

Finger Labyrinth "Rules"

Before you start any finger labyrinth "walk," take time to breathe and relax. Set an intention or question for the walk. Without an intention a finger labyrinth walk can become an exercise in hastily and mindlessly moving your finger along the circuits and wondering why at the end of the walk you even bothered. Say a prayer, if you like, for support, healing, and guidance.

Place a finger from your non-dominant hand at the entrance to the labyrinth. (Research shows that often our non-dominant hand has easier access to our intuition.) As you trace the circuit, stay open to whatever presents itself: feelings, sensations, memories, images, or just "knowings." Pause at any time to breathe, be with a memory, work with an image, or simply relax into the labyrinth. At the center of the labyrinth, feel its connection to your own center. The center is a wonderful place to relax, pray, or sing. When you are ready, trace your way out, staying open to whatever comes up for you. When your walk is done, place both hands on the labyrinth and give thanks for whatever you learned and experienced.

Experiment and play with your labyrinth. Try using a favorite word or phrase that evokes the sacred for you. Repeat the mantra slowly in your heart as you "walk." You may also walk with questions such as, "In what way do I most need to grow spiritually right now?" or "What most blocks me from fully receiving and living God's love?" You can also walk the labyrinth in intercessory prayer for someone else, sending them the fruits of your walk.

If you are experiencing a difficult feeling-anger, grief, bitterness-have as your intention its healing and release (knowing, of course, that many deeper feelings may take more time than a walk).

If you are struggling with a problem, ask for insight and guidance: What must I release in order to allow healing? What am I not feeling or acknowledging that I must let into my conscious awareness to allow healing? Whom do I most need to forgive, and for what?

If you are working with an illness, either serious or insignificant, you may walk into the labyrinth simply asking to return to balance with yourself and life, no matter what the circumstances of your illness. You can also walk with the question: What part of my life (or me) am I neglecting that needs attention?

Illness may also be a teacher or an ally. If you are interested in exploring your illness as a teacher, you may walk asking, "How may I open to my illness as a teacher and ally?" or "What does my illness have to teach me at this point in my life?"