

FINGER LABYRINTH

If you have modeling clay, you can construct a labyrinth with finger paths. Make it a comfortable size to fit on your lap with the width of the paths fitting your finger nicely.

Spread out a lump of clay (approximately 12"-14" across) to the required size. Follow the same sequence as when you draw it out on paper, only use a toothpick or skewer to score the lines. The graciousness of using the clay is that if you make a mistake, take some water and smooth out the surface and start over again.



Once you have the pattern drawn, then wet your finger and slowly start to move along the pathway, pressing gently as you go to create an indentation. You will do this over and over again, slowly deepening the indentation until the desired depth. By going slowly, you gradually create the ridges between the pathways. If you go too quickly, the ridges tear. Keep your finger moist as you move along the pathway.



Walking the finger labyrinth or lapyrinth... Sit comfortably with both feet on the floor. Ground and centre yourself. Holding the labyrinth in one hand on your lap, use your other hand to run your finger through the pathway, all the way in, and then back out the same path. Continue this spiraling movement, in and out, until it becomes a continuous, even rhythm. When you feel comfortable with the movement, and know the pathway intimately, close your eyes and continue the journey...

As you enter the area of separation from the physical and unification with the Divine, you may sense a rarified atmosphere, hear tonal frequencies internally, and notice energy sensations running through various parts of your body.

Relax!

The next step is "intention"... you may ask a question; ask to be clear about something; consciously release something; bless or give thanks for something; celebrate something... or whatever your intuition guides you to do. But internally state an intention and give it your attention and then concentrate on it. And then let it go!

The ancient wise-women of Great Britain used the classical labyrinth to initiate states of multi-dimensional perception by continuously running the finger through a carved stone tablet labyrinth while toning harmonic sounds to initiate the higher state.