



FINGER LABYRINTHS

*F*inger labyrinths are small labyrinths meant to be “walked” with a finger tracing the circuits, preferably a finger from your non-dominant hand. “Walking” a finger labyrinth produces the same physiological, emotional, and spiritual effects as a larger labyrinth. You can stop at the entrance to a finger labyrinth and pray or close your eyes and meditate at the center.