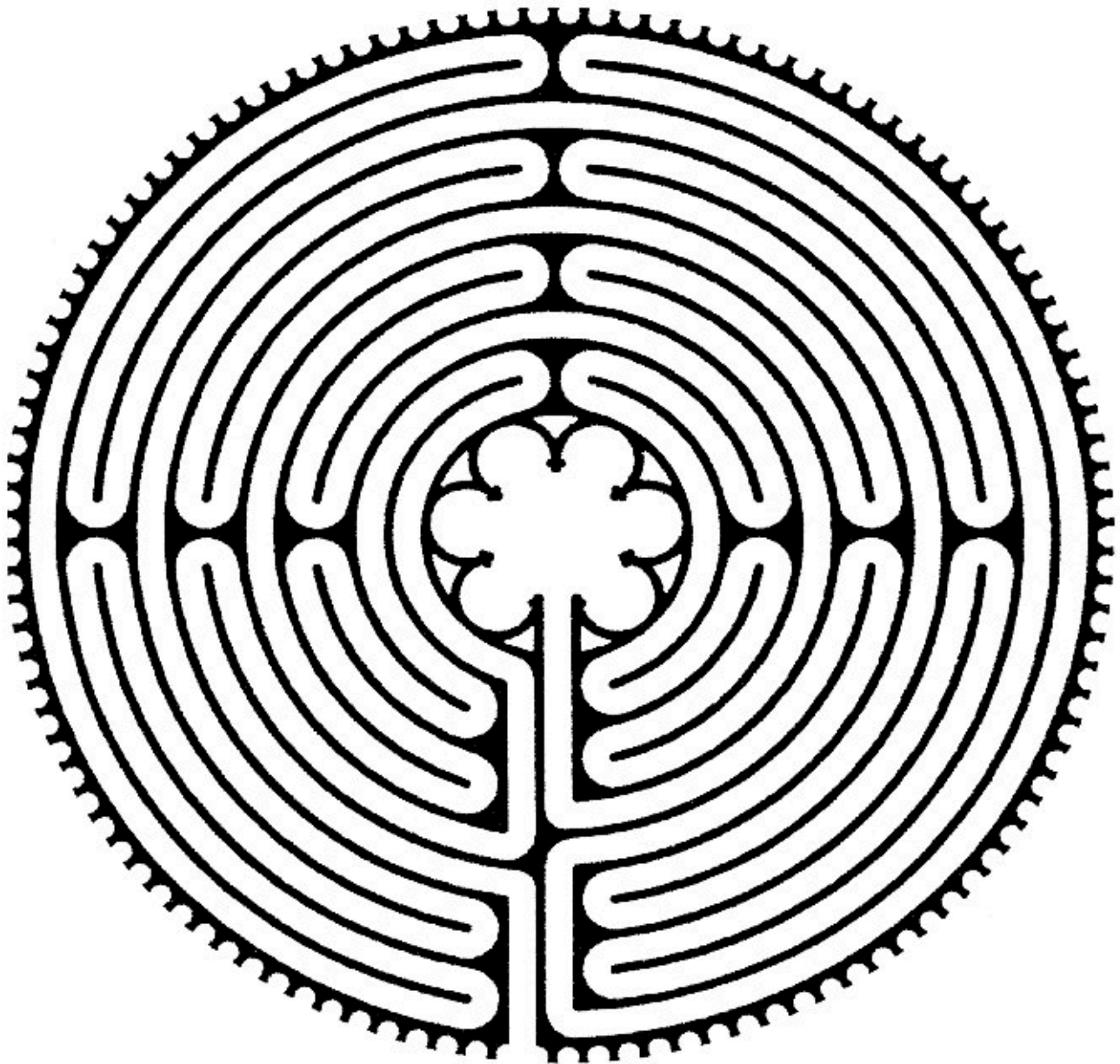


Chartres Finger Labyrinth



A finger labyrinth is a labyrinth design that is cut into wood, or in this case, drawn flat on paper. A finger labyrinth functions in much the same way as a walking labyrinth, except that the user traces the path to the center of the design using a "walking" finger rather than the feet. For many, this combination of movement (tracing the path with the finger) with introspection, is a more relaxing way to meditate or pray. For those of us whose meditation or devotion practice seems to ebb and flow from week to week, the finger labyrinth provides a wonderful opportunity to bring movement to the experience of these activities. The advantages of using a finger labyrinth are that they are portable, and (where paths are inlaid into the material), the "walking" finger can follow the "grooves" with the eyes closed. This enhances the introspective nature of the "journey" to the center.