

Finger-Walking the Labyrinth

Labyrinths have been around in one form or another for at least 5,000 years and have been found in various cultures all around the world. While many labyrinths are made to be walked, finger labyrinths have also been found carved on walls and other places meant to be traced with the finger. Tracing the labyrinth's path with a finger gives a similar experience to walking the path and can be a gentle form of meditation, mindfulness or prayer.

Unlike a maze (in modern American usage), the labyrinth has a single path—there are no tricks or dead ends—and the way in is also the way out. Simply trace with your finger the path between the lines and follow it to the center and back out again. Try using a finger on your non-dominant hand (i.e. your left hand, if you are right-handed) as this also helps to occupy your thinking mind/ego and keeps it from intruding on your experience of calmness and connection.

As in a walking labyrinth, there is no wrong way to trace/walk the path. Set your own pace. Go quickly or slowly, reverently or playfully. Pause at any point if you wish to soak up the experience. You might take a moment before you start and take a few deep breaths to settle your thoughts. You may wish to set a purpose for your session before you start: to be open to an answer to a question, or a resolution to a problem, or you can just start and see what comes. It can be a time to pay attention to any feelings or insights that may come up for you. Be aware that these things may come to you while you are tracing the labyrinth, or long after your session is over. Ask yourself if they useful and/or can they offer you a new insight?

Reaching the center is the halfway point. As you retrace your path back out to the entrance, you have an opportunity to incorporate whatever peace, experiences, insights, or inspiration you may have gained on the way in, back into your daily life in order to make your own life path a little deeper and clearer.

You can also draw your own simple classical labyrinth by starting with the “seed pattern” (see below and over). They can be made big or small, and you can enjoy experimenting with using different materials (like coins, buttons, beans, pine cones, etc.), or just a stick in the sand or dirt.

Blessings on your path, from Jamie and Leslie Edmonds, Transition Labyrinth – March 2020



