

# Other Ways You Might Use A Labyrinth

***"There is no "right" or "wrong" way to walk a labyrinth."*** – Lauren Artess, *Walking a Sacred Path*

**Freestyle** – Come and walk however you want and take away whatever you get!

**Journey of life** – Allow your walk to symbolize your own journey in life and how the journey in the labyrinth is similar to the journey of life.

**In times of transition** – During times in life that accompanies change, use the winding path of the labyrinth to help you focus and reflect on the changes that come with transition.

**Palms down, palms up, palms together** – When entering, turn palms down to symbolize releasing. When in the center, turn palms up to receive. When exiting, place palms together to symbolize gratitude.

**Connecting** – Start out by placing symbolic object in the center of the labyrinth and then go to the beginning. As you then start your journey, allow your mind to focus on the object as you draw nearer, and ultimately arriving at the center, where you symbolically join.

**Finger Labyrinth** – If access to a physical labyrinth is not available, try using a finger labyrinth. Simply trace the path of the labyrinth very slowly, and like with a physical labyrinth, you may use a finger labyrinth in any number of ways (free style, transition, joys and sorrow, need for peace and serenity, etc).



***"The labyrinth has only one path so there are no tricks to it and no dead ends. The path winds throughout and becomes a mirror for where we are in our lives. It touches our sorrows and releases our joys. Walk it with an open mind and an open heart."*** – Lauren Artess, *Walking a Sacred Path*

