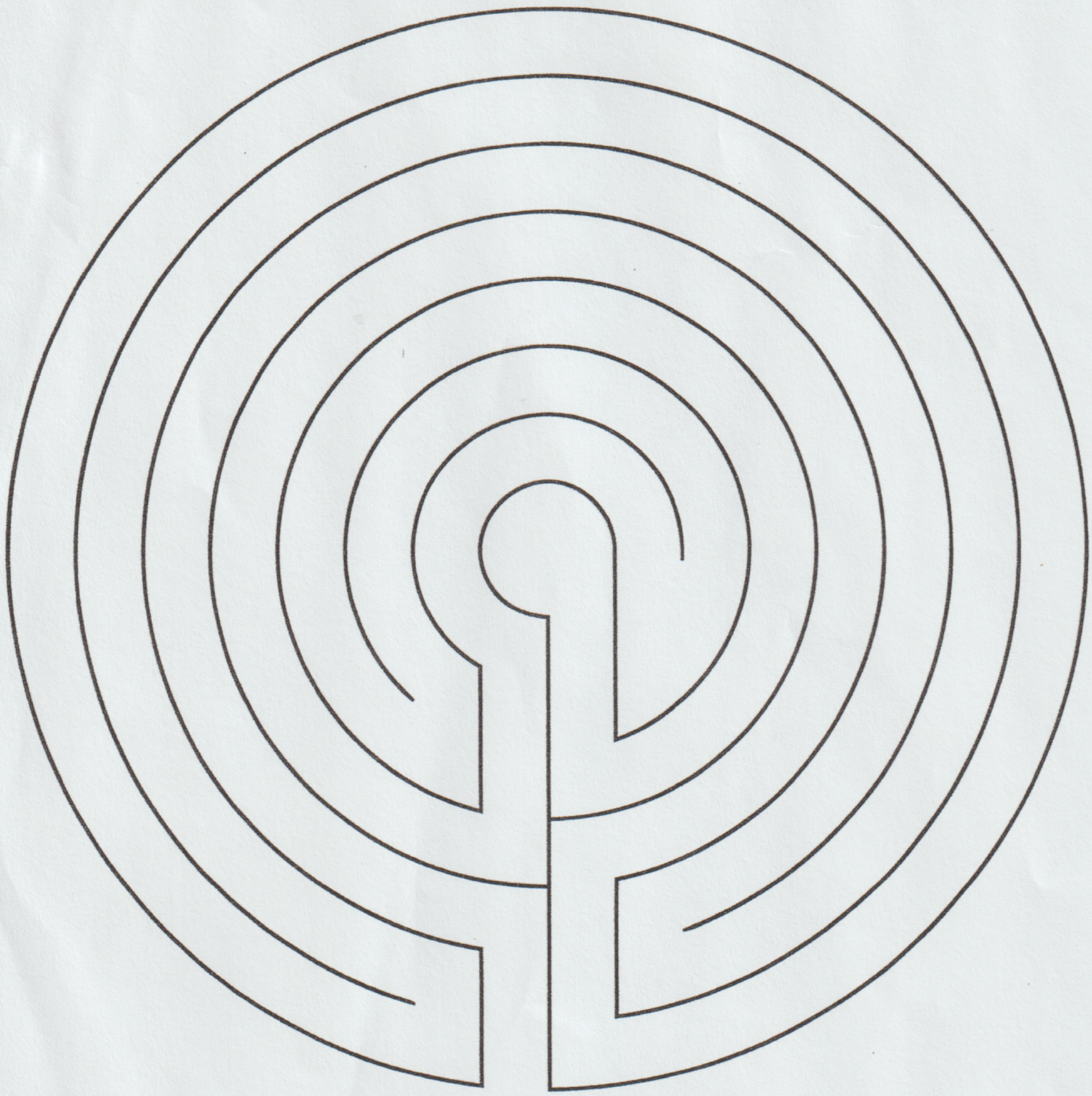
Finger Labyrinths for Meditation



We encourage you to use this labyrinth as a way to find calm in this tumultuous time.

Steps:

1. Start by taking deep breaths, to help bring focus and to relax. Find a poem, mediation, or scripture verse that you would like to focus on for your 'walk'.
2. Choose either your dominant pointer finger (or non dominant if you want to use even more focus). You can also use a pen, pencil, or other implement to 'walk' the labyrinth.
3. Slowly and intentionally trace the path. Just as you might walk a labyrinth, you can take the tracing at your own speed.
4. Once you reach the center, take time to relax. Focus on your breathing.
5. Retrace your way out of the labyrinth. Again, at your own pace.
6. Breath, relax and consider how you are feeling when you have retraced your way out of the labyrinth.