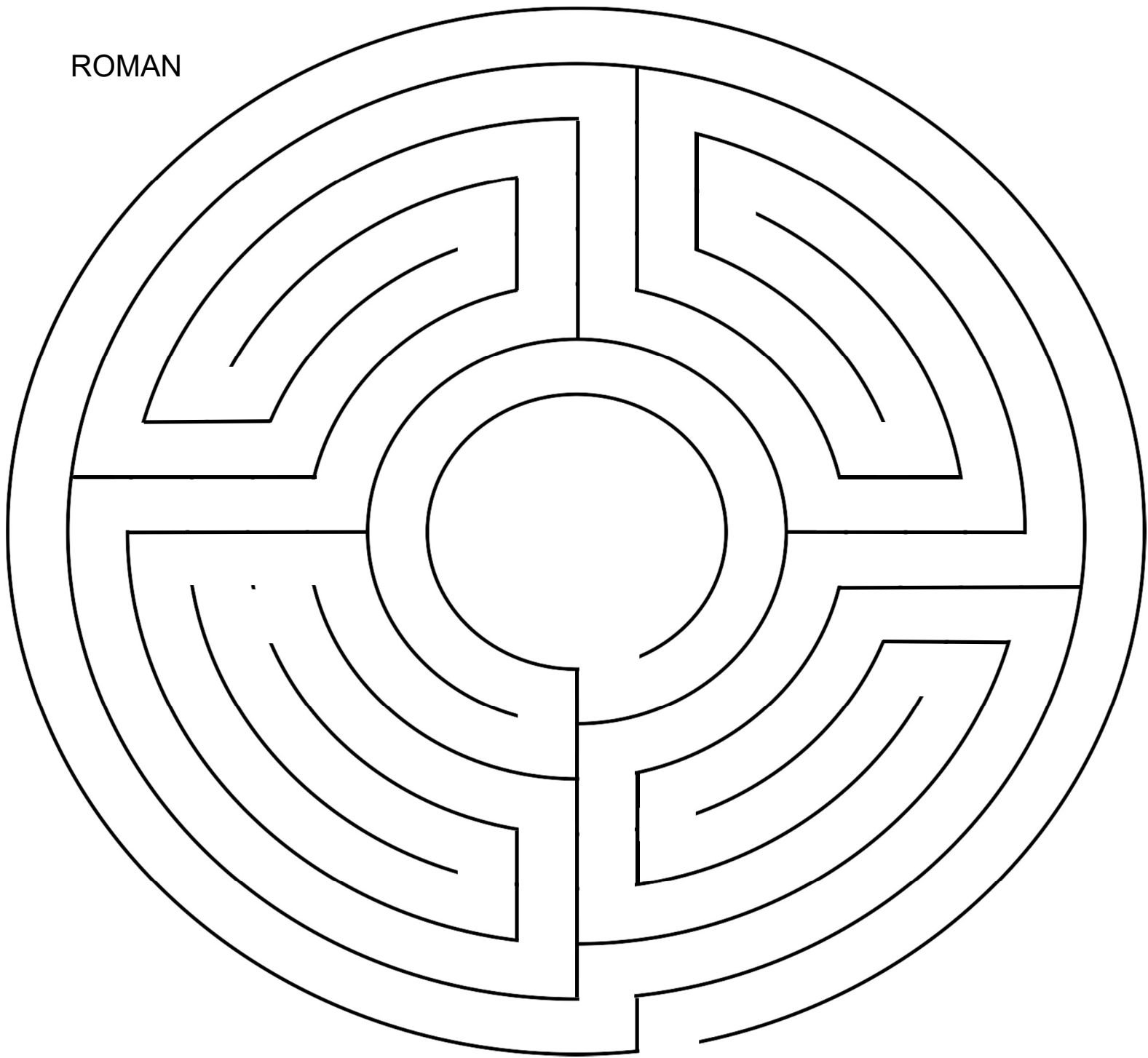


ROMAN



- Take deep breaths to begin to relax and focus on the entrance to the labyrinth.
- Place your pointer finger from your non-dominant hand on the entrance of the labyrinth. If you find this too awkward at first, use your dominant hand. However, over time, keep trying your non-dominant hand. This helps keep the mind better-focused on the meditation.
- Slowly trace the pattern of the labyrinth with your finger allowing your mind to clear from extra thought and focus solely on following the path of the labyrinth.
- "Walk" to the center of the labyrinth and rest momentarily, taking deep breaths observing how you are feeling.
- Retrace your path out of the labyrinth.
- Sit back, breathe deeply and relax. Observe how you are feeling.