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](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

Can Walking a Labyrinth Help Tech Savvy College Students Reconnect?
with Dr. Nancy Bandiera

Crystal-Dawn Walker, graduate student at Marylhurst University

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=9OFxDps2Uo

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: 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, bamboo http://www.labyrinthmeditation.com/Purchase.htm