



Desktop Finger Labyrinth

Keep this Labyrinth on a desk. When feeling stressed and relaxing sounds good, use a finger to trace the path into the center (of oneself) and then back out to the entrance (to the world we live). Go at a pace that works in each movement; the path may be followed at a faster pace, or it could be slow moving, or even stopping at some point and taking deep breaths to let go. The desire of this spiraling path of the Labyrinth is to allow in calmness and more smiles.