

## FINGER-WALKING A PERSONAL LABYRINTH

Begin by setting the environment. Find a comfortable chair, location, or position. Remove jewelry, watches, bracelets, etc. Set music or background sounds. Adjust the lighting. Acquaint yourself with the labyrinth, pass your hands over the edges, across the center and around the outer edge; examine the details that make this labyrinth unique.

Adapt your breathing, and begin tracing the path from the outside with one or more fingers, following the groove/path toward the center. When you arrive at the center, stay a while.

Complete your experience by retracing the path from the center outward.