



## How to use a finger labyrinth

1. Choose a quiet place where you can focus and walk your finger labyrinth without being disturbed.
2. Place your labyrinth in front of you. Enter the entrance of your finger labyrinth with the forefinger of your non-dominant hand. If using your non-dominant hand is awkward or uncomfortable, you can use the forefinger of your dominant hand instead.
3. Trace the pattern of the labyrinth with your finger. Clear your mind of extraneous thoughts and focus solely on following the path of the labyrinth.
4. Walk to the centre of your finger labyrinth and rest momentarily. Take a few moments to just be in the centre of the labyrinth. Explore your thoughts and feelings. Observe what thoughts, emotions, memories, pictures, and so forth come into your mind. Notice whether you feel a sensation of peace and serenity. Notice if your mental chatter has become quiet and if you have a sense of well-being.
5. Retrace your path out of the labyrinth.
6. Sit back, take a deep breath and relax. Observe how you feel. Record your experience in your journal for future reference and/or sharing with your spiritual director or close friend.

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