

Let your fingers do the walking...

An aid to de-stressing in exam term lockdown

At the beginning of the academic year we made a labyrinth in the Fellows' Garden. It was made by a group of people following the directions of Kay, a local labyrinth practitioner, using chicken feed. The original idea was that the birds would come and eat the seeds, and that after a few days the labyrinth would have disappeared. What actually happened was that various of the seeds in the chicken feed germinated and so the outline of the labyrinth is still visible several months later.



A labyrinth is a walking meditation. It is different from a maze in that there are no wrong turnings, but rather a single route into the centre. As you walk you think about all the things that are on your mind, gradually shedding your concerns and worries as you penetrate into the heart of where you are now, before retracing your steps out into the world. The physical movement, the mind-clearing fresh air and the natural surroundings of trees, birds and animals all contribute to refreshment and re-invigorating.

The intention had been to re-make the labyrinth at the beginning of the exam term and to make it available as a quick and easy break from revision and a chance to enjoy the College gardens. Unfortunately the lock-down means that that is no longer possible, but below are some instructions for making your own finger labyrinth at home. Trace the route slowly and meditatively with your finger instead of walking. You will have to supply the fresh air and natural surroundings yourself though!



If you would like to find out more about the different kinds of labyrinth and their 4,000 year history there is a huge amount of information on the web, for example at labyrinthociety.org.

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How to draw your own labyrinth

