

# Wefan Wyrð

A traditional way to relax is to walk a labyrinth. Full size ones can be found in many locals but usually it is most convenient to use the little sister finger labyrinth. **A labyrinth is also a tool for conditioning Awen and so is also an independent technique unto itself.**

Walking meditations in a labyrinth spans all civilizations and time. Labyrinths are found from prerecorded historical times, to the elaborate classic one at Chartres Cathedral, to the multitude of labyrinths now springing up as part of a revival movement.

The popularity of labyrinths is that they just as successfully heal a mourning soul as they do an ailing body or mind. They help bring clarity to confusion and relief to stress. It may seem too simple that just walking the path of a labyrinth has any effect, but the experience of hundreds of thousands cannot be denied. Walking a labyrinth is a great healing and unifying experience, proven over eons of time.

## Why A Finger Labyrinth?

Much, much more happens automatically with a walking labyrinth, but a finger labyrinth is capable of generating the same effects as its big brother, it just takes more work on your part. In actual scientific experiments athletes who mentally practice their sport show as much if not more improvement than athletes who actually physically practice. The same dynamics are in play when you mentally walk the finger labyrinth. A finger labyrinth is a tangible aid to doing that physical walk mentally.

## WEFAN WYRD FINGER LABYRINTH

The Wefan Wyrð Labyrinth comes from prehistoric northern Europe around the Baltic Sea and means “**the weaving of fate.**” The Wefan Wyrð Labyrinth is a mystical one that comes out where it goes in without ever having to reverse your direction as in other labyrinths. It also gives you a choice of either exiting or continuing on if your experience has not

reached a sense of resolution, completeness or closure.

Hold or hold down the labyrinth with your dominant hand, normally the right hand as most people are right handed. Moving very slowly, with a finger of the other hand, start at the opening at the bottom of the page and veering left trace the path until you are back at the entrance. If needed pause a moment to reflect, then decide to either trace the path again or to exit the labyrinth. This is the whole of the physical process, the benefits stem from your mental attitude while doing this.

There is no “right” way to walk a labyrinth. Relax, let go and trust your inner instincts. Whatever you do is the right way for you at that time. Below are some hints as to how to deepen your walking experience.

## Finger Walking Hints: Wefan Wyrð Labyrinth

Have a purpose for your walk. Your intention can be to promote healing, relieve an ailing soul, resolve a personal problem, or any other worthwhile cause. Your intension can also be as simple as to give yourself a few minutes of quiet quality time to escape the stresses that are bombarding you.

Before starting do the Awen Unwinding Meditation described later or better still the Mystic Mace Meditation. You can use the Phase Three of the Mystic Mace Meditation to deeply deliberate and lucubrate on the motivation for this session.

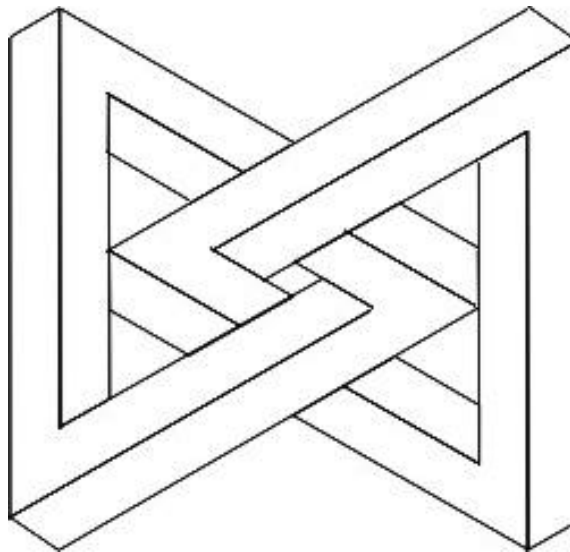
Put a finger of your non-dominant hand on the paper lightly. Just as gently and very, very slowly trace the path. Feel the sensation of the texture of the paper and any creases in it. Gently apply your concentration to feel how your finger, hand, wrist and arm feel. What are

the changing sensations as you move along the path? How does the rest of your body feel as you are doing this? Having taken in what your physical body is telling you, now turn your attention to what your inner mind might be telling you. **The spiral journey can unlock and open up the closed and hidden places of your mind.** When revelations come, meditate on what your inner voices might have revealed to you. Keep going through the labyrinth until you feel that you have exhausted what is to be

learnt at this time or until it just feels right to stop.

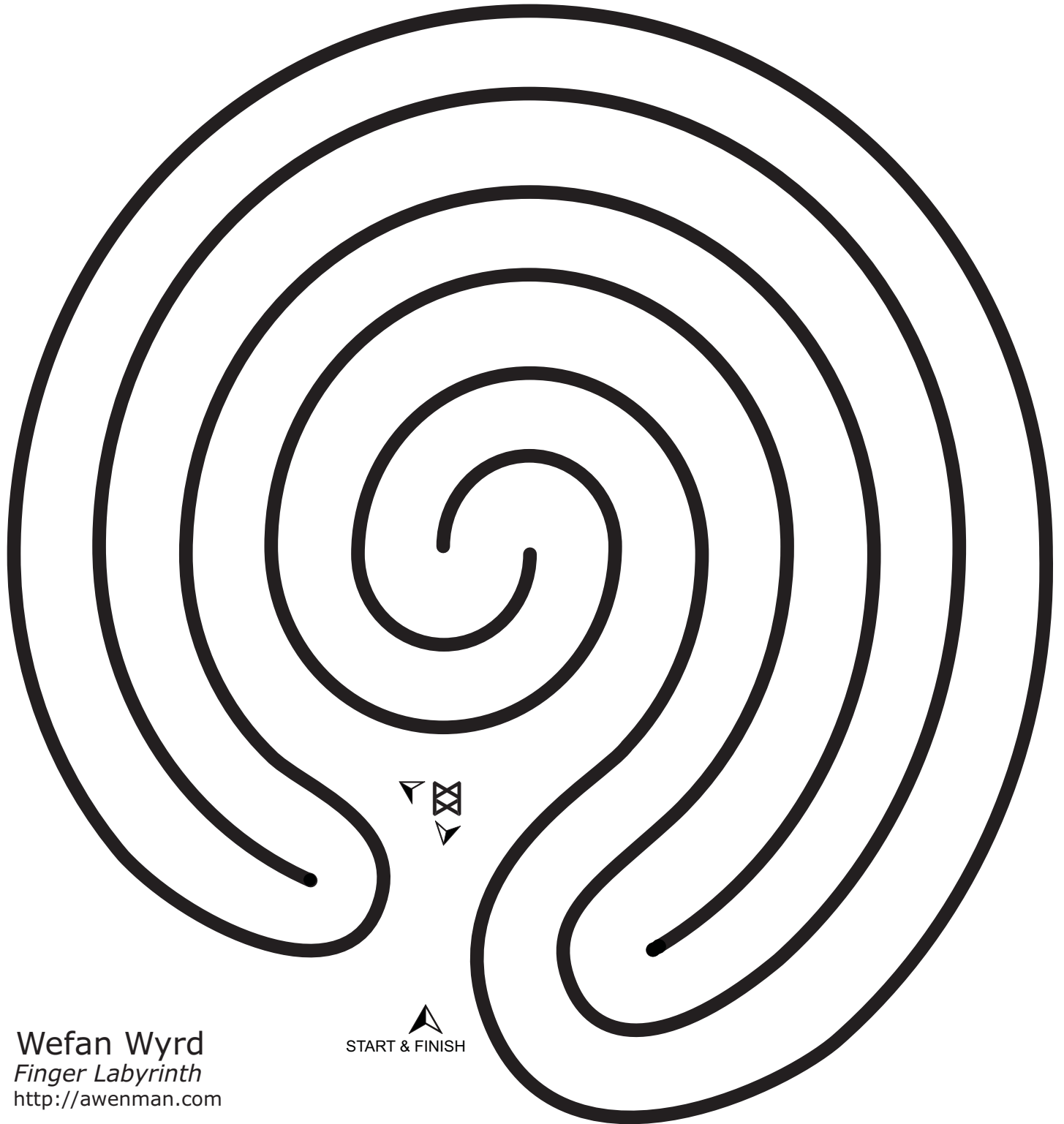
Following the path can also be a journey into peace that is a great experience by itself. Rather than listening to what might be revealed to you use the gentle repetitive soothing action as an aid to quieting yourself and relieving stress. While following the path meditate on freeing the mind (as in repeating a mantra, e.g. repeating “aum” as in the Awen Unwinding Meditation) and keep going until it just feels right to stop.

## The Ontic



**So Mote It Be - OM**

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START & FINISH

Wefan Wyrd  
*Finger Labyrinth*  
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**Accessing Awen**

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