

# 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 of 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.

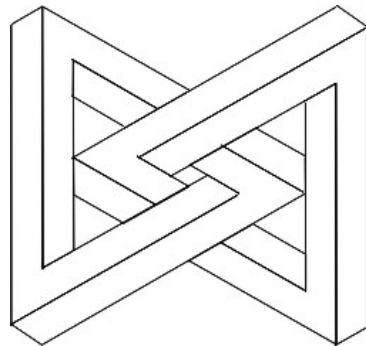
Put a finger of your non-dominant hand on the paper lightly. Just as gently and very, very slowly trace the path. Feel the sensation of the texture of the paper and any creases in it. Gently apply your concentration to feel how your finger, hand, wrist and arm feel. What are

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.

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Wefan Wyrd addendum from my [learnINGblog](#)

*A summary of classic general benefits as listed on my personal web site as an author are:*  
Relieve stress ... Comfort in mourning ... Deepens spirituality ... Improve relationships ...  
Connection to ones soul ... Access to intuition ... Enhanced creativity ... Satisfies inner need  
for simplicity ... Mind and body integration ... Greater sense of community ... Accelerated  
healing ... A path of, and to, prayer ... Achieving wholeness ... Engages body and soul in  
prayer ... Reflective time in a busy schedule ... Mirrors your inner self ... Concentrates  
attention ... Sparks imagination ... Cathartic emotional release ... Concrete expression of  
spirituality ... Deepened meditation ... Quiet sanctum away from life ... Enhanced  
awareness ... Right and left brain balancing ... Enhanced lateral thinking ... Ease life  
transitions ... Facilitate reconciliations ,, Builds sense of relationship ... A sacred place to be

I recently came across some research that shows that regular meditation over time actually thickens the brain's prefrontal cortex and right anterior insula, areas that normally thin with age. These areas are associated with attention, decision making, memory as well as sensory processing. This is physical evidence that aging problems can be ameliorated! And of course I recommend the Wefan Wyrd as a meditation tool.

Classic Kundalini Yoga teaches the Kirtan Kriya meditation technique that literally translates as "song movements." It is in essence a rhythmic chanting accompanied by a set of rhythmic motions and is of interest because western medical research on the Kirtan Kriya has shown the combination practice will improve the memory function in seniors. You can Google Kirtan Kriya if you want to find out more about its Eastern mysticism and origins but I am suggesting here that just chanting the traditional classic 'OM' mantra while finger walking the Wefan Wyrd will produce the same positive results. An interesting thought is that now that rhythmic body repetition has been found to be brain beneficial when coupled with some rhythmic vocalizations, could this be the unconscious source of davening (rocking) in Jewish prayers and the rocking sometimes seen in videos of young mid-eastern students learning holy texts?

## THE WEFAN WYRD TECHNIQUE

What has been known for some time is that low self-esteem is one of the greatest obstacles to success. So raising self-esteem would seem to be a worthwhile activity.

A simple exercise to show the strong effects of suggestion is a classic test where someone is asked to put out an arm in front of them and repeat "I am strong and worthy" a number of times out loud. If someone now tries to push down that arm they will encounter a lot of resistance. Conversely if the person now repeats "I am weak and worthless" instead it will be easy to push down the arm. This is a simple experiment so find friend to try it with and see the results yourself.

This simple test and the recent findings about Kirtan Kriya suggest a constructive way to raise self-esteem and hence improve your life. Chant "I am strong and worthy" as an affirmation mantra while finger walking the Wefan Wyrd. Do this repeatedly for 21 days as this has been found to be the timeframe to pick up a new habit – and hopefully here a new mindset. You have only your low self-esteem to lose!

To generalize: it should be possible to adjust other personal aspects by chanting the appropriate affirmation out loud while doing the repetitive action of finger walking the Wefan Wyrd as outlined here in the Wefan Wyrd Technique.

## A CREATIVE PLAN

Consulting your unconscious mind, what I call Awen in my books, is a time tried and proven way to reach correct and constructive decisions. On waking is a time for many, including myself, to come up with great ideas but your creative subconscious mind can be accessed anytime. Finger walk the Wefan Wyrd making use of the OM mantra as outlined above to put your mind in a quiet place, and for the extended brain growing benefits. Then go to the Ravens RuneCaster section at the bottom of my AwenMan home page at <http://awenman.com> to consult the oracle on how to proceed or just for a reading on where you are now. Walk the Wefan Wyrd again to consolidate and clarify your thinking but this time do it quietly so that you have the opportunity for lucubration. Enjoy a soothing cup of healthy tea with lemon while you cogitate and contemplate what is to come next. If you now settle on doing something then download a [Project SMART](#) worksheet available in the right column here to help bring your project to fruition.

# WEFAN WYRD



Wefan Wyrd  
Finger Labyrinth

START & FINISH

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