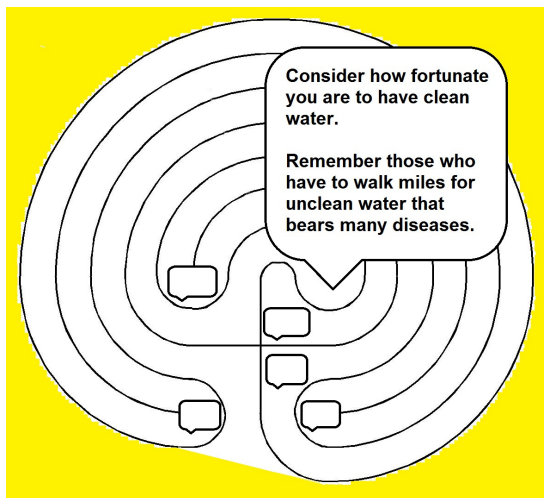


## Labyrinths with stations

A themed walk may use certain locations, or stations, within the labyrinth to prompt thoughts or actions. Appropriate sites are the five main turning points and the centre. At each of these stations place a card with a brief message for reflection or action by each walker as they pass.

Any theme may be used e.g. aspects of faith, concern for people, awareness of the surroundings, different actions to perform.



Taking “concern for people” as an example, the overall theme may ask the participant to offer gratitude for their own position and consider how to help others less fortunate than themselves. Topics at each station may be health, food and water, education, housing, wealth and friends. Again use your imagination to suit the interests of your own group.

## Labyrinths of meditation

Groups often use labyrinths for meditation on a theme. Materials (e.g. written words, videos, audios, art, collages, drama, models, ritual implements) placed at the centre, stations or cardinal directions form a good basis for this process.

Examples of this are:

- Stations of the cross at Easter
- The journeying people of God
- A spiritual journey of life
- Christmas themes
- Biblical parables and their meanings
- Seasonal, lunar, solstice, equinox and fire festivals
- Varied approaches to prayer
- Seeking guidance
- Resolving a conflict

On leaving the labyrinth people often benefit from jotting down their thoughts, drawing a picture, colouring an image, modelling, craft or the like. Following this by a group discussion forms a valuable conclusion to the session.



## 4. Labyrinths of Meditation and Spiritual Experience for Groups



Arrange participants around the outside of the labyrinth. Appoint someone to lead the journey or to greet or bless each person as they enter and exit the labyrinth. Encourage quiet calming of the mind and decide when each enters the labyrinth in slow procession. Some will be close together and others well apart, perhaps pausing to reflect on route. Each person considers his own thoughts or no particular thought at all. Pause a little at the centre before moving on. Afterwards a group discussion helps to bring out the range of feelings experienced.

For more information visit:  
Rushcliffe Country Park, Mere Way,  
Ruddington, Nottingham, NG11 6JS  
Email: [countrypark@rushcliffe.gov.uk](mailto:countrypark@rushcliffe.gov.uk)  
Web: [www.friends-of-rcp.co.uk](http://www.friends-of-rcp.co.uk)



Nottinghamshire  
County Council

## Labyrinths of healing

Use the labyrinth for the healing of a person, family or a group. A person with a particular concern could walk slowly on his or her own to the centre and stay for a while considering their problem while the rest of the group contemplate quietly around the outside. Then in succession each participant moves in their chosen manner to the person in the centre to hug, encourage, shake hands or offer a small token.

Join hands as each member moves from the centre so that eventually everyone escorts the person to the exit. The collective energies offered by all the participants helps the person to feel upheld, supported and sustained.



## Labyrinths of calm



Place crystals, candles or other objects around the edge or at the centre and then walk into the labyrinth. See if anyone can feel a difference with dissimilar symbols. Repeat with coloured flags and feel if there is a mood change. Different feelings can occur on separate occasions, but of course take into account the light intensity, the natural sounds and aromas around.



Consider the walk towards the goal as helping you to draw on your own inner wisdom and the ancestral wisdom of the earth, and the return journey as helping you to put this wisdom into daily practice. Does the journey into and out of the labyrinth feel different to you?

## Labyrinths of care

Consider caring ceremonies for people involved in disasters, national concerns, world problems and universal fears. Place a relevant map, photograph or newspaper article at the centre. Prior meditation may indicate an appropriate ceremonial process in the labyrinth.



Place a lighted candle and a picture of the world at the centre to represent spreading light to the entire world. Participants enter in sequence with unlit candles that they light at the centre. They protect the flame with their hand as they walk out whilst thinking about ways of enlightening or lighting the world.

This approach can be used on many occasions, e.g. solstice, equinox, and religious festivals.