

Labyrinth Walk Questionnaire - Composite of all Events, September 2005 Through March 2011 (34 Events; 44 Labyrinths)

Total	
# of Responses:	524

Comparing how I felt before I walked the labyrinth with how I feel now, after walking the labyrinth, I feel: (Circle the number that best describes your response.)

Effect	Much More		More		Much More/More		About the Same		Less		Much Less		Less/Much Less		Not Applicable	
	#	%	#	%	#	%	#	%	#	%	#	%	#	%	#	%
1. Relaxed	184	35.11%	244	46.56%	428	81.68%	67	12.79%	8	1.53%	2	0.38%	10	1.91%	10	1.91%
2. Anxious	3	0.57%	14	2.67%	17	3.24%	56	10.69%	185	35.31%	165	31.49%	350	66.79%	72	13.74%
3. Clear	117	22.33%	229	43.70%	346	66.03%	128	24.43%	11	2.10%	5	0.95%	16	3.05%	24	4.58%
4. Peaceful	196	37.40%	224	42.75%	420	80.15%	67	12.79%	14	2.67%	1	0.19%	15	2.86%	10	1.91%
5. Centered	151	28.82%	247	47.14%	398	75.95%	83	15.84%	15	2.86%	4	0.76%	19	3.63%	10	1.91%
6. Stressed	2	0.38%	16	3.05%	18	3.44%	46	8.78%	182	34.73%	185	35.31%	367	70.04%	76	14.50%
7. Open	132	25.19%	215	41.03%	347	66.22%	131	25.00%	9	1.72%	5	0.95%	14	2.67%	16	3.05%
8. Quiet	143	27.29%	211	40.27%	354	67.56%	122	23.28%	22	4.20%	6	1.15%	28	5.34%	16	3.05%
9. Agitated	5	0.95%	11	2.10%	16	3.05%	37	7.06%	129	24.62%	204	38.93%	333	63.55%	115	21.95%
10. Reflective	215	41.03%	193	36.83%	408	77.86%	82	15.65%	5	0.95%	3	0.57%	8	1.53%	12	2.29%

If there are words that could describe your labyrinth experience today that have not been included above, please add them to the blank items below and rate them in the same way you did the preprinted items. (Circle the number that best describes your response.)

Respondent Supplied Effect (5 or more)	Much More		More		Much More/More		About the Same		Less		Much Less		Less/Much Less		Not Applicable	
	#	%	#	%	#	%	#	%	#	%	#	%	#	%	#	%
Connected	15	2.86%	3	0.57%	18	3.44%		0.00%		0.00%		0.00%	0	0.00%		0.00%
Calm	6	1.15%	3	0.57%	9	1.72%	1	0.19%		0.00%		0.00%	0	0.00%		0.00%
Focused	6	1.15%	4	0.76%	10	1.91%	1	0.19%		0.00%		0.00%	0	0.00%		0.00%
Grateful	5	0.95%	6	1.15%	11	2.10%		0.00%		0.00%		0.00%	0	0.00%		0.00%
Joyful	5	0.95%	7	1.34%	12	2.29%		0.00%		0.00%		0.00%	0	0.00%		0.00%
Aware	3	0.57%	5	0.95%	8	1.53%		0.00%		0.00%		0.00%	0	0.00%		0.00%
Happy	5	0.95%	4	0.76%	9	1.72%		0.00%		0.00%		0.00%	0	0.00%		0.00%
Spiritual	4	0.76%	2	0.38%	6	1.15%		0.00%		0.00%		0.00%	0	0.00%		0.00%
Energized	2	0.38%	3	0.57%	5	0.95%		0.00%		0.00%		0.00%	0	0.00%		0.00%
Love	5	0.95%	0	0.00%	5	0.95%		0.00%		0.00%		0.00%	0	0.00%		0.00%
Thankful	1	0.19%	4	0.76%	5	0.95%		0.00%		0.00%		0.00%	0	0.00%		0.00%
		0.00%		0.00%	0	0.00%		0.00%		0.00%		0.00%	0	0.00%		0.00%

Rate the following conditions as they affected you during your labyrinth walk. (Circle the number that best describes your response.)

Condition	Very Helpful		Helpful		V Helpful/Helpful		No Effect		Unhelpful		Very Unhelpful		V Unhelpful/Unhelpful		Not Applicable	
	#	%	#	%	#	%	#	%	#	%	#	%	#	%	#	%
1. Overall Environment	239	45.61%	213	40.65%	452	86.26%	30	5.73%	8	1.53%	2	0.38%	10	1.91%	5	0.95%
2. Music	253	48.28%	104	19.85%	357	68.13%	17	3.24%	6	1.15%	1	0.19%	7	1.34%	98	18.70%
3. Candles	93	17.75%	78	14.89%	171	32.63%	38	7.25%	2	0.38%	0	0.00%	2	0.38%	223	42.56%

Respondent Supplied Condition (5 or more)	Very Helpful		Helpful		V Helpful/Helpful		No Effect		Unhelpful		Very Unhelpful		V Unhelpful/Unhelpful		Not Applicable	
	#	%	#	%	#	%	#	%	#	%	#	%	#	%	#	%
People related	18	3.44%	8	1.53%	26	4.96%	1	0.19%	13	2.48%	14	2.67%	27	5.15%		0.00%
Natural/nature related	22	4.20%	6	1.15%	28	5.34%		0.00%		0.00%		0.00%	0	0.00%		0.00%
Lighting related	17	3.24%	12	2.29%	29	5.53%		0.00%	3	0.57%	3	0.57%	6	1.15%		0.00%
Crystals	14	2.67%	3	0.57%	17	3.24%		0.00%		0.00%	0	0.00%	0	0.00%		0.00%
Quiet	9	1.72%	1	0.19%	10	1.91%		0.00%		0.00%	0	0.00%	0	0.00%		0.00%
Energy	4	0.76%	2	0.38%	6	1.15%		0.00%		0.00%	0	0.00%	0	0.00%		0.00%
Noise		0.00%		0.00%	0	0.00%		0.00%	2	0.38%	3	0.57%	5	0.95%		0.00%

### Information about Respondents

#	%
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1. Is this your first time to walk a labyrinth?

Yes	203	38.74%
No	290	55.34%

2. If "No:"

a. Approximately how many times have you walked a labyrinth?

10 or less	142	27.10%
11 - 50	54	10.31%
51 - 100	18	3.44%
101 - 1000	23	4.39%
> 1000	13	2.48%
		0.00%
		0.00%
		0.00%
		0.00%
		0.00%

b. How frequently do you walk a labyrinth?

More than once daily	8	1.53%
Daily	13	2.48%
Several times per week	5	0.95%
Weekly	18	3.44%
Several times per month	12	2.29%
Monthly	51	9.73%
Several times per year	37	7.06%
Annually	15	2.86%
Not enough	10	1.91%
Infrequently	27	5.15%
When available	10	1.91%
Rarely	5	0.95%
Sometimes	3	0.57%

3. Age

<10	0	0.00%
10-19	17	3.24%
20-29	78	14.89%
30-39	57	10.88%
40-49	100	19.08%
50-59	122	23.28%
60-69	92	17.56%
70-70+	16	3.05%

4. Gender

Male	121	23.09%
Female	368	70.23%

5. Race/Ethnicity

Caucasian	376	71.76%
Af.-Am.	29	5.53%
Asian	4	0.76%
Hispanic	2	0.38%
Other	10	1.91%
Australian	8	1.53%

6. Religious Preference

Various Protestant	105	20.04%
Catholic	54	10.31%
Christian (unspecified)	57	10.88%
None	39	7.44%
Various Other (1 or 2 responses)	33	6.30%
Spiritual	31	5.92%
Wiccan	20	3.82%
Pagan	9	1.72%
Unitarian Universalist	9	1.72%
Buddhist	8	1.53%
Spiritualist	5	0.95%
Eclectic	5	0.95%
Jewish	5	0.95%
		0.00%
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7. MBTI Type

INFJ	21	4.01%
INFP	14	2.67%
ENFP	11	2.10%
INTJ	9	1.72%
ENFJ	7	1.34%
ISTJ	6	1.15%
ENTP	5	0.95%
INTP	4	0.76%
ENTJ	4	0.76%
ESTJ	2	0.38%
ISFJ	2	0.38%
ESFJ	1	0.19%

8. Location of Residence

USA	429	81.87%
Australia	21	4.01%
United Kingdom	3	0.57%
Chile	2	0.38%
Canada	3	0.57%
Ireland	1	0.19%
Nigeria	1	0.19%
Greece	1	0.19%
		0.00%

General comments about your labyrinth experience today (available upon request)