

CORNERSTONE 2022 RESOURCE

Walk the Labyrinth, *Energize your Day*

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SUMMARY:	In this session we will center our bodies and mind in the embodied practice of walking a Labyrinth, a technology to remind us that the journey of life and camp is unfolding in front of us with each step we take - together we will return to our center and out again in this unique practice for contemplation and rejuvenation
ABC GOALS:	<p>Affective: Participants will feel....</p> <ul style="list-style-type: none"> • Centered and revived by the process of walking the Labyrinth • Open to the next steps in their Cornerstone journey • Transformed through setting an intention and spending time processing their experience <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> • trust in the process of an inward meditation and its benefit • replicate a Labyrinth at their own camp for their community <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> • They are always on their path no matter where it leads • There are no wrong turns in the labyrinth or on your personal path
AUDIENCE:	Walking a labyrinth is a solo journey that can be undertaken anytime. It is best to keep a group small (under 20) if experiencing it as a group.
TIMING:	45 Minutes
APPENDICES:	
MATERIALS NEEDED:	
SET-UP DETAILS:	Labyrinths can be constructed permanently, semi-permanently, or temporarily out of paint, tape, chalk, stones, or other natural materials. It is important to allow space to walk and ideal to leave room in the center as a place of contemplation.

SESSION TIMELINE

- 00:00-00:10 – Introduction to the Labyrinth and Framing
- 00:10-00:15 – Intention setting
- 00:15-00:30- Walking the Labyrinth
- 00:30-00:45- Reflection and Debrief

SESSION OUTLINE:

00:00- 00:010 Participants gather and are introduced to the Labyrinth, some framing, how it functions and a few suggestions as to how to experience it

Jewish Framing: Lech Lecha- Go Forth! Much like Abraham we are all on a journey. By placing foot in front of the other, we mete out our paths as it unfolds before us. A Labyrinth is much like Torah- a spiral that immediately begins again each time we come to its end.

Guidelines for the Labyrinth:

There are no wrong turns
You can not get lost
The way in is the way back.
Participants may walk it with shoes or barefooted.
Take a few moments to set an intention before beginning.

00:10-00:15- Everyone is invited to sit for a few minutes before entering and to journal or quietly set their intentions.

00:15- 00:30 When ready to begin, participants will enter and when they approach the center they will find a small collection of quotes, they are invited to choose one for their journey out.

00:30-00:35 Participants are invited to a few more moments of quiet reflection, journaling and/or the opportunity to walk the Labyrinth again.

00:35-00:45 Debrief:

How do you feel after that experience?
What aspects of your Jewish experience does the Labyrinth connect to?
What value might a Labyrinth hold for your campers this year?



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BRINGING IT TO YOUR CAMP:

You will experience a temporary Labyrinth while at cornerstone and this might also be a fit for your needs. We will use tape and a tape dispenser to create it on the ground. You might wish to make a project out of it and have your campers make one from stones or chalk. It is ideal to leave it up as a space for people to utilize whenever they need grounding throughout the day. You can also invite campers to carry stones with them as they walk to leave in the center as a practice of “letting go”.