



*A finger labyrinth can be used as a tool for meditation or focus, the inward journey is for letting go, for shedding.*

*A pause at the heart allows us to centre, to find stillness. To become grounded.*

*The outward journey is for reintegration and return to the outside world. The path begins and ends in the same place, but as you exit your heart and mind should be calmer.*

*It can be a good idea to trace the path with your non-dominant hand as it tends to need more focus.*