



Everyday Spirit Quest

Using a Finger Labyrinth
as a spiritual practice

Walking a labyrinth is an ancient practice used by a variety of different faiths. Labyrinths are used around the world for walking meditation, to quiet the mind, calm anxieties, enhance creativity, reduce stress, spiritual centering, contemplation, and prayer. A finger labyrinth is a portable version of the full-sized path.

To start, place a finger from your non-dominant hand at the entrance to the labyrinth. As you slowly trace the circuit, stay open to whatever presents itself including, feelings, sensations, memories, images, or realizations. Take your time, pause, breathe, be in the moment, and relax into the the journey of the labyrinth.

Key Suggestions:

- Use a finger from your non-dominant hand
- Before you start take time to breathe and relax
- Ask a question or set an intention
- Say a prayer. You might ask for healing or guidance
- Stay open to whatever presents itself
- Pause, breathe, and relax throughout the process
- Journal about your experience



