

**Bibliography
of Articles and Studies
Related to Labyrinth Research
August 7, 2022 – Update**

Mission: The Labyrinth Society Research Committee supports research on labyrinths and labyrinth experiences by providing a resource base and encouraging a wide variety of labyrinth-related research interests.

Bibliography history

- John W. Rhodes, Ph.D. 2006, Revised: October 2008
- C. Diane. Rudebock, Ed.D., R.N., CHTP: Revised: July 2011, January 2015, October 2017
- 2021-2022 Research Bibliography Task Group: Holly Ann Burt, MLIS, M.Div, Kathryn McLean, D.Min, BCC, CSD, Melissa Powers, Ph.D, Jan Sellers, PhD, NTF, FRSA

In July 2021, the Research committee formed a Research Bibliography Task Group from within its membership, led by Holly Ann Burt, a former member who generously rejoined the committee for this purpose. The present document is the first phase of the updated bibliography, published in preparation for the launch of The Labyrinth Society's new website. The finalized version will be announced after several more phases of additions have been completed. This revised bibliography, to date, focuses on research into the spiritual, physical, mental and metaphorical applications and experiences of and with the labyrinth. Articles solely focused on mazes and meander paths, building labyrinths, labyrinth meditations, and the history of labyrinths are not included in this document. However, we are working on further sections of the bibliography focused on historical resources, multi-media items, and more. Additionally, we have created a *Supplement* of articles that are anecdotal, briefly mention but do not focus on the labyrinth, or are of value but don't meet the Bibliography guidelines.

Notes: Items were selected for accessibility and links to webpages were preferred over those to PDF's. Items not directly accessible are available through an academic library (contact your local university for more information). Search terms are provided when a link is unavailable (e.g., "ProQuest Dissertations, 2015, 3701174", may be used to search the ProQuest Dissertations & Theses Global database for the Avery paper). See below for definitions of categories, types and settings used in this Bibliography. Please contact us with suggestions and corrections at: research-biblio@labyrinthociety.org.

Recommended citation: Burt, Holly Ann, Kathryn McLean, Melissa Powers, and Jan Sellers. Bibliography of Articles and Studies Related to Labyrinth Research. The Labyrinth Society, 2022. <https://labyrinthociety.org/>

1. Alt, Paul L. "Sacred Space and the Healing Journey." *Annals of Palliative Medicine* 6, no. 3 (Jul 2017): 284-296.
This article overviews a brief history of healing environments, then explores three contemporary examples of healing environments. The author focuses on architecture and design as it relates to healing of mind, body, and spirit. Both the physical and metaphorical labyrinth are discussed.
Categories: Creation/Installation / Setting: Healthcare Institution / Type: Journal Article / Country: United States
Access: <http://doi.org/10.21037/apm.2017.06.09>
2. Anderson, Brock Justin. "An Exploration of the Potential Benefits of Healing Gardens on Veterans with PTSD." *All Graduate Plan B and Other Reports*, 50. Logan, UT: Utah State University, 2011.
This report for the Master of Landscaping Architecture degree explores the impacts of healing gardens with particular focus on the veterans with PTSD. After a thorough review of the history of healing gardens, the author makes the case for their use with veterans with PTSD. The case study describes the process of designing a healing garden for veterans. A labyrinth is included in the healing garden and is given specific attention in Chapter 4:32-49.
Categories: Creation/Installation / Setting: Healthcare Institution / Type: Project / Country: United States
Access: <https://doi.org/10.26076/8cb3-cfd7>

3. Artress, Lauren. *Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice*. 2nd ed. New York, USA: Penguin, 2006.
The author explores the historical origins of the labyrinth and shares the discoveries of modern-day seekers which reveal the potential of the labyrinth to inspire change and renewal. The book serves as a guide to help readers develop the higher level of human awareness needed to survive in the twenty-first century.
Categories: Spirituality / Type: Book / Country: United States
Access: <https://www.penguinrandomhouse.com/books/348265/>
4. Avery, E. Ryan. "Pilgrimage and Perambulation: The Sacred Journey to Centeredness within the College Labyrinth." DMin project, Drew University, 2015.
The college search and application process amongst American high school students frequently evokes a variety of conflicting emotions. This study considers this process as a sacred journey or pilgrimage and is structured according to the three movements of the labyrinth: entering in, arriving and receiving counsel at the center, and returning. The Chartres labyrinth is discussed throughout the paper.
Categories: Research; Mental Health / Setting: Educational Institution / Type: Project / Country: United States / Access: ProQuest Dissertations, 2015, 3701174
5. Bandiera, Nancy Ann. "The Medieval Labyrinth Ritual and Performance: A Grounded Theory Study of Liminality and Spiritual Experience." PhD diss, University of Texas at Austin, 2006.
This research project is a performance study including the elements of time, space, context, conditions, body, emotion, will, and thought. The two research questions are a) does performing the sacred labyrinth ritual help to create a spiritual experience? and b) what performance elements contribute to that experience and how does an individual interpret the experience? This qualitative research study uses grounded theory to analyze the experiences of 32 performer-perceivers who walked replicas of the Chartres labyrinth.
Categories: Research; Spirituality / Type: Dissertation / Country: United States
Access: ProQuest Dissertations, 2006, 3221357
6. Banks, Jacquie. "Sensory Labyrinth Theatre in Relation to the Individual, the Audience Member and Performer, as Part of a Community." *Journal of Context Oriented Arts* 1, no. 1 (8 Jan 2019); 1-20.
This paper provides an understanding of what Sensory Labyrinth Theatre is and how it is devised and realized by focusing on elements of performance, audience, and site. The author explores the subjective experience, the role of memory and the community context.
Categories: Contextual Application / Setting: Theater / Type: Journal Article / Country: United Kingdom
Access: <https://journalofcoarts.pubpub.org/pub/ltf2sfnr/>
7. Bavin, Ruth, Shelley Byrne, and Kelly McAteer. "The Reflective Labyrinth: An Innovative Tool for Exploring, Developing and Scaffolding Reflection Skills at UCLan." *The UCLan Journal of Pedagogic Research* (2019); (In Press).
This study aims to demonstrate how the use of a Santa Rosa pattern labyrinth could stimulate and deepen the learning and teaching of critical reflection skills. Reporting on initial findings from five labyrinth workshops with staff and students, this paper identified that both groups appreciated the wellbeing effect the labyrinth afforded but differed in their evaluation of the sessions' most valued quality.
Categories: Research; Health; Finger Labyrinth / Setting: Educational Institution / Type: Journal Article
Country: United Kingdom / Access: <http://clock.uclan.ac.uk/26136/>
8. Behman, Philip James, Joshua A Rash, Mercedes Bagshawe, and Gerald F Giesbrecht. "Short-Term Autonomic Nervous System and Experiential Responses During a Labyrinth Walk." *Cogent Psychology* 5, no. 1 (2018): 1495036.
In this study of the physiological response of labyrinth walking, the researchers found physiological arousal during the walk and physiological relaxation at the end of the walk. The participants were 25 youth and young adults who were mostly new to labyrinth walking. Subjectively, they reported feelings of calm, peace, and relaxation following the walk.
Categories: Research; Health / Type: Journal Article / Country: Canada
Access: <http://doi.org/10.1080/23311908.2018.1495036>

9. Berg Jr, Wayne Carl. "Images in the Labyrinth: A Reading of Symbol and Archetype in Four Quartets." Master's thesis, Montana State University, 2007.
This thesis overlays T.S. Eliot's Four Quartets with the structure of the labyrinth to suggest that meaning is a movement, like a river, developed between the poem and the reader.
Categories: Archetypal/Symbolic / Type: Thesis / Country: United States
Access: <https://scholarworks.montana.edu/xmlui/handle/1/909>
10. Bigard, Michelle F. "Walking the Labyrinth: An Innovative Approach to Counseling Center Outreach." *Journal of College Counseling* 12, no. 2 (Fall 2009): 137-148.
In this article, the author introduces the use of the labyrinth in higher education with particular focus on the counseling centers. The author describes the history of the labyrinth, methods for walking the labyrinth, overview of research on the labyrinth with focus on higher education, and examples of how the labyrinth can be used in higher education. The article ends with practical considerations and critical analysis of the use of labyrinths in college counseling centers.
Categories: Curriculum / Setting: Educational Institution / Type: Journal Article / Country: United States
Access: <https://doi.org/10.1002/j.2161-1882.2009.tb00111.x>
11. Bigard, Michelle F. "Walking the Labyrinth: Enhancing Spiritually Sensitive Clinical Practice." *Reflections* 11, no. 3 (Jun 2005): 84-95.
In this narrative, the author describes the application of the labyrinth as a tool for healing from trauma. After an introduction to the labyrinth, the author shares her personal experience, then explores ways the labyrinth could be used in spiritually sensitive clinical practice.
Categories: Mental Health; Spirituality; Finger Labyrinth / Type: Journal Article / Country: United States
Access: <https://reflections-narratives-of-professional-helping.org/index.php/Reflections/article/view/1158>
12. Bloos, Ingrid D., and Thomas St. James O'Connor. "Ancient and Medieval Labyrinth and Contemporary Narrative Therapy: How Do They Fit?" *Pastoral Psychology* 50, no. 4 (Mar 2002): 219-230.
This article explores the use of the labyrinth in the context of narrative family therapy. The authors describe both the labyrinth and narrative family therapy separately, then examines the similarities and differences of the two. The article ends with a detailed description of the labyrinth being used in a narrative context.
Categories: Mental Health / Type: Journal Article / Country: Canada
Access: <https://doi.org/10.1023/A:1014097211429>
13. Boardman, Paula, Suzanne Klatt, C. Diane Rudebock, and Teresa Araas. "Investigating Labyrinth Walking as a Tool for Stress Relief in the Workplace." *International Journal of Stress Prevention and Wellbeing* 1, no. 12 (2017):1-11.
The purpose of this study was to examine the effects of 8 weeks of labyrinth walking on stress in a workplace setting. Stress was assessed by self-report and physiological measures. Although results were non-significant, a moderate to large effect was seen in stress reduction among those in the labyrinth walking group.
Categories: Research; Mental Health / Setting: Workplace / Type: Journal Article / Country: United States
Access: <https://www.stressprevention.net/volume-1-article-12/>
14. Borgard, Heather, Hoda Sadat Hashemi, and Rui Yang. "Labyrinth Nature Walk in VR for Stress Reduction Therapy." *Proceedings of Human Interface Technologies 2017/18 Winter Conference*, no. 8, Vancouver, BC: University of British Columbia, 2018. (PDF)
Virtual reality (VR) was used to compare a virtual reality labyrinth walk versus a straight path walk. The physiological stress response was measured using blood pressure and heart rate before and after the virtual walks. No differences between groups were observed; however, 66% of participants reported a preference for the labyrinth pattern over the straight path.
Categories: Research; Health / Setting: Virtual / Type: Research Paper / Country: Canada
Access: <https://courses.ece.ubc.ca/518/previous/hit2017W/>

15. Bosbach, Stephen "Mind Mirror Measurements at the Levi Labyrinth." *Mid-Atlantic Geomancy* no. 12 (Winter Solstice 1998).
 In this brief summary, the author describes the use of the "Mind Mirror" dual electroencephalograph to measure brain wave output during a single labyrinth walk on the Levi Labyrinth. Four of the five dowsers who walked the labyrinth showed a wave shift to right brain dominance after the labyrinth walk, although the magnitude of the shift varied considerably from person to person.
 Categories: Research; Health / Setting: Outdoor Spaces / Type: Journal Article / Country: United States
 Access: <http://www.geomancy.org/index.php/mag-e-zine/mag-e-zine-1998/no-12-winter-solstice/mind-mirror-measurements>

16. Bright, Jennifer, and Helen Pokorny. "Contemplative Practices in Higher Education: Breathing Heart and Mindfulness into the Staff and Student Experience." *HERDSA News* 35, no. 1 (Apr 2013): 9-12.
 This article reflects on the experience of leading a contemplative workshop for the Staff and Educational Development Association (SEDA), an event specifically for staff and educational developers in higher education. The workshop included the history of labyrinths and making table-top designs of the classical labyrinth that might be used as finger labyrinths. Those who walked the full-sized labyrinth offered suggestions of ways the labyrinth could be incorporated in education programs.
 Categories: Curriculum; Finger Labyrinth / Setting: Educational Institution / Type: Journal Article
 Country: United Kingdom
 Access: <https://www.herdsa.org.au/publications/herdsa-news/herdsa-news-vol-35-no-1>

17. Brown, Cassie Maria. "A Literature Review and Case Study of a Constructivist Therapy Approach: A Field Practicum Report." Master's project, University of Regina, 2020.
 This paper explores how a constructivist approach uses the selective integration of narrative therapy, client-generated metaphors, and expressive therapeutic arts. Finger labyrinths were used to help clients focus.
 Categories: Mental Health; Finger Labyrinth / Type: Project / Country: Canada
 Access: <http://hdl.handle.net/10294/10356>

18. Cabib, Cintia, dir., "Labyrinth Journeys." Washington DC: Cintia Cabib, 2016. Video, 26:04.
 This documentary presents the personal stories of individuals who walk the labyrinth at seven locations in schools and medical centers around the Washington, D.C. metropolitan area. Adults, teenagers and children describe how they use this ancient path as a tool for healing, rehabilitation, meditation, stress reduction, spiritual awareness and playful exploration. The Chartres and Reims labyrinths are represented
 Categories: Mental Health / Setting: Healthcare Institution; Educational Institution / Type: Multi-media
 Country: United States / Access: <https://labyrinthjourneysfilm.com/>

19. Carnes, Valerie B. "Walking the Labyrinth to Peace: Long Term Management Care." *Nursing Homes* 50, no. 10 (Oct 2001): 41-42.
 This report describes the use of a canvas 5-circuit Heart of Chartres labyrinth with individuals with Alzheimer's Disease in a residential facility in the United States. Each resident walks the labyrinth with a caregiver. Observed effects include short-term calming, relaxation, and decreased agitation and anxiety.
 Categories: Curriculum; Mental Health / Setting: Healthcare Institution / Type: Journal Article
 Country: United States
 Access: <https://www.proquest.com/docview/218464180>

20. Carpeneto, Gloria Ray. "Walking the Midlife Labyrinth: A Phenomenological Study of the Embodiment of Spirituality in Women During the Middle Years." PhD diss, University of Maryland, 1996.
 In this phenomenological study, the author explores the phenomenon of embodied spirituality as experienced in the lives of five women who are in the middle years of the lifespan. Using the metaphor of the labyrinth and through a series of individual conversations, group meetings, and massage/ bodywork sessions, four participants and the author attempt to answer the question, "What is this experience of middle age like in our lives?"
 Categories: Research; Mental Health; Archetypal/Symbolic; Spirituality / Type: Dissertation
 Country: United States / Access: ProQuest Dissertations, 1996, 9707574

21. Chan, Roxane Raffin, Nicholas Giardino, and Janet L Larson. "A Pilot Study: Mindfulness Meditation Intervention in COPD." *International Journal of Chronic Obstructive Pulmonary Disease* 10, no 1 (2 Mar 2015): 445-454.
In this study of individuals with COPD, participants were randomly assigned to a mindful meditation group and a waitlist control group. The labyrinth was one of several mindfulness techniques introduced to the mindful meditation group. The results are inconsistent and vary depending on participation rates; however, this study does demonstrate that mindfulness meditation is feasible and potentially beneficial among those with COPD. This is a Master of Social Work field practicum report.
Categories: Research; Mental Health / Setting: Healthcare Institution / Type: Journal Article; Project
Country: United States
Access: <https://doi.org/10.2147/COPD.S73864>
22. Clark, Deborah Elizabeth. "Labyrinths: Walking in the Garden with God." DMin project, United Theological Seminary, 2007.
This study compares experiences of those walking on two different types of labyrinths. One is the 11-circuit Chartres labyrinth. The second is a contemporary 2-entrance, 7-circuit labyrinth. The study tries to ascertain whether a walk on a contemporary labyrinth is commensurate with a walk on an archetypal labyrinth as a path to inner reflection, healing, transformation, and contemplation of God. Participants' experiences were similar in terms of walking either or both labyrinths. In conclusion, however, each walk provided a completely different experience for the walker no matter which labyrinth walked.
Categories: Research; Spirituality / Setting: Religious institution / Type: Project / Country: United States
Access: ProQuest Dissertations, 2007, 3301276
23. Clark, Yadina Z. "The Sacred Art of Labyrinth Design: Optimization of a Liminal Aesthetic." Master's thesis, University of Maine, 2015.
This Master of Fine Arts thesis provides an overview of both practical and esoteric elements that inform the labyrinth design process and touches on the physiological and psychological effects of meditative walking. In addition to new installations, other outcomes that have resulted from this research include an interactive online map of over 200 labyrinths in New England and two simple formulas for accurately calculating the path length of both 3-and 7-circuit Classical labyrinths.
Categories: Research; Creation/Installation / Setting: Outdoor Spaces Type: Thesis / Country: United States
Access: <http://digitalcommons.library.umaine.edu/etd/2337>
24. Collay, Michelle, Sandra Gehrig, Valerie Lesniak, and Carol Mayer. "Reimagining Our Academic Journeys through Spiritual Metaphor." *Advancing Women in Leadership Journal* 10, no. 1 (Winter 2002).
Four mid-life women in the United States examine their individual and collective pilgrimages through, near and around the academia. Carol's story uses the metaphor of the labyrinth for her journey shifting between professional and student roles. For her, the three stages of the labyrinth are Separation, Vision and Reintegration.
Categories: Health / Setting: Educational Institution / Type: Journal Article / Country: United States
Access: <http://www.advancingwomen.com/awl/winter2002/collay.html>
25. Compton, Vanessa Jane. "Experience and Meaning in the Cathedral Labyrinth Pilgrimage." Master's thesis, University of Toronto, 2001.
In this Master of Arts thesis, the author presents walking the labyrinth in the context of learning theory with a phenomenological study of a single walk. Using the labyrinth myth as a conceptual model of the individuation process, and the walk as embodied experiential learning, creates the opportunity to restore balance in the relation between self, soul, society, and world, thereby "re-enchanting" contemporary life.
Categories: Health; Archetypal/Symbolic / Type: Thesis / Country: Canada
Access: <https://tspace.library.utoronto.ca/handle/1807/16477>

26. Compton, Vanessa Jane. "Understanding the Labyrinth as Transformative Site, Symbol, and Technology: An Arts-Informed Inquiry." PhD diss, University of Toronto, 2007.
This research project focuses on understanding the labyrinth function through three personal essays of the author. These address the dramatic first encounter, the intellectual quest and personal pilgrimage, and the responsibility for installation and maintenance of the labyrinth as public sacred art in a host community.
Categories: Archetypal/Symbolic; Health / Type: Dissertation / Country: Canada
Access: ProQuest Dissertations, 2007, NR27922
27. Cook, Matthew N., and Janet Brennan Croft. "Interactive Mindfulness Technology: A Walking Labyrinth in an Academic Library." *College and Research Libraries News* 76, no. 6 (2015): 318-322.
The article discusses the use of labyrinth as a stress-reduction tool or mindfulness technology for the academic library and development and testing of the Sparq Meditation Labyrinth which was used in the Bizzell Memorial Library on the University of Oklahoma Norman Campus. Topics discussed include use of the Sparq to address issues of stress and mental distraction and signs of positive effects of labyrinth-walking on mental well-being.
Categories: Curriculum / Setting: Educational Institution / Type: Journal Article / Country: United States
Access: <https://doi.org/10.5860/crln.76.6.9328>
28. Curry, Helen. *The Way of the Labyrinth: A Powerful Meditation for Everyday Life*. New York: Penguin, 2000.
The author shares her years of experience with labyrinth meditation and building and shows how others can find serenity and guidance. This book includes meditations, prayers, questions for enhancing labyrinth walks, guidelines for ceremonies, instructions for finger meditations, and extensive resources.
Categories: Curriculum; Spirituality; Finger Labyrinth; Resource / Type: Book / Country: United States
Access: <https://www.penguinrandomhouse.com/books/332706/>
29. Dalley-Hewer, Jayne. Joanne Opie, N. Knowles. "A Creative Alternative to Reflective Writing: Promoting Skills of Reflection through Walking a Labyrinth." *Physiotherapy*. 101, no. 1 Suppl (2015): e766-e767.
There is an emphasis on written work when supporting the development of reflective skills in undergraduate students. This conference abstract describes and evaluates the use of labyrinth walking on a canvas, as a strategy to promote the skills necessary for reflection. An on-line questionnaire was used to seek students' views on the labyrinth experience. The introduction of labyrinth walking was considered a useful tool for facilitating reflection and self-awareness.
Categories: Research; Mental Health / Setting: Educational Institution / Type: Journal Article
Country: United Kingdom
Access: <http://doi.org/10.1016/j.physio.2015.03.3638>
30. Davis, Dustin W. "A Literature Review on the Physiological and Psychological Effects of Labyrinth Walking." *International Journal of Yogic, Human Movement and Sports Sciences* 6, no. 1 Part C (2021): 167-175.
This literature review describes the physiological and psychological effects of labyrinth walking and addresses three research questions. First, how is labyrinth walking defined, and what are its key features? Second, what is the focus of the literature about labyrinth walking? Third, what are the physiological and psychological effects of labyrinth walking? The literature review finds that the literature about labyrinth walking focuses minimally on the physiological effects and almost exclusively on the psychological effects. Two qualitative questions that should be answered by future studies are why people enjoy labyrinth walking and whether the labyrinth walking motivates people to achieve higher levels of physical activity.
Categories: Research; Mental Health; Health / Type: Journal Article / Country: India
Access: <https://www.theyogicjournal.com/archives/2021/6/1/C/6-1-61>

31. Davis, Dustin W, Bryson Carrier, Brenna Barrios, Kyle Cruz, and James W. Navalta. "A Protocol and Novel Tool for Systematically Reviewing the Effects of Mindful Walking on Mental and Cardiovascular Health." *PLoS ONE* 16, no. 10 (2021): e0258424.
This is a systematic review protocol to describe the effects of mindful walking on mental and cardiovascular health. The protocol will achieve three objectives: to adhere to the best practices stated in the PRISMA guidelines, to ensure procedural transparency, and to enable readers to co-opt this protocol for future systematic reviews on mindful walking and related topics [n.b. which would include labyrinth walking]. For the third objective, a novel tool created to track the sources located and screened for the review is provided and described.
Categories: Resource; Mental Health; Health / Type: Journal Article / Country: United States
Access: <https://doi.org/10.1371/journal.pone.0258424>
32. de Jong, Annemarie. "The Leadership Labyrinth." *Journal of Leadership Studies* 5, no. 2 (2011): 75-78.
A labyrinth was used in a leadership development retreat. The author notes that building relationships and discussing the essential leadership issues, experiences, and uncertainties were the core elements of the group's time together on retreat.
Categories: Mental Health / Setting: Workplace / Type: Journal Article / Country: United States
Access: <https://doi.org/10.1002/jls.20222>
33. Diaconis, Linda Kay. "Changing Directions: The Lived Experience of Registered Nurses Who Return to School for a Baccalaureate Degree in Nursing." PhD diss, University of Maryland, College Park, 2001.
This study is an exploration of the lived experiences of registered nurses who return to school for a baccalaureate degree in nursing. The author seeks information on how those experiences can inform and improve the educational curriculum. Chapter Six begins with using the Chartres labyrinth as a metaphor to view the journey of the nurses and ask questions that challenge the existing academic program.
Categories: Research; Curriculum / Setting; Religious Institution / Type: Dissertation / Country: United States
Access: ProQuest Dissertations, 2001, 3009005
34. Diaconis, Linda Kay. "The Labyrinth: A Transformative Path for RN to BSN Education." *International Journal of Human Caring* 14, no. 3 (2010): 42-47.
The labyrinth as a tool for meditation is explored as this group of mature students walk a labyrinth together. All participants are registered nurses (RN) on an academic program, making the transition to graduate level (Bachelor of Science in Nursing, BSN). Students' journeys of returning to school become transformative as they experience this archetypal tool as a metaphor for their lives. Interpretive themes from a hermeneutic phenomenological inquiry (Diaconis, 2001) are reflected as patterns of the labyrinth and places on the path. Walking the labyrinth leads to questioning ways of developing curriculum and being with students in transition from RN to BSN education.
Categories: Research; Curriculum; Archetypal/Symbolic / Setting: Educational Institution / Type: Journal Article
Country: United States
Access: <http://doi.org/10.20467/1091-5710.14.3.42>
35. Drapes, David Edward. "The Myth of Theseus and Individuation: An Archetypal Study of the Labyrinthine Psyche." PhD diss, Pacifica Graduate Institute, 1998.
The author argues that the term 'labyrinthine' refers to both labyrinths and mazes. In this study the myth and the symbol most synonymous with Theseus, the labyrinth, is examined in-depth. The significance of the myth and the symbol are applied to Jungian psychological constructs. The study followed the chronology of the life of Theseus and selected images of labyrinths. Clinical case material was used to connect the story and image to the psychotherapy process. Suggestions were given for incorporating the myth and the individuation process into the dynamics of psychotherapy.
Categories: Mental Health / Type: Dissertation / Country: United States
Access: ProQuest Dissertations, 1998, 9839599

36. Drisner, Janelle K. "The Labyrinth of Grief: A Phenomenological Exploration of Turning toward Loss." Master's thesis, Trinity Western University, 2017.
The author uses hermeneutic phenomenology to study the experiences of four women turning toward loss. This thesis focuses on the themes arising out of an Existential Analysis of grief. Her findings (Chapter 4:61-96) are described in terms of a metaphorical labyrinth. "The labyrinth of grief complemented the participants' experiences of turning toward loss, as it captured the disorienting, devastating, complex, unpredictable, nonlinear, and transformative nature of the phenomenon."(p. 121)
Categories: Research; Archetypal/Symbolic / Type: Thesis / Country: Canada
Access: <https://twu.arcabc.ca/islandora/object/twu%3A370>
37. Dudeja, Jai Paul. "Labyrinth Walking: Origin, Patterns, Significance, Walking Procedures and Spiritual Benefits." *International Journal of Yogic, Human Movement and Sports Sciences* 3, no. 2 Part K (2018): 666-673.
This paper discusses multiple types of labyrinths in India and methods of walking the labyrinth. This paper describes the different benefits to the walker resulting from the different patterns of a labyrinth.
Categories: Resource; Spirituality; Health / Type: Journal Article / Country: India
Access: <https://www.theyogicjournal.com/archives/2018/3/2/K/3-2-116>
38. Dunphy, Madeline, Laura Borsdorf, and Catherine Chambliss. *Educational Applications of Wellness Techniques: An Experimental Investigation of the Effects of Labyrinth Walking*. Collegeville, PA: Ursinus College, 2000. (PDF)
This paper reproduces and expands the work of Laurie Barilotti (1999), providing evidence in support of the use of labyrinths as effective wellness tools. The present study, conducted at a liberal arts college in the United States, assesses whether walking an eleven-circuit labyrinth can be truly beneficial to the wellness of individuals, and also if focused non-labyrinth walking has similar or different effects on individuals' wellness. Results of the study failed to find a significant difference between groups on the overall measure of wellness, raising questions about the specific efficacy of labyrinth walking.
Categories: Research; Health / Setting: Educational Institution / Type: Research Paper / Country: United States
Access: <https://eric.ed.gov/?id=ED440330>
39. Eason, Cassandra. *The Complete Guide to Labyrinths: Tapping the Sacred Spiral for Power, Protection, Transformation, and Healing*. Berkley, CA: Crossing Press, 2004.
The author, a British psychic and folklorist, explores this sacred symbol and universal symbol of transformation and explains how to harness its power for personal transformation, protection, healing, and enlightenment. The book features instructions for creating indoor and outdoor labyrinths; rituals to nourish fertility, confront and resolve conflict, honor grief or loss, and celebrate new beginnings; and resources for locating labyrinths around the world.
Categories: Spirituality / Type: Book / Country: United Kingdom
Access: <https://www.penguinrandomhouse.ca/books/198212/>
40. Eichberg, Henning. "Wandering, Winding, Wondering: Moving in the Labyrinth / Wędrowanie, Podążanie Krętą Droga, Zdumienie: Poruszanie Się W Labiryncie." *IDO – Ruch dla Kultury; Movement for Culture*. 9 (2009): 210-225.
For over ten years, students and professors of the Gerlev Sports Academy in Zealand (Denmark) have moved, danced, walked and run in the labyrinth. These movement practices, this bodily phenomenology, can describe the labyrinthine experiences as a series of stories or narratives revealing relationships between the labyrinth and rhythm, concentric and eccentric movement, regularity and irregularity, panic and laughter, the Other and the In-Between, change of the state of conscience – and the question mark.
Categories: Health / Setting: Educational Institution / Type: Journal Article / Country: Denmark
Access: <http://imcjournal.com/index.php/en/volume-ix-2009/contents-volume-ix/630-wandering-winding-wondering-moving-in-the-labyrinth>

41. Fairbloom, Lorraine. "Walking the Labyrinth: Its Impact on Healthcare Professionals in a Hospital Setting." Master's thesis, University of Toronto, 2003.
SWCHSC was the first Canadian hospital to install a permanent labyrinth. This qualitative study focused on exploring the impact of walking the labyrinth on healthcare professionals in their workplace setting. Eleven participants were interviewed. Results included positive and negative experiences; the majority deemed the labyrinth to be beneficial.
Categories: Research; Health / Setting: Healthcare Institution; Workplace / Type: Thesis / Country: Canada
Access: ProQuest Dissertations, 2003, MQ84321

42. Feller, Ross Alan. "An Overview of the Labyrinth." Chap. 2. In: *Multicursal Labyrinths in the Work of Brian Ferneyhough*, 10-35. D.M.A. thesis, University of Illinois at Urbana-Champaign, 1994.
The labyrinth is a symbol appearing in most of the world's cultures. As a sign of complexity and difficult process, the excessive and meandering path of the labyrinth emphasizes the need for perseverance in spite of an ever-changing terrain. In Chapter 2 of his Doctor of Musical Arts thesis, the author discusses the two primary structural types: unicursal and multicursal.
Categories: Resource / Type: Thesis / Country: United States
Access: ProQuest Dissertations, 1994, 9512357

43. Fergus-Jean, Elizabeth. "Labyrinth: A metaphor for Transformation." Elizabeth Fergus-Jean: Artist, Mythologist, dated 1996. <http://www.fergusjean.com/writings.htm>
The labyrinth as an archetypal image and physical entity has resonated within the human unconscious since antiquity and includes a sense of mystery, encounter, paradox, and transformation. The author addresses the labyrinth as both multicursal and unicursal through mental context, historical examples of labyrinths and ritual (e.g., Chartres), and its place in contemporary culture.
Categories: Resource / Type: Webpost / Country: United States
Access: http://www.fergusjean.com/labyrinth_p1.htm

44. Ferré, Robert. "12 Reasons to Have a Church Labyrinth." Labyrinth Enterprises, [2005], republished 2021 2022. <https://grace-episcopal.org/welcome-to-grace/labyrinth/>
These comments were written for a presentation to a church labyrinth committee in Bloomington, Indiana. They describe the labyrinth as a spiritual aid, a form of pilgrimage, building community and both traditional and contemporary. (Also available as a PDF.)
Tags: Resource; Spirituality / Setting: Religious Institution / Type: Webpost / Country: United States
Access: <https://grace-episcopal.org/welcome-to-grace/labyrinth/>

45. Fillmore Taylor, Sofia. "The Image in the Labyrinth: An Artist's Symbolic Journey from Cancer Towards Wholeness." PhD diss, Pacifica Graduate Institute, 2003.
Traumatized by ovarian cancer and the removal of her internal female organs, this author's journey to confront the disease and effects incorporates Jungian philosophy and dreams, drawing and painting, various mythologies, and both the maze and labyrinth where Ariadne is the Cretan Goddess and goddess of the Labyrinth.
Categories: Research; Archetypal/Symbolic; Health / Type: Dissertation / Country: United States
Access: ProQuest Dissertations, 2003, 3119799

46. Fisher, Maggie. "The Therapeutic Use of Labyrinths." *Spirituality and Health International* 4, no. 1 (Mar 2003): 30-34.
This paper considers the use of finger labyrinths as a tool in psychotherapy and offers some brief case illustrations. Finger labyrinths are small hand-held designs, using a pattern identical to the full-scale models. They are usually carved in wood, with a groove to mark out the path so that it can be followed with the eyes closed and using a finger to trace it.
Categories: Mental Health; Finger Labyrinth / Type: Journal Article
Country: United States
Access: <https://doi.org/10.1002/shi.139>

47. Fleming, Jessica, Misha Crosbie, and Mark Pearson. "A Labyrinth Walk and Mandala Reflection Experience: Participant Reports on a Wellbeing Resource." *Counselling Australia*, 21, no. 2 (2020): 8-12. This article presents labyrinth walking and mandala creation as personal growth processes that are showing therapeutic promise for reducing anxiety and depression and enhancing wellbeing. Labyrinth walking has been likened to a moving meditation and mandala drawing has been shown to support self-reflection, integration and to reduce anxiety. Thirteen participants in a morning's labyrinth walk and mandala drawing program were asked to complete questionnaires about their experiences of the processes. Two main themes of journeying and appreciating time out for self-reflection emerged. Overall participants found all stages of the program protocol supportive, with most appreciation expressed for the mandala creation, the walking and the group sharing.
Categories: Research; Health / Setting: Educational Institution / Type: Journal Article / Country: Australia
Access: http://www.markpearson.com.au/pdf/2020_pearson_labyrinth-walks.pdf
48. Francisco, Janice. *Creative Walker's Guide to the Labyrinth*. Self-published: BridgePoint Effect, 2006. The book is the result of the author's master's thesis research project that asked, "In what ways might we use the labyrinth as a creative thinking tool?" This guide is meant to act as a tutorial on basic labyrinth walking practice as applied to the field of creativity.
Categories: Curriculum / Type: Paper / Country: Canada
Access: <https://go.bridgepointeffect.com/download-labyrinth-guide>
49. Francisco, Janice M., "Into the Labyrinth: Excursions and Applications for Creative Process" *Creative Studies Graduate Student Master's Projects*, 58. New York: Buffalo State College, 2006. This Master of Science project surveyed, analyzed and organized implicit references to creativity in labyrinth literature to assess the validity and context within which the labyrinth could be used as a tool to facilitate creative change. The work discovered explicit links to the creativity concepts, processes/tools, models, and outcomes required to facilitate creative, transformational change. Implications for future studies suggest the opportunity to qualify and quantify the increased effect on creative production when Creative Problem-Solving techniques are applied to the labyrinth experience; the ability to generate "in-the-moment" benefits of incubation, and the placement of the labyrinth within the full repertoire of tools available within a Creative Problem Solving Thinking Skills Model.
Categories: Research; Archetypal/Symbolic / Type: Project / Country: United States
Access: <https://digitalcommons.buffalostate.edu/creativeprojects/58>
50. Fuerst, Robin. "Reiki and the Labyrinth." *Reiki News Magazine* (Spring 2010): 33-36. There are several ways to combine Reiki and the energy of a labyrinth. Focused on the seven-circuit classical labyrinth, the author offers suggestions for connecting with one's chakras during the walk. Other suggestions are mentioned as a way of enhancing one's labyrinth walk with Reiki.
Categories: Spirituality; Health; Curriculum / Type: Journal Article / Country: United States
Access: <http://www.healingjourneyoptions.com/wp-content/uploads/Reiki-Labyrinth-Article1.pdf>
51. Geoffrion, Jill K. H. "Praying the Labyrinth in the Republic of Congo." *Labyrinth Pathways* 2 (July 2008): 5-7. Discussion of the building and use of a temporary Chartres labyrinth next to the HEAL Africa hospital in Goma, Democratic Republic of Congo.
Categories: Creation/Installation; Spirituality / Setting: Outdoor Spaces / Type: Journal Article
Country: Democratic Republic of Congo
Access: <https://jillgeoffrion.com/writings/articles-written-by-the-rev-jill-k-h-geoffrion-ph-d/>
52. Geoffrion, Jill K. H. "Labyrinth Prayer: A Spiritual Tool for Christians in Myanmar." *Koinonia* (2013):1-6. Labyrinth history, usage, and experience by Myanmar students at the Chin Christian Institute of Theology in Falam, Myanmar
Categories: Spirituality / Setting: Educational Institution / Type: Journal Article / Country: Myanmar
Access: <https://jillgeoffrion.com/writings/articles-written-by-the-rev-jill-k-h-geoffrion-ph-d/>

53. Geoffrion, Jill K. H. "Inter-Faith Labyrinth Prayer in Myanmar." *Labyrinth Pathways* 8 (Sept 2014): 9-15. This article explains the building of two temporary labyrinths, classic and contemporary, at a community center in Yangon where students from at least four religious backgrounds (Buddhist, Hindu, Muslim, and Christian) were invited to walk for love and peace.
Categories: Creation/Installation; Spirituality / Setting: Educational Institution / Type: Journal Article
Country: Myanmar
Access: <https://jillgeoffrion.com/writings/articles-written-by-the-rev-jill-k-h-geoffrion-ph-d/>
54. Geoffrion, Jill K. H. "Cambodia Labyrinth Experiences." *Labyrinth Pathways* 10 (Sept 2016): 51-58. After experiencing a finger labyrinth, the ministers preparing a leadership training event supported creation of a temporary Chartres labyrinth in Sihanoukville province, Cambodia. The experiences of ministers praying the labyrinth follows.
Categories: Creation/Installation; Spirituality; Finger Labyrinth / Setting: Religious Institution
Type: Journal Article / Country: Cambodia
Access: <https://jillgeoffrion.com/writings/articles-written-by-the-rev-jill-k-h-geoffrion-ph-d/>
55. Gillispie, Charles. "The Labyrinth in a Residential Treatment Center." *Labyrinth Pathways* 10 (Sept 2016): 26-31. This article tracks the evolution of the labyrinth program at Cottonwood Tucson, a residential treatment center in Southern Arizona, over the course of a three-year period. It focuses primarily on three different teaching modalities that were used to introduce patients to labyrinth walking (audial, visual, and kinesthetic), and then examines patient evaluation forms in regard to establishing efficacy for each teaching method used.
Categories: Research; Curriculum / Setting: Healthcare Institution / Type: Journal Article
Country: United States
Access: https://zdi1.zd-cms.com/cms/res/files/624/Labyrinth_Pathways_10.pdf
56. Gomm, Katie. "The Effect of a Labyrinth Experience and Setting on Attention, Affect, and Tranquility, among Garden Staff." Master's thesis, University of Utah, 2014. To address sensory overload, mental fatigue, or stress from living in an urban environment a restorative environment is recommended. This study explores the effect that setting and a meditative labyrinth experience has on affect, tranquility, and executive attention functioning. The study placed 60 participants into four treatments settings: a labyrinth in an urban setting, with and without meditation, and a labyrinth in a natural setting, with and without meditation. Executive attention functioning was higher for the meditation group rather than the no meditation group. Results also showed the nature setting with no meditation had the highest effect on tranquility, and the urban area with no meditation had the lowest effect on tranquility. Future research may study the recovery of attentional fatigue and positive affect when a restorative experience is meditation in nature compared to meditation in an urban environment.
Categories: Research; Mental Health / Setting: Outdoor spaces / Type: Thesis / Country: United States
Access: <https://collections.lib.utah.edu/details?id=196453>
57. Grant, Elizabeth Mitchell. "Interactions Associated with Mindfulness Use of Labyrinths in Remediation of First-Year College Students." PhD diss, Northcentral University, 2016. This mindfulness research project examined whether participation in mindfulness training was associated with changes in rumination or distraction. The mixed-methods study of mindfulness effects among first-year developmental college students used a labyrinth as a meditative tool. Only one of the seven participants completed the pre- and post-tests and journal entries. The author notes that challenges arising from the design limitations produced valuable insights to improve future research.
Categories: Research; Mental Health / Setting: Educational Institution / Type: Dissertation
Country: United States
Access: ProQuest Dissertations, 2016, 10164690

58. Greenwood, David, and Devon Lee. "Sustainability from the inside Out: The Labyrinth as a Tool for Deepening Conversations in Higher Education." *Northern Review* 49 (2020): 115-131.
The labyrinth is described as an intervention into business-as-usual in academic, workshop, or conference settings, a form of cultural reinvention. The labyrinth is also a dynamic, transformational process that taps into embodied, interior experience, drawing it out into collective view. This process, centered on walking the labyrinth and sitting in a listening circle, challenges participants to identify and express their chief motivating purposes, as well as the internal barriers they face in meeting their most valued aims. The article concludes with observations about how the labyrinth and the listening circle can be used in higher education, and other workplace contexts, as a tool for creating space for fostering sustainability from the inside out.
Categories: Curriculum; Health / Setting: Educational Institution; Workplace / Type: Journal Article
Country: Canada
Access: <https://doi.org/10.22584/nr49.2019.010>
59. Griffith, Janith S. "Labyrinths: A Pathway to Reflection and Contemplation." *Clinical Journal of Oncology Nursing*, 6, no. 5 (2002): 295-296.
The author describes labyrinth walking as a form of psychoneuroimmunology that can be a component of an integrated approach to providing health care and offers a variety of approaches to labyrinth activities with the goal of achieving a contemplative and transformational state of mind.
Categories: Curriculum; Finger Labyrinth / Setting: Healthcare Institution / Type: Journal Article
Country: United States
Access: <https://doi.org/10.1188/02.Cjon.295-297>
60. Hackworth, Mary Theresa. "Solved by Walking: Paradox and Resolution in the Labyrinth." PhD diss, Pacifica Graduate Institute, 2012
This study examines the history of the labyrinth as a metaphor for epistemology in Western culture. The symbol itself comprises multiple meanings—it is a metaphor for life, for truth, for moral conduct, and for philosophy. The two forms of the labyrinth, unicursal and multicursal, represent distinctly different philosophical positions on what can be known and the ultimate source of that knowledge. This dissertation argues that these two approaches to reality are not mutually exclusive and mirror the ongoing quest for truths (both idiosyncratic and universal) that each of us experiences over the course of a lifetime. Also available as a book, published by: CreateSpace Independent Publishing Platform.
Categories: Archetypal/Symbolic / Type: Dissertation / Country: United States
Access: ProQuest Dissertations, 2012, 3521001
61. Hackworth, Mary Theresa. "The One and the Many: The Significance of the Labyrinth in Contemporary America." *Journal of Jungian Scholarly Studies* 9, no. 3 (2014): 1-17.
The growing popularity of unicursal labyrinths coincides with a time of deep political divisions in American society. The author suggests that the labyrinth's popularity in meditative and recreational settings expresses a deep-seated wish to walk a heroic, individual path and to connect this path to a larger purpose. As socio-psychological theories of the individual's relationship to society move toward an "embedded" model, the labyrinth suggests a collective, perhaps unconscious, desire to find a middle way between individualism and common purpose as well as shared ground amid competing cultural values.
Categories: Archetypal/Symbolic; Health / Type: Journal Article / Country: United States
Access: <https://doi.org/10.29173/jjs44s>
62. Hancock, Gael D. *108 Ways to Use Labyrinths in Schools*. 3rd ed. New York: Hancock and Associates, 2011.
This 40-page pamphlet addresses a broad spectrum of ages and environments, including public, private, parochial, and Montessori classrooms. Activities include ways to use labyrinths in math, language, history, science, music, movement, and art, as well as in celebrations and sensory experiences.
Categories: Curriculum; Teaching & Learning / Setting: Educational Institution / Type: Book / Country: United States
Access: <https://www.montessoriservices.com/108-ways-to-use-labyrinths-in-schools>

63. Hanson, Vanya. "An Arts-Based Inquiry: The Space of Labyrinth in Art Therapy." Master's project, Concordia University, 2015.
Many parallels exist between labyrinths and art therapy. Considering the material nature of labyrinths and art therapy, an arts-based research approach seemed to be the most suitable method for deepening and expanding on the author's personal and therapeutic investigation. The results pointed to potential ways of using labyrinths metaphorically, symbolically, and practically in an art therapy context.
Categories: Research; Mental Health; Contextual Application / Type: Project / Country: Canada
Access: <https://spectrum.library.concordia.ca/980294/>
64. Harris, Neal. "Effective, Short-Term Therapy: Utilizing Finger Labyrinths to Promote Brain Synchrony." *Annals of the American Psychotherapy Association* 5, no. 5 (2002): 22-25.
Labyrinths can promote a greater sense of group cohesion, self-awareness and spiritual growth among its users. Intuipath® finger labyrinths (a two-person finger labyrinth design) are effective in facilitating relaxation and Brain Synchrony, which can result in a more rapid establishment of trust, greater creativity and learning capability. This can foster enhanced interpersonal and intra-personal communication, leading to swifter and more complete issue resolution.
Categories: Mental Health; Finger Labyrinth / Type: Journal Article / Country: United States
Access: <https://www.relax4life.com/article-effective-short-term-therapy-using-finger-labyrinths/>
65. Harris, Neal. "Labyrinths Foster Therapeutic Growth." Relax4Life, dates Aug 2008.
<https://www.relax4life.com/labyrinths-foster-therapeutic-growth-article/>
Looking back on over a decade of using labyrinths in counseling, all indications point to the powerful role they can play in facilitating the therapy process. (Also available as a PDF.)
Categories: Mental Health / Type: Webpost / Country: United States
Access: <https://www.relax4life.com/labyrinths-foster-therapeutic-growth-article/>
66. Harris, Paul A. "In the Labyrinth of Slow Time: "A Perturbation in the Deep Stream" and "a Perambulation in the Deep Stream"." *C21 Literature: Journal of 21st-Century Writings* 6, no. 3 (2018): 1-27.
This work includes two texts on the themes of gardens and slow time presented in a reading with British author David Mitchell, at the University of St Andrews' 2017 conference on Mitchell's work. These works of 'truthful fiction' extend from an ongoing project, *The Petriverse of Pierre Jardin*, and explore the Cretan labyrinth as a cultural and topological motif. The afterword situates the texts in a broader context of bringing the 'slow' movement to academic institutions and teaching Mitchell's work in connection with contemplative pedagogies. [n.b. A connection: Labyrinth in 'The Garden of Slow Time' at Loyola Marymount University, Westchester Campus, Los Angeles. See <https://newsroom.lmu.edu/campusnews/introducing-the-bellarmino-forum-labyrinth/>]
Categories: Contextual Application / Setting: Educational Institution / Type: Journal Article
Country: United States
Access: <https://doi.org/10.16995/c21.61>
67. Heard, Clark Patrick, Jared Scott, and Rev'd Stephen Yeo. "Walking the Labyrinth: Considering Mental Health Consumer Experience, Meaning Making, and the Illumination of the Sacred in a Forensic Mental Health Setting." *Journal of Pastoral Care and Counseling* 69, no. 4 (Dec 2015): 240-250.
The purpose of this study is to explore the unique meaning and experience associated with walking a unicursal seven circuit outdoor Chartres Labyrinth and 11 circuit indoor Chartres Labyrinth for persons residing at a forensic mental health care facility. This qualitative study supports a novel investigation of the meaning associated with participation in walking a labyrinth for persons residing at a forensic mental health care facility. The study design is a qualitative methodology involving transcribed interviews with 12 individuals resident at the Southwest Centre for Forensic Mental Health Care who participated in the 'Walking the Labyrinth' program as facilitated by spiritual care staff.
Categories: Research; Mental Health / Setting: Healthcare Institution / Type: Journal Article
Country: United States
Access: <https://doi.org/10.1177/1542305015616102>

68. Hills, Sara J. "The Effects of Walking a Labyrinth on Symptoms of Depression and Anxiety and Level of Self-Compassion." PhD diss, Oklahoma State University, 2018.
This mixed-methods study utilized a convergent independent three-arm design to explore the experiences and benefits of walking a labyrinth, a form of meditative movement (MM), as a complementary treatment for depression and/or anxiety. College students experiencing depression and/or anxiety who were at least 18 years old from a Midwest university were sequentially assigned to one of three groups: treatment (TG), active control (ACG), or wait-list control (WCG). Discussions of quantitative and qualitative data intersections are explored and future directions for investigating MM in a labyrinth as a complementary treatment are suggested.
Categories: Research; Mental Health / Setting: Educational Institution / Type: Dissertation
Country: United States
Access: <https://shareok.org/handle/11244/317604>
69. Hong, Young Joon, and George A. Jacinto. "Reality Therapy and the Labyrinth: A Strategy for Practice." *Journal of Human Behavior in the Social Environment* 22, no. 6 (2012): 619-34.
This paper presents a strategy for the use of the labyrinth as an adjunctive feature of reality therapy (RT). The paper reviews complementary and alternative practices and positions labyrinth work within this context. The literature review includes brief descriptions of RT and the person-in-environment perspective, the history of the labyrinth, and uses of the labyrinth. The walking and finger types of labyrinths that are useful for therapy is discussed. The stages of labyrinth work in the context of RT are described and implications for the use of the labyrinth as an adjunctive method are explored.
Categories: Mental Health; Curriculum; Finger Labyrinth / Type: Journal Article / Country: United States
Access: <https://doi.org/10.1080/10911359.2012.655561>
70. Hothrow, Lizzie. "The Labyrinth: Reclaiming an Ancient Spiritual Tool for a Modern Healthcare Setting." *Journal of Health Care Chaplaincy* 10, no. 1 (Summer 2010): 55-62.
Pilgrims Hospices in East Kent have used different forms of labyrinths with patients and caretakers as they have been found to be calming or enlightening. The Department of Health has funded a labyrinth as part of a Therapeutic Labyrinth Garden and this article reports on Pilgrims Hospices' experience as an encouragement for other hospices and hospitals to provide a labyrinth as a part of the spiritual care offered not only to patients and caretakers but also to staff and volunteers.
Categories: Spirituality / Setting: Healthcare Institution / Type: Journal Article / Country: United Kingdom
Access: <https://www.healthcarechaplains.org/wp-content/uploads/2016/01/2010-journal-summer.pdf>
71. Howson-Griffiths, Teri. "Locating Sensory Labyrinth Theatre within Immersive Theatres' History." *Studies in Theatre and Performance* 40, no. 2 (May 2020): 190-205.
Immersive theatres have emerged since the turn of the millennium as a popular form of performance. Intricate and elaborate, they interweave playfulness into the relationship between performer, audience, and performance space. This paper contributes to the widening of this discussion by considering the work of Iwan Brioc and his sensory labyrinth theatre (s.l.t). The path the audience follows has a separate entrance and exit point so that the walker never retraces their steps, but otherwise follows a meandering pattern similar to the classical labyrinth
Categories: Contextual Application / Setting: Outdoor Spaces; Theater / Type: Journal Article
Country: United Kingdom
Access: <https://doi.org/10.1080/14682761.2019.1663649>
72. Hull, Sarah Barbara Kathleen. "The Labyrinth as a Leadership Learning Tool." Master's thesis, Royal Roads University, 2007.
The author explores what role a reflective process of walking the labyrinth can play in enhancing leadership capacity to solve challenging problems and what implications this may have for change in organizations. The literature supports the proposition that rapid change is having greater consequences than ever before, and there is an increasing need to take time to think critically and creatively of proposed solutions to problems. This study involved fifteen volunteers in leadership positions, who participated in an action research project using qualitative methods to research if the labyrinth could enhance the ability

to solve challenging problems. The results of this research include the expected and unexpected impact of the labyrinth on the walkers and recommendations for future labyrinth research.

Categories: Research; Archetypal/Symbolic / Setting: Workplace / Type: Thesis / Country: Canada

Access: ProQuest Dissertations, 2007, MR27211

73. Ingold, Tim. *The Life of Lines*. Abingdon, UK: Routledge, 2015.
This study of the life of lines and how they tangle with one another includes meditations on life, ground, wind, walking, imagination and what it means to be human. Chapter 25 (130-133) focuses on the differences between the mazes and labyrinths and the walker of each. This informs the topics of education and mastery in the following chapters.
Categories: Archetypal/Symbolic / Type: Book / Country: United Kingdom
Access: <https://www.taylorfrancis.com/books/mono/10.4324/9781315727240/life-lines-tim-ingold>
74. James, Alison, and Brookfield, Stephen D. "Playing Seriously: Legos and Labyrinths." Chap. 6. In: *Engaging imagination: Helping Students Become Creative and Reflective Thinkers*. 115-138. San Francisco: Josey-Bass, 2014.
The authors examine kinesthetic forms of learning involving the body and the physical realm. Chapter 6 (115-138) discusses different examples and uses of labyrinths for contemplation, restoration and reflection, and showcases the work of Dr Jan Sellers on labyrinths for learning, teaching and quietening the mind. Additional information and videos available at: <https://engagingimagination.com/labyrinths/>. Also published in the *International Journal of Adult Vocational Education and Technology* 4, No 3 (2013): 1–12 doi: 10.4018/ijavet.2013070101
Categories: Health / Setting: Educational Institution / Type: Book / Country: United Kingdom
Access: <https://engagingimagination.com/part-1/>
75. Jones, Nicole S. "A Creative Path to Building a Labyrinth: A Reflexive Journey to a Wise and Compassionate Inner Life." *Creative Studies Graduate Student Master's Projects*, 322. Buffalo, NY: Buffalo State, 2021.
The purpose of this Master of Science research project is to understand the creative process of designing and constructing a labyrinth on private property in the United States. How might the creative person be impacted by an intrinsically motivated and seemingly individualistic effort? This exploration has revealed that this unique experience of designing and building a labyrinth is one of self-observation, self-discovery, and personal growth.
Categories: Research; Creation/Installation / Setting: Outdoor Spaces / Type: Project / Country: United States
Access: <https://digitalcommons.buffalostate.edu/creativeprojects/322>
76. Judge Sharon Kaye. "The Writer's Labyrinth: A Reflection on the Principles of Academic Writing-I." *TEACH Journal of Christian Education* 13, no. 1 (2019): 52-55.
A metaphor for writing is the vine and pruning. The author also refers to the various pictures of labyrinths as a way of guiding thought processes. This has provided a meaningful structure to writing while enabling the capture and illustration of key ideas through visual images. The physical labyrinth and the experience of the walk become a means for the author to reflect on her own journey in writing, and a guide for others concerned with academic writing, accompanying other metaphors for the process of reflection, research and writing. The second part of the article, "The Writer's Labyrinth: A Reflection on the Principles of Academic Writing - II" follows in the next edition of the journal: *TEACH* 13, no. 2 (2019): 57-61.
Categories: Contextual Application / Type: Journal Article / Setting: Educational Institution / Country: Australia
Access: <http://doi.org/10.55254/1835-1492.1415>

77. Katsilometes, Bessie Marie. "The Call to Pilgrimage: A Journey into Sacred Space and Time." PhD diss, California Institute of Integral Studies, 2010.
The author's transdisciplinary inquiry into the psychological factors underlying pilgrims' motivations explores the call to pilgrimage and the significance of the archetypal labyrinth as a mandala. A Jungian framework is used, in that the images, metaphors, and symbols of pilgrimage are embedded in the collective unconscious and have meaning for individual consciousness. Overlaid with this review is the author's personal sojourn to pilgrim sites in ancient Greece, to the medieval experience of Catholic Christendom, and her journey as a modern pilgrim to Chartres Cathedral in France.
Categories: Archetypal/Symbolic; Spirituality / Type: Dissertation / Country: International; Greece; France
Access: ProQuest Dissertations, 2010, 3447087
78. Kyle, Barbara L. "Leading from the Inside Out: Incorporating the Labyrinth as a Leadership Tool in Organizations." Master's thesis, Royal Roads University, 2002.
This study examines how the labyrinth, used as a form of walking meditation, can be integrated into the workplace to build leadership capacity through self-reflection and self-awareness. Chancery Software Ltd. participated as the sponsor for this research project. Participants responded to two questionnaires and a focused interview. In addition to identifying the themes of time for reflection and relaxation and a spiritual dimension, participants identified workplace applications including planning and development, team building, and conflict resolution.
Categories: Research; Health / Setting: Workplace / Type: Thesis / Country: Canada
Access: ProQuest Dissertations, 2002, MQ77742
79. La Torre, Mary Anne. "Walking: An Important Therapeutic Tool" *Perspectives in Psychiatric Care* 40, no. 3 (Jul-Sep 2004): 120-122.
The author focuses on walking as a therapeutic process and suggests ways in which walking can be incorporated into the therapeutic setting. The use of the labyrinth, a spiral circular path that guides the walker into the center and out again, is discussed, and it is suggested that walking a labyrinth for client and therapist can be a powerful activity as the movement itself around the circular path provides a connection and can lead into deeper relationship. Two clinical examples are provided in which therapeutic walking and walking the labyrinth were used.
Categories: Mental Health / Setting: Outdoor Spaces / Type: Journal Article / Country: United States
Access: <http://doi.org/10.1111/j.1744-6163.2004.tb00006.x>
80. Ladd, Kevin L, and Brenna Costello. "Structuring Spirited Place: The Roles of Intuition and Data", *Collected Abstracts of the Fourth ACS Symposium (April 1-5, 2012)*, eds. Julio Bermudez and Robert Hermanson, no. 5, Ghost Ranch, NM: Forum for Architecture, Culture and Spirituality, 2012 (PDF)
This presentation uses qualitative and quantitative methods across disciplines to reflect on the holistic (physical, intellectual, spiritual) role of labyrinths in built environments. First, an architect from the NICoE design team reflects on the processes and outcomes of including a labyrinth in that project. Second, a psychologist summarizes the findings from a three-year series of experiments involving the relation of labyrinths to spiritual experiences.
Categories: Creation/Installation; Spirituality / Type: Paper / Country: United States
Access: <http://www.acsforum.org/symposium2012/papers.htm>
81. Laishley, Lilan. *Religious Diversity on the Labyrinth: Rituals that Engage a Sacred Cosmos*. Saarbrücken, Germany: LAP Lambert Academic, 2011
Based on her doctoral dissertation (Labyrinths in American Contemporary Religion, University of Pittsburgh, 2004), the author examines how the labyrinth is emerging around the world as an arena for ritual that is unbounded by the structures, rules, and limitations that often accompany religious traditions. The labyrinth's ancient classical and Christian history and diverse contemporary rituals reveal the importance of ritual as a means of engaging with a sacred cosmos, making the labyrinth an excellent window through which to view the growing trend of religious diversity.
Categories: Research; Spirituality / Type: Book / Country: United Kingdom
Access: <https://laishley.com/labyrinth/>

82. London, Wayne P. "The Healing Earth Project: An Update." *American Dowser* 35, no. 1 (Winter 1995): 26-31.
 This report describes anecdotal evidence of some beneficial effects of the "Classic Seven Path Labyrinth" for Parkinson's and Alzheimer's "dis-eases," sex hormone changes, effects on vision, dyslexia and mental and nervous system "dis-orders." The labyrinths were in Vermont and in Rochester, NY.
 Categories: Health; Finger Labyrinth / Setting: Outdoor Spaces / Type: Journal Article / Country: United States
 Access: <https://dowsers.org/archives-of-the-american-dowser/>
83. Louët, Alain Pierre, and Jill K. H. Geoffrion. "Labyrinth Doorways: Crossing the Threshold." *Caerdroia* 45 (2016): 11-31.
 This article considers the symbolism of thresholds, the doors and doorways found within labyrinth designs, and the ways in which labyrinths can be understood as symbolizing passage. Implications for modern labyrinth discussion and practice are also considered.
 Categories: Creation/Installation / Type: Journal Article / Country: International
 Access: <https://www.labyrinthos.net/Caerdroia%2045%20LR.pdf>
84. Magee, Rosie. "Living the Labyrinth: A Journey toward New Life in Community." DMin project, Drew University, 2014
 The context of this project is that of a small liberal arts college, Wilson College, at a time of uncertainty and change. The project focused on building and strengthening social capital and community fabric by offering community members the experience of journeying together in new ways that counter and transcend the prevailing narratives. The Labyrinth Project involved shared table fellowship, workshops, worship, art making, and creative writing, retreat and, on World Labyrinth Day, creation of a temporary community labyrinth.
 Categories: Curriculum / Setting: Educational Institution / Type: Project / Country: United States
 Access: ProQuest Dissertations, 2014, 3620136
85. McCarthy, Marge. *Kids on the Path: School Labyrinth Guide*. 2nd ed. Self-published: Lulu, 2019.
 This is a guide for school personnel on how to plan, build, and maintain a labyrinth at their school site and stresses the importance of total buy-in from: teachers, staff, parents and especially the students. This resource includes lesson plans and classroom ideas provided by teachers from across the nation. View a related video at: <https://labyrinthresourcegroup.org/kids-on-the-path-school-labyrinth-guide/>
 Categories: Curriculum; Creation/Installation / Setting: Educational Institution / Type: Book
 Country: United States
 Access: <https://www.lulu.com/search?contributor=Marge+McCarthy>
86. McGettigan, Frances and Laura Voronkova. "Walking Labyrinths: Spirituality, Religion and Wellness Tourism." *International Journal of Religious Tourism and Pilgrimage* 4, no. 5 (2016): 37-50.
 After a review of the history of labyrinths, the author concludes that the process of walking the labyrinth is in response to the growing felt need for a spirituality to counter the materialism and chaos of our time. This research focuses on a comparative study of the visitor's experience of walking a spiritual labyrinth in two European countries, Ireland and Lithuania.
 Categories: Research; Spirituality / Setting: Outdoor Spaces / Type: Journal Article /
 Country: Ireland, Lithuania; International
 Access: <https://doi.org/10.21427/D7CB02>
87. McGregor, Mary Jean. "Walking the Labyrinth in the Cathedral Notre-Dame De Chartres: The Lived Experience of Middle-Aged North Americans While on Pilgrimage a Grounded Theory Study." PhD diss, Union Institute and University, 2012.
 This grounded theory study investigated the embodied experience of middle-aged North Americans walking the labyrinth in the Cathedral Notre-Dame de Chartres, France, while on pilgrimage at the turn of the twenty-first century. Research revealed the central theory that the lived experience of walking the

medieval labyrinth in Chartres Cathedral involved a process of coming home to Self in a spiritual, archetypal, and mythic sense. Analysis of the research participants' narratives indicated a movement toward wholeness of self.

Categories: Research; Spirituality / Setting: Religious Institution / Type: Dissertation /

Country: United States; France

Access: ProQuest Dissertations, 2012, 3502214

88. Meyer-Mork, Jodi. "Walking the Labyrinth: Journey to Awareness." *The Fifth International Conference on Self-Study of Teacher Education Practices: Journeys of Hope: Risking Self-study in a Diverse World, June 27 - 1 July 1, 2004, Herstmonceux Castle, East Sussex, England*, eds. Deborah L Tidwell, Linda M. Fitzgerald, and Melissa L. Heston, 190-193. Cedar Falls, IA: University of Northern Iowa, 2004. (PDF) Using autoethnography, the author explores a labyrinth with three lobes, each of which represents part of her learning. The lobes have sharply acute curves at the ends representing major turning points in her journey. The lobes portray: (1) social constraints and ideals; (2) the personal self; and (3) collaboration. The middle of the labyrinth is the intersection of these three: clarity of self and its impact on her teaching. Categories: Research; Archetypal/Symbolic / Setting: Educational Institution / Type: Research Paper Country: United Kingdom Access: <https://faculty.chas.uni.edu/~east/ttl/docs/S-STEP5-2004.pdf>
89. Michels, Barbara, Debra Maxwell, and Ching-Wen Chang. "Labyrinths: Yesterday, Today and Tomorrow- Implications for Education." *Critical Questions in Education* 1, no. 1 (2010): 26-39. This article begins with a description and history of the labyrinth then moves to modern settings and uses. It gives a brief description of a labyrinth intervention with at-risk elementary students that resulted in improved static balance. The authors end with many questions but conclude that the labyrinth is "a natural vehicle for interdisciplinary and multicultural education." Categories: Research; Health / Setting: Educational Institution / Type: Journal Article / Country: United States Access: <https://academyforeducationalstudies.org/journals/journal/current-and-past-issues/220-2/112>
90. Miles, Sarah-Alice. "The Labyrinth in Therapy: Role and Possibilities of the Labyrinth in Gestalt Therapy." *Gestalt Journal of Australia and New Zealand* 2, no. 1 (Nov 2005). The purpose of this paper is to discuss the value of using the labyrinth to enhance therapeutic interventions. The author describes her personal journey with the labyrinth, then offers suggestions for using the labyrinth in therapeutic practice including barriers to that practice. Categories: Health; Spirituality / Setting: Outdoor Spaces / Type: Journal Article / Country: Netherlands Access: <https://milestherapie.com/2020/06/16/>
91. Mitchell, Susan, and Vincent P. Hall. "Women's Initial Experience of Abnormal Papanicolaou Smear." *Journal of Holistic Nursing* 27, no. 2 (Jun 2009): 93-102. This qualitative study explored the experiences of eight women after they received notification of an abnormal test result. The journey with cancer is then explained using the symbol of the labyrinth. Categories: Research; Health; Mental Health / Type: Journal Article / Country: United States Access: <https://doi.org/10.1177/0898010108330806>
92. Molina, Olga, Hadidja Nyiransekuye, and George A Jacinto. "Use of the Labyrinth in Mutual Aid Groupwork." *Groupwork* 28, no. 3 (2020): 70-87. In this article, the authors demonstrate how the finger labyrinth can be utilized in mutual aid groupwork by presenting an example of a seven-week mutual aid group intervention using the finger labyrinth technique. Categories: Mental Health; Finger Labyrinth; Curriculum / Type: Journal Article / Country: United States Access: <https://journals.whitingbirch.net/index.php/GPWK/article/view/1357>

93. Monroe, Mary. "Labyrinth: Walking the Path of the Heart: Could This Centuries-Old Meditation Help You or Your Clients Explore the Body-Mind Connection?" *IDEA Fitness Journal* 5, no. 3 (Feb 2008): 81-84. This article recommends that fitness professionals use the labyrinth as a way to integrate mind and body for their clients. The author describes the method and benefits of labyrinth walking while making the case for its use among those who prefer more active types of meditation.
Categories: Health / Setting: Outdoor Spaces / Type: Journal Article / Country: United States
Access: <https://www.ideafit.com/mind-body-recovery/labyrinth-walking-path-heart-0/>
94. Morrill, Bruce T, and Leo Keegan. "Walking the Labyrinth: Recovering Sacred Tradition." *Liturgical Ministry* 8, Fall (1999): 201-209.
This article shares with readers the history and contemporary practice of the labyrinth by means of an interview format, with author Bruce Morrill engaging Leo Keegan in conversation. The latter begins by sharing recollections of an AIDS memorial labyrinth walk on a Chartres-style labyrinth.
Categories: Mental Health; Spirituality / Type: Journal Article / Country: United States
Access: Atla Religion Database (EBSCO): AN ATLA0000917309
95. Munro Cindy L. "Running the Maze and Walking the Labyrinth." *American Journal of Critical Care* 19, no. 3 (May 2010): 208-210.
Mazes and labyrinths both have ancient origins and have become popular activities in contemporary practice. The author contrasts the images of the labyrinth and the maze as they relate to evidence-based practice in nursing.
Categories: Resource / Type: Journal Article / Country: United States
Access: <https://doi.org/10.4037/ajcc2010638>
96. Murray, Terry. "Knowing Self through the Journey: Graduate Students' Experiences of Self-Knowledge Development." *Journal of Adult Development* 16, no. 2 (2009): 108-128.
This 15-week course is focused on the metaphor of the Heroic Journey. The third of five stages is the Trail of Trials and the Heart of the Labyrinth. Thirteen participants share their experiences. Findings include that when the Heroic journey model is understood as a process and not just a theoretical construct, it gains significant power as an inclusive tool for fostering self-knowledge development.
Categories: Archetypal/Symbolic; Health; Curriculum / Setting: Educational Institution / Type: Journal Article
Country: United States
Access: <https://doi.org/10.1007/s10804-009-9065-z>
97. Nelson, Ronald J. "Exploring Labyrinths in Classrooms." *Caerdroia* 32 (2001): 49-55.
The author describes designing and teaching a general humanities college class using the labyrinth as the primary theme for the course.
Categories: Curriculum / Setting: Educational Institution / Type: Journal Article / Country: United States
Access: <https://www.labyrinthos.net/C32%20Labyrinths%20in%20Classrooms.pdf>
98. Nicolson, Margaret. "Ask an Expert: Constructing Labyrinths for Patients with Cancer." *Clinical Journal of Oncology Nursing* 6, no. 5 (Sep-Oct 2002): 296-297.
Over the years, labyrinths have been used for prayer, ritual, initiation, and personal and spiritual growth. Their current popularity has been called a "labyrinth renaissance" and attributed to the contemporary need to search for simplicity, deepen self-awareness, access intuition and creativity, and connect to the soul.
Categories: Creation/Installation; Health / Setting: Healthcare Institution / Type: Journal Article
Country: United States
Access: <https://doi.org/10.1188/02.CJON.295-297>
99. Nieves-Serrano, Benjamin, George A. Jacinto, and Reshawna Chapple. *Use of the Finger Labyrinth in Solution-Focused Therapy*. Self-published: ResearchGate, 2015 (PDF).
This paper presents a plan for using the finger labyrinth in association with Solution-Focused Therapy (SFT). The introductory sections provide an overview of the association between SFT and the phases of

labyrinth work and the history of using the labyrinth in psychotherapy. The single and IntuiPath® types of finger labyrinths are presented and a case study describes the implications for the use of SFT in association with labyrinth-tracing.

Categories: Mental Health; Finger Labyrinth / Type: Research Paper / Country: United States

Access: <https://www.researchgate.net/publication/281822725>

100. Norton, William Skeet. "Labyrinths in the Landscape: Who Is Recommending, Who Is Using, and Are There Benefits?" Master's thesis, University of Texas at Arlington, 2008.
This research assists landscape architects in understanding who is recommending labyrinths, using labyrinths, and the benefits of labyrinths. Literature about the labyrinth is investigated to understand current research about the labyrinth and its history, forms, materials, uses, benefits, and users. A qualitative approach is used; in-depth interviews were conducted with twelve key informants at five study sites in the Dallas/Fort Worth metropolitan area. Labyrinths at two hospital settings, two church settings, and one college campus were chosen for the Master of Landscaping Architecture study.
Categories: Research; Creation/Installation; Health / Setting: Outdoor Spaces / Type: Thesis
Country: United States
Access: ProQuest Dissertations, 2008, 1460796
101. Owens, Maida. "The Transformation and Healing Power of the Labyrinth: An Emerging Vernacular Belief Community." *Louisiana Folklore Miscellany*, 18 (2009): 22-51.
Since the 1990s, interest in the labyrinth as a tool for meditation and prayer has grown. Through interviews with labyrinth facilitators, this article explores belief systems and narratives surrounding the labyrinth as well as giving an overview of the movement.
Categories: Health; Spirituality / Type: Journal Article / Country: United States
Access: https://www.louisianafolklife.org/LT/Articles_Essays/LFMIlabyrinth.html
102. Paik, Miyong. "Becoming Alive with Prayer: Connecting with God through a Multi-Faceted Approach to Prayer." DMin project, Drew University, 2008.
The purpose of the project was to incorporate multi-faceted ways of praying into the worship services so that people would become alive with prayer and develop deeper relationships with God. Four worship experiences were developed to bring different experiences of prayer incorporating creativity, art, songs, dance, labyrinth, silence, and anointing with oil. The fourth workshop focused on walking and praying the labyrinth.
Categories: Spirituality; Curriculum / Setting: Religious Institution / Type: Project / Country: United States
Access: ProQuest Dissertations, 2008, 3334882
103. Patterson, Paul and Persephone Sextou. "'Trapped in the labyrinth': Exploring Mental Illness through Devised Theatrical Performance." *Medical Humanities* 43, no. 2 (Jun 2017): 86-91.
Mental health difficulties remain a major source of burden and distress for individuals, families, health and social care providers. This paper explores some of the themes that emerged from a British university drama project on the impact of symptoms and behaviors associated with a severe mental health condition on a young couple's relationship and reflects on the opportunities for connection with an audience provided by the medium and experience. A garden labyrinth, based on the image from a Knossos coin, was created on stage to reflect and share the story of the couple's journey. See also Sextou 2014.
Categories: Contextual Application; Mental Health / Setting: Theatre / Type: Journal Article
Country: United Kingdom
Access: <http://doi.org/10.1136/medhum-2016-011094>
104. Pavlinac, Cindy. "Circling Centre, Finding Our Way Home: Circumambulation Pilgrimages around Iona, Mount Tamalpais and Labyrinths." *Faculty Authored Books and Book Contributions*, 131. San Rafael: Dominican University of California, 2017.
Walking pilgrimages from the first step across the threshold of the familiar to the last step returning home to where the pilgrim began, is a journey and quest for wholeness. Circling the centre of a Chartres labyrinth, Mount Tamalpais, or the devotional route of early monks around Iona, orients the pilgrim to a

greater understanding of their place and role in the cosmos. Also available as Chapter 6 in: Ian S. McIntosh and L. D. Harman, eds. *The Many Voices of Pilgrimage and Reconciliation*. Wallingford, UK: CABI, 2017; 79-93.

Categories: Spirituality / Type: Book / Country: United States

Access: <https://scholar.dominican.edu/books/131>

105. Peel, Jeanne M. "The Labyrinth: An Innovative Therapeutic Tool for Problem Solving or Achieving Mental Focus." *The Family Journal* 12, no. 3 (2004): 287-291.
The labyrinth is an ancient symbol that works well as a therapeutic tool to encourage mental focus through meditation or prayer, which can be instrumental in releasing mental and physical tension. Both kinesthetic and introspective, the labyrinth walk functions as a complete mind-body integrative activity. The procedure of using a seven-circuit labyrinth in conjunction with the seven chakras is described.
Categories: Health, Mental Health / Type: Journal Article / Country: United States
Access: <http://doi.org/10.1177/1066480704264349>
106. Petz, Shelly M. "Walking the Labyrinth of Our Faith: From the Frontier to the Future." DMin project, Drew University, 2008.
The focus of this paper is the planning, designing, building and evaluation of a labyrinth at Grace United Methodist Church in Kansas. The purpose of this doctoral project was to raise the congregation's awareness of spiritual disciplines, in particular through the use of a labyrinth, and open possibilities for exploring journeys of faith. The project was a four-week period of education for the congregation and their utilization of the labyrinth as a spiritual discipline. The project culminated in the building of a labyrinth on the church ground.
Categories: Creation/Installation; Spirituality / Setting: Religious Institution / Type: Project
Country: United States
Access: ProQuest Dissertations, 2008, 3334883
107. Philpot, Eloise "The Labyrinth as Time Art." *Athens Journal of Humanities and Arts* 3, no. 2 (2016): 73-91.
This paper proposes that the symbolic image of the classical seven-circuit labyrinth represents a calendar consisting of repeatable patterns duplicating the circle dance of the heavens. By deconstructing the symbol and applying Hesiod's *Works and Days*, this research attempts to demonstrate how the labyrinth represented time to the ancients. It is this understanding of time that connects the present-day use of the labyrinth as a tool for meditation or as a symbolic referent in works of art.
Categories: Contextual Application; Archetypal/Symbolic / Type: Journal Article / Country: Greece
Access: <https://doi.org/10.30958/ajha.3.2.1>
108. Plugge, Carol, and Debby McCormick. "Walking a Path of Transformation: Using the Labyrinth as a Spiritual Tool." In: *Deeply Rooted, Branching Out, 1972-1997. 25th Annual AEE International Conference Proceedings, Asheville, N Carolina, USA*, eds. Rick Harwell, Timothea Comstedt, and Nina Roberts, 235-241. Boulder, CO: Association for Experiential Education, 1998. (PDF)
The labyrinth integrates experiential skills and techniques, which may include journaling, meditation, imagery, mindful movement, and massage. These can strengthen teaching and learning strategies for behavioral and attitudinal changes. This paper discusses the use of the labyrinth as a spiritual and meditative tool. The classical 11-circuit Chartres labyrinth is described in detail, along with the stages of the labyrinth walk and various methods of reflection and meditation used to promote attention to the present moment, insight, healing, or spiritual growth.
Categories: Spirituality / Setting: Educational Institution / Type: Research Paper / Country: United States
Access: <https://files.eric.ed.gov/fulltext/ED414144.pdf>
109. Portenier, Loral Lee. "A Qualitative Study of Midlife Women Exploring Spirituality through Creative Expression." PhD diss, Saybrook University, 2012.
The primary research question for this project was "How do rural, midlife women understand, experience, and express spirituality in general and when incorporating ritual, labyrinth, mandala, journaling, and

dance?" Four women participated two group sessions and interviews. The participants expressed an overall positive experience exploring these modalities.

Categories: Research; Spirituality; Finger Labyrinth / Type: Dissertation / Country: United States

Access: ProQuest Dissertations, 2006, 3552156

110. Porter, Lisa Kawasaki. "The Road to Jerusalem: The Labyrinth in Western Culture from the Middle Ages to the Present Day." Master's Thesis, Southern Illinois University at Carbondale, 2006.
The motif of the New Jerusalem, represented in the symbol of the labyrinth, has been handed down through Western culture for over a thousand years. In this paper the author describes and illuminates this motif as it is carried through Western culture for the past millennia. Both the classic and Chartres forms are discussed. A modern theme is that walkers generally are comforted by the walk; they find peace, solace, and happiness.
Categories: Archetypal/Symbolic / Type: Thesis /Country: United States
Access: ProQuest Dissertations, 2006, 1440155
111. Radford, Benjamin. "Labyrinths: Mazes and Myths." *Skeptical Inquirer*. 28, no. 5 (Sept/Oct 2004):49-54.
At first glance, labyrinth walking seems like little more than a harmless, if curious, pastime. To some degree it is, but the author argues that the movement also has surprising and disturbing anti-science and paranormal roots. The author considers the origins, symbolism and potential therapeutic value of labyrinths. The "anti-science and anti-rationality rhetoric surrounding labyrinths" is examined.
Categories: Health / Type: Journal Article / Country: United States
Access: <https://skepticalinquirer.org/product/skeptical-inquirer-back-issues-1993-current/>
112. Ray, Susan L. "Contemporary Treatments for Psychological Trauma from the Perspective of Peacekeepers." *Canadian Journal of Nursing Research* 41, no.2 (2009): 114-128.
The purpose of this hermeneutic phenomenological study was to examine contemporary treatment approaches for psychological trauma from the perspective of Canadian peacekeepers. Thomas (one of ten participants) turned to self-healing after feeling abandoned by the military medical system and shares his experience with the labyrinth.
Categories: Research; Mental Health / Type: Journal Article / Country: Canada
Access: <https://cjr.archive.mcgill.ca/article/view/2196>
113. Read, Lesley. "The Journey to the Center of the Labyrinth: Practical Ways of Accessing Inner Wisdom." Appendix G. In: *The Journey to the Center of the Labyrinth*, 109-204. Master's thesis, Institute of Transpersonal Psychology, 1994.
Appendix G is the self-help manual created and tested during the author's Master of Transpersonal Psychology thesis project. Transpersonal psychological concepts offer the premise that there is an inner, integrating center within every person, which can be accessed in a practical way to increase self-awareness. The manual is written in a mythological format, presenting background theory and practical exercises on working with dreams, shadow material, the body, and relationships. The author incorporates the symbolism of the journey to the center of the labyrinth and back out into the world.
Categories: Mental Health; Archetypal/Symbolic / Type: Thesis / Country: United States
Access: ProQuest Dissertations, 1994, EP15306
114. Rhodes, John W. "A Context for Labyrinth Research." *Labyrinth Pathways* 1 (May 2007):22-29.
This article sets a context for the emerging field of labyrinth research. It suggests a set of basic assumptions to guide labyrinth research. These basic assumptions relate to authenticity of the research to the labyrinth and labyrinth experiences, intrusiveness of research on subjects' labyrinth experiences, and interpretation of research results, particularly with regard to predictability and generalizability. The article also puts forth a seven-stage Framework for Labyrinth Research.
Categories: Resource / Type: Journal Article / Country: United States
Access: http://zdi1.zd-cms.com/cms/res/files/624/Labyrinth_Pathways_01.pdf

115. Rhodes, John W. *Labyrinth Walk Questionnaire*. Self-published: LabyrinthSociety.org, 2007 (PDF)
The Labyrinth Walk Questionnaire and Instructions provide an easy way for any individuals who facilitate labyrinth events to contribute to the field of labyrinth research. By including this questionnaire in your labyrinth events, you will be assisting the Labyrinth Society in its ongoing efforts to collect data about labyrinths and the experiences of those who walk them.
Categories: Resource / Type: Paper / Country: International
Access: <http://zdi1.zd-cms.com/cms/res/files/382/LabyrinthWalkQuestionnaireandInstructions.pdf>
116. Rhodes, John W. "Commonly Reported Effects of Labyrinth Walking." *Labyrinth Pathways 2* (July 2008): 31-37.
Sixteen studies that report research into the effects of walking or otherwise interacting with labyrinths were used in preparation for this article. Results of these action research and/or empirical studies form a base of research into the so-called and often-reported "labyrinth effects." Collectively these studies report the impact of the labyrinth on 38 physiological, psychological, mental, and dispositional traits.
Categories: Research; Health / Type: Journal Article / Country: United States
Access: <http://www.labyrinthsociety.org/members/labyrinth-journals>
117. Rhodes, John W. "Some Musings about Labyrinth Research." *Labyrinth Pathways 4* (Oct 2010): 27-29.
This article explores the desirability as well as the efficacy and appropriateness of engaging in labyrinth research. It approaches the topic from several perspectives and compares labyrinth research to research in aesthetics. The article describes potentially useful "action research" and presents some cautions about interpreting and over-interpreting labyrinth research data.
Categories: Resource / Type: Journal Article / Country: United States
Access: <http://www.labyrinthsociety.org/members/labyrinth-journals>
118. Rhodes, John W. "The Labyrinth Walk Questionnaire (LWQ): Research Results and Implications: 2005-2018." *Labyrinth Pathways 13* (Sept 2019):18-33.
This article summarizes and reports data collected using the Labyrinth Walk Questionnaire from September 2005 through December 2018. It represents data provided by 1,250 individuals participating in 128 labyrinth events on three continents. These are action-research results, that is, the data were collected following real-life labyrinth walks rather than labyrinth walks conducted in controlled, experimental situations.
Categories: Research; Health / Type: Journal Article / Country: United States
Access: <http://www.labyrinthsociety.org/members/labyrinth-journals>
119. Rhodes, John W. "MBTI Preferences of Labyrinth Walkers Compared to the General U.S. Population." *Labyrinth Pathways 14* (Oct 2020):36-45.
An analysis of a subset of the data from the Labyrinth Walk Questionnaire (LWQ) shows meaningful differences in the MBTI preferences of labyrinth walkers responding to the questionnaire compared to estimates of the relative frequency of MBTI Types in the general United States population (Myers & Briggs Foundation, 2020).
Categories: Research; Mental Health / Type: Journal Article / Country: United States
Access: <http://www.labyrinthsociety.org/members/labyrinth-journals>
120. Rice, Amanda Suzanne. "The Use of the Labyrinth in the Treatment of Alcohol and Substance Abuse Problems." Master's thesis, California State University, Long Beach, 2004.
This exploratory study on alcohol abuse examined the association between demographic variables (gender, ethnicity, and employment) and level of relaxation, contentedness, health, and friendliness among 85 participants in a substance abuse treatment program. Walking the labyrinth was used as a treatment method to induce relaxation. Thesis for a Master of Social Work.
Categories: Research; Mental health / Setting: Healthcare Institution / Type: Thesis / Country: United States
Access: ProQuest Dissertations, 2004, 1421589

121. Rigali, Catherine Pathway to Change: Jail Labyrinth Project. Northampton, MA: Northampton Community Television, May 14, 2013. Video, 23:54.
The video and DVD document the six-year odyssey of a formal labyrinth program at the Hampshire County House of Correction in Northampton, MA. The YouTube video highlights construction of an outdoor labyrinth within the secure perimeter of the jail. Interviews with facility staff, volunteers and incarcerated men who worked on the project are included, along with aerial views of the jail and surrounding community (DVD available at: <http://ssjspringfield.org/aboutus/whatwedo/labyrinth/>)
Categories: Creation/Installation; Curriculum / Setting: Penal Institution / Type: Multi-media
Country: United States
Access: <https://www.youtube.com/watch?v=ZJfvJgfzRsg>
122. Roodt, Zarine. " Dialogue with the Self: The Labyrinth as a Medium for Intrapersonal Communication / Dialoog Met Die Self: Die Labirint as Medium Van Intrapersoonlike Kommunikasie.." *Communitas* 14 (Dec 2009): 137-150.
This article investigates labyrinth walking as a form of intrapersonal communication. The author infers that the labyrinth is a communication medium and that the labyrinth walker as source/receiver is afforded the opportunity to embrace silence, and to enter into dialogue with the self in the heart of the labyrinth in order to find meaning in both the personal and transpersonal context. Language: Afrikaans. Translation available from the Labyrinth Society.
Categories: Mental Health / Type: Journal Article / Country: South Africa
Access: <https://journals.ufs.ac.za/index.php/com/article/view/951>
123. Rose, Mitch. "Landscape and Labyrinths." *Geoforum* 33, no. 4 (2002): 455-467.
How does the landscape work as both a visual and material space? The author argues that the landscape's existence is on the capacity to be called forth through practice. The argument is elaborated through the work of George Bataille whose concept of the labyrinth provides the theoretical groundwork for an alternative understanding of what the landscape is as well as how it can be studied.
Categories: Contextual Application / Setting: Outdoor Spaces / Type: Journal Article / Country: United Kingdom
Access: [https://doi.org/10.1016/S0016-7185\(02\)00030-1](https://doi.org/10.1016/S0016-7185(02)00030-1)
124. Rudebock, C. Diane, and Brittney Hodges. "Labyrinth Walkers' Self Reflections: A Content Analysis of Labyrinth Walker's Self Reflections in a Faith-Based Setting." *Labyrinth Pathways* 10 (Sep 2016): 32-37.
This study sought to quantify and determine exactly what occurs when people walk an 11-circuit Chartres labyrinth. The resulting data included qualitative and quantitative aspects. 40% of walkers reported receiving a personal 'message' during their walk: 64% of walkers reported a 'feeling' most commonly: thankful/grateful (33%) and peaceful or relaxed or calm (44%).
Categories: Research; Spirituality / Setting: Religious Institution / Type: Journal Article / Country: United States
Access: https://zdi1.zd-cms.com/cms/res/files/624/Labyrinth_Pathways_10.pdf
125. Rudebock, C. Diane, and Susan Worden. *The Labyrinth: A Path for Reflection and Transformative Learning. (Proposal)*. Edmond, OK: University of Central Oklahoma, Center for Excellence in Transformative Teaching and Learning, 2012.
Proposal for the installation of a Chartres labyrinth on the University of Central Oklahoma campus.
Categories: Creation/Installation / Setting: Educational Institution / Type: Paper / Country: United States
Access: https://zdi1.zd-cms.com/cms/res/files/698/University_of_Central_Oklahoma_Labyrinth_Proposal_2011.pdf
126. Sandor, M. Kay, and Robin D. Froman. " Exploring the Effects of Walking the Labyrinth." *Journal of Holistic Nursing*. 24, no. 2 (Jun 2006): 103-110; quiz 114.
A beautiful outdoor labyrinth in the Chartres style built on Galveston Island near the university, encouraged the author to incorporate the labyrinth walk into her teaching and practice. This study sought to assess physiological and affective responses to a single labyrinth walk.

Categories: Research; Health; Mental Health / Setting: Educational Institution, Outdoor Spaces
Type: Journal Article / Country: United States
Access: <https://doi.org/10.1016/j.explore.2005.08.013>

127. Saward, Jeff. *Mazes or Labyrinths: What's the Difference and What Types Are There?* Self-published: Labyrinthos, 2017 (PDF)
In dealing with a subject as varied and complex as labyrinths and mazes, it is essential to make definitions that can be clearly explained. The first task is to clarify the difference between a labyrinth and a maze. This paper then goes on to categorize labyrinths in four areas: Classical, Roman, Medieval, and Contemporary, giving examples and variations of each.
Categories: Resource / Type: Paper / Country: International
Access: <https://www.labyrinthos.net/Labyrinth%20Typology.pdf>
128. Schopp, Melody J. "The Labyrinth to Leadership: A Multicase Study." PhD diss, The University of Nebraska - Lincoln, 2008.
This qualitative multi-case study was a life-history of three women leaders in the fields of education and politics, exploring their career pathways to identify the events and opportunities guiding them to their positions of leadership in the traditionally male-dominated culture of South Dakota. The labyrinth became the symbol of their journey to the center and their positions of leadership.
Categories: Archetypal/Symbolic / Type: Dissertation / Country: United States
Access: ProQuest Dissertations, 2008, 3311306
129. Sellers, Jan. "Exploring the labyrinth." *Educational Developments*. 10, no. 1 (2009): 15-16.
The Labyrinth Project now forms part of Kent's 'Creative Campus' initiative. This article outlines the author's journey of discovery, and the possibilities of labyrinths as a creative resource in teaching and learning.
Categories: Curriculum / Setting: Educational Institution / Type: Journal Article
Country: United Kingdom / Access: <https://jansellers.com/publications/>
130. Sellers, Jan. *Permanent and Landscaped Labyrinths in Universities and Colleges: An International Index*. Self-published, jansellers.com, 2021: Online research paper (two PDFs).
Comprehensive overview, listing permanent and landscaped labyrinths installed in universities and colleges (further and higher education) and in remote research settings around the world. Part 1 gives an introduction and outline of the research including challenges, constraints and context. Part 2 is a brief User Guide followed by the Index itself which includes descriptions, locations and links to maps, images and further information where available. Appendices include a 'lost labyrinths' list and comprehensive references. The author hopes that this research will be a resource for students and researchers interested in labyrinths and their development and use in further and higher education.
Categories: Research; Resource / Setting: Educational Institution / Type: Research Paper / Country: International / Access: <https://jansellers.com/publications/>
131. Sellers, Jan & Moss, Bernard, eds. *Learning with the Labyrinth: Creating Reflective Space in Higher Education*. London: Palgrave, 2016.
This book, with 28 chapters and case studies from various authors worldwide, is part of the Palgrave Teaching and Learning Series and offers 'fresh perspectives on how to foster learning through a unique kind of reflective space for learning' (Professor Sally Brown, p. xiii). The introduction, by Jan Sellers, provides the context and a brief literature review relating to labyrinth use in higher education. Part 1 provides advice and reflections on introducing labyrinths to a university. Part 2 offers a very diverse range of contributions from a research, teaching and learning perspective. Part 3 includes counselors, student developers and university chaplains. Part 4 identifies resources and the conclusion, by Bernard Moss looks at ways forward with hope despite turbulent times.
Categories: Curriculum; Creation/Installation / Setting: Educational Institution / Type: Book
Country: International /
Access: <https://www.bloomsbury.com/uk/learning-with-the-labyrinth-9781137393838/>

132. Senn, Corelyn F. "Journeying as Religious Education: The Shaman, the Hero, the Pilgrim, and the Labyrinth Walker." *Religious Education* 97, no. 2 (Spring 2002): 124-140.
 In this article, the author looks at the image of journey and its arche-form, the quest, and finds two spiritual concepts: that of movement to the center followed by a return, and the concomitant understanding that all that has arisen and reached maturity must return to renew itself. Four journeys, the shamanic journey of soul, the hero's journey of spirit, the pilgrimage of community, and the allegorical journey of the labyrinth, are viewed from this perspective.
 Categories: Archetypal/Symbolic; Spirituality / Setting: Religious Institution / Type: Journal Article
 Country: United States
 Access: <https://doi.org/10.1080/00344080290060897>
133. Sextou, Persephone, and Paul Patterson. "Theatre, Society and Stigma. Mental Illness on Stage." *International Journal of Social, Political and Community Agendas in the Arts* 9, no. 1 (2014): 1-10.
 The paper describes an approach to theatre as an educational intervention in society linking the artist, the psychiatrist, and social groups with an interest in mental illness. The labyrinth from a Knossos coin was used to represent the long journey in dealing with mental health issues. The paper concludes that psychiatrically informed material can be successfully translated into original dramatic performances to address current educational and social issues and raise social awareness in thought-provoking and stimulating ways for members of the public. See also Patterson 2017.
 Categories: Contextual Application; Mental Health / Setting: Theater / Type: Journal Article
 Country: United Kingdom
 Access: <http://doi.org/10.18848/2326-9960/CGP/v09i01/1-10>
134. Sholem, Jane. "Listening to the Labyrinth: An Organic and Intuitive Inquiry." PhD diss, Institute of Transpersonal Psychology, 1999.
 This study used the emerging qualitative methodologies of organic and intuitive inquiries to identify the effect of walking an earthen labyrinth in community. In depth, semi-structured interviews were conducted with eight middle-class women who participated in a ritualized labyrinth walk and a finger labyrinth. Themes emerging at each of the three stages of the labyrinth walk include doubt and trust (purgation), mystery and prayer (illumination), and beauty and healing (union).
 Categories: Research; Spirituality; Mental Health; Finger Labyrinth / Type: Dissertation / Country: United States
 Access: ProQuest Dissertations, 1999, 9936945
135. Smith, Alison T. "Walking Meditation: Being Present and Being Pilgrim on the Camino De Santiago." *Religions* 9, no. 3 (2018): 82.
 The Camino de Santiago has witnessed an unprecedented number of walkers in recent years. Vietnamese Zen master and peace activist Thich Nhat Hahn offers us the practice of walking meditation as a means of being present which could be of benefit to pilgrims. Installing temporary and permanent labyrinths could inspire pilgrims of all sorts to slow down and look inward.
 Categories: Spirituality / Setting: Outdoor Spaces / Type: Journal Article
 Country: Spain, France; International
 Access: <https://www.mdpi.com/2077-1444/9/3/82>
136. Spijker Sr, Jelle. *The Labyrinth: Based on a Paper by Jelle Spijker Sr*. Translated and edited by Jelle Spijker Jr. Self-published: University of Alberta, 2008 (PDF).
 For over 40 years, the labyrinth fascinated Jelle Spijker Sr. He was convinced that the labyrinth and its mythical references hold the key to a philosophical approach of our life experiences. This paper translates and summarizes his research covering art, the Chartres labyrinth, numbers, and symbolism.
 Categories: Archetypal/Symbolic / Type: Research Paper / Country: Netherlands
 Access: <https://sites.ualberta.ca/~cbidwell/SITES/Labyrinth.pdf>

137. Sternberg, Esther M. "Mazes and Labyrinths." Chap. 5. In: *Healing Spaces: The Science of Place and Well-Being*, 95-125. Cambridge / London: Belknap Press, 2010.
The author examines the complicated working relationship between the senses, the emotions, and the immune system, revealing how the senses can lead us to a "place of healing" and the critical importance of our place in nature. In this chapter, she examines the stress that mazes can trigger and the physical and emotional effects of meditatively walking a labyrinth.
Categories: Health / Setting: Outdoor Spaces / Type: Book / Country: United States
Access: <https://esthersternberg.com/books-publications/>
138. Sternlieb Jeffrey, L. "A Guide to Introducing and Integrating Reflective Practices in Medical Education." *International Journal of Psychiatry in Medicine* 49, no. 1 (2015): 95-105.
In this article, labyrinth walking is explored as one of several reflective practices that may assist health professionals in learning about and managing the emotional impact of illness experiences, the healing process, and provider-patient relationships. This article proposes understanding reflection as a complex, three-level process and identifies dimensions which differentiate a variety of reflective process activities.
Categories: Mental Health; Curriculum / Type: Journal Article / Country: United States
Access: <https://doi.org/10.2190/PM.49.1.g>
139. Stone, Victoria "Discovering the Labyrinth as a Tool for Health and Healing." *Journal of Healthcare Design* 10 (1998): 73-76.
A health educator and interior designer, the author developed use of the labyrinth as a tool to balance the physical, emotional, and spiritual needs of patients, care partners, staff members, and the surrounding community. This 1997 Chartres labyrinth at the California Pacific Medical Center, San Francisco, was the first in the nation to be established in a health institution.
Categories: Creation/Installation; Health / Setting: Healthcare Institution / Type: Journal Article
Country: United States
Access: PubMed PMID:10539256
140. Thompson, Chad, Hadidja Nyiransekuye, and George A Jacinto. *The Use of the Labyrinth in Logotherapy: A Holistic Approach to Meaning Discovery*. Self-published: Gjacinto.org, 2019. (PDF)
This paper discusses use of the finger labyrinth in association with Logotherapy. A brief overview of the process of Logotherapy is presented, and the phases of labyrinth work in conjunction with Logotherapy are described. A case example that outlines the stages for use of Logotherapy and the labyrinth is presented. Finally, the conclusion reflects on the implications for the use of the labyrinth as part of Logotherapy in clinical practice.
Categories: Mental Health; Finger Labyrinth / Type: Paper / Country: United States
Access: <https://gjacinto.org/2019-fl-nasw-conference-workshop/>
141. Titus, Kathryn McLain. "Placing and Using a Labyrinth for Fellowship, Spirituality and Outreach at the Congregational Church of West Medford." DMin project, Hartford Seminary, 2004.
The Congregational Church of West Medford (CCWM) members voted to install a permanent, indoor labyrinth. A Labyrinth Support Group was formed and planned a workshop and Lenten events. Church committees decided to be invitational yet firmly grounded within a Christian context.
Categories: Creation/Installation; Curriculum; Spirituality / Setting: Religious Institution / Type: Project
Country: United States
Access: ProQuest Dissertations, 2004, 3160503
142. Tunajek, Sandra K. "Paths Connecting Mind, Body, and Spirit." *American Association of Nurse Anesthetists Journal* 66, no. 5 Suppl (2012): 44-45.
Wellness is often defined as the connection between mind, body, and spirit which creates a sense of wholeness and balance within our bodies and lives. Walking a labyrinth is a meditation for practicing mindfulness, relaxation and contemplation, connecting with nature and our surroundings.
Categories: Health / Type: Journal Article / Country: United States
Access: <https://www.proquest.com/docview/222218694>

143. Ulyatt, Tony. "'Gestures of approach': Aspects of Liminality and Labyrinths." *Literator* 32, no. 2 (2011): 103-134.
 This article explores liminality as it is relevant to labyrinths. Implications of the definition of liminality and the two- or three-dimensionality of labyrinths is discussed. A taxonomy of the labyrinth walking process is presented. The article concludes with a brief consideration of the liminal significance of the Knossos Labyrinth's location on the island of Crete.
 Categories: Archetypal/Symbolic; Spirituality / Type: Journal Article / Country: South Africa
 Access: <https://doi.org/10.4102/lit.v32i2.14>
144. VanderBrug, Corrie. "Labyrinth Meditation as a Foundation for Photography with Adolescents." *Expressive Therapies Capstone Theses*, 350, Cambridge, MA: Lesley University, 2020.
 This paper analyzes how the use of meditation, finger labyrinths, and photography intertwine to strengthen reflection for the adolescent population. The researcher observed two male adolescents who felt calm and quiet after the use of labyrinth meditation and noted that in this study photo-taking differed from previous experiences of taking images. Results also showed that meditation allowed for reflection, awareness, and personal empowerment to increase during the art making process. This study emphasizes the need for decreasing one's pace in relation to photography.
 Categories: Research; Contextual Application; Finger Labyrinth / Setting: Outdoor Spaces / Type: Thesis
 Country: United States
 Access: https://digitalcommons.lesley.edu/expressive_theses/350
145. Veel, Kristin. "The Irreducibility of Space: Labyrinths, Cities, Cyberspace." *Diacritics* 33, no. 3/4 (2003): 151-172.
 The author examines the characteristics and qualities of the electronic notion of space by tracing the historical roots of navigation and orientation from the labyrinth metaphor through to the modern industrial city and into cyberspace. Three types of labyrinths are interwoven throughout, classified by the author as: unicursal labyrinth, maze and open-ended rhizome.
 Categories: Archetypal/Symbolic / Type: Journal Article / Setting: Virtual / Country: United States
 Access: <http://doi.org/10.1353/dia.2006.0014>
146. Vellenga, Amber Hollis. "Taking the First Step: The Labyrinth and the World of Landscape Architecture." Master's Thesis, Virginia Polytechnic and State University, 2001.
 Landscape Architecture is based on the creation of safe and pleasing outdoor environments for humans. The author chose the labyrinth as a way of looking at 'experience' and 'contemplation' in the landscape, and how the design (the creation of form) of this object contributes to the analysis. The project concludes the analysis by building a labyrinth for the Sanctuaries Unique Garden Center in Richmond, Virginia.
 Categories: Creation/Installation / Setting: Outdoor Spaces / Type: Thesis / Country: United States
 Access: <https://vtechworks.lib.vt.edu/handle/10919/33332>
147. Veriditas and The Labyrinth Society. *World-Wide Labyrinth Locator*, 2022. <https://labyrinthlocator.com/>
 Launched in 2004, the World-Wide Labyrinth Locator has been designed to be an easy-to-use database of labyrinths around the world.
 Categories: Resource / Type: Webpost / Country: International
 Access: <https://labyrinthlocator.com/>
148. Villemaire, Lorraine. *The Labyrinth Experience: An Educator's Resource*. 2nd ed. Springfield, MA: Sisters of St. Joseph, 2017.
 A twelve-week curriculum program including the themes: Relaxation; Self-Esteem, Positive Thinking, Forgiveness, Inner Peace, Transformation; Moral Development; Problem Solving and Decision Making; Mindfulness and Meditation; Sarcasm, Humor and Laughter; and Spirituality and Prayer. The curriculum can be used in any program that fosters personal transformation and each theme is integrated with a labyrinth walk. Participants are given an opportunity to listen to what is happening in their lives and reflect on how they may change attitudes and perspectives.

Categories: Curriculum; Mental Health / Setting: Educational Institution; Healthcare Institution / Type: Book
Country: United States
Access: <http://ssjspringfield.org/aboutus/whatwedo/labyrinth/>

149. Villemare, Lorraine. *The Labyrinth: An Educational Model for Transformation*. Springfield, MA: Sisters of St. Joseph, 2013.
A creative and unique introduction to the mystery and wonder of the labyrinth in school settings. The approach is threefold: providing information about the labyrinth, integrating information with related academic subjects, and offering items for labyrinth walks.
Categories: Curriculum / Setting: Educational Institution / Type: Book / Country: United States
Access: <http://ssjspringfield.org/aboutus/whatwedo/labyrinth/>
150. Warren, Sherry, and Jennifer Chappell Deckert. "Contemplative Practices for Self-Care in the Social Work Classroom." *Social Work* 65, no. 1 (Jan 2020): 11-20.
This article illustrates how contemplative practices in the social work classroom can facilitate self-care during and after the intensity of formal education and better prepare students for wellness in professional settings after they graduate. Three contemplative practices in the classroom, mindfulness, photovoice reflections, and labyrinth walking, are provided with examples of student reactions to these practices. [n.b. Photovoice is a visual arts-based methodology adapted as a tool to engage learners through observation and reflection.]
Categories: Health / Setting: Educational Institution Type: Journal Article / Country: United States
Access: <http://doi.org/10.1093/sw/swz039>
151. Wasko-Flood, Sandra "Chapter 8: Labyrinths for Creativity and Peace in Schools." *Action in Teacher Education* 32, no. 5-6 (2010): 144-159.
Labyrinth-walking programs in the D.C. metropolitan area encourage students to express creativity and peace and offer physical, psychological, and spiritual benefits. Examples of activities in each of eight intelligences (Verbal-linguistic, logical-mathematical, spatial, bodily-kinesthetic, musical, naturalist, intrapersonal, interpersonal) are included. Also available: in: *Cultivating Curious and Creative Minds: The Role of Teachers and Teacher Educators, Part II*, eds. Cheryl J. Craig, and Louise F. Deretchin, Chapter 8 (2011) Rowan & Littlefield.
Categories: Curriculum / Setting: Educational Institution / Type: Journal Article / Country: United States
Access: <https://doi.org/10.1080/01626620.2011.10519479>
152. Weaver, Meaghann S., Anna Powell, Sue Bace, and Dale Wratford. "Centering Care: The Role of Labyrinths for Fostering Reflection in Pediatric Palliative and Critical Care Settings." *Journal of Pain and Symptom Management* 58, no. 1 (July 2019): 167-170.
In this case study a pediatric palliative care team engaged in a labyrinth offering for patients and families. Participants sharing their reflections resulted in the overarching themes of journey, spirituality, trust, grief, distraction, gift and calming.
Categories: Research; Health / Setting: Healthcare Institution / Type: Journal Article
Country: United States / Access: <https://doi.org/10.1016/j.jpainsymman.2018.09.010>
153. White, Mary Joe, and Linda Stafford "Promoting Reflection through the Labyrinth Walk." *Nurse Educator* 33, no. 3 (May-Jun 2008): 99-100.
The authors report the results of a reflection study assigned to 25 registered nurse (RN) students returning to school to pursue the Bachelor of Science in nursing (BSN). The students read an article about labyrinths, walked the outdoor labyrinth at the University of Texas Health Sciences Center and reflected on the experience. Twenty students reported a favorable response to the assignment, three did not find it useful at all, and two had negative responses.
Categories: Research; Mental Health / Setting: Educational Institution / Type: Journal Article / Country: United States
Access: <http://doi.org/10.1097/01.NNE.0000312177.67529.8f>

154. Yang, Anna C. "Walking the Labyrinth: A Tool of Stress Reduction for Nurses." *Journal of Gynecologic Oncology Nursing* 13, no. 3 (Winter 2003): 18-22.
This article examines the practice of walking the labyrinth for stress reduction using Herbert Benson's four elements needed to invoke a relaxation response (a quiet environment, a repeated word or phrase, a passive attitude, and a comfortable position). The author summarizes anecdotal reports and the results of published and unpublished research studies related to labyrinths and stress reduction, labyrinths in health care and in cancer-focused settings, and cancer patient experiences.
Categories: Research; Health; Mental Health / Setting: Healthcare Institution / Type: Journal Article / Country: United States
Access: CINAHL Complete (EBSCO): AN 106720432
155. Yutalas, Lisa and Neal Harris. "The Behavioral Effects of the Children's Cretan Intuipath Finger Labyrinth Design vs. a Sand Tray on Children with ADHD." *Relax4Life Newsletter* (Oct 2013)
The Intuipath® is a mirror-image, double finger labyrinth wooden board designed for simultaneous use by both hands to activate and balance the left and right sides of the brain. The study involved each child being observed playing exclusively with either the Intuipath or sand tray for 5 minutes at a time simultaneously, 3-5 times per week for a 4-week period. The results suggest that both interventions caused an effect over time but the Intuipath groups had a greater reduction in ADHD symptoms than the sand tray groups after 4 weeks. (PDF available under: ADHD & Children's Intuipath Research Summary.)
Categories: Research; Mental Health; Finger Labyrinth. Type: Webpost / Country: United States
Access: <https://www.relax4life.com/adhd-research-with-intuipaths/>
156. Zucker, Donna M., Jeungok Choi, Matthew N. Cook, and Janet Brennan Croft. "The Effects of Labyrinth Walking in an Academic Library." *Journal of Library Administration* 56, no. 8 (2016): 957-973.
The purpose of this pilot study was to determine if labyrinth walking in an academic library would reduce library user stress and promote relaxation. A non-equivalent control group design was employed. Systolic blood pressure and pulse rate were significant for time effect. Satisfaction survey results demonstrated increased satisfaction after labyrinth walking.
Categories: Research / Setting: Educational Institution / Type: Journal Article / Country: United States
Access: <https://doi.org/10.1080/01930826.2016.1180873>
157. Zucker, Donna M., and Amy Sharma. "Labyrinth Walking in Corrections." *Journal of Addictions Nursing* 23, no. 1 (Feb 2012): 47-54.
A six-week labyrinth walking program was pilot tested in a correctional setting with the goals: 1) determine the feasibility of a labyrinth walking curriculum; 2) pilot test measures of health-related quality of life (QOL) (pre and post-surveys) and blood pressure; and 3) examine the influence of relationship-centered teaching on subject satisfaction. The sample was 14 offenders at a Massachusetts county jail in the United States. The labyrinth walking pilot program was proven feasible, low cost and satisfying for the participants. Recommendations for future studies are discussed.
Categories: Research; Health / Setting: Penal Institution / Type: Journal Article / Country: United States
Access: <http://doi.org/10.3109/10884602.2011.645253>
158. Zucker, Donna M., Lorraine Villemare, Catherine Rigali, and Kathryn Callahan. "The Evolution of a Labyrinth Walking Program in Corrections." *Journal of Forensic Nursing* 9, no. 2 (Apr-Jun 2013): 101-104.
The labyrinth walking in corrections has signaled a milestone in the treatment of offenders, particularly those incarcerated for substance abuse-related offenses. The authors describe the evolution of a labyrinth walking program from its inception highlighting: curriculum development and refinement, evidence-based and program evaluation findings. Methods used in working with key stakeholders are illustrated to both implement and evaluate labyrinth walking, and to identify future directions.
Categories: Curriculum; Creation/Installation / Setting: Penal Institution / Type: Journal Article
Country: United States
Access: <https://doi.org/10.1097/JFN.0b013e3182810457>

Categories

- **Archetypal/Symbolic:** Labyrinth used in a non-physical sense; includes philosophy, literature and society applications
- **Contextual Application:** Labyrinths used in an unusual application including mathematics, music, theater, art or art therapy – generally metaphorical
- **Creation/Installation:** Articles focusing on building or creating a labyrinth within an educational, health or spiritual context; construction within an institution or community; from proposals to dedication, often including challenges
- **Curriculum:** Labyrinth programs (developed other than within a research project); Curriculum for use in educational, religious, or health care settings – metaphorical or physical labyrinths
- **Finger Labyrinth:** Finger labyrinth, hand-held labyrinth
- **Health:** Labyrinths focused on physical health and spiritual health – metaphorical or physical labyrinths
- **Mental Health:** Labyrinths focused on a mental health context, includes counseling and psychology – metaphorical or physical labyrinths
- **Research:** Actual research project of any kind including proposals, narrative reviews, etc.; often requiring an IRB and including a methodology
- **Resource:** Background or overview articles on labyrinths deemed useful for new researchers, including an introduction to research (Rhodes) and items to assist researchers (IRB, protocol, questionnaire). Note: For programs involving the labyrinth, see Curriculum
- **Spirituality:** Labyrinths used in a spiritual or religious context, connecting labyrinth to the divine in faith or with rituals – metaphorical or physical labyrinths

Settings

- | | |
|----------------------------------|-------------------------|
| • Educational Institution | • Outdoor Spaces |
| • Healthcare Institution | • Theater |
| • Penal Institution | • Virtual |
| • Religious Institution | • Workplace |

Types

- **Book:** Formally published book, includes book chapters
- **Dissertation:** Dissertation for a degree (e.g., Ph.D)
- **Journal Article:** Published in a periodic or journal format (e.g., Labyrinth Pathways, Nurse Educator)
- **Multi-Media:** Publications in alternative formats (e.g., podcast, video)
- **Paper:** General publications, often available online and/or self-published, generally in a PDF format
- **Project:** Report, practicum, project for a degree (e.g., DMin project, M.S.W. report)
- **Research Paper:** Non-degree publication, available online and/or self-published, generally in a PDF format
- **Thesis:** Thesis for a degree (e.g., Master's thesis)
- **Webpost:** Published online, often without a downloadable option (e.g., online database, webpage)