

**MARK HEALY**

The Labyrinth Collective

# Labyrinths for Healing



*Labyrinths promote and provide a space for introspection and healing. In a healthcare setting they can support and enhance the life of the institution*

**MARK HEALY**

0407 042 405

[info@labyrinths.com.au](mailto:info@labyrinths.com.au)

[www.labyrinths.com.au](http://www.labyrinths.com.au)

## LABYRINTHS FOR HEALING

Labyrinths are able to be used by all people regardless of religious affiliation or culture and can be adapted to a wide range of medical and healthcare needs, including, wheelchair friendly, sensory attuned labyrinths and the use of finger labyrinths for less mobile patients.

Medical research has shown that walking or tracing a labyrinth balances the left and right hemispheres of the brain and people may experience improved mental clarity and memory, calmness in dealing with grief and trauma, a release of pain, and a deeper connection with their own inner resources.

## BENEFITS OF LABYRINTHS IN HEALTH CARE FACILITIES PATIENTS

- A quiet place where the simple act of walking offers a proactive way to 'do' something towards getting better.
- A clearly non-medical environment where patients can share time with others.
- A place where patients can let go of the issues related to illness and injury.
- A sacred spot where patients can express intentions and hopes for the future.
- A perfect spot for a "get well" ceremony.

## STAFF

A labyrinth offers a quiet haven where staff can manage the pressures of work in a positive way:

- Walking a labyrinth prior to operating or caring for patients provides a way to clear the mind and focus attention.
- A place for healthy 'time out' – an alternative to a smoking break.
- Personal space after being with many people.
- A calm environment in which to prepare for challenging situations.
- A place to regain balance and perspective.
- A supportive resource for pastoral care ministries.

## FAMILY

Access to a labyrinth in a healthcare environment provides family and visitors a place to retreat, regroup and renew. Family and friends can walk a labyrinth:

- To calm and focus themselves before meeting with doctors or seeing loved ones.
- As an alternative to sitting in the emergency room for hours.
- Something to do together with the patient.

## FACILITY BENEFITS

For the institution itself, labyrinths are good for business. They offer a cost effective means of being progressive and integrative. Labyrinths do not necessarily reflect any religion or culture and so appeal to people from all backgrounds and walks of life. Most importantly, labyrinths invite both patients and staff to tap their inner resources, offering a way of addressing the spiritual, emotional, and psychological aspects of healing. They are a perfect holistic complement to the already abundant technological and medical expertise available in our healthcare institutions:

- Demonstrating that the institution cares about the whole person, whether patient or employee.
- Balancing science and technology with complementary care.
- Providing an excellent form of outreach to the community for promoting wellness.
- An inviting oasis that adds unexpected beauty to a clinical environment.
- A perfect centre in which to retreat, commune, celebrate, honour, and remember.
- Cost effective, costs less than a typical piece of equipment.
- The centre of a healing garden or outdoor space.

Prepared by Robert Ferre, labyrinth designer, builder, author, workshop leader, and event facilitator .