

# Tips for using Finger Labyrinths

By Lars Howlett / DiscoverLabyrinths.com

Video tutorial: <https://youtu.be/XQYNfggtBbA>

**Draw, Print, Purchase, or Create a Finger Labyrinth to Follow the Path by Hand**  
**Typical materials include wood, plastic, metal, paper (sometimes laminated), clay, etc.**  
**Below are some suggestions for a personal practice, but everything is optional!**

- **Create Ambience (ie. candle, sacred objects, music, plant, incense, etc.)**
- **Set an Intention, Ask a Question, Use a Mantra, or ‘Experience your Experience’**
- **Trace the Circumference (clockwise to begin, counterclockwise to close)**
- **Be Aware of your Breath (one third inhale, two thirds exhale around circle)**
- **Use Non-Dominant Hand to Trace Path**
- **Use a Soft Gaze and a Light Touch**
- **Take it Slow, Pause in the Center, Return to your Breath, Intention, Question**
- **Switch Fingers, Hands or Close your Eyes for a different experience**
- **Retrace the Path Back out**
- **Trace the Circumference Again (clockwise to deepen, counter to wind down)**
- **Perhaps begin a second finger walk to lengthen the experience or go deeper**
- **Practice Non-Judgement, use what happens as a metaphor**
- **Try different designs, materials, sizes to see what works best**
- **Use a stylus if the path is too narrow to follow with a finger**
- **Do what resonates with you. Create your own practice and ritual.**