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The Sand Labyrinth Kit: Meditation at Your Fingertips

Lauren Artress

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For thousands of years, archetypal labyrinth patterns have been used as a powerful tool for resolving problems, access to inner peace, and spiritual alignment. A simple, yet highly effective practice, walking or tracing a labyrinth quiets the mind and takes you to a place where you can hear your own wisdom with clarity and calmness.

Author Lauren Artress, founder of Veriditas, the Worldwide Labyrinth Project and renowned expert on the subject, offers a lovely labyrinth kit, to be used anywhere, anytime—on tabletops, desktops, beds or laps.

Included in *The Sand Labyrinth* are a 10" square sandbox, two traditional labyrinth tops—each pattern creating a different meditative effect—that fit perfectly on top of a layer of fine white sand for finger tracing. The accompanying book contains five sections devoted to using the labyrinth for healing, creativity, discovering your soul assignment, awakening self-knowledge, and honoring your experience.

You'll also find words of wisdom from sages of all traditions and ages, plus testimonials from ordinary people who have found extraordinary results from the soothing, mesmerizing power of the labyrinth—to help deepen your meditation practice.

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