

Labyrinth Ideas/Suggestions

Place colorful scarves or fabric remnants around the perimeter for people to use as head covers, prayer shawls, for dancing, etc.

Provide blank paper and pencils for journaling, and/or art materials such as crayons, colored pencils and markers, to process the labyrinth experience.

Play soft background music during the labyrinth event. Music that is instrumental or has chanting or other indistinguishable words works best to soothe, but not interfere with contemplative experiences.

Live music – harp, flute, guitar, piano etc. can create an especially wonderful experience.

Musical instruments, drums, chimes (even small wind chimes), bells, rattles and shakers, can be provided for random use in a fun, celebratory labyrinth event.

Place a bowl of water or holy water near the entrance.

Place floor pillows and finger labyrinths around the room or around the perimeter of the labyrinth.

Provide chairs for people to sit as silent witnesses to other walkers. Watching can be as soothing as walking.

Have attendees write prayers on small slips of paper and carry the prayers to the center to be placed in a bowl or basket there. Or do the same, but writing something they wish to let go or release. As an additional burning bowl ceremony, these papers can be disposed of afterward outside in a safe container.

Dim the lights and walk in low light. Try candlelight, being careful to place the candles far enough away and in safe containers so as not to risk dripping or spilling wax on the labyrinth or igniting loose clothing.

Walk in pairs holding hands, one leading another; or with hands on the shoulders of the person in front. The person being led could try walking with eyes closed – being led in blind faith.

Dance, run, skip, cartwheel. Children especially enjoy playing on the labyrinth – consider creating a time when this is invited. But also teach the children to use the labyrinth as a quiet prayer tool and to respect others who are doing so.

Try Taize music or other familiar, repetitive chants; or short prayers or psalms repeated.

Allow time to process the experience as a group – so anyone wishing to share thoughts about their experience may do so, but not requiring disclosure.

Create a themed walk for a particular event – a forgiveness walk, a walk honoring mothers, a graduation walk, a walk for World Hunger. Use Biblical themes of pilgrimage, paths, guidance. Or a church season or festival day – Advent, Lent, Pentecost (using red, yellow, orange flowing scarves to twirl and dance in the air), All Saints Day (lighting perimeter candles in memory of departed loved ones and carrying loving memories into the center of the labyrinth). These are just a few ideas– use your imagination and be creative!