

Spiral Finger-Trace Meditation



Use the spiral to help you focus & relax. Take a breath as you place your finger on the outer edge of the spiral. Slowly trace your finger along the spiral into the centre. Pause here for a moment, then slowly trace your way back to the outer edge. You might like to repeat a mantra, word or phrase as you trace. Or think about an issue that is concerning you. Or focus your attention on the sensations of tracing.

www.kathrynwalton.com.au