

## Using Labyrinths

101 Ways to use a classical labyrinth

<http://lessons4living.com/101%20Ways%20Labyrinth.PDF>  
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### Labyrinth Resources for Educators

Compiled by Lars Howlett

#### Ideas for Exploring Labyrinths in the Classroom:

- **Art:** Learn to draw classical pattern, experiment with seed patterns & designs
- **Math:** Study sacred geometry, meanings of numbers and patterns/ratios in nature
- **Math:** Calculate/estimate length of walking path using geometry or strides
- **Music:** Drum circle on the labyrinth
- **Service Learning:** Create labyrinth out of food/clothing donations that builds over time
- **Social Studies:** Study labyrinths around world – Cretan coins, Roman Mosaics, English Turf Mazes, Peruvian Nazca Lines, Swedish Trojaborg, Hopi "Man in the Maze", etc.
- **Language Arts:** Write poems or reflections along the path of a finger labyrinth drawing
- **Language Arts:** Consider myth of Theseus and the Minotaur, Ariadne's Thread, use of metaphor, also popular culture – David Bowie's *Labyrinth*
- **PE:** Walking meditation as healthy practice of being outside in motion, epic walks: Appalachian Trail, Mount Everest, Pacific Crest Trail, marathon as meditation
- **Health:** Conflict resolution, emotional control, stress reduction, mindfulness
- **Ritual:** Group walk on 1<sup>st</sup> or last day of the semester to set intention/reflect

#### Common Materials for Creating Labyrinths at Schools:

- **Finger** labyrinth drawn on paper
- **Chalk** on concrete or blacktop
- **Flour** or Lime on grass or dirt
- **Masking Tape** on carpet or floor
- **Projection** of light on ground from above
- **Paint** on wood or hard floor
- **Food or Clothing drive** using donations to create path
- **Rope or String** with stakes in ground
- **Scratched** in surface of sand, gravel or dirt
- **Mown** into grass lawn at different levels
- **Landscape** installation with stone, bricks, mulch, garden, etc.
- **Stone paver** with bricks in-laid as plaza

For more information see:

#### Discover Labyrinths

<http://www.DiscoverLabyrinths.com>

San Francisco Bay Area labyrinth designer and facilitator Lars Howlett offers presentations on artistic installations (books, shoes, coconuts, bottles) as pathway to peace through healing. Lars speaks to K-12 and college classes, organizes school social justice projects, brainstorms ideas for classroom curriculum, and helps build temporary or permanent labyrinth installations.

## Labyrinths in the Classroom

<https://www.newtonmontessori.org/single-post/2017/01/10/%E2%80%9CLabyrinths-in-the-Classroom-Cultivating-Mindfulness-in-a-Montessori-Setting%E2%80%9D>

## 108 Ways to Use Labyrinths in Schools

<http://www.montessoriservices.com/108-ways-to-use-labyrinths-in-schools> Forty page paperback full of ideas for utilizing the labyrinth in classrooms sold for \$15.

## Finger Labyrinths



- Finger labyrinth Walk for Peace tree (Word doc)
- Paper Chartres Intuipath (pdf)
- Template finger labyrinth (pdf)
- Chartres 11 Circuit (pdf)

- Coloured paper intuipath (pdf)
- Ely Cathedral (pdf)
- Man in the Maze (pdf)
- Paper Cretan intuipath (pdf)
- Roman (pdf)
- Simple Chartres dromenon (pdf)

*Breathing in, I calm my body.  
Breathing out, I smile.  
Dwelling in the present moment,  
I know this is a wonderful moment!*

Thich Nhat Hanh

**Your labyrinth time** can be as open or as focused as you would like it to be.

You might want to simply enter the labyrinth and walk ... or, before you enter the labyrinth, you might like to take time to:

- ◇ Read and reflect on a line or two from some inspirational writer and take a word or phrase from it into the labyrinth with you
- ◇ Think about a creative idea and let your mind enjoy the space and your thoughts ebb and flow in the labyrinth
- ◇ Consider an experience in your life where you are seeking resolution and give yourself space in the labyrinth to think and consider options
- ◇ Think about a key celebration in your life and walk a prayer of joy and thanksgiving in the labyrinth

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*Beautiful Resources for the Journey...*

## Finger Labyrinth



To walk a labyrinth is to step into an ancient spiritual space and make a personal journey of discovery and exploration ...

It is a journey where you might release tensions, concerns or distractions on the way in, be open to receiving insights and inspiration at the centre and return uplifted, blessed and renewed.

Labyrinths are ancient spiritual pathways found across the world and embraced in Medieval times and since as a path for prayer and reflection. Today, new labyrinths are being created in such varied places as coastlines, cathedrals, hospices, retreat centres, universities, playgrounds and gardens to offer a spiritual space for prayer and reflection.



Labyrinths offer a rich and beautiful stilling space in our busy world.

A suggested way of using this finger labyrinth is set out overleaf....



### **FIRST MOVEMENT: RELEASING (CONFESSION)**

Place your finger at the opening of the labyrinth. Pray silently or aloud a prayer of confession. When finished, slowly move your finger forward along the labyrinth. Move at your own pace toward the center. Let the words of the prayer stay with you.

Quiet your mind as you move through the labyrinth. Make room for emotions and stirrings that arise. What needs to be changed, forgiven, cleared, confronted, or healed in your life? Offer these situations to God as you move forward.

### **SECOND MOVEMENT: RECEIVING (CENTERING)**

When you reach the center, rest your finger there for a moment before you read a scripture reading for the day.

When you are ready, read the passage slowly, as if you have never read it before. Center on God's Word and be open to what God reveals to you through the reading. Return your finger to the center of the labyrinth and reflect on the passage and what it holds for you.

### **THIRD MOVEMENT: RETURNING (INTERCESSION)**

As you prepare to leave the labyrinth, place your finger at the same opening in the center where you entered. Now lift up your intercessory prayers for the day and when finished, begin to move your finger back along the same path on which you entered. Let the intercessory prayers stay with you, and add to them as you make the turns and move along the pattern back out of the labyrinth. Be mindful of people and circumstances in the world that are in need of your prayers. Hold each one in your heart for a part of the journey outward.

### **WHEN YOU HAVE FINISHED**

As you lift your finger from the labyrinth's end, offer thanks to God.

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A Labyrinth for Explorers with Disability

<https://www.petaluma360.com/news/8708491-181/new-labyrinth-opens-ancient-symbol>

Problem Solving Labyrinth

<https://youtu.be/X7Bxd18X9D4>

Finger Labyrinth and Brain Synchrony

[https://www.academia.edu/26453524/Labyrinths\\_Matter\\_Newsletter\\_Next\\_Edition\\_Disabilities?auto=download](https://www.academia.edu/26453524/Labyrinths_Matter_Newsletter_Next_Edition_Disabilities?auto=download)

Harmony Day – a labyrinth meditation

<https://www.scu.edu.au/current-students/services-and-support/multifaith-and-pastoral-care/sacred-spaces/labyrinths/#what-is-a-labyrinth>