

Finger Labyrinth for Children

A labyrinth looks like a maze but is not.

A *maze* is like a puzzle to be solved. It has twists and turns and dead ends. You have to think and think and be alert for any clues you may find. A maze can be frustrating because you can get lost in a maze.

But, a *labyrinth* has no dead ends. There is only one path, and while it does have twists and turns, you can't get lost. The same path takes you into the labyrinth and out again. With a labyrinth you don't have to think, or analyze, or solve a problem. With a labyrinth you just trust that the path will lead you to where you need to be.

People from many religious traditions walk labyrinths to meditate. Some labyrinths are large and complex and take hours to walk. Some are made of stone walls. Some are made of flowers or hedges. Some are sketched on the ground or made of tile. Some are small.

Here is your own, personal labyrinth you can "walk" with a finger. You may want to trace the path in a slow, deliberate, relaxing way. You might journey back and forth to the center of the labyrinth several times. You could try it with the hand you do not usually use to write or throw, for more of a challenge in concentrating.



Meditation is a kind of prayer. You can do a silent meditation using a finger labyrinth.

If you wish, focus your meditation on thanks or hope or love. Or, allow your mind to find its own focus for your meditation.

What was it like to use the finger labyrinth? What feelings did you notice while you were using the labyrinth? What did you feel? How easy or hard was it to be silent? How was the labyrinth like a maze? Unlike a maze? Did you think about your gratitude for something, a regret you have, or a hope? Did you think about who you are inside? Were you thinking in words, in pictures, or in another kind of thought? Did other ideas pop into your head while you were using the labyrinth?



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