

**Trace the Labyrinth Path** with a finger or pencil. **Release** on the journey inward, pause and **Receive** in the center, then **Return** by following the path out again. You may want to focus on your breath, listen to music, and/or use your non-dominant hand.

Labyrinths are used for prayer, meditation, stress reduction, focus, healing, and personal transformation. For more info and to sign up for our Friday Finger Walks on Zoom see [Veriditas.org](https://Veriditas.org)



Cut or Fold

