

*Breathing in, I calm my body.  
Breathing out, I smile.  
Dwelling in the present moment,  
I know this is a wonderful moment!*

Thich Nhat Hanh

**Your labyrinth time** can be as open or as focused as you would like it to be.

You might want to simply enter the labyrinth and walk ... or, before you enter the labyrinth, you might like to take time to:

- ◇ Read and reflect on a line or two from some inspirational writer and take a word or phrase from it into the labyrinth with you
- ◇ Think about a creative idea and let your mind enjoy the space and your thoughts ebb and flow in the labyrinth
- ◇ Consider an experience in your life where you are seeking resolution and give yourself space in the labyrinth to think and consider options
- ◇ Think about a key celebration in your life and walk a prayer of joy and thanksgiving in the labyrinth

## Finger Labyrinth



To walk a labyrinth is to step into an ancient spiritual space and make a personal journey of discovery and exploration ...

It is a journey where you might release tensions, concerns or distractions on the way in, be open to receiving insights and inspiration at the centre and return uplifted, blessed and renewed.

Labyrinths are ancient spiritual pathways found across the world and embraced in Medieval times and since as a path for prayer and reflection. Today, new labyrinths are being created in such varied places as coastlines, cathedrals, hospices, retreat centres, universities, playgrounds and gardens to offer a spiritual space for prayer and reflection.



Labyrinths offer a rich and beautiful stilling space in our busy world.

A suggested way of using this finger labyrinth is set out overleaf.....

A labyrinth is different from a maze.

A maze is full of dead-ends and tricks. A labyrinth has only one path that always leads to the centre... you cannot get lost..... Just stay on the path.....

There is no right or wrong way to walk a labyrinth... no set pace... just follow the path in your own time...

The steady walking gives the mind some space to think, reflect and perhaps renew and re-balance inner thoughts on the journey through life.

Finger labyrinths can be used for this spiritual reflection when it is not possible to walk a full-sized labyrinth.

### To use a finger labyrinth....

Find somewhere quiet to sit with your finger labyrinth. You may wish to light a candle or play soft music.

Allow yourself to become still and settled. Let your breath be soft and place yourself consciously in the present moment.



When you reach the centre... rest and consider your thoughts... pause for a while and spend some time reflecting and receiving new thoughts, feelings and blessings...

When you are ready... slowly trace the labyrinth path with a finger, use a finger on the hand that you do not write with, just let your thoughts come to the surface and let them flow... release them....

*In the labyrinth you don't lose yourself, you find yourself...*  
Hermann Kern

When you are ready return along the same path recognising and reflecting on any changes in feelings, any inspiration received or any new decisions made...

When you exit the labyrinth gently place the palm of your hand over the labyrinth in a moment of respect for your experience.

If you keep a journal you may like to creatively write or draw some words, symbols or phrases to acknowledge and remember this time of reflection.

Peace be with you....