

Desktop Finger Labyrinth

Keep this labyrinth on your desk. When you are stressed and need to relax, take a deep breath, release and let your mind quiet. Place your finger of your non-dominant hand at the entrance and slowly trace the path into the center, trusting the path will lead you to the center, releasing stress as you go and feeling gratitude. You can say a word or phrase as you go or sing a song. Pause in the center to be reflective of who you are, your strengths and gifts. As your finger traces the path out, receive the love and peace in your heart. The spiraling path of the labyrinth teaches us to slow down and refocus as we become more centered and balanced. Your experience “walking” the labyrinth is unique to you. Walking the labyrinth is a gift we give ourselves, leading to discovery, insight, peacefulness, happiness, connectedness and well-being.

(image from <http://upload.wikimedia.org/wikipedia/commons/8/85/Chakravyuha-labyrinth.svg>)

