

MODULE 2–EXPERIENCING THE LABYRINTH

EXERCISE: SELF REFLECTION

The following are activities and questions that we suggest you try and reflect upon, to see what might come up for you. There are no “correct” answers for these—whatever may come to you is what matters. Allowing yourself a little time for reflection on questions such as these will help you appreciate what experiences may come when walking the labyrinth. You may like to write down anything that comes to you in your notebook.

- Following the instructions given in the “Making a Labyrinth” handout [LINK], draw a Classical labyrinth on paper. Repeat this exercise 7 or 8 times, noticing how it feels simply to draw a labyrinth as you become more familiar with it. Next, walk one of the labyrinths that you have drawn with your finger. Take your time, noticing anything that comes to you about the experience. Walk the labyrinth again at different times, noticing each time anything that comes to you about your experience.
- *If you are able:* Using whatever materials you have available to you, and finding a suitable space to work with, follow the instructions given in the “Making a Labyrinth” handout [LINK], other videos or guidance¹ to make a temporary labyrinth. This may be a Classical type, or any labyrinth of your choice. Once you have made the labyrinth, dedicate it (say or silently will thanks for it and an intention that it will benefit all who walk it), then walk it. Notice any sensations, thoughts, or feelings that come to you as you walk. If you are able, invite one or more friends-or anyone who may pass by-to walk the labyrinth with you. Notice anything that comes up for you when you walk with other people, rather than walking a labyrinth alone. After their walks, you may like to ask them how the experience of walking felt for them. Don’t put pressure on them if they don’t want to share. Make every effort if you can to try this activity, even if this involves taking time to find somewhere where you can lay the labyrinth out (for which, of course, you may need permission). Temporary labyrinths made with rope and similar materials can be easily dismantled once you have completed your walk. Ones sketched in sand or dust might be left for the wind and rain to eventually claim!
- *Optional:* Make a finger labyrinth using a base such as card, hardboard, and rope to mark the labyrinth’s path. You may like to add some texture to the path formed between the twists and turns of the rope – glue feathers, felt, small pieces of wood or other materials if you wish, to add variety to the path when you walk it with your finger. You may also like to paint over the labyrinth’s base and rope, being creative with colors and where you paint, if you wish. Later, walk the labyrinths with your finger. Take your time, noticing anything that comes to you about the experience. Walk the labyrinth again at different times, noticing each time anything that comes to you about your experience.

¹ Several links are included at the end of the NOTE for this module.