

# Finding Peace and Possibilities With the Paper Finger Labyrinth

Diana Ng, aka The Labyrinth Lady

[www.labyrinthlady.ca](http://www.labyrinthlady.ca)

1-604-765-7493



Please join me on social media:

[www.facebook.com/vancouverlabyrinth](https://www.facebook.com/vancouverlabyrinth)

[https://twitter.com/diana\\_ng](https://twitter.com/diana_ng)

<http://www.linkedin.com/in/ngdiana>

<https://plus.google.com/+DianaNglabyrinth>

<http://www.pinterest.com/vanlabyrinth>

<http://instagram.com/vancouverlabyrinth>

<https://www.youtube.com/channel/UCXvM5jbQzJ79reUa-lej7Ew>

diana@labyrinthlady.ca - 1-604-765-7493 - [www.labyrinthlady.ca](http://www.labyrinthlady.ca)

Copyright © 2014 Diana Ng.

Copyright © 2014 Diana Ng.

All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or in any means – by electronic, mechanical, photocopying, recording or otherwise – without prior written permission.

dba Minerva innovations Consultancy [www.minerva-innovations.ca](http://www.minerva-innovations.ca)

diana@labyrinthlady.ca - 1-604-765-7493 - [www.labyrinthlady.ca](http://www.labyrinthlady.ca)

Copyright © 2014 Diana Ng.

Hello.

Welcome to our community of labyrinth journeyers.

As you may know, labyrinths are pathways for walking meditation. It is suggested to walk on a ground or floor labyrinth to reap its many health and spiritual benefits for finding serenity, deepening focus, and intensifying creativity.

However, if you do not have a ground or floor labyrinth nearby, you may use a wooden finger labyrinth like the ones displayed on my website. For more details, please visit:

<http://labyrinthlady.ca/product/12-wood-finger-labyrinth/>

If a wooden finger labyrinth is not available, another alternative is to utilize a labyrinth drawn on paper like the one shown below.



You can move the tip of your finger or pencil along the path of the paper labyrinth. This has helped people to quiet their minds, solve problems, and invoke creativity.

Many people in different situations have used labyrinths to meditate. For instance, Suzie, a client, who is a working mother with two young children, meditates with her wooden finger labyrinth three times a day to help her stay focused and sane in a very hectic schedule. She meditates as soon as she wakes up in the morning to set intentions for the day. When she arrives home from work, she does this again to help her switch roles from employee to mom. Before she goes to bed, she repeats the process to help her shed the day's angst and quiet the constant mind chatter. This has helped her to sleep better at night.

Suzie enjoys her wooden finger labyrinth so much that she even takes it on vacation with her. She claims the labyrinth is now her religion, as it helps her to make choices of higher self. This helps her to remain resilient in times of physical and emotional challenges.

Suzie prominently displays the 12-1/2 inches diameter, beautiful wood grain finger labyrinth on her credenza. Other staff members come by to just look at this artistic piece. Sometimes, they trace its grooves with their fingers, circling back and forth, playing, and losing track of time. Suzie shares that her wooden finger labyrinth invites warmth. She finds tranquility just by looking at it, like triggering the state of peace. This has assisted her to be more focused, productive, and calm in her workplace.

Here are some suggestions to assist you in getting the most from this paper labyrinth experience:

1. Find a place, where you can sit quietly alone. You may wish to choose a spot under a tree, an empty room, or a quiet corner.
2. Play relaxing music, or, you may choose to light a candle. Sometimes this helps to turn our attention inwards.
3. Be comfortable. Sit upright with proper support for your back.
4. Place your finger on the mouth or entrance of your labyrinth.
5. Some people prefer to partially shut their eyes.
6. Take three deep breaths. Inhale and exhale slowly and fully. This is to invite presence.
7. Slowly move your finger along the grooves. (I have observed people, who really enjoy this activity to barely move their finger prolonging the entire experience. Some individuals find that lifting their finger from the labyrinth disturbs the meditation process.)
8. When you get to the centre, leave your finger there for as long as you like, just as you would when you walk into the centre of a ground labyrinth. (When you are ready, leave the centre following the groove, symbolically returning to the outside world with what you have gained.)
9. Again, move your finger slowly at the pace that is comfortable to you.

10. When I am at the end of the grooves, I usually say "thank you" to complete this activity.
11. You may do another labyrinth *walk* with your finger until you have had enough.  
Sometimes, I do this when I feel unsettled.
12. If you have time, following your walk, journal alone in silence without self-censorship for best results. You may be pleasantly surprised to discover gems, wisdom, or insights in your writing.
13. Observe and reflect on your writing. What has come up for you? Does your writing inform you of what is happening in your life? What did you receive? An insight or inspiration? Do you need to make any changes to your circumstance?
14. A daily practice is best; however, some find this too difficult. If so, commit to a schedule for this process on a consistent basis.

I am proud to share with you that my book on the health and spiritual benefits of walking labyrinths will be published in September 2014. Stay tuned!

In peace.

Diana Ng

Order a wooden finger labyrinth today and save \$10!



diana@labyrinthlady.ca • 1-604-765-7493  
[www.labyrinthlady.ca](http://www.labyrinthlady.ca)