

From Minotaur to Medicine

Labyrinths and their Impact on Medicine

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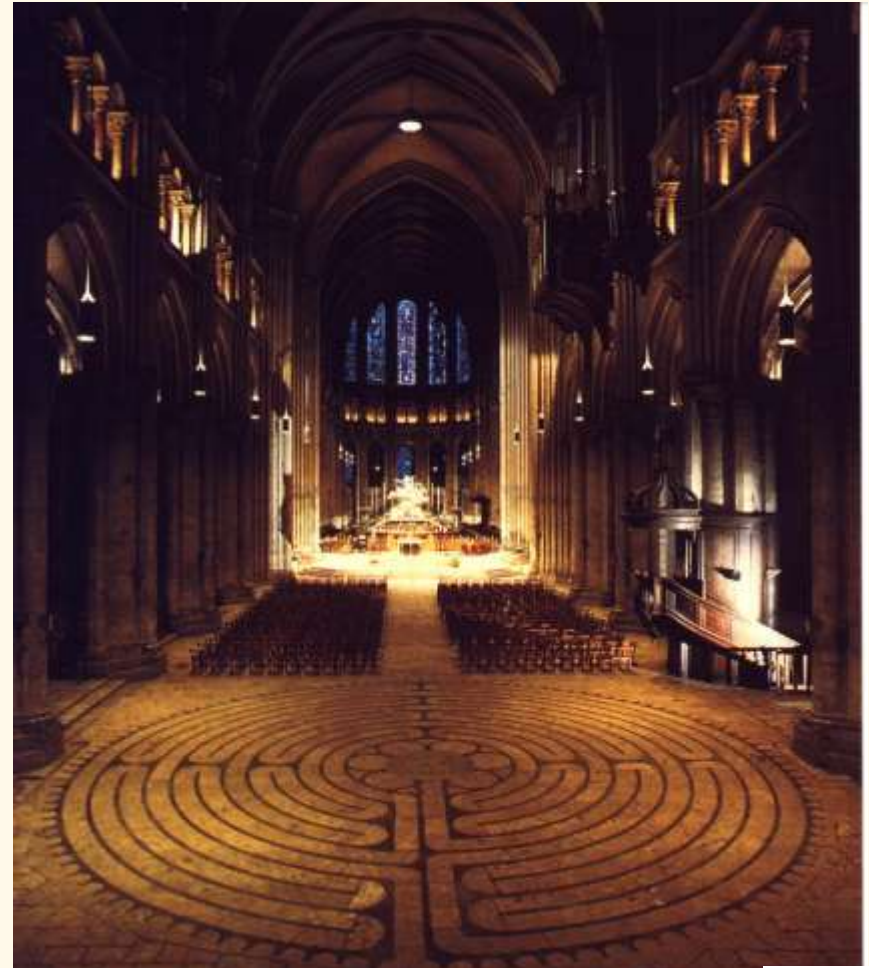
Idea Rev. Dr. Helen Malcolm Univ.

Melbourne / Crete 2009

Thank you for joining our workshop!



Mazes & Labyrinths



A Labyrinth works- hop on!

- At the end of this session participants should
 - ❖ learn about difference of Labyrinths and Mazes
 - ❖ learn how to build a labyrinth
 - ❖ think about the medical findings
 - ❖ experience a walk in a labyrinth
 - ❖ perform a small study on labyrinths

Labyrinths are no Mazes !

MAZE

- Confusing variety of paths
- Many entrances and exits
- Dead ends and tricks
- Is a left brain task
- **Makes you feel lost**
- Requires logical, analytical thinking
- Is a puzzle to be solved
- One can't see start and goal

Labyrinth

- Only one path
- The entrance is the exit
- No blind alleys, no false lead
- Is a right and left brain task
- **Gets you centered**
- Spiritual path
- Engages our symbolic mind
- Symbolic for a life`s journey
- Easy to step out
- Flat, begin and end is visible



Mazes & Labyrinths



Labyrinths & Science

- William Henry Matthews: *Mazes and labyrinths. A general account of their history and developments*. London 1922.
- Harris N. An introduction to labyrinths and their therapeutic properties 1999
- **Effective, short-term therapy: Utilizing finger labyrinths to promote brain synchrony** by N. Harris 2002. *Annals of the American Psychotherapy Association*, September/October 2002. 22-23.
- Harris, N. (2002). Effective short-term therapy utilizing finger labyrinths to promote brain synchrony. *Journal of the American Psychotherapy Association*, September/October, p. 22-3
- **Promoting reflection through the labyrinth walk.** [White MJ](#), [Stafford L](#).
School of Nursing, University of Texas Health Science Center at Houston, Houston, Texas 77030, USA. Mary.J.White@uth.tmc.edu
PMID: 18453921
- **The labyrinth: a walking meditation for healing and self-care.** [Sandor MK](#).
University of Texas Medical Branch, School of Nursing at Galveston, USA.

It's a workshop - use your fingers!



Labyrinths in America and East



Labyrinths Worldwide



Medical Use

- Patients often walk it before their chemotherapy treatments. Doctors use it as part of their prescriptions. Families walk it while waiting for their relatives to come out of surgery, and nurses use it to decompress during breaks.

Read more: <http://www.sfgate.com/cgi-bin/article.cgi?file=/chronicle/archive/2003/02/28/WB186673.DTL#ixzz12ZB3KnNv>

Lab's worldwide



In 1997, Victoria Stone, a public health educator and interior designer, led the drive to install the nation's first labyrinth at a hospital. Nearly 20 hospitals have followed its lead..

- Ever since 1995, at Grace Cathedral San Francisco -- the first permanent labyrinth to be constructed in the western hemisphere in 600 years --
- labyrinths have been installed in parks, high schools, museums, hospitals, teen centers, spas, homes and even jails!
- Over 300 in US!



New labyrinths for medical use

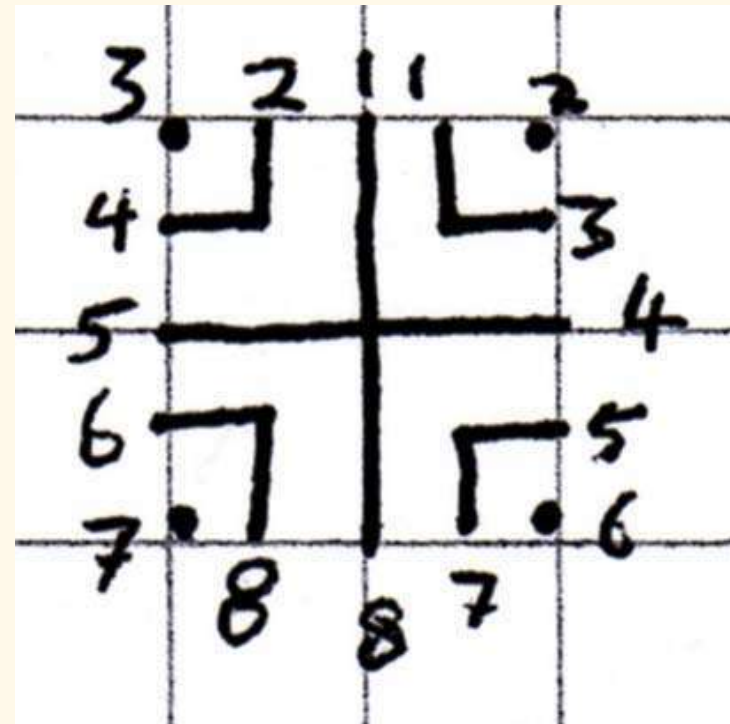
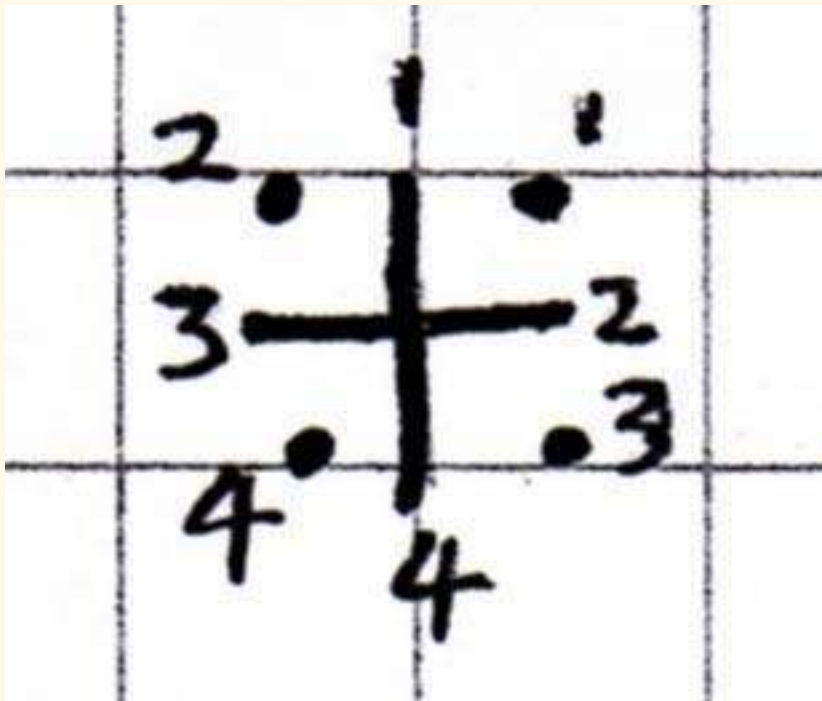
- Boston College Wing England, Landsort, Visby Sweden Northwest Iceland ,Hiessaare Estonia, Wölflinswil Switzerland St.Omer Cathedral, France, Mahindra United World College of India, Jaragua do Sul, Brazil
- The Veterans Administration Hospital System H. Lee Moffitt Cancer Center and Research Institute, Tampa Johns Hopkins Medical Center, Bayview Campus, Baltimore Baystate Medical Center, Springfield, Mass. Mind-Body Center for Complementary Medicine, Morristown, NJ Jersey City Alliance to Combat Drug and Alcohol Abuse, Jersey City, NJ Pirajussara General Hospital, Sao Paulo, Brazil St. Paul's Hospital, Vancouver, BC Onze Lieuevrouwe Gesthuis, Amsterdam Case Hospital, Virginia Beach

Medical effects of Labs proven!

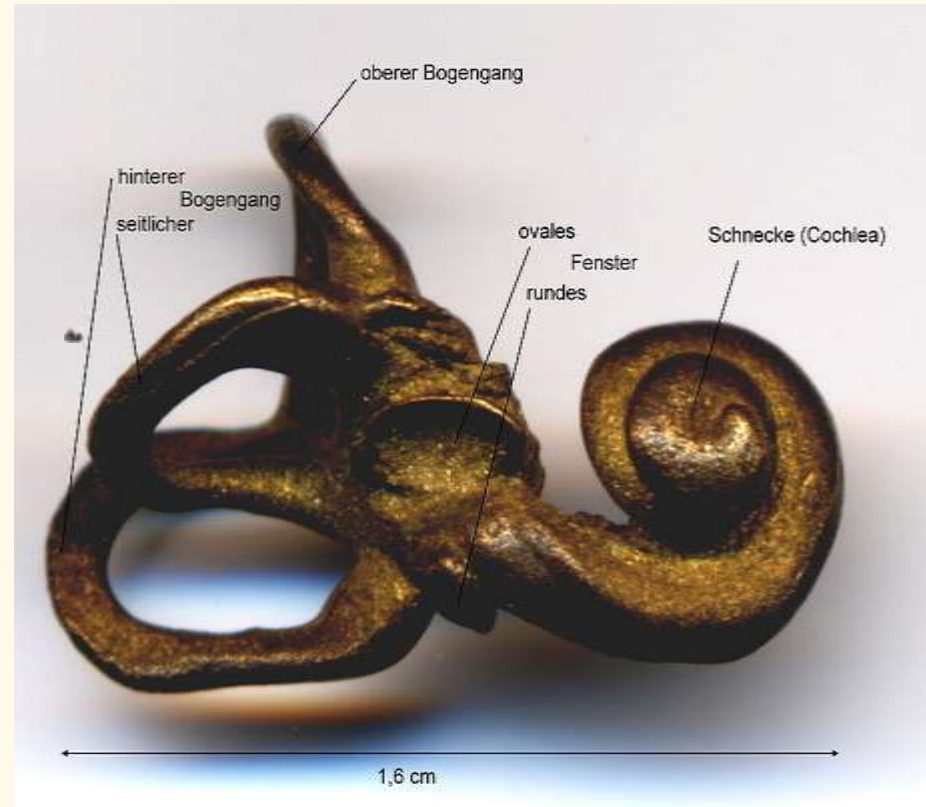
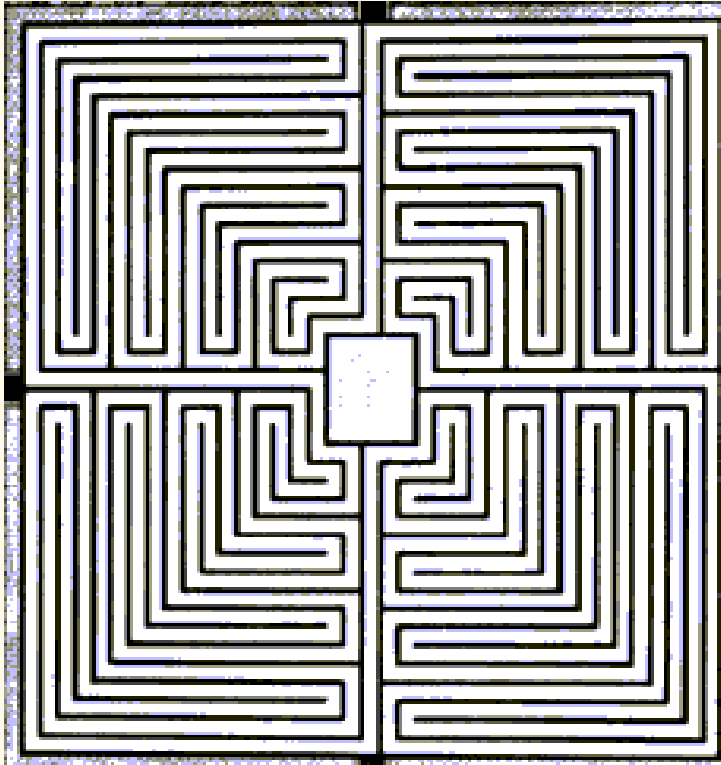
- Lowers blood pressure and pulse
- Lowers stress hormon output decreased
- Lowers respiratory frequency
- Makes calm and centered
- Velocity lowered when walking
- Helps ADHD children to be concentrated
- Stimulates right brain



Building a Labyrinth on your own!



Building a Labyrinth



Thank your for listening!

Walk the Labyrinth!

