



# How to Keep a Labyrinth Alive

Tips for Restoration & Revival  
With Lars Howlett & Chuck Hunner

A Veriditas Webinar, Nov. 22nd, 2021

# Challenges



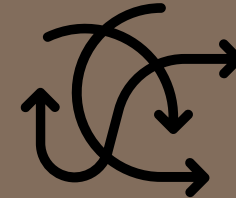
## Lonely Labyrinths

A labyrinth in decent, walkable condition but rarely visited or used.



## Broken Labyrinths

A labyrinth that has been physically damaged and needs to be repaired or restored to be walkable again.



## Lost Labyrinths

Labyrinths that are completely overgrown, missing, or have been removed from a sacred space.





## A Labyrinth Story

Once upon a time a labyrinth was created with care and intention. It was blessed and walked, but over the years fewer people came to visit. The seasons passed and the grass grew over the bricks until it had almost disappeared.

That might have been the end of story, until one day.. .

How to Keep a Labyrinth Alive







Story of a labyrinth resurrection by Una McGurk Minnion

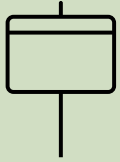






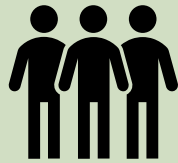


# Solutions!



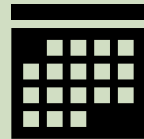
## Awareness

Signs & Ceremonies



## Stewardship

The Role of  
Builders, Facilitators  
& Labyrinth Keepers



## Recurring Events

Walks, Holidays,  
Event Space



## Placemaking

Approach,  
Container,  
& Landscaping



## Maintenance

Seasonal,  
Annual,  
Emergency



## Seasoning

Sustaining Energy  
of the People, Place,  
and Purpose



# Awareness:

Do people know about the labyrinth,  
where it is, and what it could be used for?

## Introduction Ceremonies

- Before, During and After Creation  
Blessing/Consecration/Dedication\*

## Signs

- Informational Sign (entrance)
- Directional Sign (Building/Corner/Parking Lot)
- Postings (Bulletin Boards/Newsletters/Social Media)
- Brochure/Flyer/Handout
- Website/Google Maps/Labyrinth Locator/Well-Fed Spirit





# Signs!

Based on a survey  
by Robert Ferré

1. Name of the labyrinth
2. A welcoming statement
3. A summary of labyrinth history
4. What the labyrinth is
5. Why you might want to walk the labyrinth
6. A name/description of the particular design
7. Preparation for walking the labyrinth
8. An explanation of how to walk the labyrinth
9. Further guidelines for walking
10. An explanation of what happens when you walk the labyrinth
11. A relevant quotation
12. A statement about the lasting effects of having walked
13. Post walking instructions
14. A statement wishing the walker well
15. Dedication, memorial, workers, builders, date built



# Walk the Labyrinth

Fridays, 8:00 am - 1:00 pm



## All Are Welcome

The labyrinth is an ancient pattern found in many cultures around the world. Labyrinth designs were found on pottery, tablets, and tiles that date as far back as 5000 years. Many patterns are based on geometric spirals and circles mirrored in nature.

The looping, spiraling walking path located on the Stanford Memorial Church campus is based on the 11th-century stone labyrinth installed in the floor of the Cathedral of Notre-Dame in Chartres, France. The rhythm and simplicity of following a single path can quiet the mind, restore balance, facilitate meditation, and encourage prayer, insight and celebration.

Stanford | Office for Religious Life

LABYRINTH



## WATERFALL LABYRINTH

WALK THE LABYRINTH WITH AN OPEN HEART AND MIND.  
MAY THE EXPERIENCE BRING YOU A SENSE OF PEACE AND JOY.

RESPECT AND ENJOY THE NATURE OF THIS QUIET SPACE

walk to the place  
within...  
where spirit is  
reborn



## Welcome to the Grace Episcopal Church Labyrinth

The labyrinth is an ancient pattern found in many different cultures – a truly universal symbol which for centuries has drawn people into a place of reflection and renewal. The labyrinth is an inclusive sacred space welcoming people of all faiths. Some people come with questions, or to reflect or pray, while others come in times of grief or loss.

In the Christian tradition, Jesus offers this reflection on inner prayer: "When you pray, go to your inner room, close the door, and pray to God in secret. Then God who sees in secret will reward you." (Matthew 6:3) Among the rewards God offers are blessings of peace, compassion, love and awakening.

In the Wisdom tradition, Jesus's reflection translates into the classic three Rs of intentional walking: Release, Receive, Return.

**Release:** As you begin your walk, quiet the mind and let go of other preoccupations and distractions.

**Receive:** As you walk, breathe slowly and open your heart to receive whatever gifts this time may offer you. These gifts are often felt most intensely at the center of the labyrinth.

**Return:** As you return to your every day life, bring back whatever gifts you may have received and pass them along to others.

There is no right or wrong way to walk a labyrinth. Unlike a maze, a labyrinth has only one path that always leads into the center. Find your natural pace, and feel free to pass a slower walker or allow others to pass you. Please respect the journey of others on the path. Once you reach the center, pause for a moment, then take the same path back out.





# Stewardship:

Is there a trained labyrinth facilitator, keeper, or committee that looks after the labyrinth?

## Builder

- inform/educate the client as to how to maintain the labyrinth
- assist in creation of sign/brochure/listings/photos/etc.
- educate and involve the community
- plant the seeds for facilitators/keepers

## Facilitator

- education/engagement/community building

## Keeper

- regular visits/clean/identify problems
- respond to isolated events (weather, animal, individuals)
- On-going maintenance schedule





## Recurring Events:

Are you hosting monthly, seasonal, or annual gatherings centered on the labyrinth?

- Labyrinth Walks
- Participate in Annual Events/Holidays/Festivals
- Multi-Use Space for Other Events
  - Drumming, dancing, music, yoga, etc
  - Weddings, Memorials, Rites of Passage



# Placemaking:

Does the labyrinth invite people in & hold space?  
Is the labyrinth accessible, attractive, and grounding?

- Welcoming & Accessible
- Parking & Approach Path
- Container, Shade, & Seating
- Signage & Threshold
- Manageable Landscaping







## Maintenance:

Is the labyrinth being regularly cared for and are challenges being addressed & mitigated?

- Seasonal / Annual / Long Term Stress
- Consider fixing the surroundings not just the labyrinth (drainage, trees, etc)





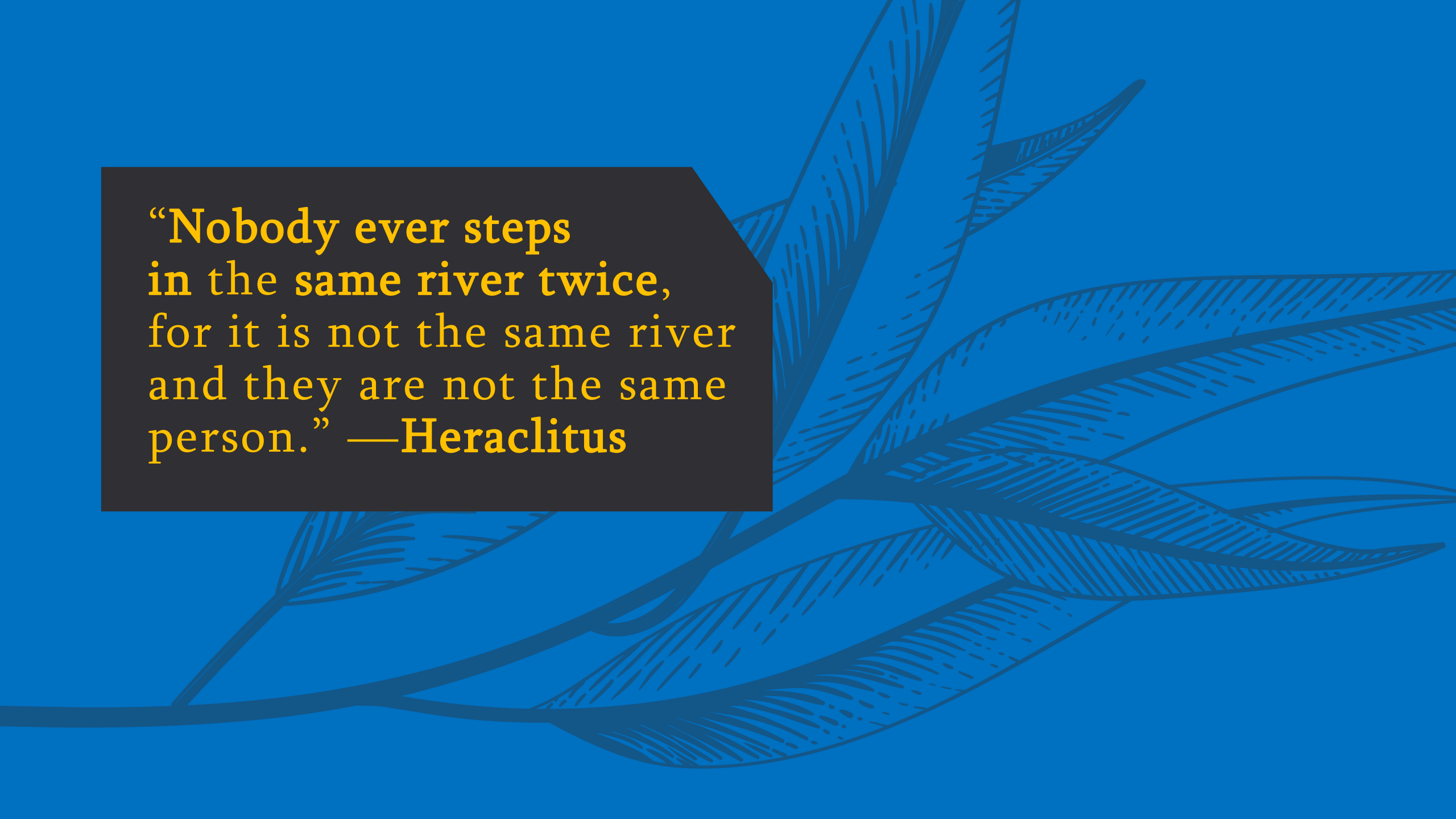


## Seasoning:

Can you collaborate with others to infuse the labyrinth with a greater variety of energy?

- Diversify the audience & activities that engage the space
- Temporarily modify the space to resonate with different groups
- Word of mouth, boots on the ground
- Eliminate clutter and distractions
- Engage spiritual/community leaders
- Invite artists, musicians, poets, dowsers, and healers
- There is a time to be dormant and a time to let go



A stylized, dark blue line drawing of a leafy branch, possibly an olive branch, is positioned diagonally across the background. The leaves are elongated and pointed, with fine lines indicating veins. The background is a solid, vibrant blue.

“Nobody ever steps  
in the same river twice,  
for it is not the same river  
and they are not the same  
person.” —Heraclitus



# Labyrinth Revival & Restoration

A Project of the Veriditas Council

- Advice
- Encouragement
- Referrals

[Veriditas.org/Labyrinth-Restoration](https://Veriditas.org/Labyrinth-Restoration)

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