



### **How to do a Finger Labyrinth Meditation?**

1. Take deep breaths to begin to relax and focus on the entrance to the labyrinth.
2. Place your pointer finger from your non-dominant hand on the entrance of the labyrinth. If you find this too awkward at first, use your dominant hand. However, over time, keep trying your non-dominant hand. This helps keep the mind focused on the meditation due to the challenge it presents.
3. Slowly trace the pattern of the labyrinth with your finger allowing your mind to clear from extra thought and focus solely on following the path of the labyrinth.
4. "Walk" to the center of the labyrinth and rest momentarily, taking deep breaths observing how you are feeling.
5. Retrace your path out of the labyrinth.
6. Sit back, breathe deeply and relax. Observe how you are feeling again.