

FINGER LABYRINTH

TRACE LABYRINTH WITH YOUR FINGER SLOWLY AS YOU MEDITATE ON AN ISSUE IMPORTANT TO YOU AT THIS MOMENT.

ON THE INWARD PATH EXPLORE EACH ASPECT OF THE ISSUE OR QUESTION ACCORDING TO THE COLOR CODED LEVELS ON RIGHT.

SIT WITH YOUR ISSUE IN THE MIDDLE FOR A FEW MOMENTS.

WITH WHATEVER RESPONSE COMES TO YOU, AS YOU TRACE THE LABYRINTH OUTWARD, TEST THE RESPONSE WITH EACH ASPECT OF THE COLOR CODED LEVELS ON THE RIGHT. PAUSE AS YOU LEAVE THE LABYRINTH, DECIDE IF YOU HAVE YOUR ANSWER OR NEED ANOTHER TRIP.



 THINK - INTUITION

what I think about this is...

 FEEL - EMOTION


what I feel about this is...

 PHYSICAL
ROOT
REALITIES

what is real about this is...

 PERSONAL
SPIRITUALITY

what my values say is...

 INVOKE
SOURCE OF
PERSONAL
POWER

speak to me about this...

 VISION OF
IDEAL

what I envision ideally is...

 REHEARSE
& GUAGE
ACTION

what I can do about this is...