

Labyrinth Prayer: Session 4

Constructing Labyrinths for Prayer

Myanmar Institute of Theology Yangon, Myanmar 2013



The Rev. Jill K H Geoffrion, Ph.D. www.jillgeoffrion.com jillgeoffrion.wordpress.com



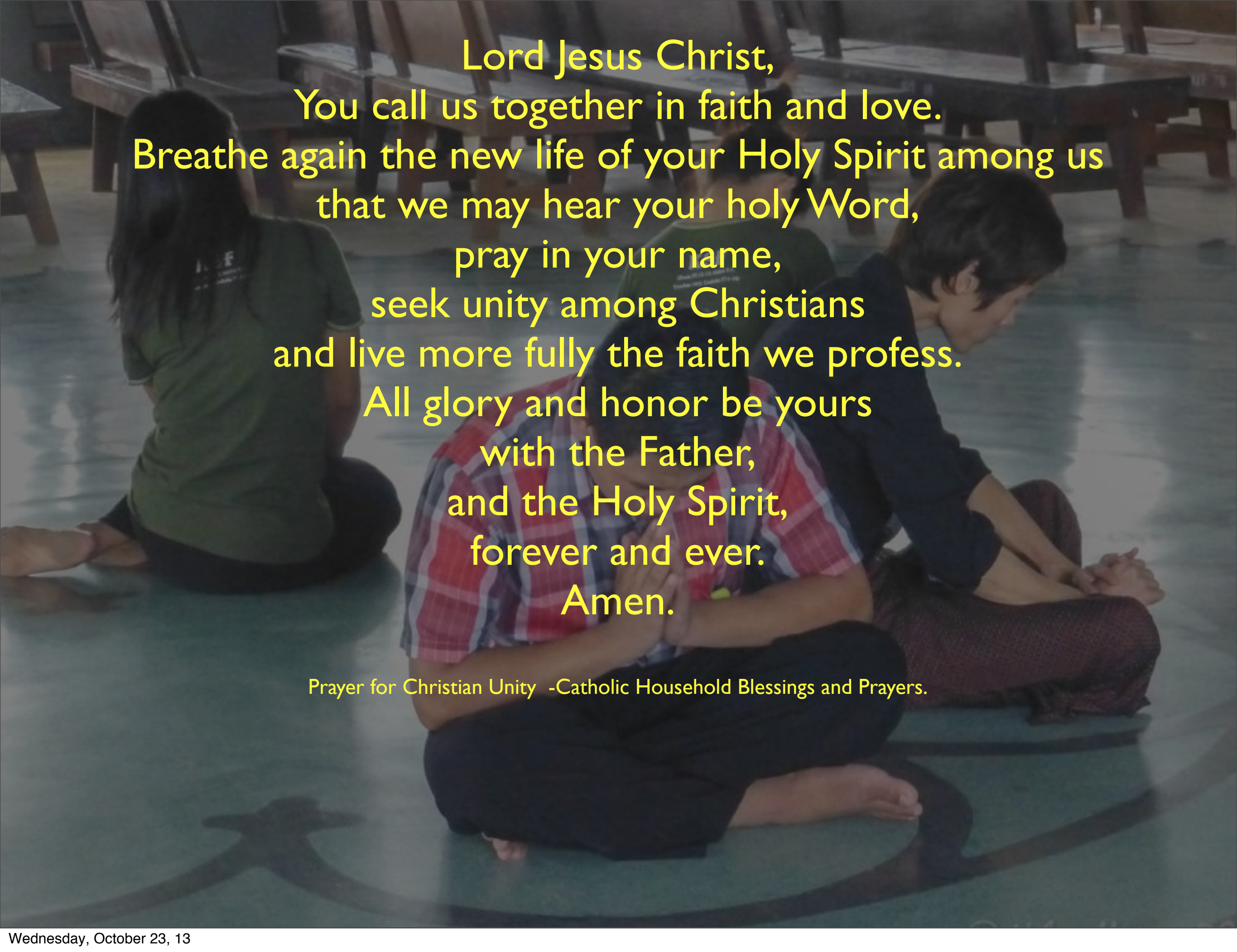
ALL SING

I've got peace like a river,
I've got peace like a river,
I've got peace like a river
in my soul.

I've got peace like a river,
I've got peace like a river,
I've got peace like a river
in my soul.

(African American Spiritual)

Ayeyarwady River

A group of people, including children and adults, are sitting on the floor in a church, praying with their hands clasped. The scene is dimly lit, and the background shows rows of wooden pews. The text is overlaid in a bright yellow color.

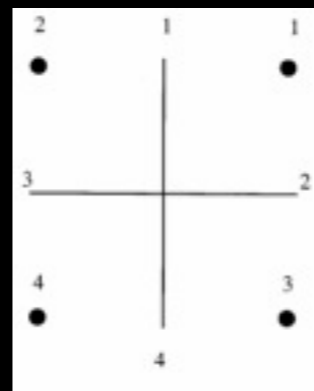
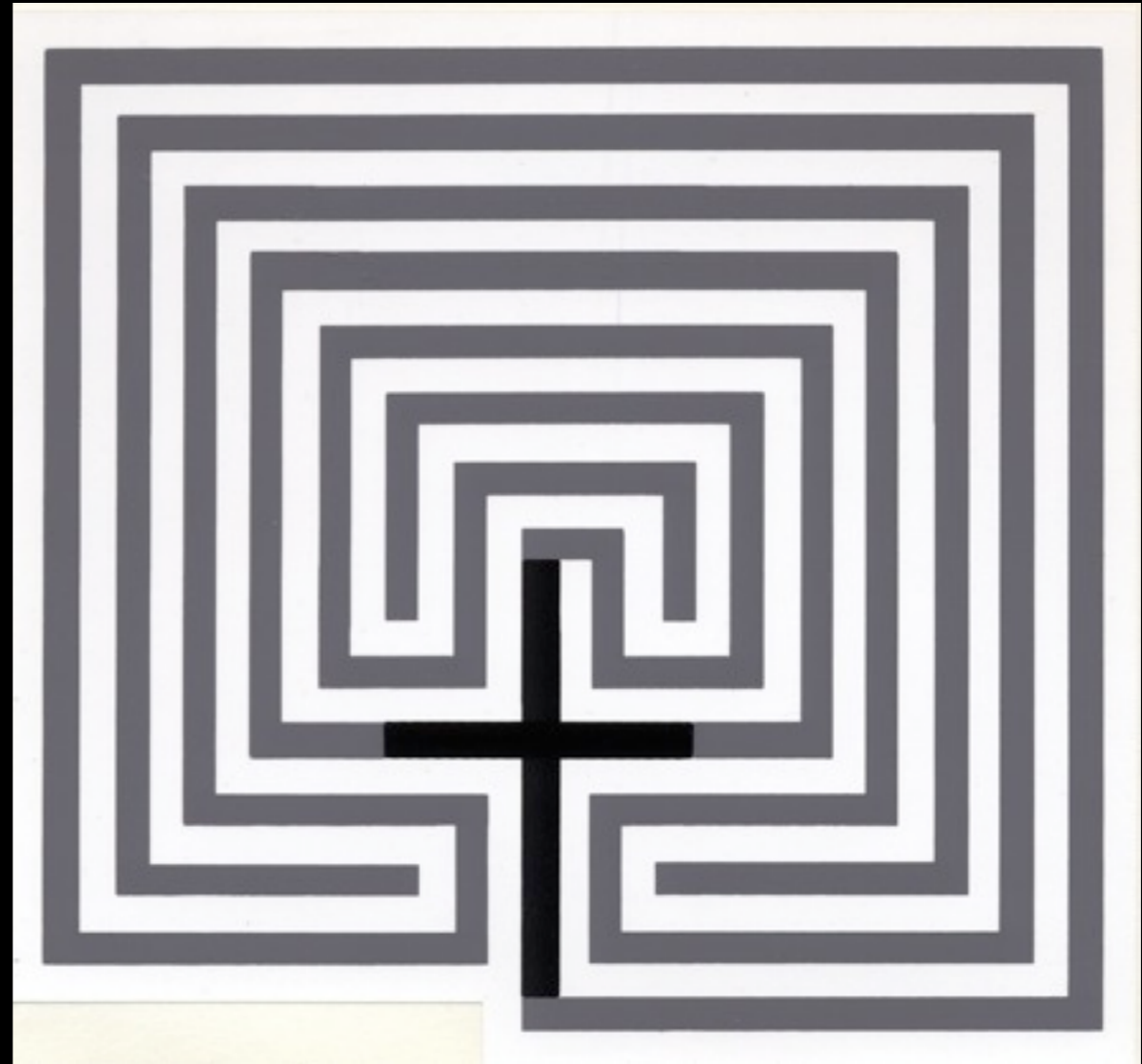
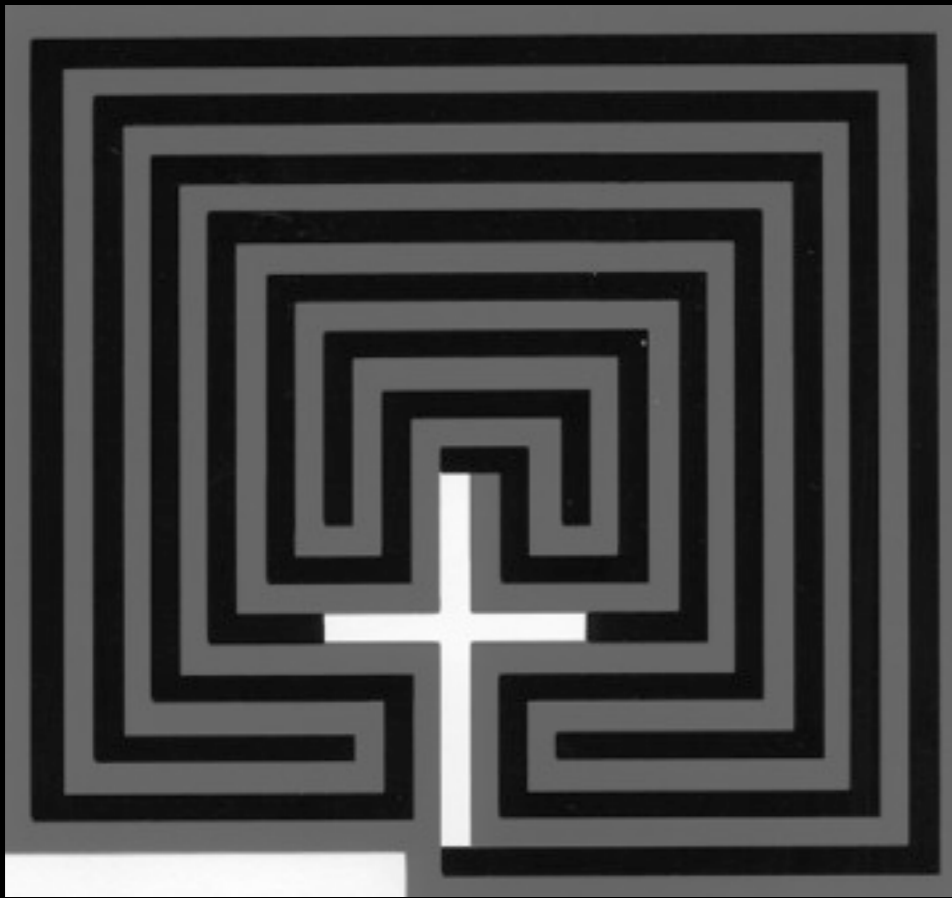
Lord Jesus Christ,
You call us together in faith and love.
Breathe again the new life of your Holy Spirit among us
that we may hear your holy Word,
pray in your name,
seek unity among Christians
and live more fully the faith we profess.
All glory and honor be yours
with the Father,
and the Holy Spirit,
forever and ever.
Amen.

Prayer for Christian Unity -Catholic Household Blessings and Prayers.

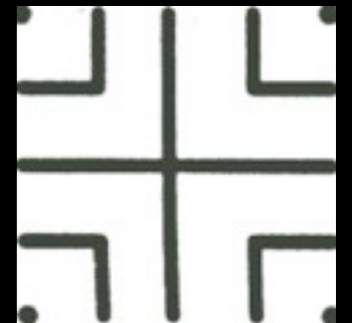
Creating Prayer Labyrinths

Prepared by Rev. Jill K H Geoffrion, Ph.D.
www.jillgeoffrion.com www.fhlglobal.org

The cross is the starting point for building labyrinths.



Hansen Art labyrinths,
7 circuit classical squared,
with highlighted crosses.



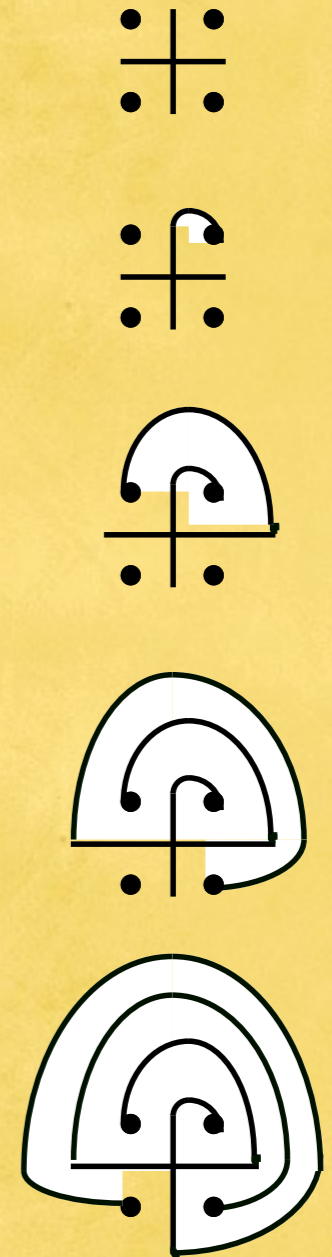
“May I never boast of anything but the cross of our Lord Jesus Christ,
by which the world has been crucified to me, and I to the world.”

Galatians 6:14

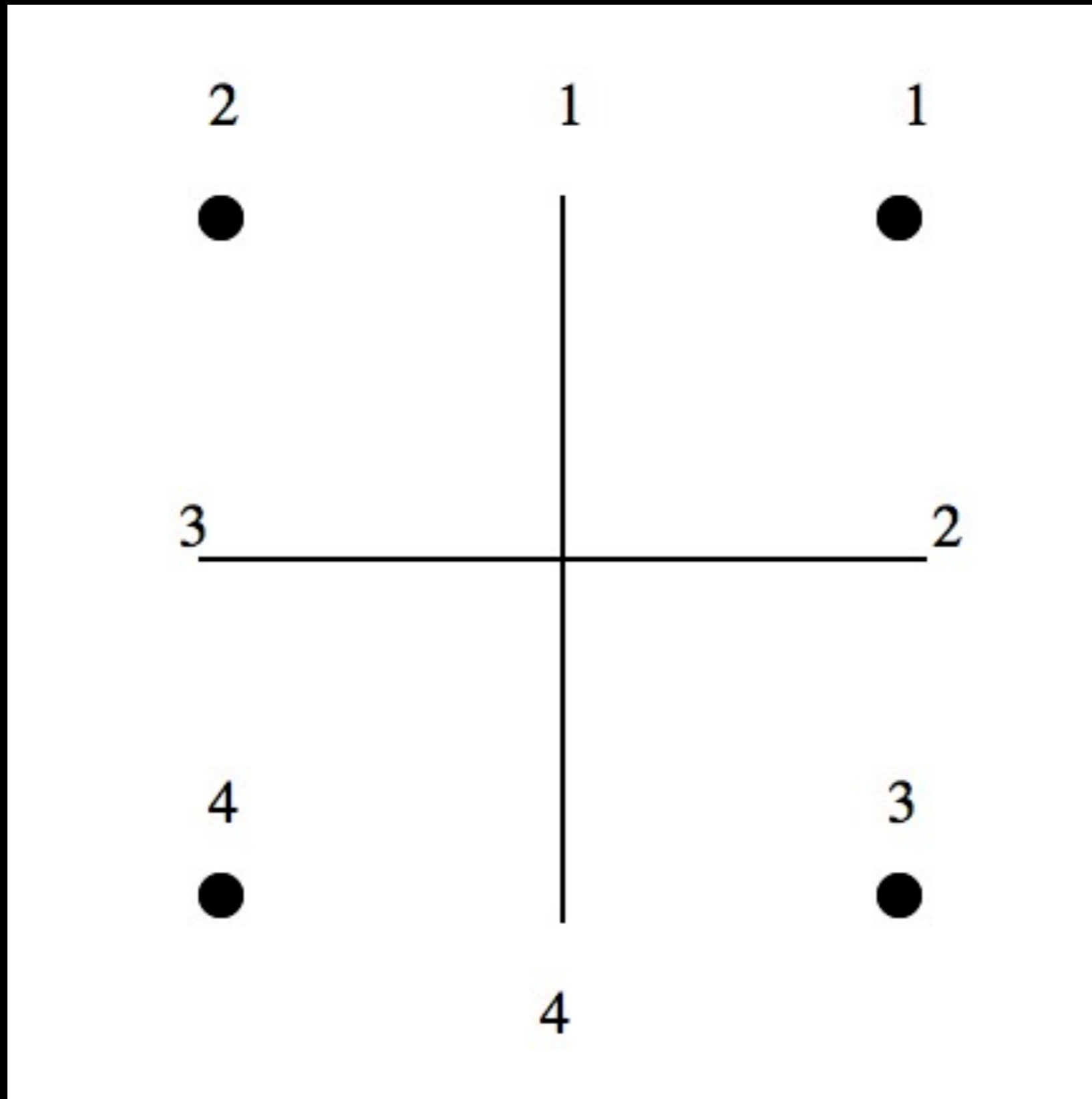
We start with a small 3 circuit labyrinth



Bukavu, D. R. Congo Africa

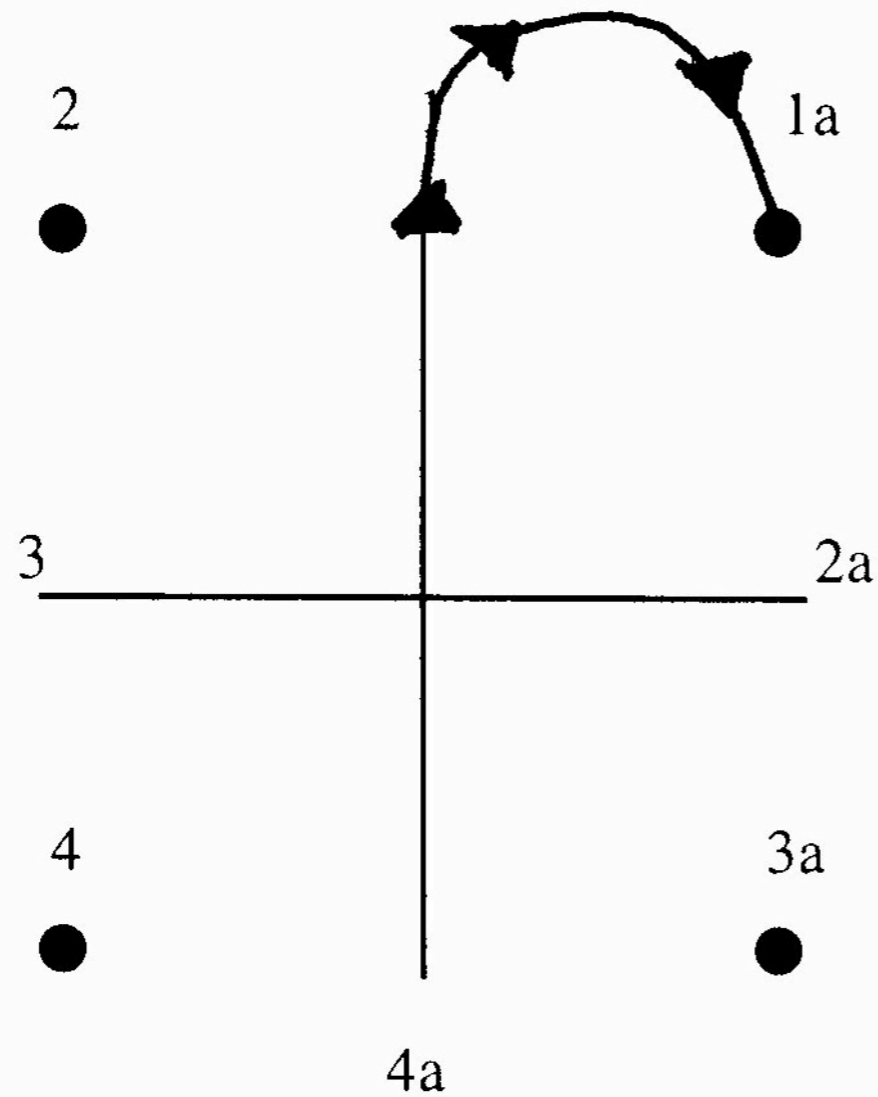


Step 1: Make a cross with four dots

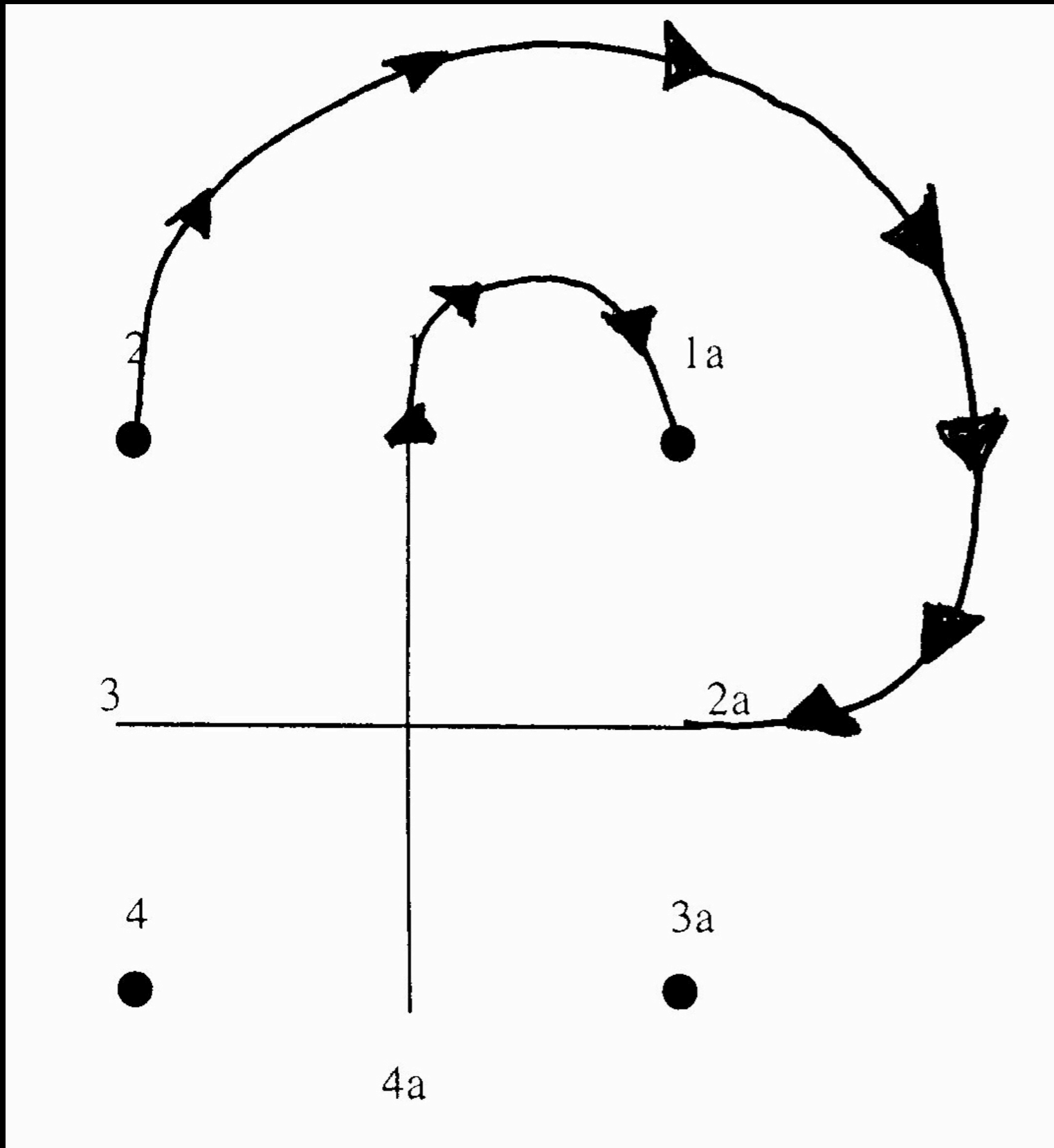


“Seed pattern” for 3 circuit labyrinth

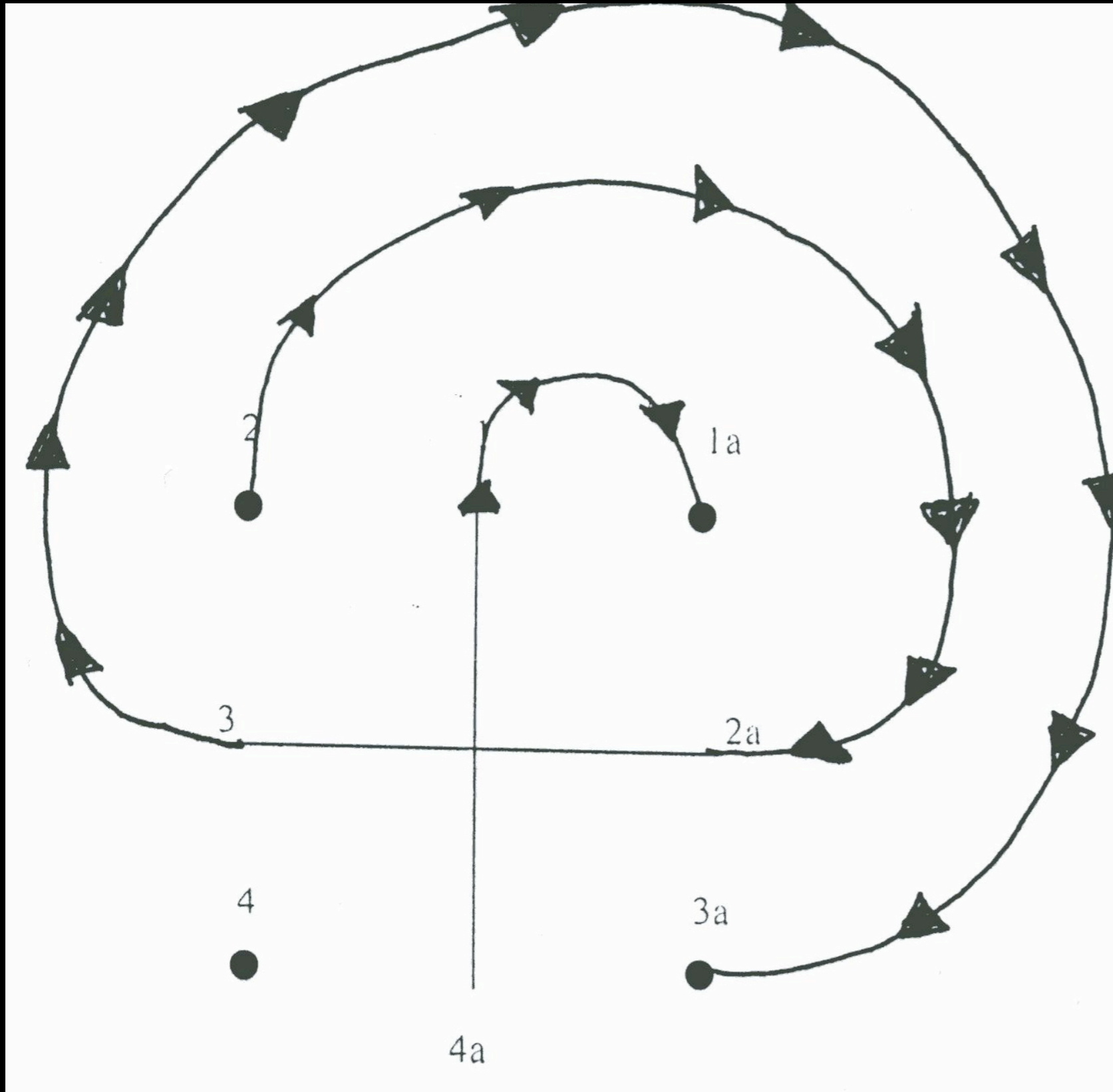
Step 2: Starting at the top of the cross make an arc from | in the center to | on the right.



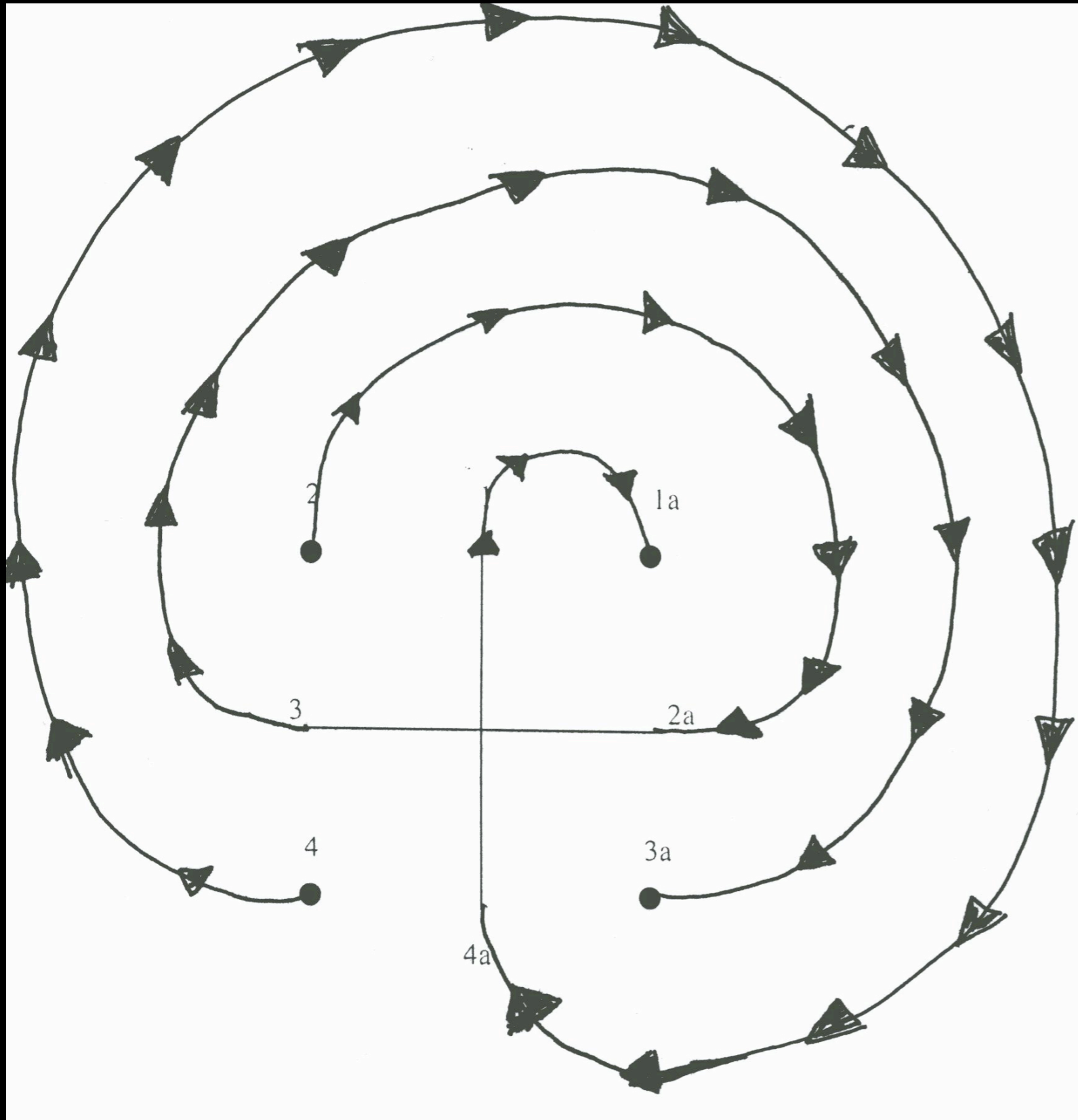
Step 3: Make an arc from 2 on the left side to 2 on the right side.



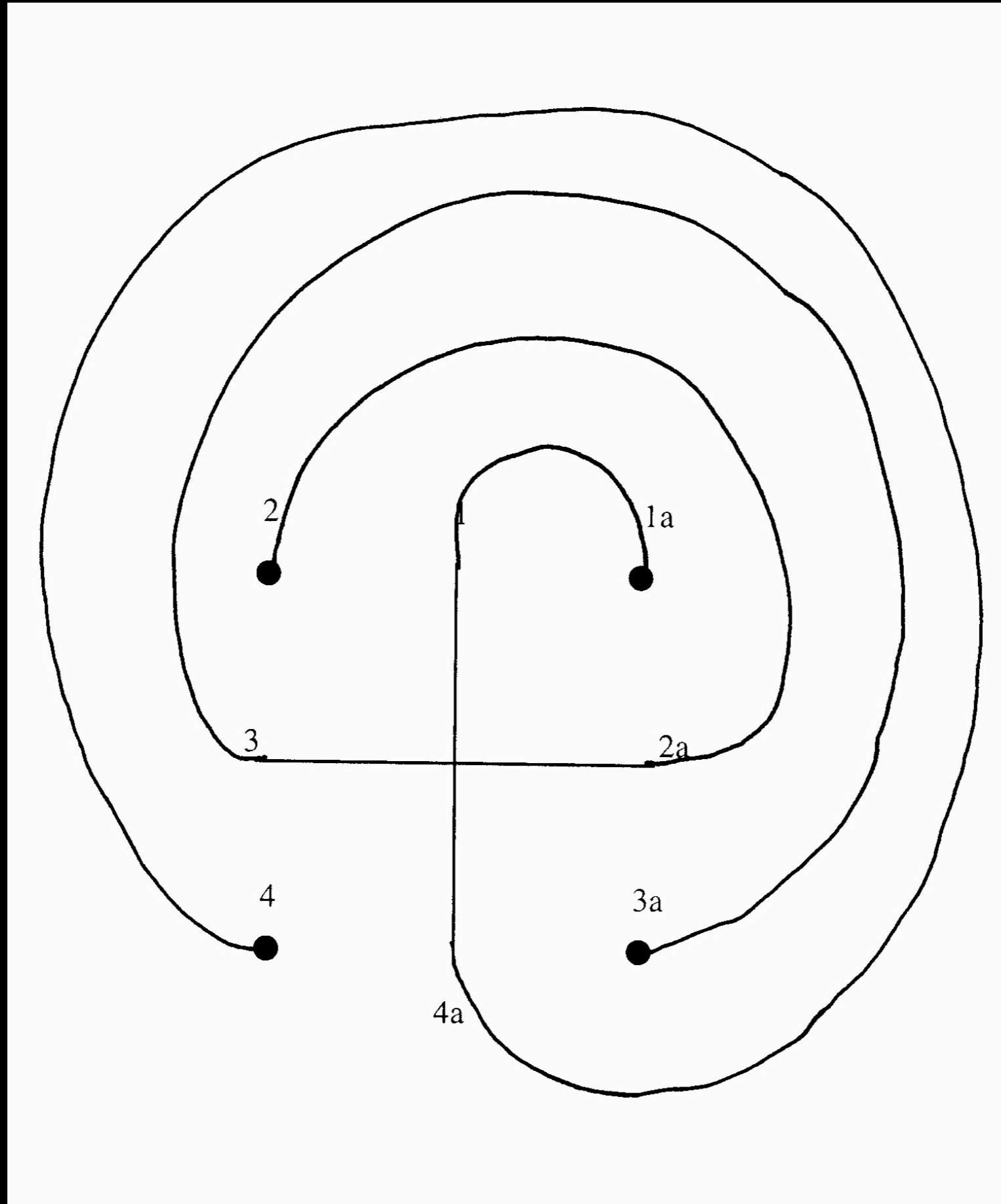
Step 4: Make an arc from 3 on the left side to 3 on the right side.



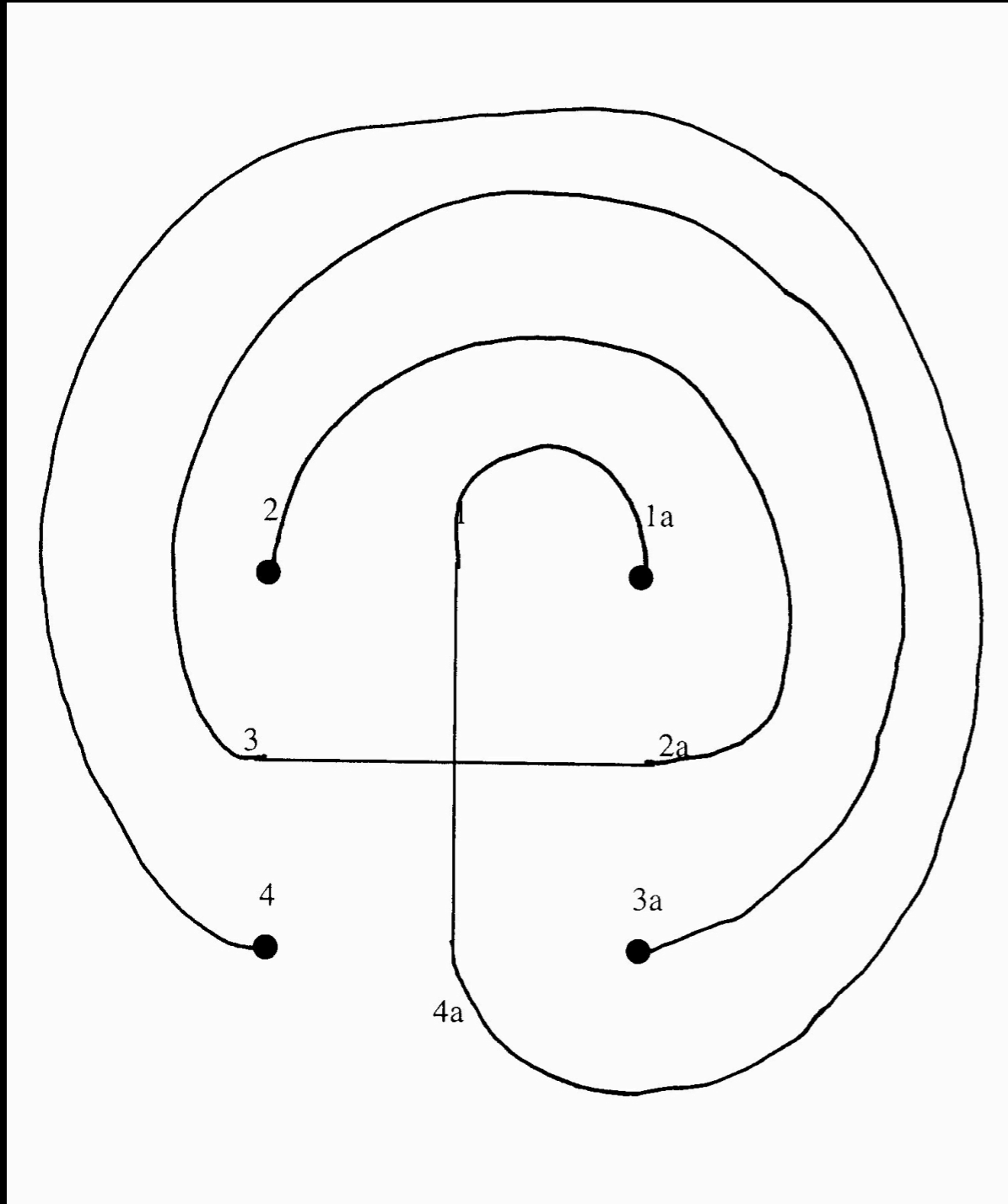
Step 5: Make an arc from 4 on the left side to 4 on the right side.



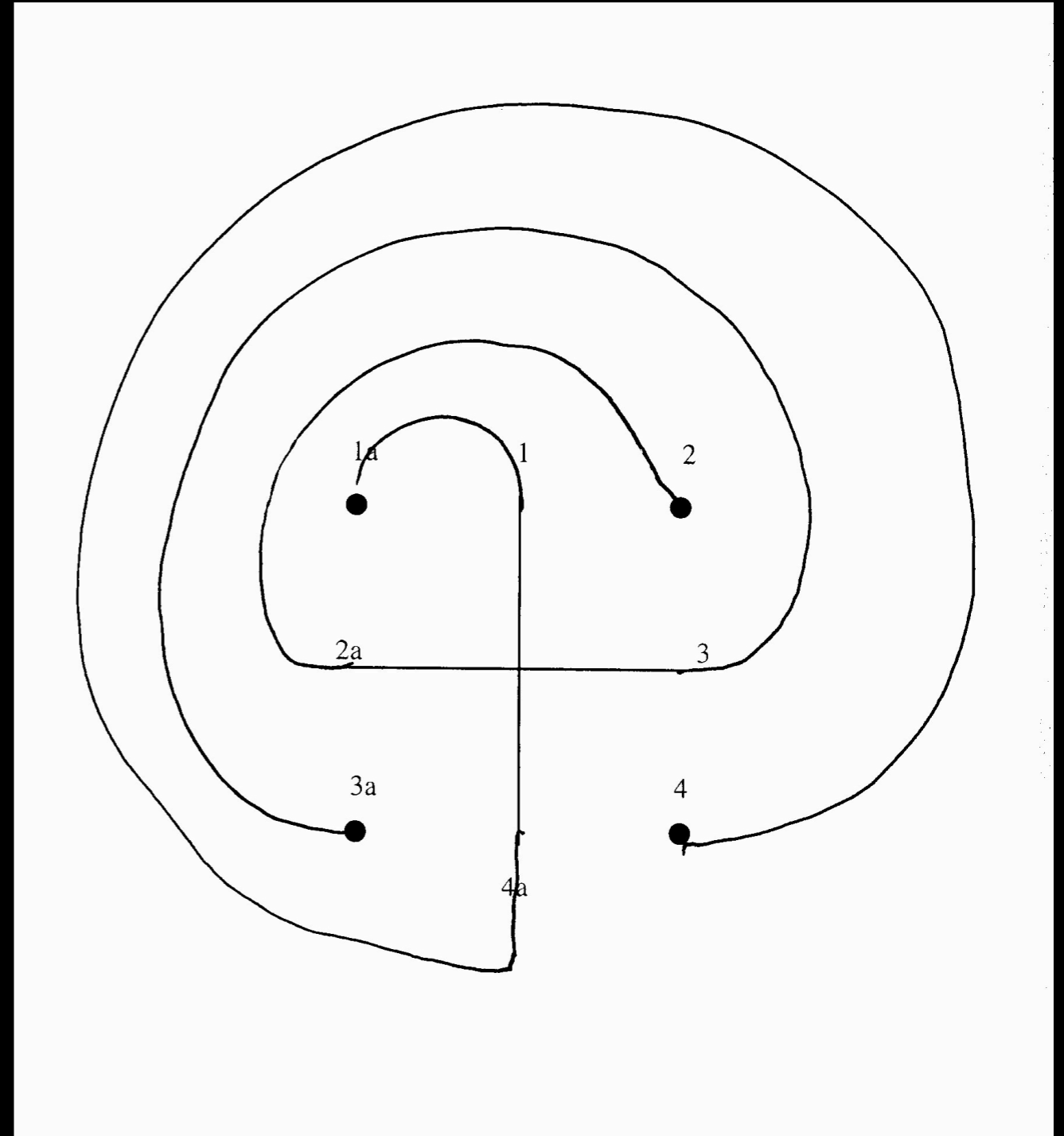
Congratulations! You have made a 3 circuit labyrinth.



**3 circuit labyrinth
opening from the left**



**3 circuit labyrinth
opening from the right**



**To create a left-opening labyrinth, make your first arc to the right.
To create a right-opening labyrinth, make your first arc to the left.**

Labyrinths can be made from any material. They can be small or big.



Seaweed on beach



Shells on carpet



Paint on a leaf



Snow on frozen lake



Matches near fireplace



Rocks & plants on sandy soil



Flowers & corn meal on sidewalk



Bricks placed in the grass



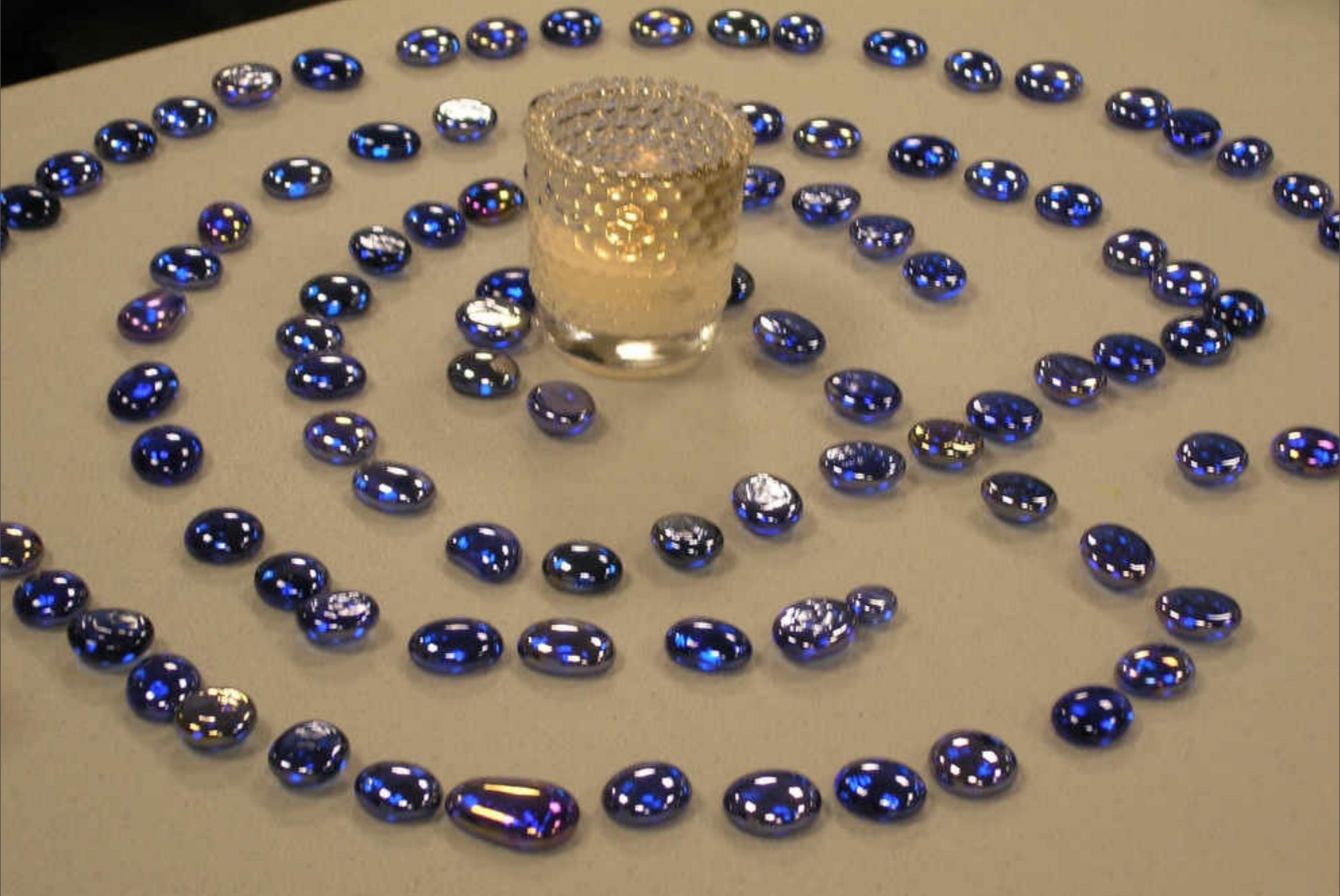
Lava stones on a beach

Pray with the your labyrinth using your finger.



1. Pray for yourself on the way to the center.
2. In the center, rest with God.
3. Pray for others as your return from the center.

A moment of reflection: What do you want to remember?



Creation of a 7 circuit/8 circle labyrinth
Use "Seed Pattern for 7 circuit labyrinth



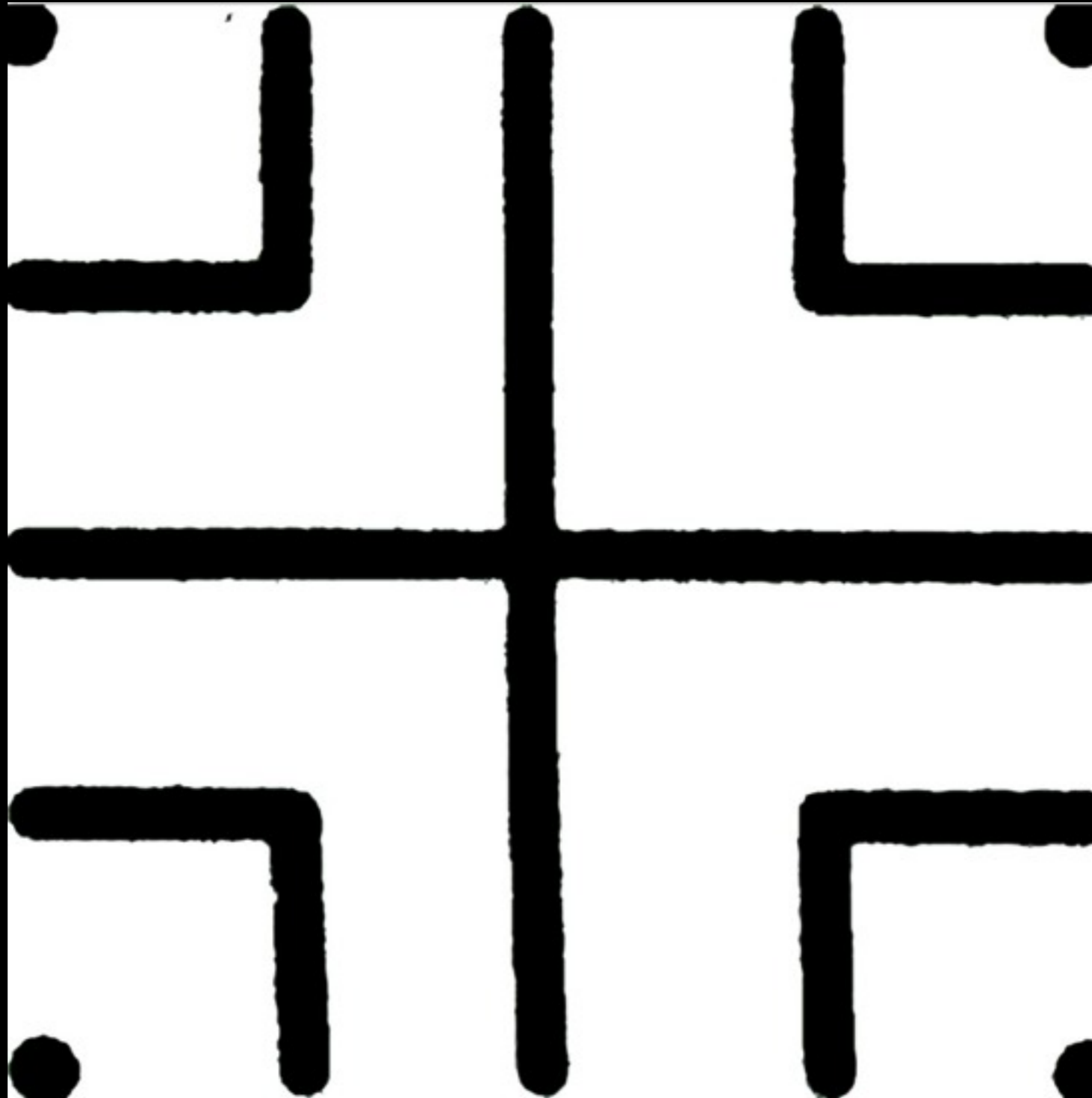
7 circuit labyrinth made of stones at a Christian Retreat Center in Arizona, USA

Step 1: Draw a cross.

Beyond each corner draw a "L" that mirrors that corner.

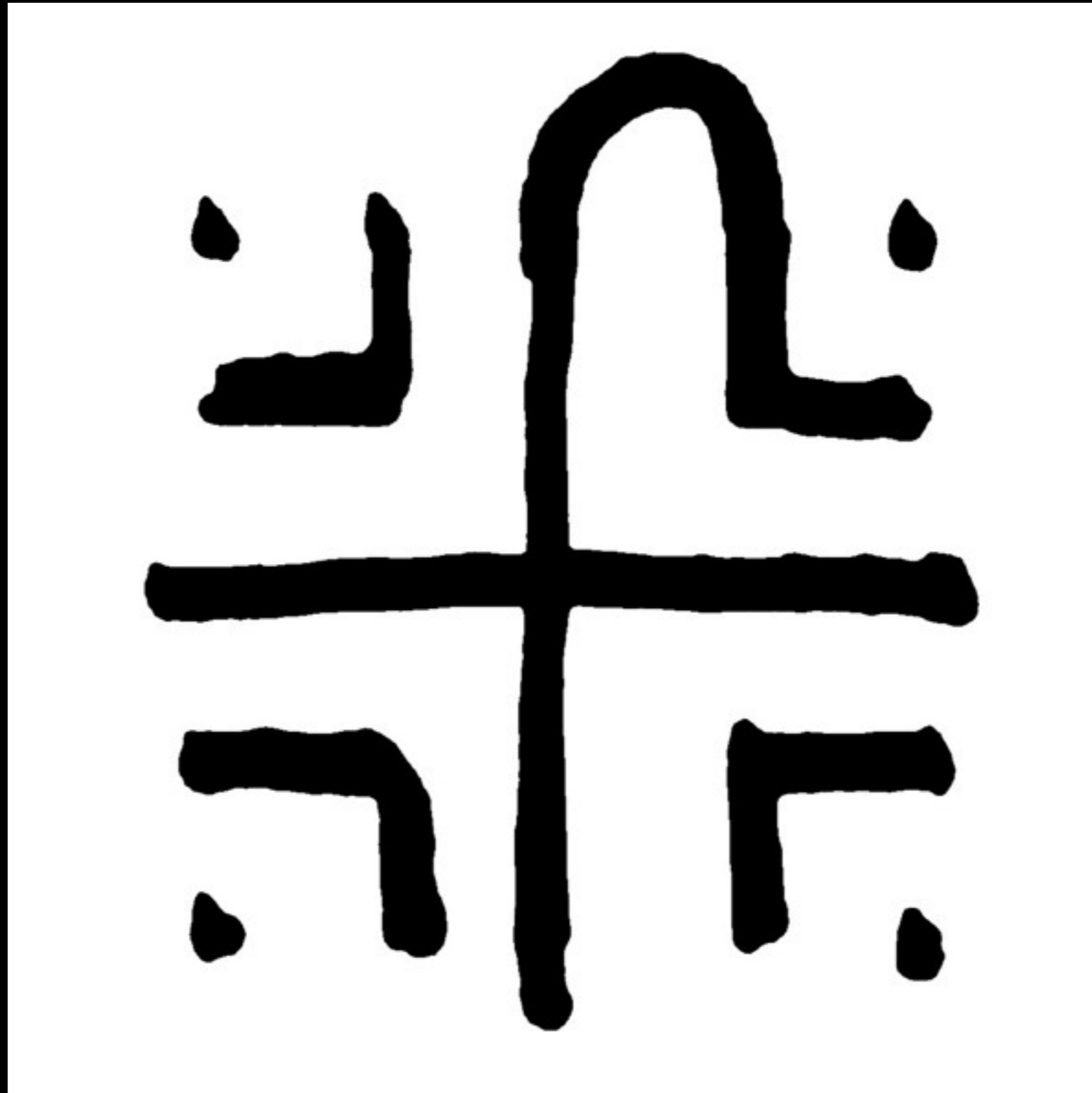
Farther out, draw a dot.

Be sure to draw this in the lower half of your page (not in the center).



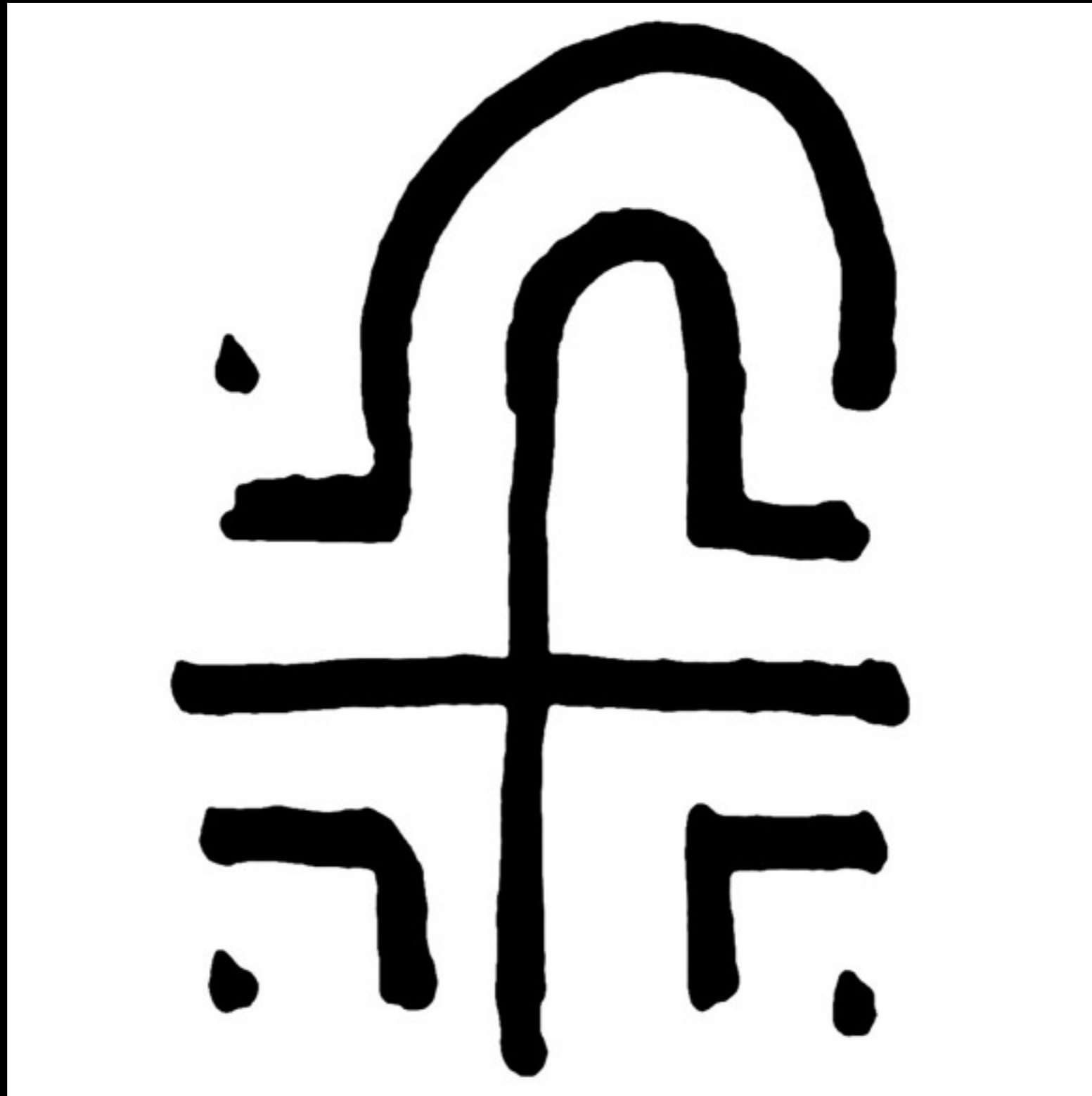
Your drawing should look like this.

Step 2: Draw an arc from the top of the cross to the top of the upper bracket.



Your drawing should look like this.

Step 3: Move one "next point" over to the left from the center.
Draw an arc from that point to the "next point"
on the other (right) side of the diagram.



Your drawing should look like this.

Step 4: Move to the "next point" over from the center on the left.
Once again, draw an arc from that point to the "next point"
on the other (right) side of the diagram.



Your drawing should look like this.

Step 6: Move to the "next point" over from the center on the left.
Once again, draw an arc from that point to the "next point"
on the other (right) side of the diagram.



Your drawing should look like this.

Step 7: Move to the "next point" over from the center on the left.
Once again, draw an arc from that point to the "next point"
on the other (right) side of the diagram.



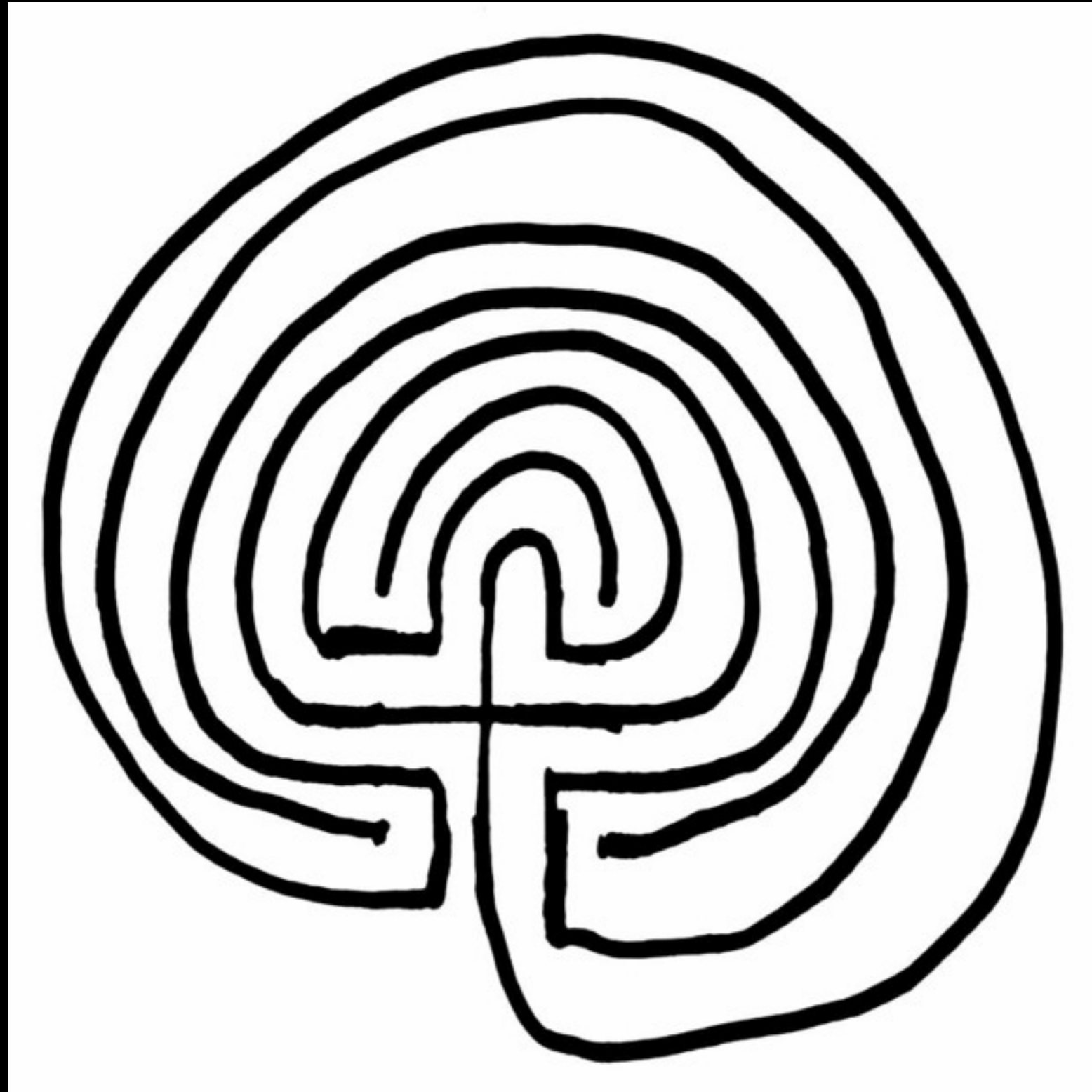
Your drawing should look like this.

Step 8: Move to the "next point" over from the center on the left.
Once again, draw an arc from that point to the "next point"
on the other (right) side of the diagram.



Your drawing should look like this.

Step 9: Move to the "next point" over from the center on the left.
Once again, draw an arc from that point to the "next point"
on the other (right) side of the diagram.



Your drawing should look like this.

Congratulations! You have made a 7 circuit labyrinth.



Labyrinths can be made from any material. They can be any size.



Beads



Seeds



Paint



Snow on frozen lake (ice)

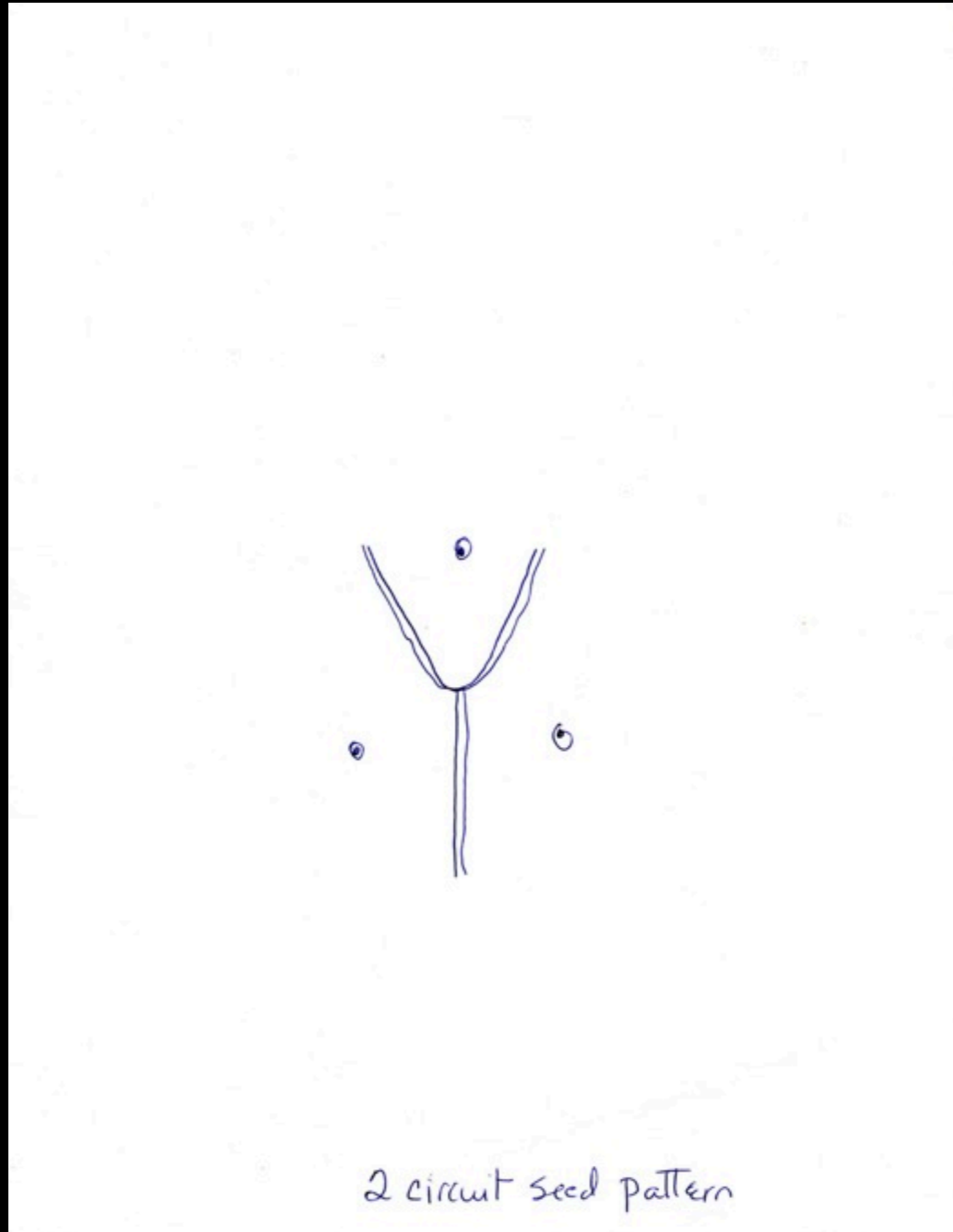
Praying with a 7
circuit labyrinth.



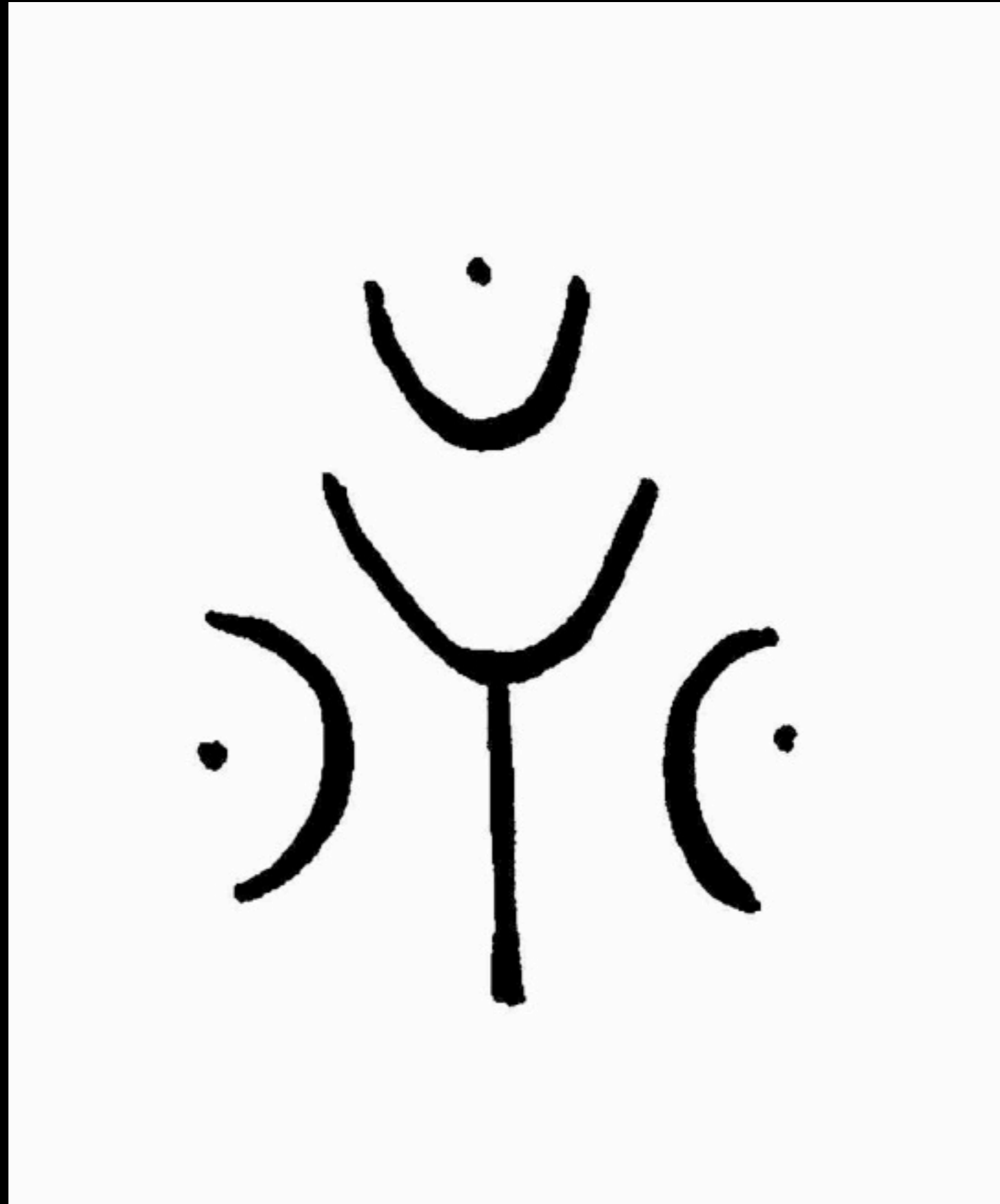


A moment of reflection: What do you want to remember?

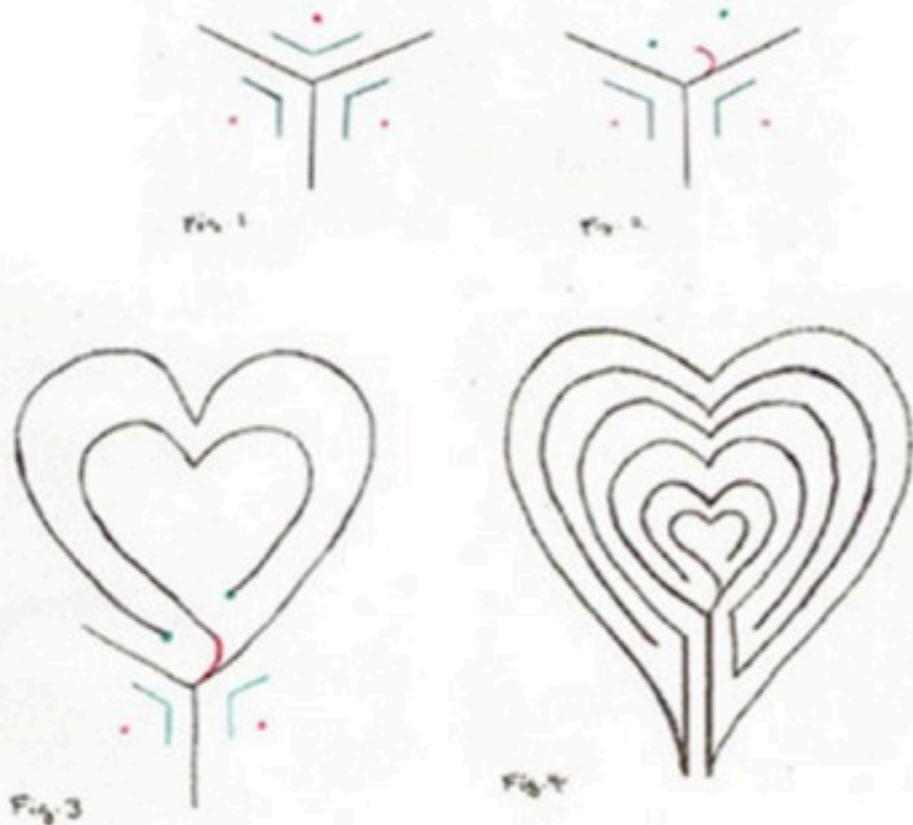
Creating a 2 Circuit Spiral Center Labyrinth



Creating a 4 Circuit Spiral Center Labyrinth



Creating a 5 Circuit Heart Shaped Labyrinth



Jerry Share's his seed pattern:

Starting with the seed pattern of three lines radiating from a point, three angled inserts and three dots as seen in Fig. 1. Adjust the top portion of the pattern to match Fig. 2. (the top angled insert became two dots (green) and top dot (red) became curved arm connected to right central arm. Fig 3 shows center and innermost circuit. Fig 4 shows complete design. To get full heart shape, keep lines closer together at bottom and widen at the top.

We extend our gratitude to Jerry for sharing *A Heart Labyrinth*, creating powerful possibilities and connectedness on the Labyrinth. Let us know how *A Heart Labyrinth* touches or inspires your labyrinth walks and ways that you share your

labyrinth love!

From blog post by 365 Club of the Labyrinth Society 2013



Detailed directions for creating an I I circuit (12 circle) Chartres-style labyrinth can be found at <http://labyrinth-enterprises.com/tapecl.html>

It is part of www.labyrinth-enterprises.com (web site for master labyrinth builder, Robert Ferré). Look under: Labyrinth instructions.





What do you want to ask about building labyrinths?



Assignment for next week

Preparation for session 4:

1. In handout packet look over Section for Session 5: Labyrinth Construction Part 1.
2. Pray the labyrinth at least once (hopefully more!) during the week and reflect on your walk using the labyrinth journal page.
3. At the beginning of class you will need to turn in your labyrinth journals with nine entries completed.

Useful websites:

jillgeoffrion.com

labyrinth prayer

labyrinthos.net

leading journal re. labyrinths & mazes

labyrinthlocator.com

world-wide labyrinth locator

labyrinth-enterprises.com

resources on labyrinth building

I would like to offer my special thanks to
Erwin Reissman for permission to use the
3 circuit labyrinth images
from his blog:

<http://blogmymaze.wordpress.com/>

See: <http://blogmymaze.wordpress.com/2009/11/09/the-3-circuit-classical-labyrinth/>





Ministry website www.fhlglobal.org

Labyrinth resources by jill www.jillgeoffrion.com

Journey blog by jill jillgeoffrion.wordpress.com

