



LABYRINTHS, LARGE AND SMALL

For anyone who wants to try the experience of a labyrinth, here is a way to do so wherever you are:

Walking the labyrinth is a form of meditation. The invitation before entering is to bring to mind any questions you might have that would benefit from some quiet contemplation.

Since not everyone can access a labyrinth to walk through, many people have used the finger labyrinth as a tool. Finger labyrinths are convenient and accessible. People use them as meditative practices or to support reflective journal writing.

Once you have your labyrinth printed:

Sit comfortably. Just as we do before entering a walking labyrinth, take a few breaths to calm and center yourself.

Place a finger at the entrance of the labyrinth. Some people suggest that you use your non-dominant hand because that hand may have easier access to your intuition.

As you follow the path, release stress, worry, or distraction. You might want to use a mantra, like “hineni (here I am)” or “shalom” as your finger moves.

Pause when you want, but don't lift your finger off the labyrinth.

When you reach the center, pause for a while and receive. Feel a connection to your own center. Be open to whatever wisdom comes to you, even if it's not what you expected.

When you're ready, follow the path outward, being conscious of returning with the wisdom or guidance you received.

Feel free to write or sketch in your journal.

Make your own finger labyrinth here: <https://bit.ly/31tbP7H>

or use this one, a Jewish inspired one called the Jericho Labyrinth:

