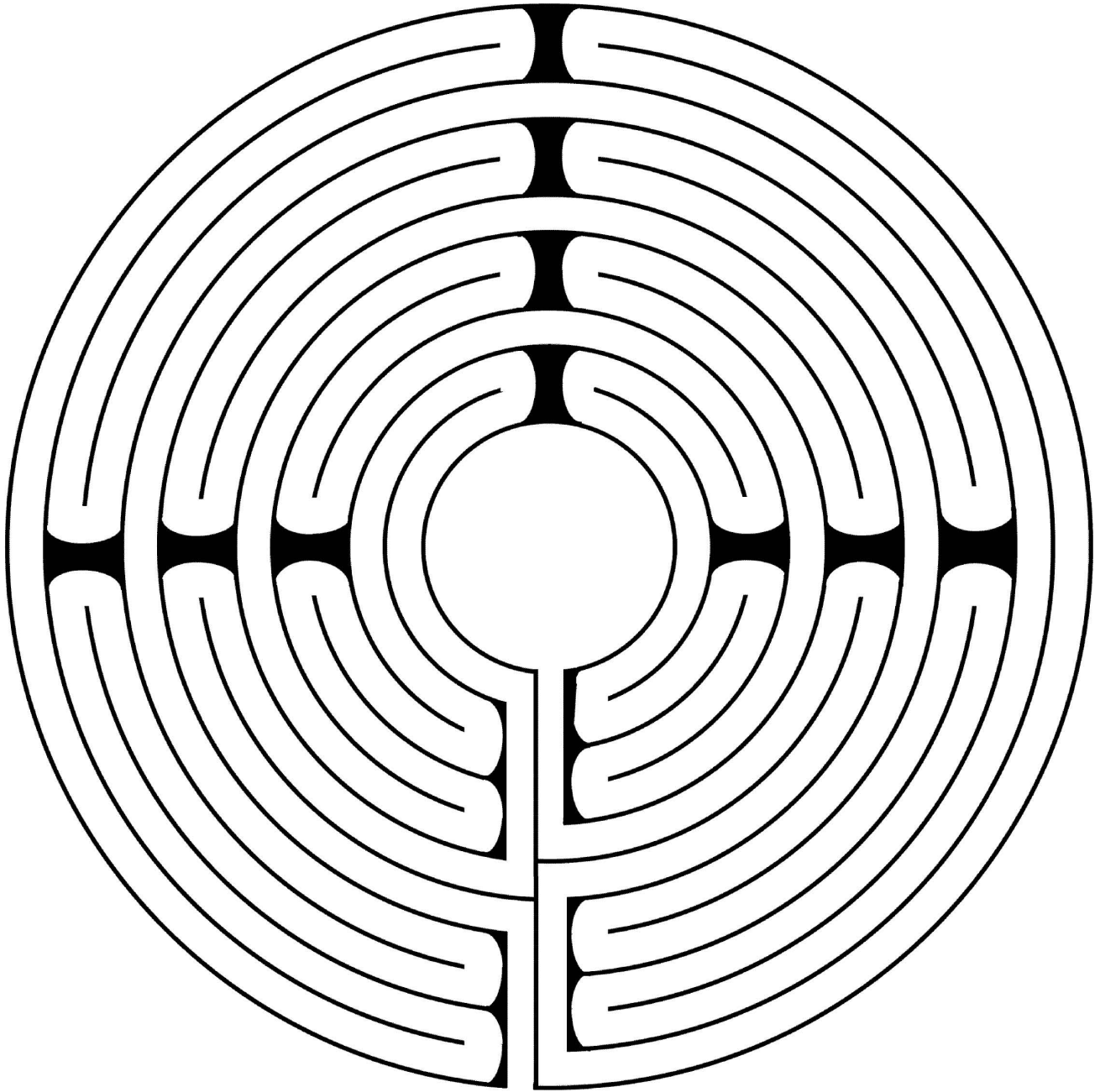




# Dromenon Finger Labyrinth

[megscolleen.com](http://megscolleen.com)



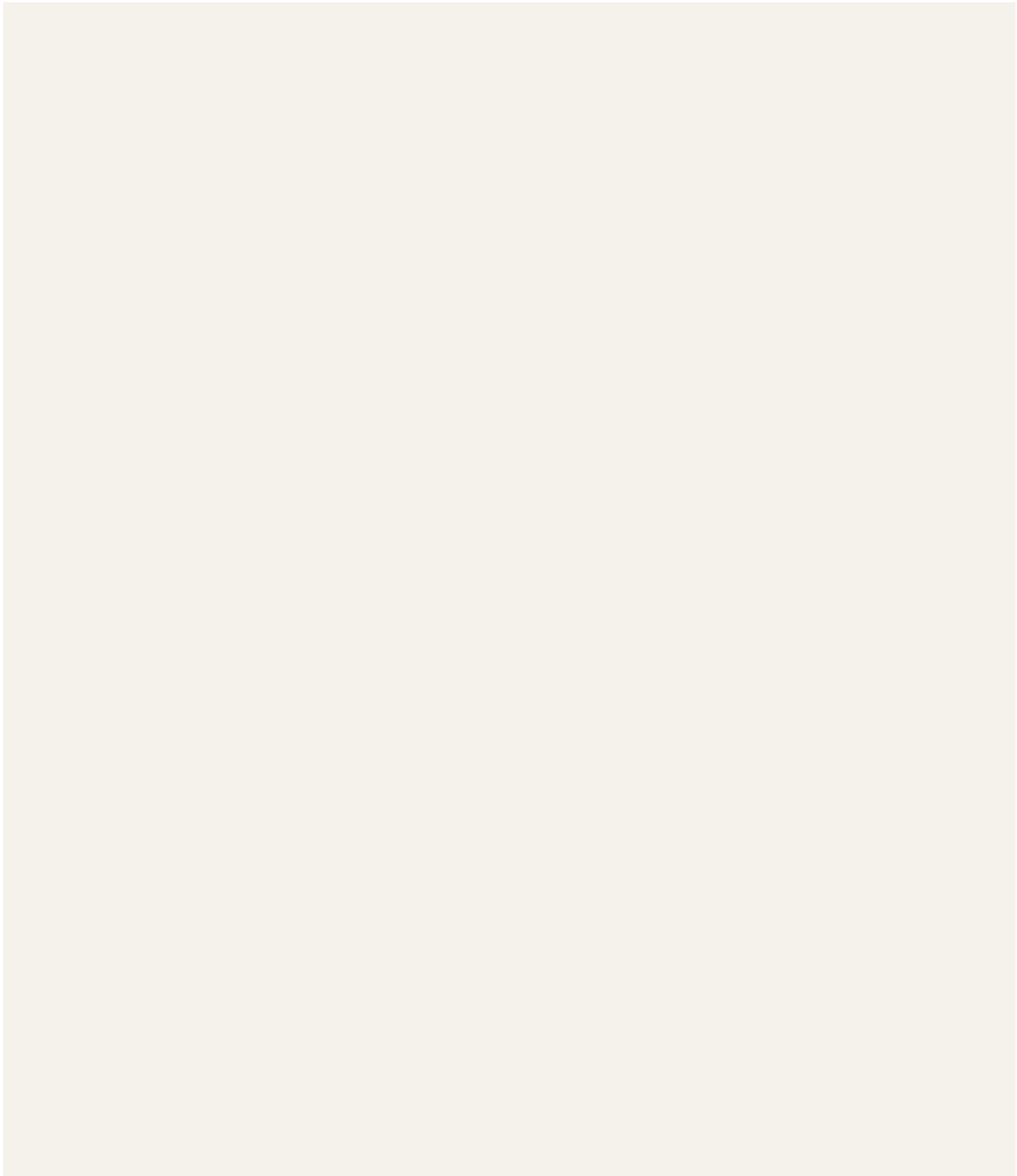
## Instructions

Color in the labyrinth above using crayons, colored pencils etc. Use as many colors as possible; this will make it easier for your eyes to follow your “walking” finger. Choose a walking finger and breathe smoothly. As you trace the path, from the outside opening at the bottom to the center, move at whatever pace feels right for you.

At the center, pause and take several slow deep breaths (keeping your finger inside the center or place your hands comfortably on your lap). Here, many believe you are the closest to the center of your spirit and greater insight is available. When ready to leave the center, or feel satisfied (like after eating a good meal) retrace the path back out to the entrance (which now becomes the exit point). Upon leaving the labyrinth, notice if anything has changed for you. If so, journal through your insights so you can take them back with you into your daily life.

# Journaling Space

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# Your Freedom Starts Now

*"The moment we choose to love, we begin to move towards freedom, to act in ways that liberate ourselves and others."*  
— bell hooks

Your soul is endlessly shifting, growing, expanding, and transforming. As you begin to live your freedom, the more you will unearth your true self and nature and other parts of you will push up to the surface, begging to be integrated. It's up to you to answer the call.

*Ready to take your Freedom journey deeper? [Book a FREE call with me](#) and let's chat about what's possible!*

Freedom is yours,

A handwritten signature in black ink, appearing to read 'Megs Colleen', with a long horizontal flourish extending to the right.