

Finger Meditation Labyrinth



Start/End

Please take a look at the guidelines for use on the reverse side.

A finger labyrinth is a portable version of a full sized one you would walk, providing similar benefits and added convenience. Trace the path to the center and back out again, using your finger and these guidelines:

Reflect: *Prior to tracing the labyrinth, think about for what you are grateful and any questions or problems that you wish to receive guidance*

Release: *As you trace the path to the center, let go of any unwanted thoughts, feelings, attitudes, etc. that no longer serve you.*

Receive: *Once in the center, meditate/pray/be silent as you connect with your Source Energy and receive the guidance you seek.*

Return: *When ready, trace the path out of the labyrinth. You may feel a sense of renewal.*

Remember: *Take a moment to reflect on your experience. All of the benefits may not unfold to you immediately. Continue to be mindful as your answers may come with time.*



The MUSC Office of Health Promotion has developed the labyrinth to give individuals a place to contemplate, relax and find peace. It complements the Urban Farm and Fitness Park along with other elements of the Greenberg Greenway as an example of MUSC's commitment to its mission: providing healthy options and innovative programs that contribute to a higher quality of life, healthier environment, and overall wellness for all who visit the campus. Collectively these projects are helping to build a healthier community as part of the Imagine MUSC 2020 initiative.