



CHRIST CHURCH CATHEDRAL OTTAWA

Labyrinth



Suggestions for use of a Finger Labyrinth:

Print off the Finger Labyrinth and secure it to your table or work surface.

Working with a pencil and highlighter or coloured marker, begin with your non-dominant hand and trace the labyrinth pattern.

Once you arrive at the centre, pause and when you are ready, use a different colour and re-trace your way back through the pattern to the beginning.

“For a person familiar with labyrinth walking, but unable to walk due to illness or infirmity, using a finger labyrinth can be like gazing at a photograph of a beloved friend or family member, as it evokes memories of those sacred times and experiences.”

Elspeth MacEwan
Cathedral Labyrinth Guild

Instructions for a finger-labyrinth meditation

1. Before you begin, **remember** the blessings in your life.
Frame any issues you would like resolved into a healing question, if possible.
2. As you open your eyes, relax your neck and shoulders and **release** your mind from distracting thoughts.
Inhale and exhale slowly three times.
3. Place the index finger of your non-dominant hand (e.g., if you are normally right-handed, use your left hand and vice-versa) at the entrance to the labyrinth and enter.
If uncomfortable, use your dominant finger; on each subsequent walk, however, try to use your non-dominant one as it facilitates concentration.
4. Use your finger to slowly trace the pattern of the labyrinth; focus on following the path.
5. Proceed to the centre, rest and breathe deeply, **receive** the wisdom that comes to you.
6. When you are ready, **return** by retracing the path out of the labyrinth.
7. Sit back and relax.
You may want to jot down notes on your experience in a journal or other medium.