



Labyrinths of HOPE  
Society

Healing Opportunities for People to Explore

## How to Use a Finger Labyrinth

It does not matter what kind of [finger labyrinth](#) you use!

What matters is the experience you have.

- Choose a quiet place where you can focus and walk your finger labyrinth without being disturbed. This will be your sacred space.
- Place your labyrinth in front of you. Make sure you are seated comfortably. Relax and focus on your finger labyrinth.
- Enter the entrance of your finger labyrinth with the forefinger of your non-dominant hand to begin your walk through the finger labyrinth. Research shows that often our non-dominant hand has easier access to our intuition. If using your non-dominant hand is awkward or uncomfortable, you can use the forefinger of your dominant hand instead. You can also use a stylus to trace the labyrinth.
- Trace the pattern of the labyrinth with your finger. Clear your mind of extraneous thoughts and focus solely on following the path of the labyrinth.
- As you trace the circuit, stay open to whatever presents itself: feelings, sensations, memories, images, or just "knowings." Pause at any time to breathe, be with a memory, work with an image, or simply relax into the labyrinth. At the center of the labyrinth, feel its connection to your own center. The center is a wonderful place to relax, pray, or sing.
- At the center of the labyrinth, take a few moments to rest and reflect. Explore your thoughts and feelings. Observe what thoughts come into your mind. Notice whether you feel a sensation of peace and serenity. Notice if your mental chatter has become quiet and if you have a sense of well being.
- Begin your walk out of the labyrinth.
- Sit back, take a deep breath and relax. Observe how you feel. Keep your finger labyrinth handy and trace the finger labyrinth whenever you feel the need to experience inner peace and self-realization. [www.lohsociety.org](http://www.lohsociety.org)