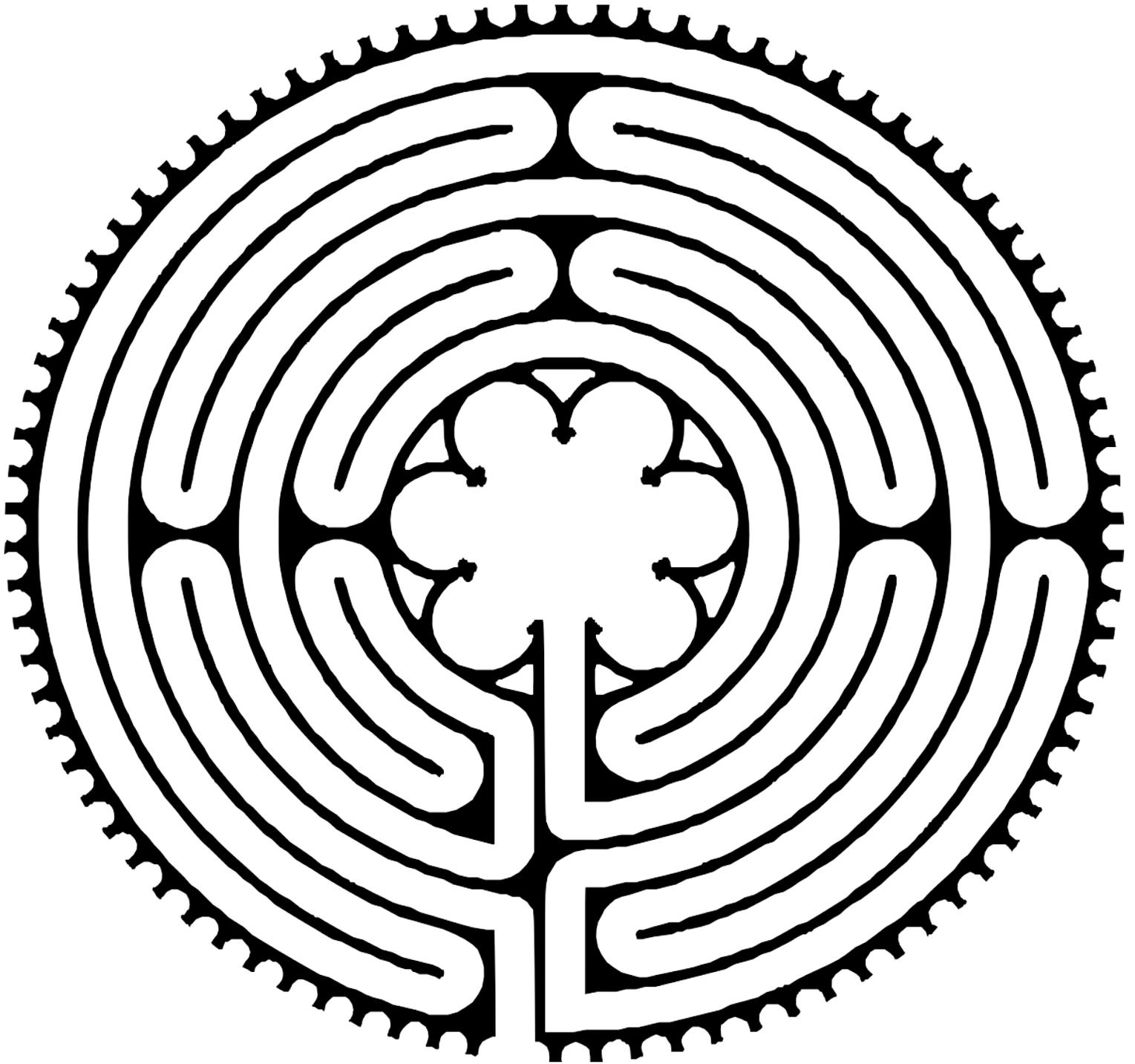


# Finger Labyrinth



*Trace the path slowly to the center: Moving inward asking “what is mine to release”*

*Pause in stillness.*

*Moving outward asking What is my holy longing asking me to do now.”*