



ART EQUALS

Finger Labyrinth - <https://youtu.be/4--XtwJ1GHo>

The labyrinth is an ancient pattern dating back over 4,000 years. Its uses are as varied as the layouts in which you find them. Two main patterns exist, the maze which contains turns and dead ends meant to confuse the traveler or the meander which has one path leading into the center and one path out. The meander is a popular type of labyrinth used for calming the mind as it engages the body and mind at the same time keeping your focus on the present moment. Some believe that labyrinths were used by people of faith to take a pilgrimage or sacred journey without having to travel far from their homes.

This lesson will teach you about the finger labyrinth which is small enough to keep around the house or take with you when you travel. It uses your finger to walk the path but can be just as calming as walking a full-size labyrinth.

- 12 x 12 canvas board
- Copy of the labyrinth pattern printed to 10X 10 size. You can do this by printing the pattern out on two standard size sheets of paper and taping them together. on two pages and taping
- Thick cord or yarn approx. 5mm or 1/8inch (no larger than ¼ in.)
- Approx. 1 ½ large sheets white tissue paper (this can be recycled from a birthday or holiday)
- Colored Tissue paper (it is best not to use bleeding tissue paper as color can transfer) ¼ sheet of four or more colors that coordinate. This can also be left over from a birthday or holiday and is ok if it is crumpled or ripped.

Other materials:

- Basic school glue 4 oz.
- Scissors
- Glue brush ½ - 1 in. width
- Small container for glue + some water
- Newspaper or plastic to cover your work surface

Prepare your work area

Clear a space on a table or desk and cover to protect your work surface.

Create the labyrinth walls

Begin by gluing the pattern down to the center of the canvas board. Make sure that the pattern is glued down well so that the edges do not peel up or you have air bubbles underneath.

Using the cord or yarn, begin to create the walls on the labyrinth. Glue the cord along the lines of the pattern. You will need to cut the cord where it meets another wall or where it ends to create a turn or opening.

Once all the lines of the pattern are covered with yarn, you are ready to add the first layer of tissue.



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Prepare some glue by pouring a good amount into your container and adding a bit of water to thin it out slightly. It should be able to drip from the brush, but still thick enough to coat it. Using your white tissue paper, tear or cut small pieces, enough to cover your entire board. Spread a little glue onto the section of the board/ labyrinth and stick down a piece of tissue. Add more glue to coat the tissue. Cover your entire labyrinth going over the yarn. You may need to smooth the tissue around the yarn in places to make sure your paths are smooth and clear. When you are done, let this layer dry.

The goal of this first coat is to cover the yarn or cord and make nice strong walls. If there are any places that feel weak, you can reinforce these places with another layer of tissue.

Decorating Your Labyrinth

Using the colored tissue paper decorate your labyrinth with color using the same process as before. You can choose to use all kinds of random colors or make specific color choices or patterns. You may want to think about what colors or patterns help you to feel calm and relaxed.

When you have decorated your labyrinth, let it dry completely.

Before using your labyrinth, run your finger gently along the path to make sure it is clear and smooth. If there are any rough spots, you can sand down small bumps or glue down pieces of tissue that didn't stick completely.

Using Your Labyrinth

Place your labyrinth on a tabletop or in your lap. Make sure you are comfortable. Put your finger at the start of the labyrinth and take several deep slow breaths. Try to focus your thoughts on your finger as you begin to slowly move through the labyrinth. Make sure your arm, shoulder, and body are relaxed allowing your finger to glide slowly and smoothly along the path. Think about what your finger is feeling along the path. You may even want to close your eyes. When you reach the middle of the labyrinth, pause and again, take several deep slow breaths. Relax your hand and finger as you do this. At this point you may want to switch hands to journey out of the labyrinth. Move slowly and smoothly back out of the labyrinth focusing on how the path feels and moves as you progress. When you reach the end of the labyrinth take one or two more deep slow breaths. Take a moment to say thanks for the journey through the labyrinth.

I hope you enjoy using your labyrinth and maybe even share how to make one with others.

You can also check out some of our other creative opportunities at Art Equals website art-equals.org. Please be sure to let us know how you enjoyed this workshop or how we can improve by filling out the online survey at truevoices.org/RLDSurvey

Have fun, be creative, and honor your creations!

Thanks,

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