

Finger labyrinths

Finger labyrinths can be purchased, handmade as a craft activity, drawn with a variety of media, constructed from a host of materials or simply made from a downloadable template and laminated. They offer a tactile, individual experience of “walking” a labyrinth. Benefits include calming, quieting, focusing and balancing (especially the Intuipath). Problem solving is another use for finger labyrinths, where two individuals use it to work through a set process.



This [Labyrinths Matter Newsletter](#) from the Australian Labyrinth Network is dedicated to finger labyrinths. You will find a wealth of material relating to finger labyrinths, their use and their benefits:

- *Intuipath @ Finger Labyrinth and Brain Synchrony*, an interview with Neal Harris who has pioneered the use of labyrinths in therapeutic settings
- Videos about finger labyrinths and the power of music
- *A Lifetime of Labyrinth Experience*, an interview with Lisa Gidlow Moriarty “A benefit of hand labyrinths is the ability to use two side-by-side. One with each hand can offer a wonderful, brain-balancing experience not available by walking a single path.”
- *Little Miracle on the Path*, a story from Lorraine Rodda



- Kids' Intuipath ® Corner, Neal Harris-Relax4Life. Research including a 4 year study of ADHD
- Finger labyrinth availability – Marketplace

If you are looking for ready-made patterns suitable for finger walking, then [Walking and Using](#) Labyrinths on the Australian Labyrinth Network Resources page will give you lots of options. Check out these:

- Chartres 11 circuit
- Classical 7 circuit
- Coloured paper intuipath
- Ely Cathedral
- Walk for Peace Tree
- Man in the Maze
- Chartres Intuipath
- Cretan intuipath
- Roman
- Simple Chartres Dromenon
- Chartres Finger Labyrinths

