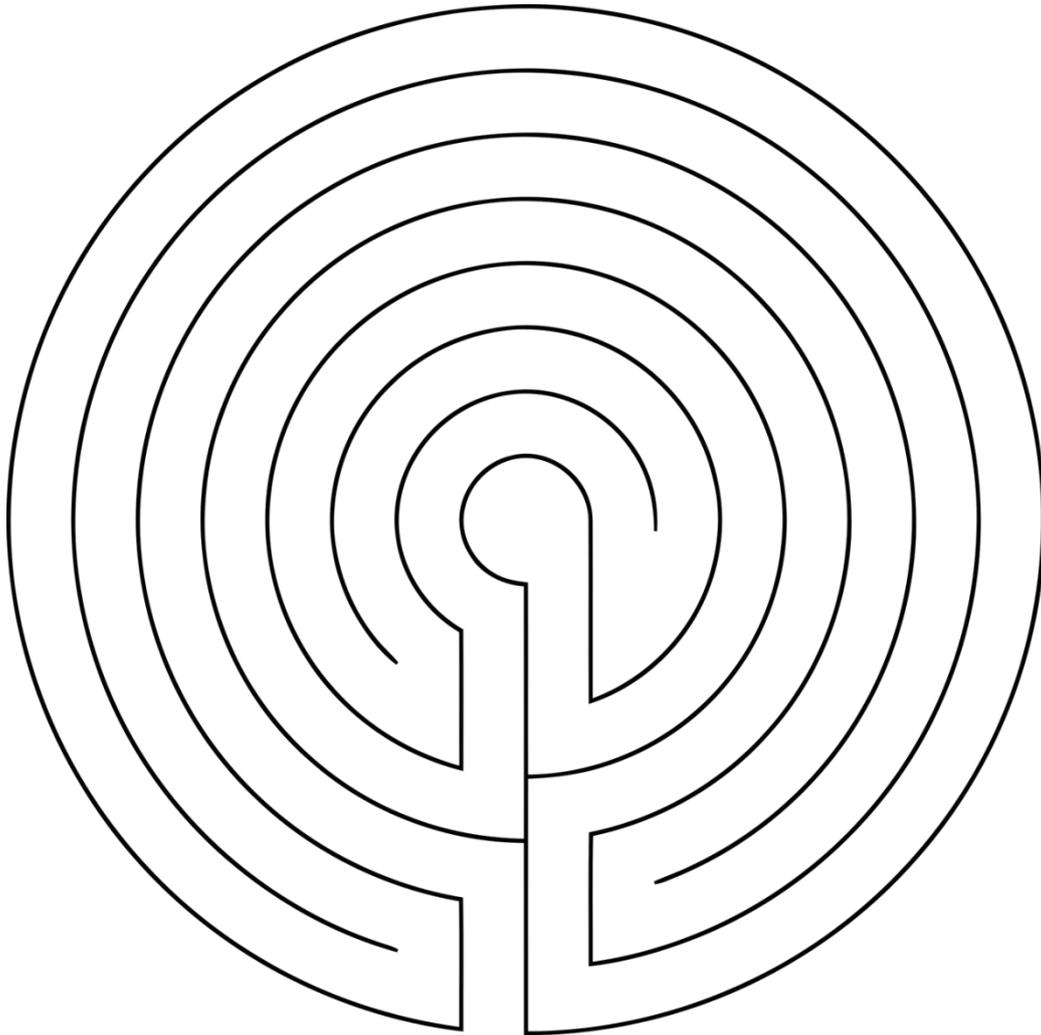


Pilgrim
Pathways
Finger Labyrinth



Steps:

1. Sit still for a moment, take a big breath to help you relax.
2. **Take either a pen or pencil, or your finger to work your way through the labyrinth.**
3. Slowly trace the path. Just as you might walk a labyrinth, take the tracing at your own pace.
4. **Once you reach the centre, be still for a moment. Take a moment to think about the world around you and what journeys you have been on.**
5. Next, make your way out of the labyrinth with your finger, pen or pencil. Don't rush this bit - do it slowly.
6. **When you have finished, think about how you are feeling and any thoughts that came up for you throughout the finger labyrinth.**