LABYRINTH

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N° of pax 1-20

indoors | outdoors

art expression

1-3 hours

PURPOSE

MEDITATIVE REFLECTION

- mindful creative process
- group work engagement

MATERIALS

- nature objects
- flip chart & markers
- A4 paper
- crayons

PREPARATION

Facilitators should learn how to draw a labyrinth.
Decide where it is the best place to build the labyrinth.
Consider how relevant it is for the group to have a theme and an intention to the building of the path.

INTRO

The labyrinth was used symbolically as a walking meditation for contemplative practice and spiritual pilgrimage. In this activity participants will learn to draw the labyrinth, then build it with the group with natural objects and finally walk into it with a question or thought and out of it open to receive answers or ideas about it.

STEPS

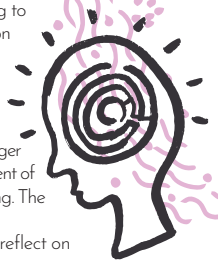
Participants are invited, as a group, to create a beautiful Labyrinth with a pathway that is at least 1 metre wide, with natural elements as leaves, flowers, stones and wood, in a way that represents that group. On a flip chart the facilitator draws the seed pattern and everyone follows on their own paper: • Draw a Cross • Draw a dot in each corner creating a square. • Connect the top of the cross with the dot to the right in an arc shape. • Connect the top left dot through an arc above the first arc to the line of the horizontal cross to the right. • Connect the left of the horizontal line to the dot on the lower right with another arc. • Connect the next lower dot on the left to the remaining lower leg of the cross, thereby connecting all the line ends and dots starting from the centre.

1. Decide how and where you would like to create your labyrinth - indoors or outdoors - and how you will decorate it. Once complete, the spiral or labyrinth is ready to be walked.

2. The first walk is to energise the path and can be done by the group circling around the structure, or walking the path, singing or dancing to celebrate completing the creation and as a dedication to the sacred form.

3. Each person is then invited to walk the path. Traditionally this is a meditative practice where everyone walks into the centre with a question or with the intention to release something that is no longer necessary for them. Arriving in the centre, have a moment of stillness and then walk out with the possibility of receiving. The theme of the walk can be personal or collective.

4. Gather the group in a closing circle to share and reflect on the experience or suggest self reflection.



REFLECTION

- How did you feel during the experience of the activity?
- What did you learn about yourself ?
- How can this activity lead to resilience building?

COMMENTS

• Leave no trace in nature when you finish the activity. • When facilitating a walk there should be some space and time between each person walking. • This activity can be the complement of Ten Stones activity and everyone can walk with the collective question. • The labyrinth and the spiral pattern are ancient archetypal patterns found all over the world in rock art, cave paintings and land sculptures, dating back over 4.000 years. They are also danced in celebration to mark the seasons, or used in ceremony and ritual as a tool for personal and collective transformation. They are a form of environmental art that supports community building, based on a sacred geometrical pattern that has been practised by peoples of all faiths and beliefs.