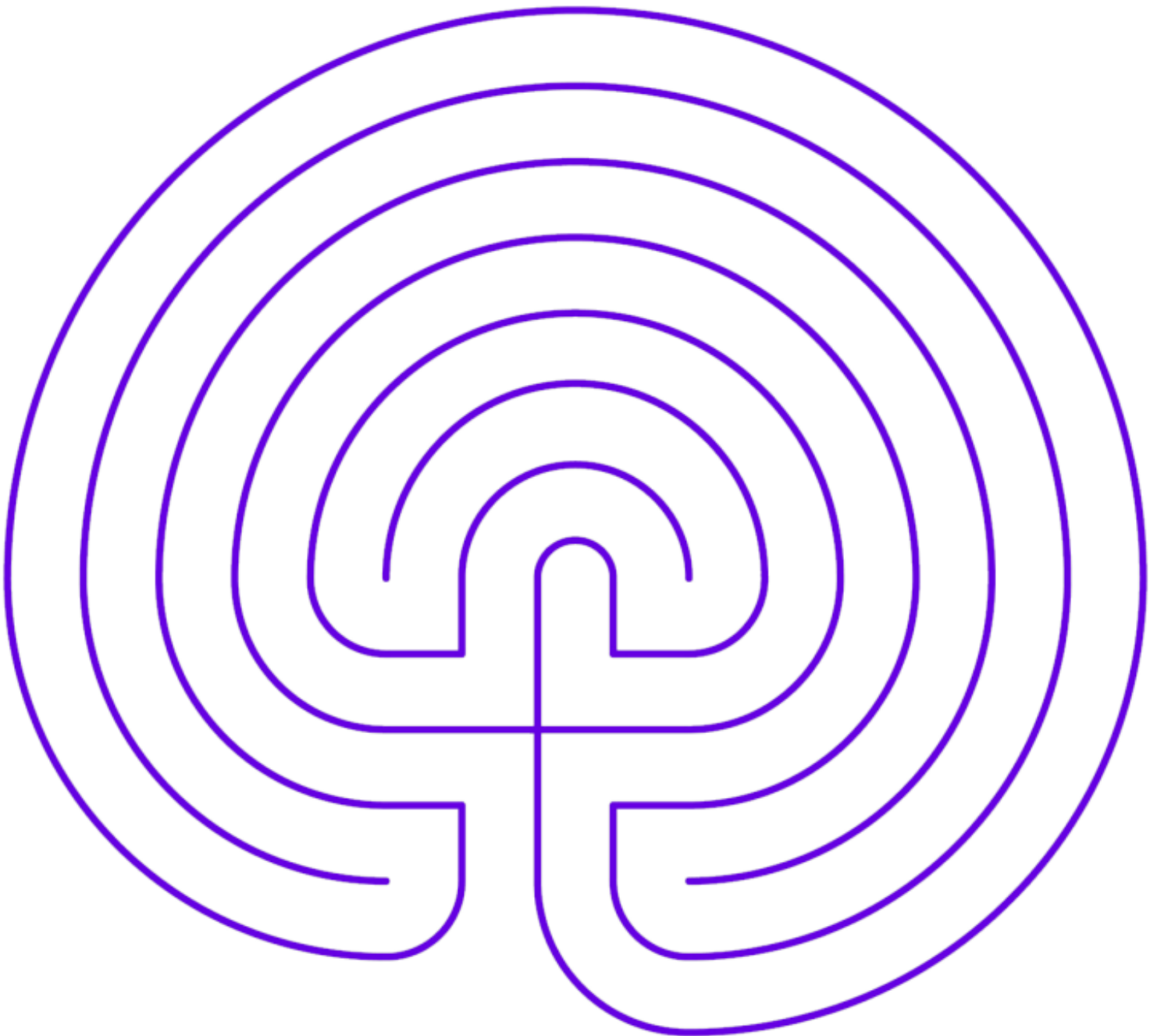


## How to “Walk” the Finger Labyrinth in honor of a Milestone:

- Pause, take a breath, and name the milestone or transition you are experiencing.
- Using your finger, begin at the opening, and slowly trace the curving path, and reflecting on the things that are coming to an end. For what are you grateful? What do you want to remember? What are you glad to let go?
- Pause at the dead-end in the center. If you like, take your finger off the labyrinth and fold your hands in your lap. Close your eyes, breathe, and say to yourself, “God is with me here.” What do you hear in your mind or notice in your body?
- Return your finger to the center of the labyrinth, and follow the same circuitous path in reverse. Any insight or peace or gift from God that you received in the Labyrinth goes with you into what is next in your life.



# About the Labyrinth

A Labyrinth's many turns are a metaphor for the sacred journey of life, which involves changes of direction, transition, some uncertainty, but also discovery and achievement.

While a Labyrinth is often experienced as a walking path, it can also be used on a smaller scale by tracing the path with a finger.

Notice that the labyrinth is *not* a maze (which has dead ends and false passages), as the labyrinth has a single path that leads continuously to the center—there are no “wrong turns” and you can’t get “lost.”

## A Practice for Times of Change

A Labyrinth can be a helpful tool for processing life transitions and milestones, big and small. As you walk or trace into the center, focus and reflect on what is coming to an end. In the center, dwell on the promise of God to be with you always. On your way back out, bring the hopefulness and peace of God with you into whatever lies ahead.