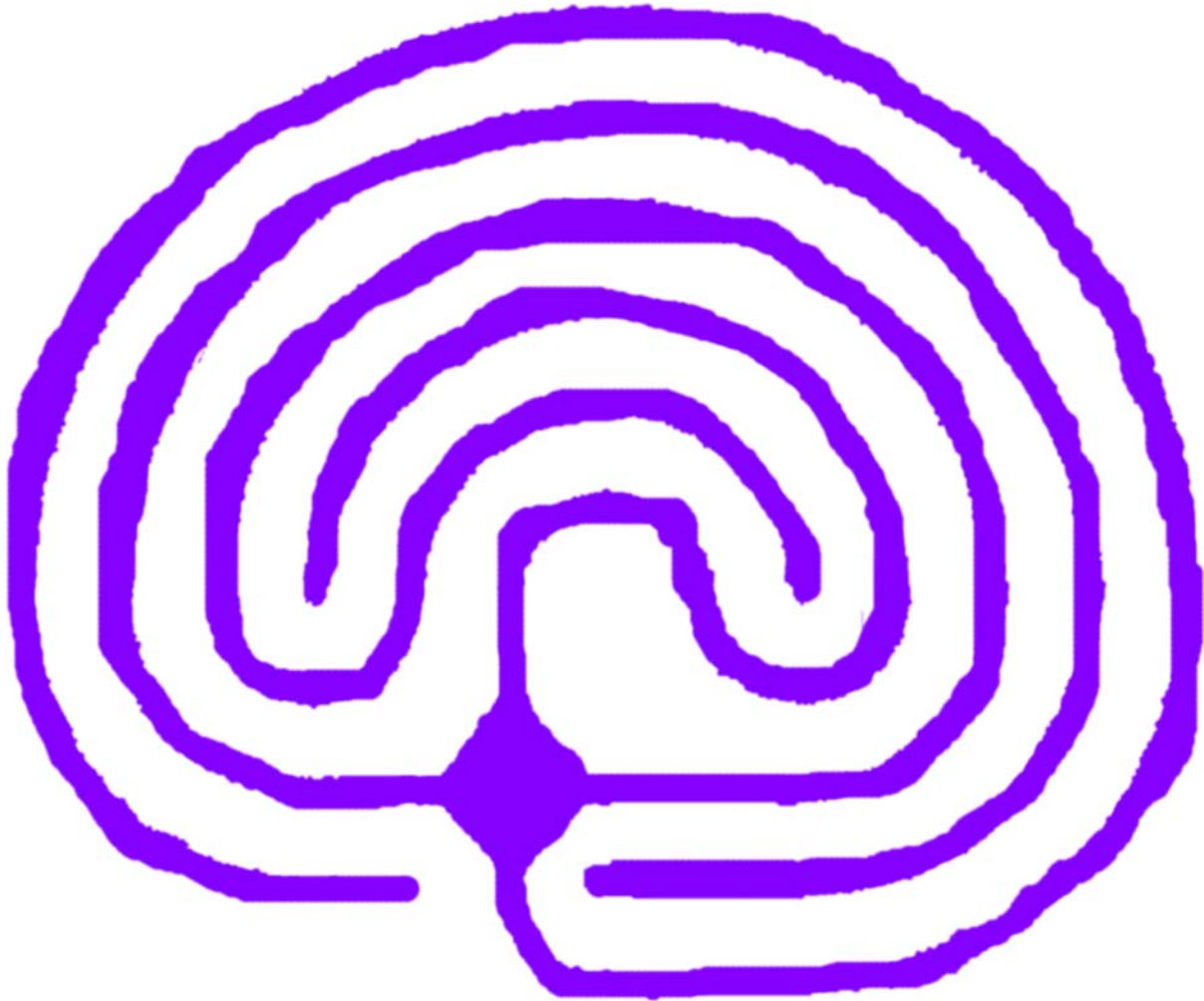


Reiki Finger Labyrinth



This is a 5-circuit labyrinth. Each time you change directions by 180 degrees, you enter a new circuit or path. Trace the paths of the labyrinth with your finger. Each time you enter a new circuit (including when you first enter the labyrinth) say one of the Reiki Ideals to yourself.

- 1) Just for today, do not anger
- 2) Do not worry
- 3) Be filled with gratitude
- 4) Devote yourself to your work.
- 4) Be kind to others.

Pause in the center and take a few deep breaths. Take a moment to activate Reiki by drawing the power symbol in the center of the labyrinth. Follow the path outwards again with your finger, focusing on one ideal for each circuit of the labyrinth.

This can also be used to empower goals. As you follow the path inward, let your mind focus in on your intention. When you reach the center, activate Reiki (include the mental emotional symbol and the long distance symbol). As you follow the path out of the labyrinth, allow Reiki to expand throughout your intention & life. As always, be creative and let Reiki guide you!

For more information on: labyrinths, go to labyrinthsociety.org, Reiki Ideals, go to Reiki.org