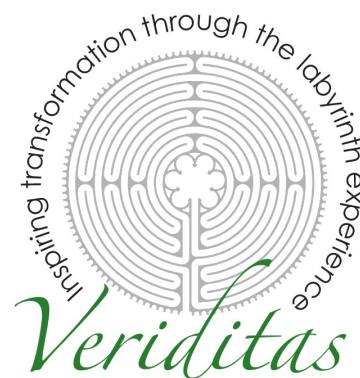


Labyrinths in Higher Education

At colleges and universities around the world, labyrinths offer time and space for students, faculty and staff to reflect, relieve stress, and build community. Whether traced with a finger, offered at an event, or installed for everyday use, there are a variety of designs, sizes, and methods for making labyrinths available to everyone.

<https://www.veriditas.org/higher-ed>



Common Materials for Temporary and/or Permanent Labyrinths

- Finger labyrinth drawn on paper can be colored, collaged, or written
- Chalk on concrete or blacktop
- Flour, Lime or Cornmeal on grass, dirt or concrete
- Masking Tape on carpet or floor (indoors or outside)
- Projection of light on ground from above
- Paint on wood or hard floor, carpet or canvas
- Scraped or dug in surface of sand, gravel or dirt
- Mown into grass lawn at different levels
- Raked leaves or shoveled into snow
- Flagging Ribbon with landscape staples on lawn
- Landscape installation with stone, bricks, mulch, garden, etc.
- Stone paver or waterjet cut stone in-laid like a plaza

Ideas for Exploring Labyrinths in Specific Disciplines

Art: Learn to draw or create finger labyrinths, experiment with seed patterns & designs

Math: Study sacred geometry, meanings of numbers, proportions and patterns in nature

Math: Calculate length of walking path using geometry or bricks required for project

Music/Dance: Use as a stage for performance or group walk to explore holding space

Service Learning: Create labyrinth out of food/clothing donations that builds over time

History: Study labyrinths around world – Cretan coins, Roman Mosaics, English Turf Mazes, Peruvian Nazca Lines, Swedish Trojaborg, Hopi “Man in the Maze”, etc.

English: Write poems or reflections along the path of a finger labyrinth drawing

English: Consider myth of Theseus and the Minotaur, Ariadne’s Thread, use of metaphor, also popular culture – David Bowie’s Labyrinth, Pan’s Labyrinth, Maze Runner

Health: Walking meditation as mindfulness practice, centering, focus, stress reduction

Health: Conflict resolution, emotional control, stress reduction, mindfulness

Religion: Symbolic pilgrimage, path to heaven, godly play, centering prayer

Psychology: How walk labyrinth as reflection of life journey, social interactions w/group

Leadership: How to facilitate group walks, roles of leader, facilitator, holding space, etc

Ritual: Group walk on 1st or last day of the semester to set intention/reflect

Urban Planning: Landscape design for public park, placemaking, site-specific art

Index of Permanent and Landscaped Labyrinths in Universities & Colleges

<https://jansellers.com/publications/>

This comprehensive new research by Dr. Jan Sellers brings details of university and college labyrinths around the world into a single reference source for the first time. Includes details of over 260 labyrinths in 18 countries, with many links to further information, maps and images.

Learning with the Labyrinth: Creating Reflective Space in Higher Education

Edited by Jan Sellers and Bernard Moss

<https://www.bloomsbury.com/us/learning-with-the-labyrinth-9781137393838/> (Publisher)

<http://a.co/cYZp9ka> (Amazon:)

This book discusses the theory and practice of labyrinth creation and use. From issues of design and cost, to how a labyrinth may be used as a university-wide resource and also be used for outreach to the wider community including case studies from various universities.

Veriditas

<http://www.veriditas.org/ft>

Non-profit founded by Rev. Dr. Lauren Artress, formerly of Grace Cathedral, that leads workshops and facilitator training for many including teachers, faculty or school chaplains that may be interested in introducing or leading a labyrinth program at a school. Labyrinth Summer School offers a full week immersion in design, building and leading group walks & workshops. A student Labyrinth Guide Training is now available.

The Labyrinth Society (TLS)

<https://labyrinthsociety.org/useful-research-resources>

<https://labyrinthsociety.org/labyrinths-in-places> (see universities at bottom of page)

International organization offers insight into labyrinth types and sacred geometry, instructions for drawing, and activities for kids. Organizes an annual conference, each year in a different region of the US and World Labyrinth Day on the first Saturday in May. Publishes Labyrinth Pathways journal for members, maintains research bibliography and supportive regional representatives.

Engaging Imagination

<https://engagingimagination.com/labyrinths/>

Short videos with Dr. Jan Sellers from University of Kent, England with labyrinth completed in 2008.

101 Ways to Use a Classical Labyrinth by Daniel H. Johnston, Ph.D.
<http://www.lessons4living.com/101%20Ways%20Labyrinth.PDF>

25 page PDF with variety of ideas and examples for walking labyrinths alone or with groups.

My Maze

http://www.mymaze.de/home_e.htm

The most comprehensive blog exploring labyrinth designs, drawings, and sacred geometry.

Watch Recordings of Past Webinars

Discover the opportunities and considerations for creating labyrinths on campus, holding events and facilitating group walks in this ongoing series exploring labyrinths in higher education.

Centering Labyrinths in an Academic Environment

with Lars Howlett and Steve Terry: <https://youtu.be/uZmurW4JKjE>

Creating Labyrinths on Campus: Part 1

with Dr. Jan Sellers: <https://youtu.be/zfdEMMsftLI>

Creating Labyrinths on Campus: Part 2

with Lars Howlett: <https://youtu.be/5R8nf30KADg>

Campus Labyrinths: From Idea to Reality

with Dr. Jan Sellers: https://youtu.be/n5QJB_n1XQE

Labyrinths in Higher Education: An Inquiry

Panel discussion: <https://youtu.be/eyQavz6Zkol>

The University and the Labyrinth: A Reflective Journey with Dr. Jan Sellers

<https://www.youtube.com/watch?v=RABpQH7GVDw&feature=youtu.be>

Research and the Labyrinth with Diane Rudebock

<https://www.youtube.com/watch?v=NcUsGDlr4yU&feature=youtu.be>

Pop-Up Labyrinths: Easy Methods with Everyday Materials With Lars Howlett

<https://youtu.be/R1rOwDOx9hU>

TLS Podcasts

Diane Rudebock, faculty member at the University of Central Oklahoma
<https://zdi1.zd-cms.com/cms/res/files/785/Episode%2339DRudebock.mp3>

Can Walking a Labyrinth Help Tech Savvy College Students Reconnect?

with Dr. Nancy Bandiera

https://zdi1.zd-cms.com/cms/res/files/785/interview_nancyb.mp3

Crystal-Dawn Walker, graduate student at Marylhurst University

<https://zdi1.zd-cms.com/cms/res/files/785/Episode%2310BTRCDWalker.mp3>

Other YouTube Videos

U. Central Oklahoma Paver Labyrinth:

<https://www.youtube.com/watch?v=nt8SloCxuI4>

UMASS Amherst Photo Luminescent Labyrinth:

<https://www.youtube.com/watch?v=j5pdyENzxzU>

Florida State University Labyrinth Dedication:

<https://www.youtube.com/watch?v=eZHYzAUGdmQ>

Canvas Labyrinth at University of Rochester Interfaith Chapel

<https://www.youtube.com/watch?v=9OFxODps2Uo>

Mindfulness Practice on the Labyrinth at University of Edinburgh

<https://www.youtube.com/watch?v=g6ObCu7FoRA>

University of Central Arkansas Labyrinth Dedication

<https://www.youtube.com/watch?v=7o5AhOkjtIQ>

Sources for Handheld Labyrinths for 'Finger Walks':

In US: Wood, Acrylic, Sticker <https://www.veriditas.org/labyrinth-shop>

In US: Wood, Pewter, Acrylic https://www.etsy.com/market/finger_labyrinth

In US: Ceramic, Plaster, Spherical <https://www.etsy.com/shop/WayStones>

In England: Wood (mostly upcycled) <https://www.chapelinthefields.org.uk/items-for-sale.html>

In New Zealand: wood, plexiglass <http://www.activesage.co.nz/store.html>

In New Zealand: recycled wood <https://felt.co.nz/listing/492875/LOVE-finger-labyrinths>

In Australia: wood, acrylic <https://thelabyrinthcollective.com.au/>

In Australia: wood, bamboo <http://www.labyrinthmeditation.com/Purchase.htm>