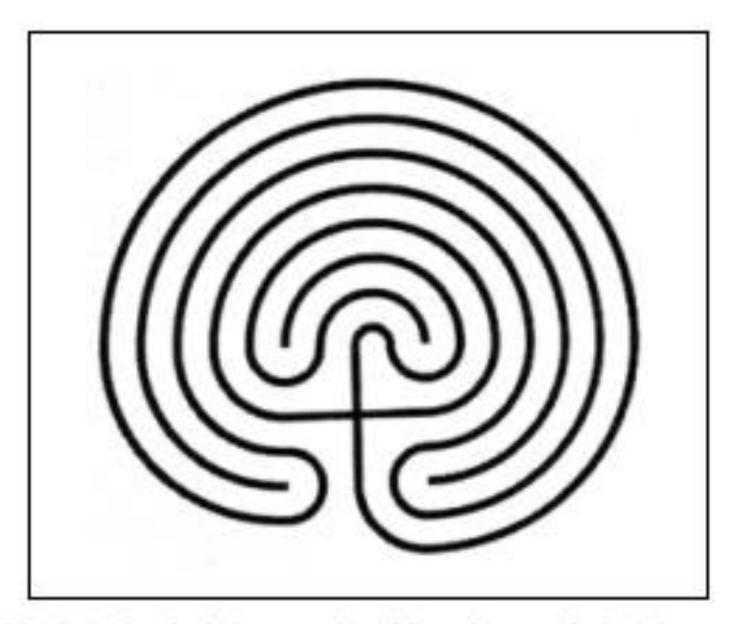


Fig 5: Labyrinth Pattern in a historic temple in Mysore

We encourage you to use this labyrinth as a way to find calm in this tumultuous time.

## Steps:

- 1. Start by taking deep breaths, to help bring focus and to relax. Find a poem, mediation, or scripture verse that you would like to focus on for your 'walk'.
- 2. 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.
- 3. Slowly and intentionally trace the path. Just as you might walk a labyrinth, you can take the tracing at your own speed.
- 4. Once you reach the center, take time to relax. Focus on your breathing.
- 5. Retrace your way out of the labyrinth. Again, at your own pace.
- 6. Breath, relax and consider how you are feeling when you have retraced your way out of the labyrinth.

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