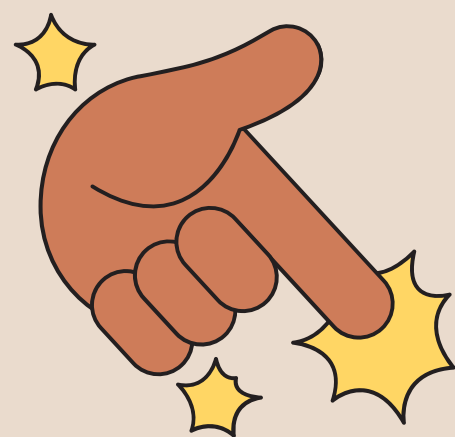


USING A FINGER LABYRINTH



FIND A QUIET PLACE WHERE YOU WON'T BE DISTURBED



USE A FINGER OF YOUR NON-DOMINANT HAND



FOLLOW THE PATH OF THE LABYRINTH WITH YOUR FINGER



NOTICE WHAT YOU FEEL AS YOU 'WALK' THE LABYRINTH



FINN'S PLACE HAS A LABYRINTH IN THE BUILDING WHICH CAN BE WALKED WITH A PREARRANGED APPOINTMENT.



PAUSE WHEN YOU REACH THE CENTRE AND REFLECT ON YOUR EXPERIENCE



RETRACE YOUR PATH OUT OF THE LABYRINTH TAKING WITH YOU WHAT YOU HAVE NOTICED



RECORD YOUR EXPERIENCE OR TALK WITH SOMEONE ABOUT IT



WHAT IS A LABYRINTH?

A LABYRINTH IS A SINGLE PATH THAT MEANDERS FROM THE OUTSIDE TO THE CENTRE.

YOU CANNOT GET LOST IN A LABYRINTH, THE SAME PATH WILL TAKE YOU INTO THE CENTRE AND BACK OUT AGAIN.

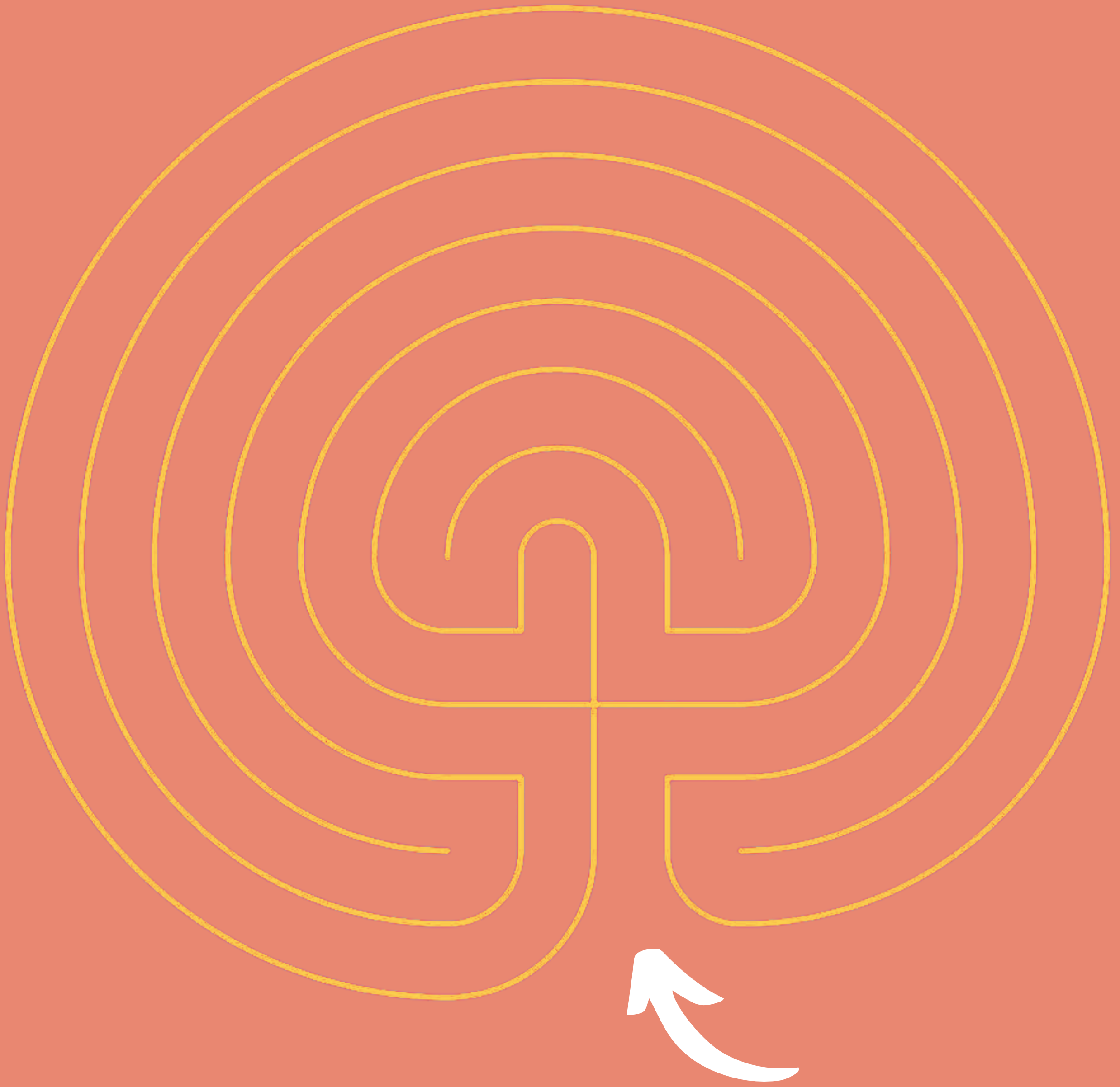
LABYRINTHS HAVE BEEN FOUND ON EVERY CONTINENT AND HAVE BEEN USED IN MANY RELIGIOUS OR SPIRITUAL GROUPS.

IT IS HELPFUL FOR STILLING THE MIND, REFLECTING ON A QUESTION OR DECISION, REDUCING STRESS OR JUST FOR GENERAL WELLBEING.



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