

UKUFUNDA I-LABYRINTH

Uyemukelwa elebhu. Lamanothi amafushane enzelwe ukwethula kancane umlando wama-labyrinths, kanye nokunikeza umhlahlandlela wokuthi ungafuna kanjani ukusondela ekuhambeni. Jabulela ukuhamba kwakho.

LIYINI IBHABHRINIKI?

I-labyrinth iyindlela eyodwa, ebheke esikhungweni - akukho migqa efile noma izindlela ezingaboni zokulahleka. Imvamisa elandela enye yamaphethini ambalwa ajwayelekile, i-labyrinth ingahle idwetshwe ku-canvas, ifakwe emgqeni wotshani, noma ifakwe unomphela phansi-phakathi kokunye okunokwenzeka.

AmaLabyrinths angatholakala emhlabeni wonke, futhi abe nomlando omude. Amaphethini ajwayelekile afakwa emhlabathini, abunjiwe ematsheni, noma amakiwe ezindongeni zomhume atholakele ezindaweni eziningi ezahlukene, kanye nasemidwebeni eminingi emibhalweni yasendulo. Zifaka ezithombeni eziningi zaseRoma, futhi zabekwa phansi ezitezi ezinkulu ezinkulu kakhulu zaseYurophu.

Ngokwesibonelo, kumaChartres eFrance, i-labyrinth edumile yayivame ukuhamba izihambi ezazingakwazi ukuhamba ziye eJerusalema.

Kodwa-ke, ukuhamba nge-labyrinth akuyona nje inkambiso ethokozelwa entshonalanga-labyrinths sici kuNative American, Hindu, Buddhist, Jain, namanye amasiko okholo, futhi kuhanjwa ngabantu abaningi abangenalo ukholo. AmaLabyrinths asedume kakhulu eminyakeni yamuva nje lapho kufakwe ilebhu ebhaliwe emgqonyeni we-canvas (kunokuba yenziwe isethwe unomphela phansi) yenzelwe iGrace Cathedral eSan Francisco ngawo-1990's.

Namuhla, abantu abaningi bahamba ama-labyrinths ukuzindla, ukukhombisa, noma ukusula kwansuku zonke isikhashana. Abantu abaningi babika ukuthi baphefumulelwe, baphakanyisiwe, noma banokukhanya okuphefumulelwe phakathi noma ngemuva kokuhamba, kepha imvamisa kakhulu banomqondo wokuthula.

Ukube bekungenakunikeza okunye, i-labyrinth inikeza isikhala esiphephile lapho ungazenzela khona, ungafuni lutho oluvela kuwe ngaphandle kokuthi ubeke unyawo olulodwa phambi kolunye uphefumule!

UKUHAMBIZA IBHABHODI

Konke okudingekayo ukuze uhambe i-labyrinth ukuqala ekuqaleni nokuhamba ngejubane lakho ubheke enkabeni. Ungahle uthande ukugxila emcabangweni othile noma umbuzo lapho uhamba, ubona nje ukuthi izinyawo zakho zihamba kanjani futhi zihamba njengoba uhamba, noma unaka ukuphefumula kwakho.

Ngaphandle kwalokho, zama ukuthulula ingqondo yakho yemicabango ematasa ngangokunokwenzeka, kodwa ungakhathazeki kakhulu ngokuthi imiphi imicabango noma imizwa engase ifike kuwe.

Ekuhambeni kwakho, ungazizwa uthambekele ukuhamba ngejubane elisheshayo futhi ngesinye isikhathi kancane kunabanye, mhlawumbe ngezikhathi ezithile ufuna ukuma. Ungadinga ngezikhathi ezithile ukuthi udlule kumuntu ohamba phambi kwakho, noma abanye bangadinga ukudlula kuwe. Ukuhamba akuwona umjaho, futhi akunandaba uma ungafinyeleli enkabeni.

Thatha noma isiphi isikhathi osidingayo ukufika esikhungweni, bese uphumula lapho isikhashana uma ufisa (hlala, ume, uguqe noma yini ozizwa ilungile). Uma usulungile, shiya i-labyrinth ngendlela ebheke kuleyo owangena ngayo isikhungo usuka (noma ubuyela emuva ngendlela efanayo uma i-labyrinth inendlela eyodwa kuphela).

Uma abantu abaningana belinde ukufaka i-labyrinth ngasikhathi sinye, umgcini (uma kukhona) uzokhombisa ukuthi ungafuna nini ukuqala uhambo lwakho, ukuvumela isikhala esincane phakathi komuntu ngamunye ekuqaleni. Futhi zizokhombisa lapho ilebhu evulekile yokuhamba, imvamisa

ngokukhala insimbi encane (asikho isidingo sokujaha ukuqala uhambo lwakho kuze kube yilapho uzizwa usukulungele).

Ngokufanayo, lapho kusondela ukuphela kwesikhathi esikhona, umsingathi angavala ukuhamba ngenye indandatho ye-chime. Abantu abaningi bathanda ukuhlala futhi bacabangele ukuhamba kwabo ngaphambi kokuba baphume ngokushesha, futhi abanye bangahle bakhombise okubhalwe phansi kubhukwana abangaba nalo.

Vele uma uhamba nge-labyrinth wodwa, noma kungekho muntu ozobamba, mane nje usebenzise ukwahlulela kwakho lapho uqala nokuqeda uhambo lwakho.

IZIMBANGELA ZOKUHAMBA

Ngenkathi kungekho mithetho elukhuni futhi esheshayo yokuhamba ngelebhu, okulandelayo kungaba yimihlahlandlela ewusizo okufanele uyikhumbule:

- Uma ukwazi, sicela ususe amabhuzu noma izicathulo ngaphambi kokuhamba ngelebhu, ikakhulukazi uma kunodaka. Lokhu kuzosiza ukugcina impilo yeelebhu.
- Sicela ucishe izingcingo eziphathwayo, futhi uvikele ukukhuluma uma ungakwazi ngenkathi uhamba ngenkathi ulinde abanye ukuba baqale noma baqede ukuhamba kwabo. Musa ukusebenzisa i-labyrinth.
- Khipha izandla zakho, uhambe nganoma yisiphi isikhathi, futhi wenze noma yini ezwakala ilungile kulelebuli- kepha sicela unake futhi uhloniphe izintshisekelo zabanye.
- Ekuhambeni okuhleliwe, ngokuya ngezehluleko ezinganikezwa ngumsingathi, ungafisa ukubuyela esihlalweni sakho uthule ngemuva kokuhamba kwakho uma abanye besahamba, noma umane uthule uthule.

Izindaba zangempela okufanele zikhunjulwe ukuhlonipha abanye abahamba ngezinyawo, futhi ihlonze i-labyrinth ngokwayo (ukuze iguge noma ilinyazwe ngokushesha). Ungafisa ukwengamela izingane ezincane ngenkathi zihamba.

EMVA KOKUHAMBELA KWAKHO

Uma ukujabulele ukuhamba kwakho, futhi ungahle ube nentshisekelo yokuthola okuningi ngama-labyrinths, ungathanda ukuvakashela iwebhusayithi yeLabyrinth Launchpad, www.labyrinthlaunchpad.org, lapho kukhona khona uhla lwamawebhusayithi, izincwadi, amavidiyo e-YouTube nama-podcasts abhalwe (ku izilimi ezahlukahlukene). Lokhu kufaka phakathi i-'The Labyrinth Locator ', indawo yokusesha eku-inthanethi yokuthola ama-labyrinths okungenzeka ukuthi aseduzane nalapho ukhona.