

MODULE 3–INTRODUCING THE LABYRINTH TO OTHERS

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 you may or may not do to help support the experience of others when they are walking the labyrinth. You may like to write down anything that comes to you in your notebook.

- Put together a small poster to advertise a labyrinth event that could be attached to a notice board or wall. Try to avoid using too many words, and include a picture of a labyrinth to attract interest if you can.
- Identify possible venues near where you are that might be suitable for holding a labyrinth walk. If you wish, you may want to investigate what permission might be needed to hold such an event at one or more of these places.
- Consider what resources you might want to take to a labyrinth event (such as any listed in Section 4. Of the NOTE), along with where or how you may source these.
- If you wish, put together a handout that could be used at walks. The **LABYRINTH WALK** Handout http://www.labyrinthlaunchpad.org/Lab_Wlk_Handoutv01EN.pdf may be useful for this.
- Optional, when you host a walk: Consider anything that you might do differently when arranging future walks. What went well, which you might want to do again? What might you try doing differently? Ask a friend for their comments, if they took part in or observed your walk.