



Finger Labyrinth Walk

Background

In preparation for your finger labyrinth walk please download and print an image of the Chartres-style Labyrinth from <https://centreforspirituality.org/weekly-events/> (with thanks to the Labyrinth Society for providing these images for public use).

The Labyrinth is a single, spiraling path that leads to a central area and you 'walk' the same path back out returning to the beginning. There are no dead ends unlike mazes. Labyrinths are a universal spiritual symbol found across the world. In the Christian tradition, labyrinths were common in cathedrals across Europe in the Middle Ages and associated with the tradition of pilgrimage. In this online meditation we will walk the labyrinth with our finger. As you trace the labyrinth's path you may like to use one of the following practices.

Open attention

This approach allows the mind to quieten. If thoughts arise, which they will, gently notice that you are thinking, silently note the focus of your thinking (e.g. planning, worrying or whatever it is) and then let it go returning to the sensation and flow of your breathing. In this form of meditating on the labyrinth path the focus is to allow a gracious sense of attention to be present and to place our attention on the breath.

Use of repetition

Some people like to repeat a mantra or simple prayer silently to themselves as they walk such as 'Come Holy Spirit' or 'Guide Me, God'.

Asking for help through prayer

Another method is simply to pray during the labyrinth walk. The Labyrinth is a sacred space where we can silently talk to and listen to God. If something is weighing heavily on your heart and mind, walking the labyrinth and sharing that concern with God can be an enormous support.

The Finger Labyrinth Walk

There are three stages to the walk: releasing (path to the centre), receiving (at the centre) and returning (path back from the centre).

The Path to the Centre – Releasing, Letting Go (Purgation)

Before you start, take time to breathe and centre yourself. Pause at the entrance. Some people like to bow before they begin, do what feels right for you. Place a finger from your non-dominant hand at the entrance to the labyrinth (our non-dominant hand has easier access to our intuition.) As you trace the circuitous path of the labyrinth, stay open to whatever arises: feelings, sensations, memories, images, intuitions... Pause at any time to breathe and be present to your experience.

At the Centre – Receiving (Illumination)

A place of meditation and prayer, waiting and listening. Be still. The centre is a place to pause for a while. Approach the centre with an open mind and heart, ready to receive whatever you need. It is a place of listening and sensing what needs or wants to emerge within you or within a situation you are reflecting upon. Feel free to pray aloud or in silence, to sing, to meditate. (You are muted during the online labyrinth meditation so any conversation is between you and God).

The Walk Back – Return, Integration (Union)

As you trace the return path and the walk back out you are entering the stage of Union or Communion. We realise that we are the hands of God; we are invited to embody the gifts of the Spirit in our daily life. There is a sense of gaining strength and integrating whatever we have received as we walk back out.

'Ask and you will receive so your joy may be complete'. John 17 v24

'We are in God. And God whom we do not see, is in us'. Julian of Norwich

"The Kingdom of God is among you'. Luke 17 v21

"Silence is the gateway to the soul." Abbot Christopher Jamieson, Worth Abbey

'We are meant to be mothers of God. For God is always needing to be born'. Meister Eckhart