



Finger Walks

An Exploration of Labyrinths Through Time and Space.

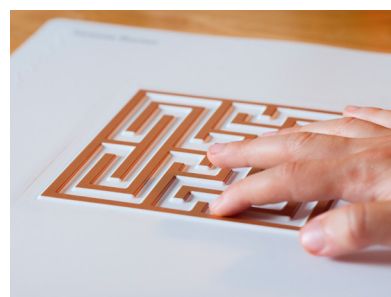
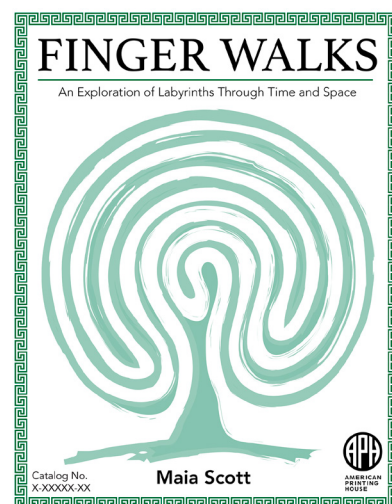
This diverse collection of sixteen labyrinths spans over 4,000 years and five continents, and invites you to focus your mind's eye as you concentrate on traversing their twists and turns.

You can walk the labyrinth to clear your mind, to feel peaceful, to help you concentrate on your work, to develop your sense of touch, or to break through creative block. In essence, the labyrinth inspires stillness in you without requiring you to be still.

With Finger Walks, students (or travelers? wanderers?) will experience various sensations and rhythms as they walk the different paths with their fingers. Some paths are angular, some are round; some allow for broad, sweeping movements, while others are parceled in sharp, short switches in direction. The kind of attention required depends on the labyrinth's shape and the width of its path. These differences may appeal to readers in different ways at different times.

To Order

Finger Walks 1-02850-00



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