

Praying
with
Finger
Labyrinths

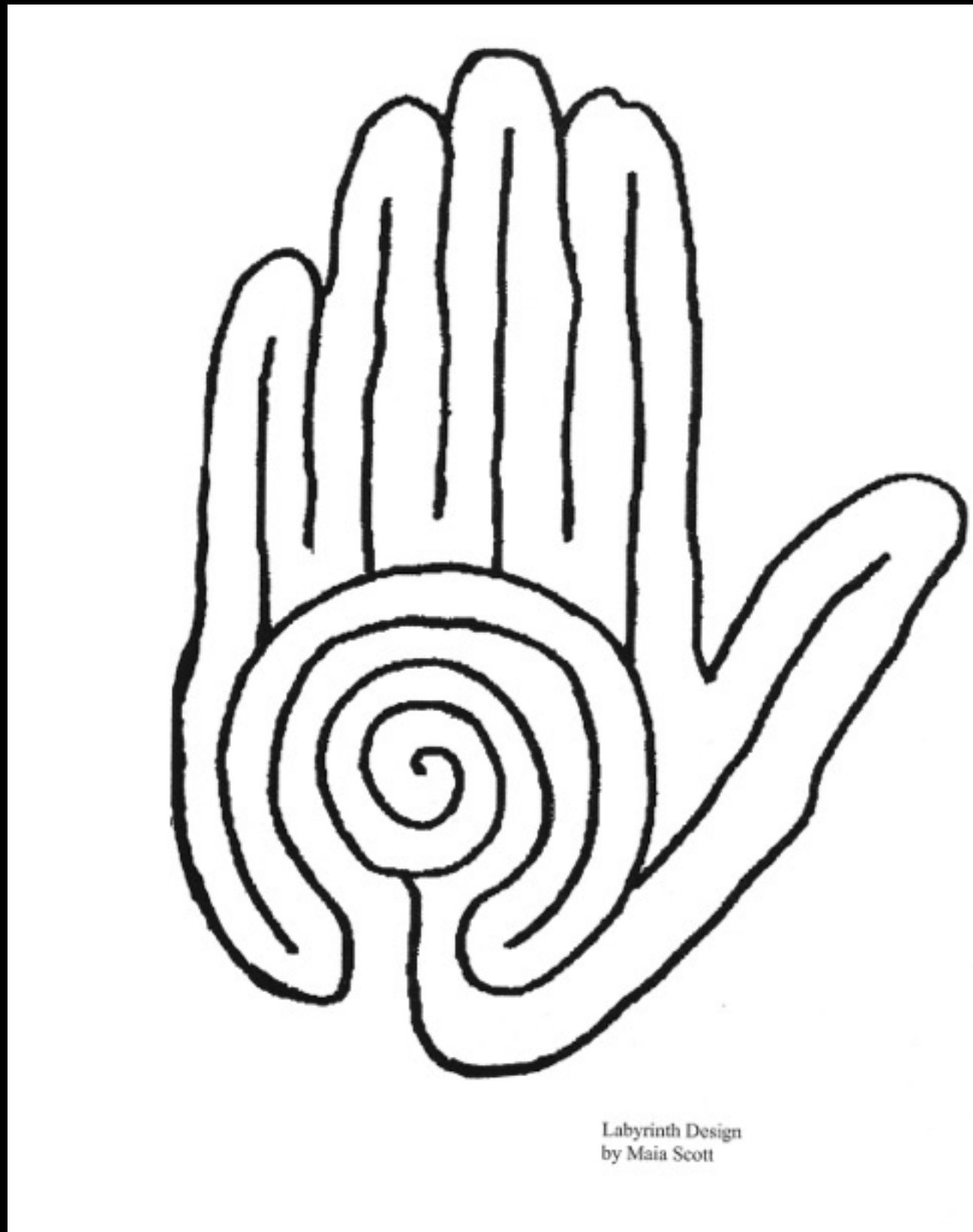
MIT:
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Session #3

Presented by
Dr. Jill K H
Geoffrion

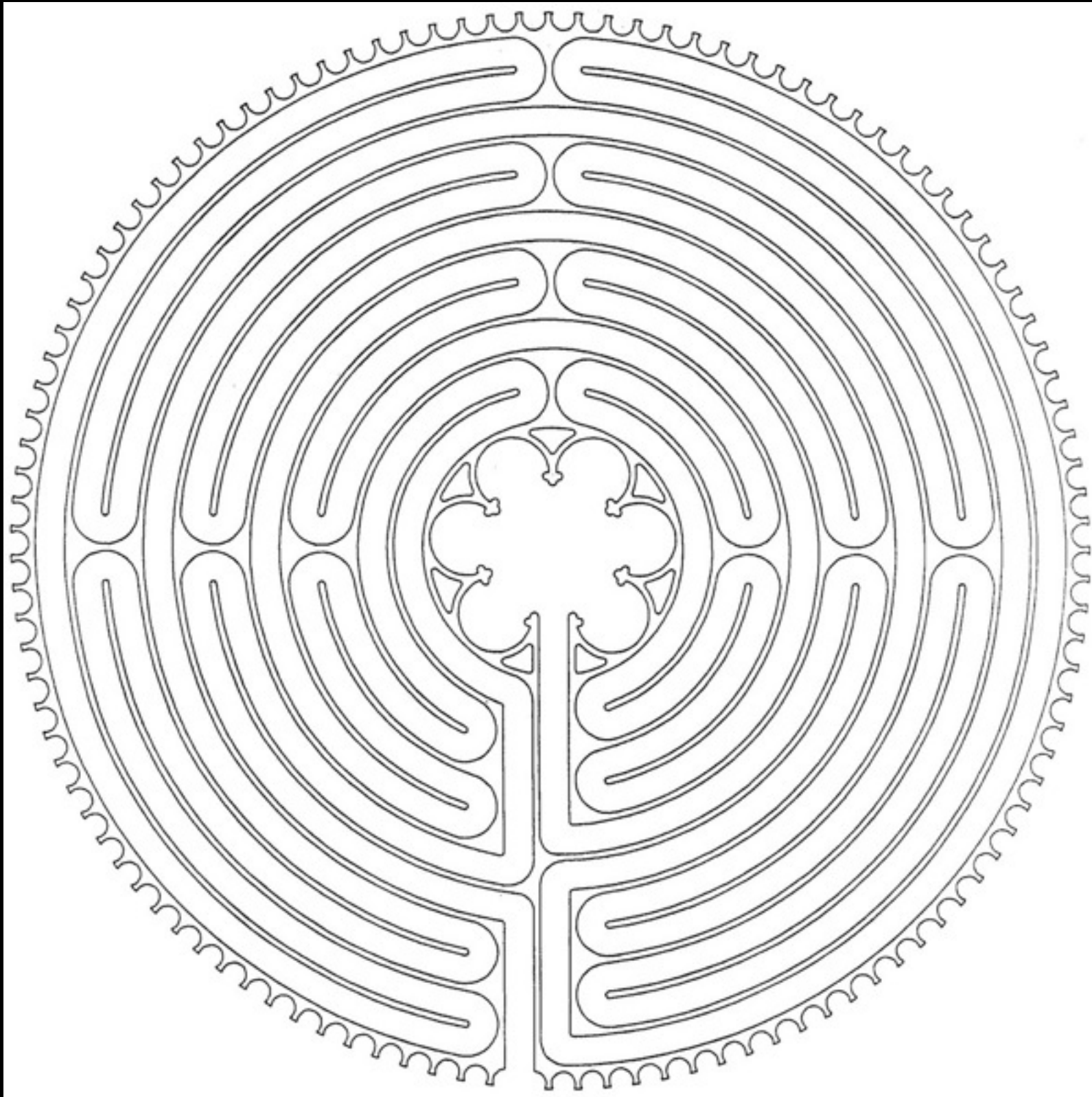


The blessing of the hands: Hand Meditation



Martha Erickson. Rediscovering the Gift of Finger Labyrinths.
Lakeville: MN: self-published, 2012

You can pray the labyrinth with your feet, eyes or finger.



Why use finger labyrinths?

1. Some people can't walk:
Initially created for the blind, also in wheelchairs
2. There may not be a full-scale labyrinth available for walking
3. A person might have a limited time to pray.
4. A way for two people to pray together while talking about difficult subjects.
(Friendship or counseling)



Double Finger Labyrinths Used By One Person



<http://www.relax4life.com/finger-labyrinths9-2.html>

Double Finger Labyrinths To Be Used by Two People

The process of using the Intuipath® as a 2-person communication enhancer follows. One person sits (face to face) across from the other so that half of the Intuipath® rests on one person's knees and half on his partner's knees. They must be seated close enough to one another to allow for easy and total arms-length access to their portion of the board without any strain.

With two people seated together in this manner, they both take several, slow deep breaths, and afterwards, begin the fingerwalk to the center at whatever pace each person feels comfortable with. During the journey, each person can feel free to say out loud any thoughts that come to her or feelings he experiences. Each person may choose to facilitate this dialogue by asking each other open-ended questions (questions that help deepen the interaction because they require more than a “yes” or “no” answer) that help each person delve deeper into their own sense of each other. Each person may choose to talk and reflect in this manner or remain quiet.

It also becomes clear as the fingerwalk continues, that out of the relaxation that occurs with both individuals, that the communication between them has deepened and become more equal (“I’m ok, you’re ok”) rather than hierarchical (“I’m ok, your getting there”). Each person feels more comfortable and intuitively “tuned in” or “linked” to one another (mentally and emotionally) as a result of the relaxation afforded by the Intuipath®.



<http://www.relax4life.com>
article on Friends and Counseling Process



Suggestions for Using Wooden Finger Labyrinths



1. Close your eyes and follow the path without looking.
2. Use a finger on your non-dominant hand to follow the path.
3. Use different fingers to follow the path.

iPause App for your smart phone or tablet

iPause



This App provides six beautiful labyrinth designs. A green glass marble traces your path through the labyrinth. This ball can move on its own, or perhaps you would prefer to slide it along its path using your touch. Listen to soothing music while you allow yourself a few minutes of peaceful meditation or prayer.

Thanks to ["Labyrinthos.net"](http://Labyrinthos.net) for these beautiful labyrinth designs.

Plexiglass finger labyrinth photo of Chartres Labyrinth by Alain Kilar DR Congo



Finger
Labyrinth for
the visually and
physically
challenged.

Outside
Baltimore,
Maryland
(USA)





heart shaped 7 circuit labyrinth produced by ispiritual.com

Praying with a labyrinth photo



Finger Labyrinth Experience: Moving Between Two Lines



7 circuit/8 circle "Cretan" labyrinth design

Finger Labyrinth Pathways-Following the “Thread”



7 circuit/8 circle “Cretan” labyrinth pathway
From: www.4inspiration.co.uk

Wooden Finger Labyrinths



Preparation

Pause before the threshold of a labyrinth to prepare yourself for the journey ahead.



prelude...
concentration...
intention...
symbolic
gesture...

Wooden lap labyrinth designed for the visually challenged

Beginning: Crossing the Threshold

Enter the labyrinth. Follow the path, moving from the threshold to the center.



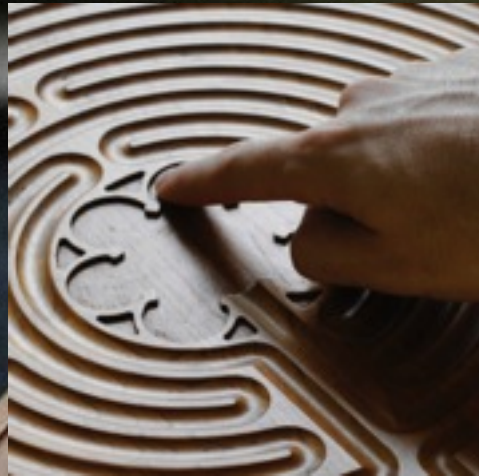
If you were to trust the path you are on,
especially when you wonder, “Am I lost?”,
what would you discover?

Turning (rounding the 28 semi-circular turns)
Pay attention to the ways in which not only your body,
but also your thoughts and emotions shift.



Experiencing the Center (Heart of the Labyrinth)

Pause when you reach the center of the labyrinth. Stay as long as you would like. There is no need to hurry away!



Wait with God.
Receive whatever
is being offered.
Listen.
Practice sabbath.

Returning

When you are ready, leave the center and follow the path back towards the threshold (exit/entrance).



Leaving
Before crossing the threshold stop. Prepare yourself to leave.



You may wish to express thanks
for whatever has happened.

Finger Labyrinth Experiences

Finger Labyrinth Experiences

1. Pray for self on the way to the center. Rest in the center. Pray for others on the way out.
2. Use two labyrinths--one with each hand--and pray about something important to you.
3. Use the same pattern as others and talk together/pray together as you move your fingers on the labyrinth.
4. Fasting/Feasting. Choose one from the list in your reading packet, and fast on the way to the center and feast on the way back.
5. Use a finger on your non-dominant hand to follow the path.
6. Use different fingers to follow the path.

1. Before you begin, decide what you are going to pray for.

2. Place your finger near the entrance of the labyrinth. Prepare yourself.

3. Cross the threshold. Enter. Follow the path with any finger. Pray as you move towards the center.

4. As your finger rests in the center, rest in God's presence.

5. When you are ready, move your finger out of the center and back along the path towards the threshold (exit/entrance).

6. When you get close to the threshold, pause. Thank God for what you have experienced.

7. Take time to reflect on your labyrinth prayer experience.



Walking the Labyrinth by Hand

Use your finger or a pen to follow the pathway from the entrance in to the center and back out.

Finger Labyrinth Experience



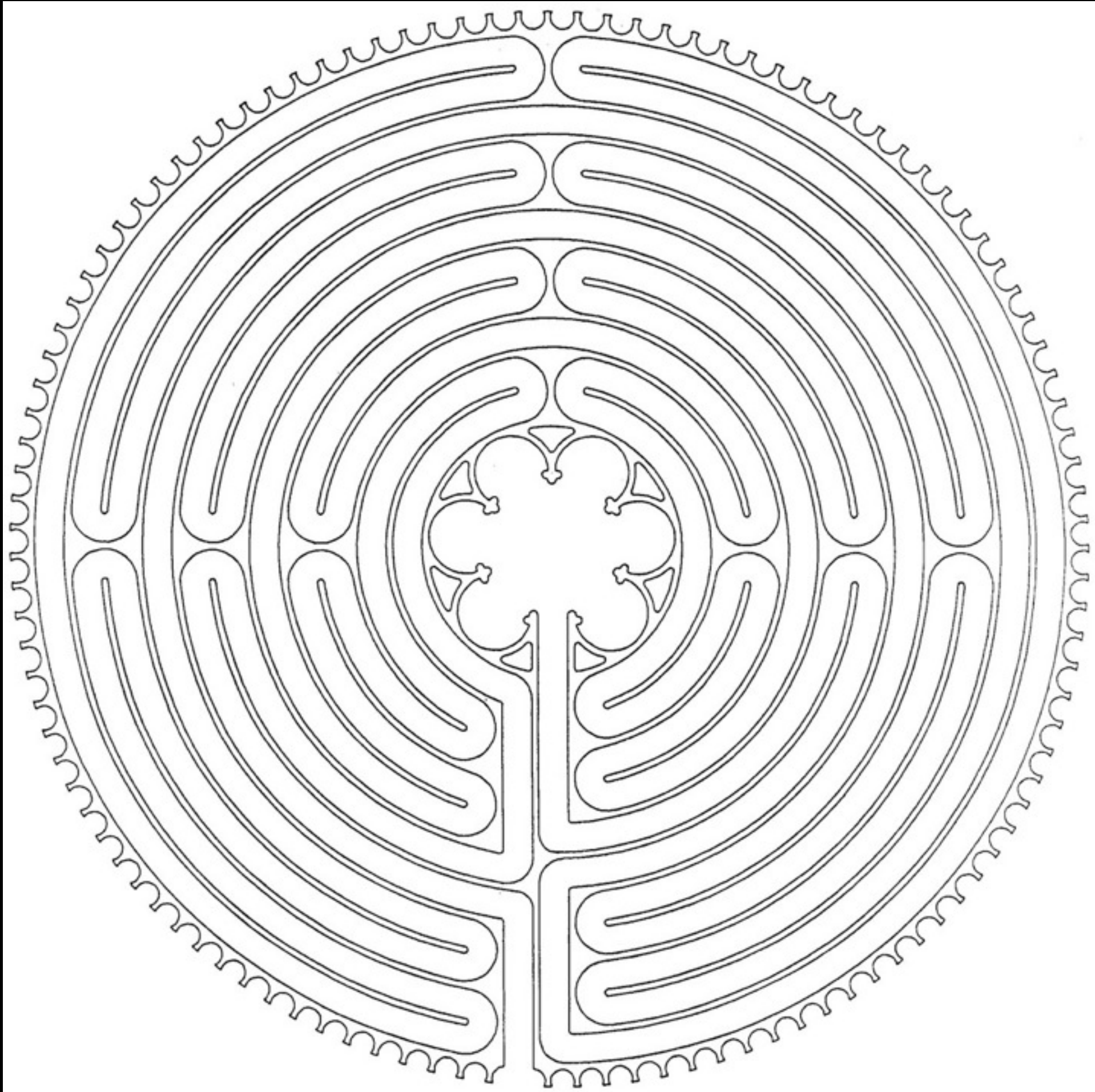
7 circuit/8 circle "Cretan" labyrinth shaped like a heart

Use your labyrinth prayer journal
to reflect on your labyrinth experience.

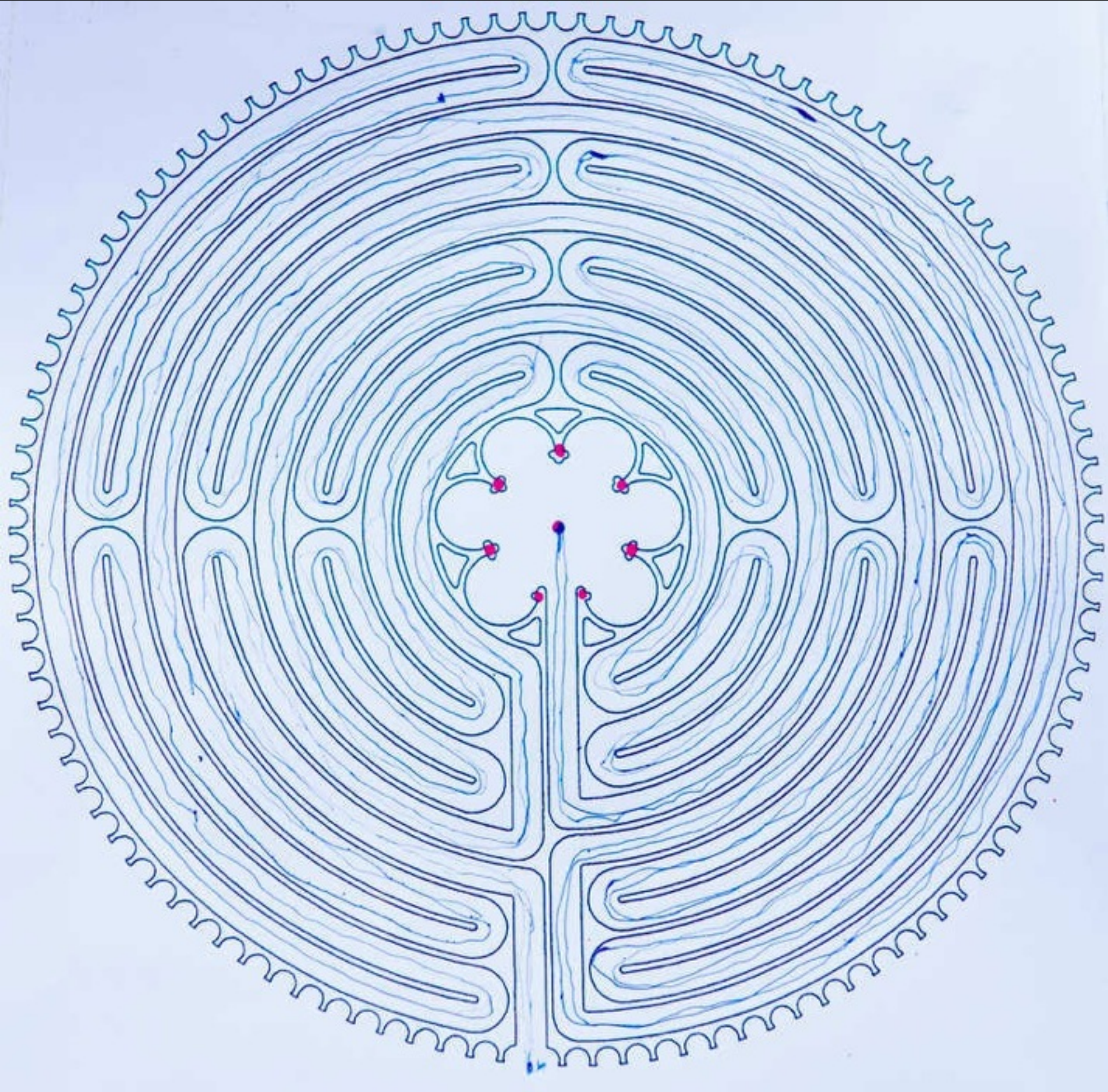


Image painted by Lea Goode-Harris

My feelings before my finger labyrinth prayer...

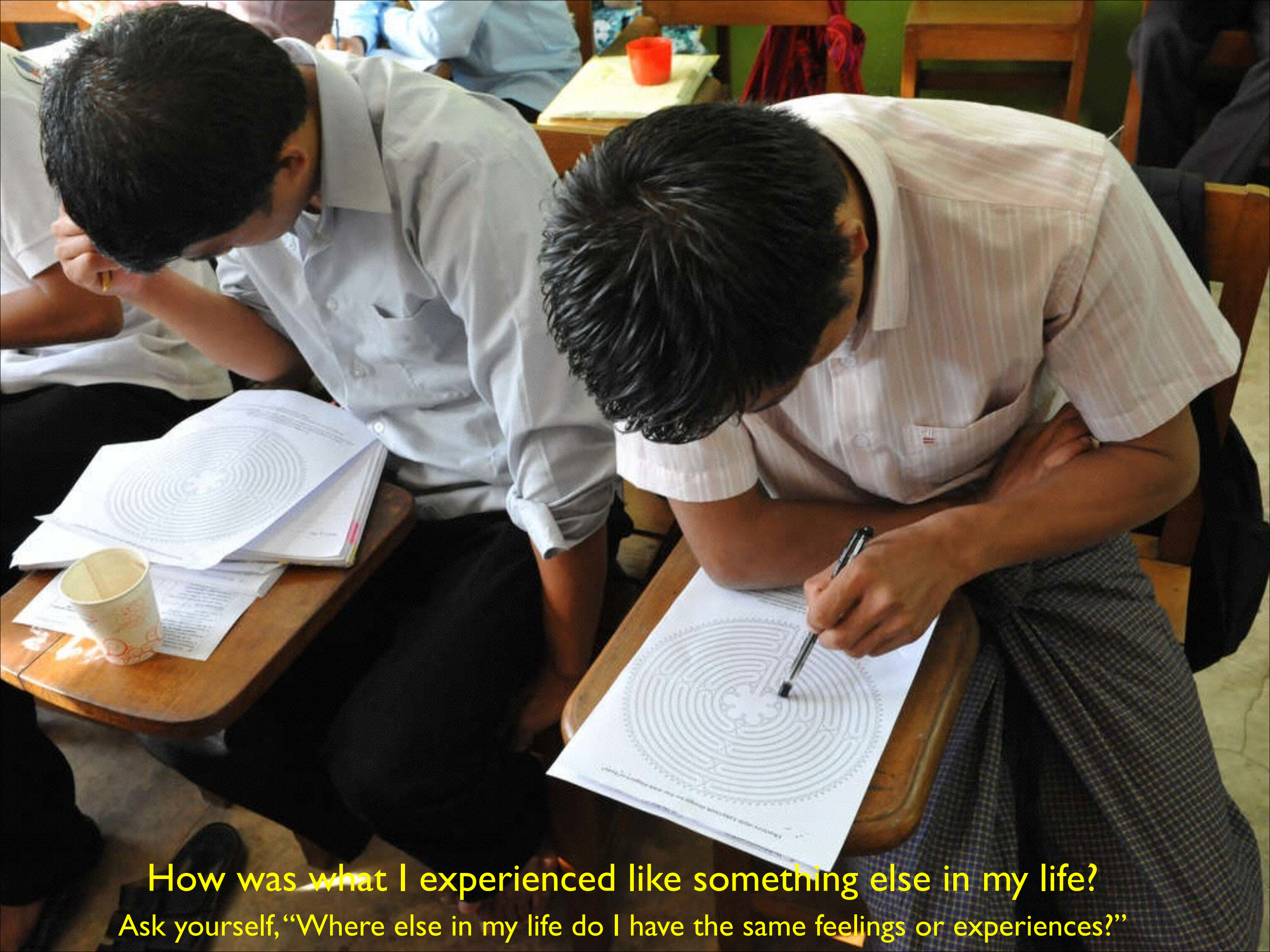


My feelings after my finger labyrinth prayer...



What did
you
experience?



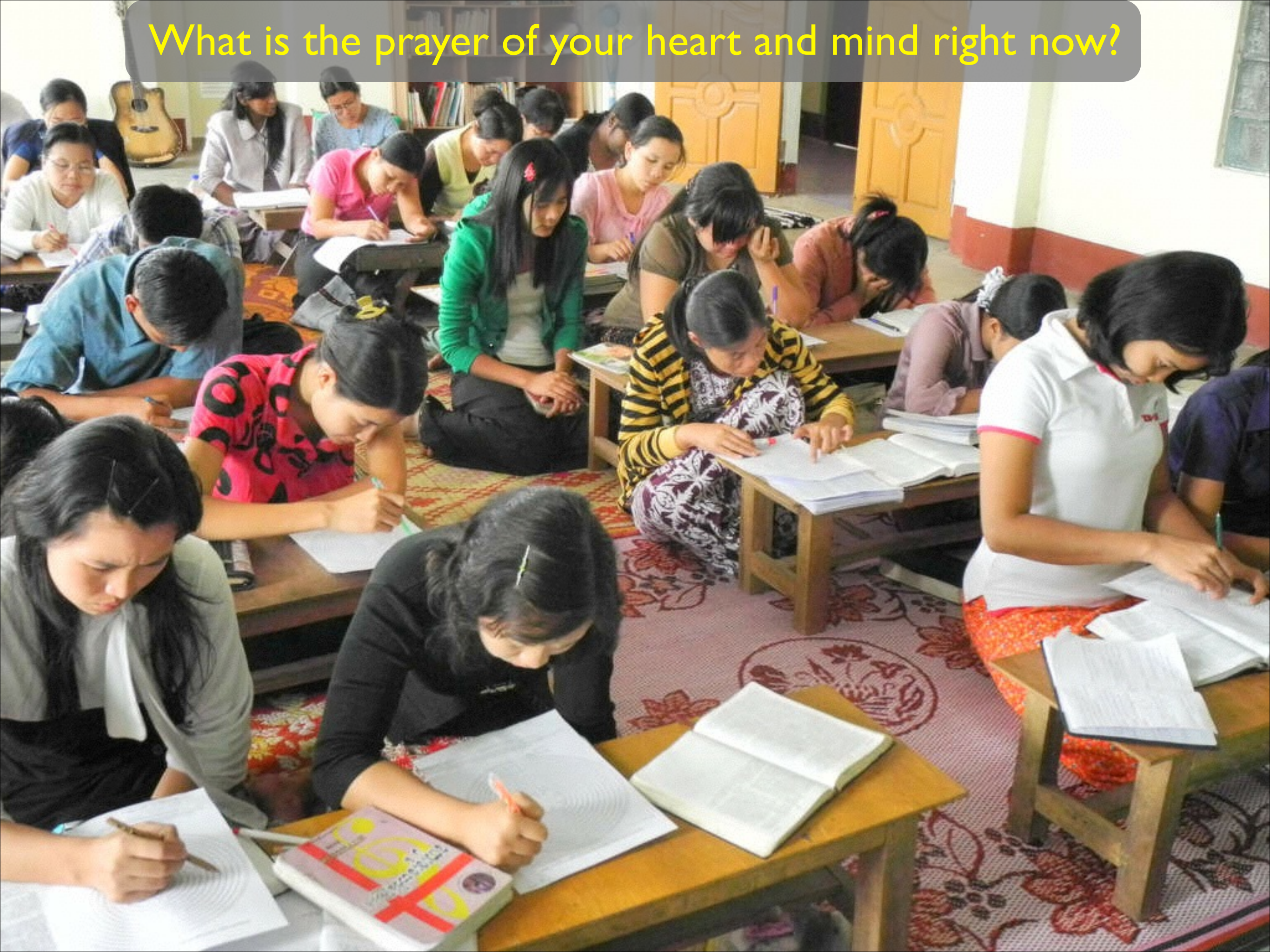


How was what I experienced like something else in my life?
Ask yourself, "Where else in my life do I have the same feelings or experiences?"

What do you want to remember about your labyrinth prayer?



What is the prayer of your heart and mind right now?



Prayer of Dedication

Lord, I will trust you,
help me to journey beyond the familiar
and into the unknown.

Give me the faith to leave old ways
and break fresh ground with You.

Christ of the mysteries, can I trust You
to be stronger than each storm in me?

Do I still yearn for Your glory
to lighten on me?

I will show others the care
You've given me.

I determine amidst all uncertainty
always to trust.

I choose to live beyond regret,
and let You recreate my life.

I believe You will make a way for me
and provide for me,
if only I trust You
and obey.



I will trust in the darkness and know
that my times are still in Your hand.

I will believe You for my future,
chapter by chapter,
until all the story is written.

Focus my mind and my heart upon You,
my attention always on You without
alteration.

Strengthen me with Your blessings
and appoint to me the task.

Teach me to live with eternity in view.

Tune my spirit to the music of heaven.

Feed me,
and, somehow,
make my obedience count for You.

Brendan, in Celtic Daily Prayers from the
Northumbria Community Harper 2002.

Ministry website www.fhlglobal.org

Labyrinth resources by jill www.jillgeoffrion.com

Journey blog by jill www.jillgeoffrion.wordpress.com

Photo Travel blog by jill www.throughjillseyes.wordpress.com

