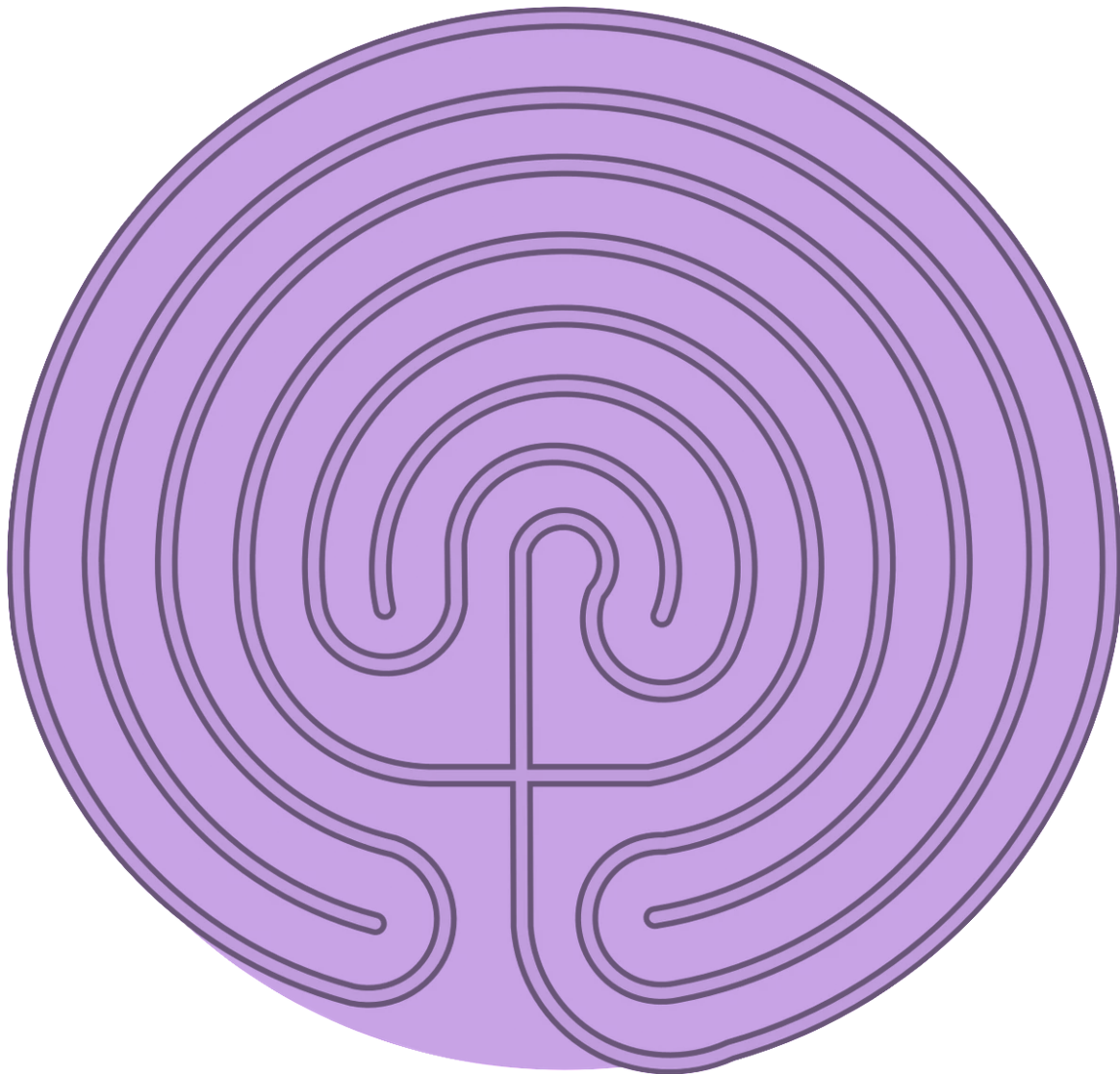


Labyrinth Meditation

A labyrinth is a spiral path that moves from the outside toward the center. It has been used by people all around the world for more than 4,000 years!

How to do a Finger Labyrinth Meditation

- Take a few deep breaths and focus on the start of the labyrinth.
- Place your pointer finger on the entrance.
- Slowly trace the pattern of the labyrinth with your finger, spiraling toward the center. Let your mind calm as you focus on following the path.
- Stop when you reach the center and take a deep breath, then begin to retrace your path out of the labyrinth.
- When you exit the labyrinth, sit back and take another deep breath.



Mini-Labyrinth Meditation

- Take a few deep breaths
- Place your pointer finger on outside of the spiral
- Trace along the path to the middle
- Take another deep breath
- Retrace the path outward



Mini-Labyrinth Meditation

- Take a few deep breaths
- Place your pointer finger on outside of the spiral
- Trace along the path to the middle
- Take another deep breath
- Retrace the path outward

