

Finger Labyrinth



A Three Fold Meditation

- Before you start take some time to settle into a position in which you are comfortable. Take some slow deep breaths. Be aware if you have any questions or intentions as you come to this practice. Try to stay open to what God is telling you.
- Start by placing your finger at the entrance of the labyrinth. Some have suggested trying to use your non-dominant hand, either way it is one path in and out you can't get lost.
- As you follow the path with your finger inward, we start the meditation by **releasing** whatever stresses, worries or distractions we are feeling. Slowly and consciously move your finger towards the center. As feelings and thoughts arise breathe deeply and offer these to God. Take your time as you move inward, stopping as you need to let go of what comes up but don't lift your finger from the labyrinth.
- When you reach the centre, pause for awhile and **receive**. If you have a question on your mind ask it now. But be open to whatever guidance and wisdom God may be giving you, even if it is not what you expected. Take as much time at the centre as you need.
- When you are ready, slowly follow the path outward, **returning** and bringing the wisdom of the centre into your life with you. A point of meditation is integration of the knowledge you have received. A good questions to ask is what is my next step?
- Don't stress or try to hard for revelation, sometimes the wisdom of the labyrinth is simply the pause that it forces you to take.