# FINGER LABYRINTH

An ancient method of praying the labyrinth is a perfect metaphor for our journey through life. If you take a moment to visually follow the labyrinth's intricate design, you may initially perceive that the path seems incredibly random. But look longer. Yes, there are twists and turns, blind curves followed by relatively straight stretches, then more twists and turns, but there are no choices (unlike a maze) and no decisions to make. There is one path to follow - and it leads to the center. You could liken walking a labyrinth to "going with the flow" of life's call, trusting that you are being Divinely protected and guided the whole time.

- *"Walking" the labyrinth with your finger creates a space in which to temporarily silence our linear, productivity-driven lives, clearing the way for creativity. Even though on your busiest days you may have no time to actually sit and use the labyrinth (tracing it with your finger), simply having the labyrinth in a visible place helps connect you, by way of a visual reminder, with your quiet center.*
- *Using your non-dominant hand to trace the miniature pathway of a finger labyrinth helps to create balance between the two hemispheres of the brain. Many find that praying, meditating or journaling after using the labyrinth is especially fruitful. A labyrinth can also be used during the day to facilitate the transitions we make from and to the various roles we play in our lives — homemaker, artist, CEO, student, parent, child, etc. Additionally, the finger labyrinth is helpful to "walk" after experiencing an unsettling or angry encounter, perhaps because with all the twists and turns it is the perfect reminder that the peaks and valleys, pushes and pulls of our lives are as much a part of our sacred journey as are less challenging and easier moments.*
- *You may find that using the labyrinth before important meetings may help to clarify concerns and focus your deeper mission. It can also be "walked" after those meetings to re-center and assist you in touching base with Spirit which guides you.*
- *Perhaps you need a "sabbath" moment at a particularly important interlude between all the responsibilities in your life. Take a moment to discover a quiet empowerment of rest while moving your finger along the labyrinth's pathway. Breath deeply and calmly during this time; let go of whatever comes to your mind; receive the moment as a gift of renewal and grace.*

Opportunities to benefit from this ancient prayer and meditation tool surround us. All we need is to be open to them. In whatever ways you do use the labyrinth, our hope is that you come to have a personal experience with how you are Divinely protected and guided in your own life's journey.

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