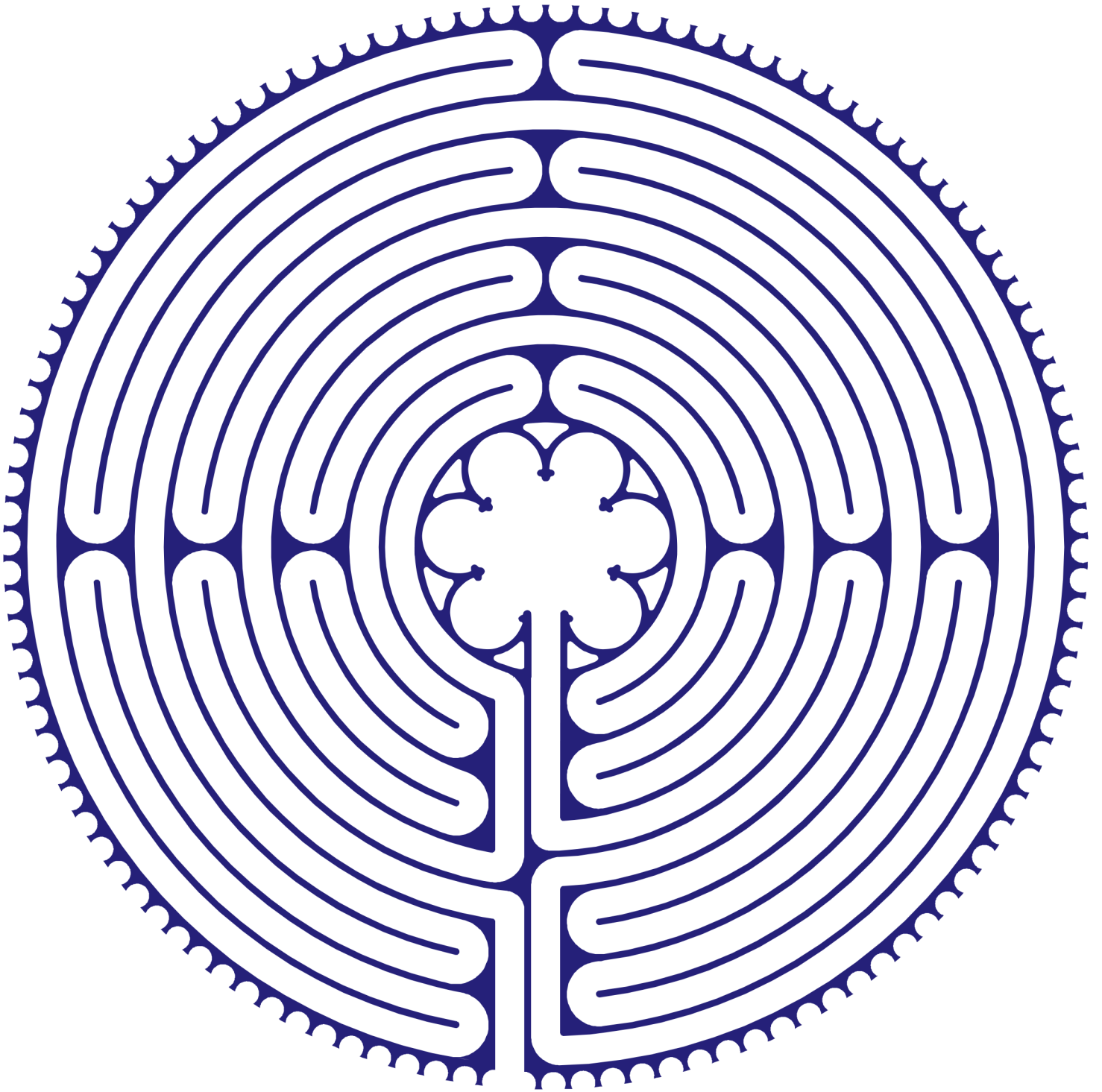


DEBORAH HOLMÉN



Tracing the finger labyrinth can be a calming and relaxing experience that allows you to let go of worries and simply be. There are various ways to use the finger labyrinth, and this sheet provides helpful guidelines.



- Schedule about 20 minutes of uninterrupted time.
- Take a few moments to get comfortable.
- Notice how your body is feeling and breathe!
- You can place your finger at the entrance and pause, thinking about what you hope to experience.
- Start tracing the path slowly using your finger. Don't worry about tricks or dead ends—follow the path.
- This is a good time to release any tension you may have and let go of any busy thoughts as you begin your inward journey.
- When you reach the center, take a moment to pause and breathe. This is the time to exist and be open to whatever comes your way.
- When you feel ready, you can trace the journey out again, carrying with you any insights you have received.
- When you find yourself back at the entrance, take some time to reflect. You may find you feel lighter, stronger, and ready to engage

You can just experiment and find out what works best for you.

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