



Oak

Leaf

@f.c.

Finger

Labyrinth

## How to use the finger labyrinth

The labyrinth design on this sheet of paper is a replica of the design layed in sawdust on the lawn of Kings Manor.

It is possible to experience aspects of walking a labyrinth by using your finger to slowly trace the path which starts at the bottom of the page through to the centre.

Begin by slowing your breathing and relax. Then using the index finger of your non-dominant hand begin to follow the line gently, pausing if you need to, whilst progressing towards the centre.

You can enhance the experience by thinking of the “finger walk” as having three parts.

The first, towards the centre, is a time to reflect on what aspects of your life you would like to lay aside and be free of.

The second, requires you to pause at the centre to continue to breathe slowly and consider what you would like to receive to enhance your life and wellbeing. Give this stationary moment a little time and avoid rushing ahead.

The third, when you are ready, is to begin your journey back out, considering what it is you are returning to after engaging with thoughts of possible changes and perhaps transformation.

The process of using your non-dominant hand may seem uncomfortable, that is because it is unfamiliar to the brain's habits but in turn it allows other aspects of your thought patterns to engage and enrich your exploration of wellbeing.