

Finger labyrinth

If you can't come to walk our labyrinth, or you'd like to repeat the labyrinth at home, you can use this finger labyrinth.

- Before you start, take some time to settle in to a position in which you're comfortable.
- Place a finger at the entrance of the labyrinth.
- As you follow the path with your finger inward, try to release whatever stresses, worries, or distractions you might be feeling. Breathe deeply and slowly.
- Pause whenever you want, but don't lift your finger off the labyrinth.
- Don't worry if distracting thoughts come up, simply let them pass.
- When you reach the centre, pause for a while and receive. Be open to whatever guidance and wisdom you may need, even if it's not what you expected.
- When you're ready, follow the path outward, consciously returning and bringing the wisdom of the centre out into your life with you.
- Don't try too hard, there's no right or wrong way to approach this.

