

Peace be with You for World Labyrinth Day Finger (or Leg) Labyrinth Walk.

I extend an invitation to labyrinth walkers to dedicate your Peaceful World labyrinth Day finger walk, to your hands.

Our hands play a major role in our daily life whether its helping us eat and drink, offer care, offering love that only a touch of hand can do or playing a role in our communication, our hands are highly utilised and valued (if not taken for granted occasionally) in our daily expression .

Currently our hands are in focus for another reasons, they have become highlighted because of their role in the pandemic we are all consumed with in our world. Our hands can harbour the virus and have become restricted in the manner they offer care and compassion during these times.

Therefore, I would like to dedicate the finger walk to bring some balance or peace to the way we focus on our hands

Take some time before or during your walk to acknowledge how they keep you safe, give joy, nurture you, the boundless creativity they allow us to express, their symbolic spiritual salutations and the numerous other ways they sustain us. Ensure you mindfully at some stage during the walk allow either with your breath or the silence to hear what peace offerings your hands might be conveying to you.

After your walk you might like to symbolise your experienced by drawing, dancing, singing or simply conversing with your amazing hands more often in a kind caring manner.

