

How to use and care for your Active Sage Finger Labyrinth

Use your Active Sage Finger Labyrinth, to “walk” a labyrinth anytime you feel the need to be calm, to meditate, or to focus on a particular problem or life challenge.

- Before you begin, take several deep breaths to relax and centre yourself. Think about what your intention is, or simply begin tracing the path with your finger, without any expectation.
- Trace the pathway of the labyrinth slowly as you offer or release your intention to the labyrinth, breathing gently, eyes softly focused. Using the index or middle finger of your non-dominant hand is recommended. Do what feels natural and right for you.
- Continue on to the centre of the labyrinth. Pause there for a time, aware of your breathing, notice how you are feeling, be receptive to sensations or thoughts that may come.
- When you are ready, slowly return on the same path back to the beginning. Breathe deeply and take a moment to reflect on your experience, feelings and emotions.

Please keep your Active Sage labyrinth out of the full sun to avoid warping the wood. All of our labyrinths have been treated with a natural beeswax / lanolin product to enhance the grain and to provide protection. They may benefit from the application of a natural oil such as coconut from time to time.

Please contact us via email at anne@activesage.co.nz if you have any questions about labyrinths, events, would like to join our mailing list or to purchase another Active Sage Finger Labyrinth.



Active Sage®



walkthelabyrinth