

Finger Labyrinth



Set the Scene: Sit comfortably. Set an intention, ask a question, or simply clear your mind.

Trace the Path (Releasing): Lightly place your finger (often the non-dominant hand for better intuition) at the entrance. Move slowly along the path toward the center, focusing on the sensation and letting go of busy thoughts or tension.

Pause (Receiving): When you reach the center, pause and breathe. Use this space for prayer, meditation, reflection, or just quiet.

Return (Returning): When you are ready, trace your finger back out along the same path, integrating your experience or insights.

Finish: Once outside, pause again to acknowledge the experience before finishing.