



Please accept this Finger Labyrinth as our gift to you.

Tracing the path with your finger, similar to walking the labyrinth, can help you find calm and become more relaxed. We encourage you to use this labyrinth to find peace in this tumultuous time.

PATHWAYS CENTER for GRIEF & LOSS

A program of Choices Healthcare

4075 Old Harrisburg Pike
Mount Joy, PA 17552
(717) 391-2413



The Labyrinth

The Pathways Center's labyrinth is typically available M–F, 8–5 p.m., or by appointment. This portable labyrinth may occasionally be used elsewhere for an activity/event. **Please call in advance to confirm labyrinth availability.**

What Is a Labyrinth?

A labyrinth symbolizes the life journey, with just one way in and one way out. The walk is an intentional path that mirrors our journey from birth to spiritual awakening to death.

Why Labyrinth Walking?

Labyrinth walking is an ancient practice used by different faiths for spiritual centering, contemplation and prayer. This practice can elicit calmness, relaxation and grounding. Entering the path of a labyrinth, you walk slowly, with attention to each step, while quieting your mind and focusing on a spiritual question or prayer, or simply the 'in and out' of your breath.

How to Walk a Labyrinth

Open your senses and focus on taking slow, deliberate steps. Reaching the center, pause to reflect, pray or listen for a response to the question you pose. Upon exiting, follow the path back out, again slowly and deliberately, and absorb the experience with continued reflection, prayer, or journaling.