

# MODULE 5-GOING FURTHER

## WHAT THIS HANDOUT IS ABOUT

This briefing **summarizes options** that are among those available to you now you are close to completing this program. Taking advantage of these will help your growth as a host, and offer you support from the worldwide labyrinth community

In particular, we consider:

- Reflective practice & on-going self-learning
- Development options that are available to you
- Help available from the worldwide labyrinth community.

After working through this module, you should be well placed to answer the question – *where might I go next in continuing to grow my labyrinth experience and practice?*

To work through the module:

- **Read and reflect upon** THESE NOTES.
- **Watch the video:** <https://youtu.be/yfHix21jUG4>. [Click on the Settings button in the YouTube video window to select subtitles for your language]
- **Work through** the REFLECTIVE EXERCISE.

Remember you can **CONTACT US** if you have any questions, or reflections that you'd like to share.

## 1. REFLECTIVE PRACTICE & LEARNING

- Self-reflection is one of the most effective means for developing your labyrinth hosting practice. Make time following each walk to consider what might come up for you. This might include:
  - What do you feel went well? What seemed to work well?
  - What, if anything, do you feel you might approach in a different way, whether or not this may be an improvement, or just to try out an alternative approach?
  - To what extent, if at all, is your sense of “holding space” developing?
  - What is the main learning for you from this event or experience that you want to take forward?
- Consider any feedback that others may have offered, noticing whether any common comments are made and examples given (don't be afraid to ask others to give these if they're ready to feedback on their observations and experiences of your holding). Not all feedback may be constructive, but you should be able to judge when any unhelpful comments are offered–still, be ready to thank anyone who offers any comments.
- Consider any comments that walkers may have shared regarding their own experiences.
- If you had an opportunity to walk the labyrinth yourself, reflect upon any thoughts, feelings, or experiences that came up for you.

## 2. DEVELOPMENT OPTIONS

- Look for opportunities to deepen your labyrinth knowledge through sharing in and reading what others have to say in the worldwide labyrinth community, watching videos, reading articles and books. There are many references available on the *Labyrinth Launchpad* website.
- You may also want to pursue training as a labyrinth host, such as that provided by Veriditas and other training suppliers listed on the *Labyrinth Launchpad* website. Veriditas offers scholarship opportunities, and also runs an accreditation program, involving self-reflection on your post-training learning, and testimonials collected from impartial observers of walks that you host. It is also the home for VIA (Veriditas International Association of Professionally Trained Labyrinth Facilitators), an organization of professional labyrinth facilitators, giving access to a library of webinars and other features, and runs labyrinth-based retreats and summer schools.
- Become a trainer or mentor yourself. You may use any of the original materials on the *Labyrinth Launchpad* website to offer your own training. Training others is a good way to develop your own knowledge and connection with the labyrinth. The TRAIN THE TRAINER [http://www.labyrinthlaunchpad.org/LAB\\_FAC\\_TRG\\_TRN\\_TRNR\\_v01.pdf](http://www.labyrinthlaunchpad.org/LAB_FAC_TRG_TRN_TRNR_v01.pdf) note offers suggested guidance for developing your own materials. Please CONTACT US if you would like to become a mentor to others following through this program, or if you have any suggestions about how we may improve these materials, including non-English language translations. We will welcome your help!



*A set-up for a labyrinth talk*

- Consider offering talks about the labyrinth, its benefits and history, to local community groups, senior resident homes, in schools, and elsewhere.

## 3. THE WORLDWIDE LABYRINTH COMMUNITY

- One of the most effective ways for learning about what others are doing with the labyrinth, and to know that you're not alone, is to join one of several communities that provide mutual support for lovers of the labyrinth.
- The Labyrinth Society is a worldwide organization, whose members include labyrinth makers, labyrinth hosts, and anyone having an interest in or an appreciation for labyrinths. Members also have access to an archive of journal articles, and can enjoy a lively exchange of views on everything relating to labyrinths via the Society's Facebook group [LINK] (also welcoming non-members).
- Other groups are listed on the *Labyrinth Launchpad* website, most encouraging asking questions, sharing experiences, and taking part in discussions on Facebook and other social media. Some have a regional focus, such as the Australian Labyrinth Network <https://www.aln.org.au/> and

<http://labyrinthsinbritain.uk/> Labyrinths in Britain. Others are aimed at particular interests, such as <https://www.facebook.com/groups/labyrinthmakersforum/> Labyrinth Makers Facebook forum.

## 4. BIBLIOGRAPHY

- The Labyrinth Launchpad website gives an extensive list of books relating to the labyrinth, some of which you may like to explore: <http://www.labyrinthlaunchpad.org/llaboutlab.html - books>. Articles that may be of interest are listed at <http://www.labyrinthlaunchpad.org/llaboutlab.html - articles>. The website also lists DVD's, podcasts, and YouTube videos that may be of interest.

## GOING FURTHER

HANDOUTS that may help:

- **TRAIN THE TRAINER handout**  
[http://www.labyrinthlaunchpad.org/LAB\\_FAC\\_TRG\\_TRN\\_TRNR\\_v01.pdf](http://www.labyrinthlaunchpad.org/LAB_FAC_TRG_TRN_TRNR_v01.pdf)

ARTICLES and other RESOURCES:

- The Labyrinth Society:
  - <https://labyrinthociety.org/> (website)
  - <https://www.facebook.com/groups/TLSevents/> (Facebook group, open to non-members)
- <https://www.veriditas.org/Veriditas>
- <http://www.peacefulendeavours.org/welcome.htm> Peaceful Endeavours (one-to-one training and support for introducing labyrinths)