



## **Isengesho ry'Urusobe: Uburyo bwa Kera ariko Uburya "Bushya" bwo Gusenga"**

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### **Amateka y'izi nziga nzira (Labyrinths)**

Inziga-nzira (labyrinths) ni uburyo bwihariye bwakoreshwaga kera, bwavumbuwe mu bihirahirizwa byo mugihe cy'imbanziriza- mateka.

Izi nziga (labyrinths) zavumbuwe mu migabane yose yari ituwe kandi zigakoreshwa mu buryo bwinshi bagamije kugera ku ntego zitandukanye. Inziga zimwe zari nini kuburyo zanyurwagaho, kizindi zigakorerwa kwigishirizwaho cyangwa kwerekanirwaho intego.

Mu mwaka wa 324 nyuma y'ivuka rya Yesu, (A.D ) abakirisitu bashyize uruziga mu rusengero rwabo muri Alijeriya muri Afrika y'amajyaruguru<sup>1</sup>. N'ubwo abakrisito bagombaga kuba barakoresheje "uruziga-nzira" (labyrinth) kera cyane, aya niyo mateka ya mbere dufite y'abakrisitu bakoreshaga uru ruziga.

Kuva kicyo gihe inziga zakoreshejwe mu gusenga, kwiga, kubyina, zarashushanijwe; uko abakrisitu batekerezagakoresha iki bgikoresho mu buryo bw'Umwuka mu kugirana ubumwe no kwegera Imana. Ibihe by'amateka birindwi bikomeye, byibanze kandi bikoresha

Inziga byacukumbuwe na Jeff Saward, inzobere mu by'amateka y'inziga(Labyrinths)<sup>2</sup>

Izi "ndabo mpeta" z'inziga nk'uko Saward, azita zaba zimaze imyaka igihumbi kandi bikaba bishoboka ko zabonetse mu bihe by'impinduka.

Ubu turi mu bihe by'ububyutse bw'inziga bwatangiye mu 1980.

Tugereranyije hari bene izi nziga 3.000 ku isi kuburyo buzwi mugihe ariko nanone hatekerezwa ko muri amerika honyine haba hari izirenga 5.000.

Uruziga (Labyrinth) rusobanurwa ko ari inzira imwe rukumbi igenda yizengurukaho mbere y'uko igera hagati. Inziga zifite inzira imwe yihese zigenda ziheta heta cyane maze zigasa n'utuyira twinshi duteye urujijo tutagira aho dusohokera. ( aho turasukira). Akenshi inziga z'ubakwa kuburyo zidasumba ubutumburuke bw'ubutaka, mugihe inziga zakera z'ubakwaga mu buryo butakigezweho bakoresheje utuzitiro (tw'ibyatsi by'indabo) cyangwa ibindi bikoresho byakubaka izo nziga.

Hari uburyo bwinshi butandukanye bw'uruziga kandi n'abakirisitu bahisemo kuzikoresha muri ubwo buryo bwazo bwinshi butandukanye. Muri iki gihe, Abakrisito benshi n'Amatorero bahisemo uburyo bufite amahuriro cumi na rimwe (bugizwe n'inziga cumi n'ebyiri).

Ni ikimenyetso cy'umubare gifite ubusobaburo bwimbitse mu iyobokamana rya gikrisitu kandi cyatangiye gukoreshwa guhera mu kinyejana cya gatandatu kugeza mu kinyejana cya cumi narimwe ku mugabane w'Uburayi nk'ikimenyetso cyo kwizera kw'abakrisitu.

Ururabo mpeta rwacyo hagati hamwe n'imirongo y'imirasire 113 byongerewe ku ruziga rw'icyitegererezo, mugihe mu w'1201 cyari cyubatswe ahateganye n'inyubako Katedrali mu bufaransa hakoreshejwe amabuye yitwa limestone na marble

### **Tewolojiya n'inzira z'urusobe (Labyrinths)**

Ijambo Labyrinth “urusobe rw'inzira” Cyangwa “Uruziga-nzira”, ntiriboneka muri Bibiliya, ariko kandi amagambo asobanura uburyo bwo gukurikira inzira y'Imana, kugendera mu kwizera, no kwishimira kubana n'Imana— yose garagara muri uru ruziga (Labyrinth) —kandi aboneka no mu gusenga isengesho ry' Urusobe (Labyrinth) —kandi aboneka no mu byanditswe. Abanditsi b'ikigihe bagerageza guhuza imyumvire y'abakirisitu ku ngendo ntatifu, umuzuko, Yesu nk'inzira n'umuhagaro wa Kristo n'ubu buryo bw'uruziga (Labyrinth)

Amasomo yo muri Bibiliya avuga ku rukundo, ibyishimo, amahoro, ukuri, gushikama, kuyobora, umurimo n'ubwenge usanga yose agira aho ahurira n'ikoreshwa ry'uruziga-nzira.

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1. Gukuraho ikibi: kubohora no kuvanaho igihe ugenda werekeza hagati.
2. Kumurika: Kuruhukira hagati wizeye kubona ubufasha n’ubwiza biva mu ijuru.
3. Ubumwe: kwinjiza ubumenyi bushyashya muri gahunda y’ubuzima bwawe no mu by’ukora.

Abandi, barimo n’umwanditsi ku by’uru ruziga (Labyrinth) Donna Schaper na Carole Ann Camp, berekana intambwe ndwi zo gusenga wifashishije iri sengesho ry’urusobe (Labyrinth prayer).

1. Kwitegura: kugaragaza uko witaye kuri iri sengesho ry’urusobe (Labyrinth prayer)
2. Gutabaza imana: Gusaba ubufasha bw’Imana ugitangira.
3. Kwinjira mo: Kugenda mu nzira uva kuntagiye ugana hagati.
4. Guhama hagati: kuruhuka kugeza igihe ushakiye.
5. Kugaruka mu isi: Kugenda mu nzira uva hagati usubira ku ntangiro.
6. Gutanga ishimwe: Gutanga amashimwe ku byo wahozemo
7. Gufata agahe ko kwiyumvisha byimbitse isengesho ry’urusobe icyo ari cyo.

Kimwe n’ubundi buryo bwo mu Mwuka, ibihe byinshi n’ubusobanuro butandukanye, umuntu ashobora kuvumvura uburyo cyangwa inzira nyinshi mu gukoresha uruziga (Labyrinth) mu buryo bwimbitse bwo Kwisubiramo mu mwuka.

### **Ubumenyi ku by’inzira y’urusobe (Labyrinth)**

Abakristou bamwe bita iri sengesho ryo kugendagenda mu rusobe rw’inzira ko ari "ukurambikaho ibirenge."

Abenshi bavugaga ko ari uburyo bwo kugendagenda wiyumvisha kugira ngo ibyo ureba bigufashe gutekereza utuje, ucukumbura, kandi akenshi ni ibyo uba ureba hafi yawe.

Umutuzo, amahoro, n’umucyo bikunda kuvugwa n’abakoresha uru ruziga mubyo baba baruboneyemo.

Abashakashatsi barimo gukora kugira ngo basobanukirwe n’ubuhamya bwo gukira kw’umubiri ndetse n’ubundi buryo bwose bwo gukira buvugwa n’abakoresha uru ruziga (Labyrinth).

Mu gusenga uru ruziga ni uburyo bwiza, kugirango umuntu abashe gusobanukirwa yakoresha uru ruziga akibonera byinshi kuri ubu buryo bwa kera kandi bushya bwo gusenga.

**"Inzira nyayo" yo gukoresha ubu buryo bwo mu mwuka, ni indi nzira iyo ari yose wahitamwo.**

**Inama ku bumenyi bw'iyinzira y'urusobe (Labyrinth).**

- Senga mu buryo ubwo aribwo bwose usanzwe usenga mo.
- Uko ugendagenda munzira y'urusobe subiramo umurongo wo muri Bibiliya ukunda, ririmba indirimbo ukunda zikuganisha mu mwuka cyangwa senga isengesho ukunda, isengesho ry'Umwami(Lord's prayer).
- Hari abakunda kugaragaza ikibazo cyo gutekerezaho bagendana n'Imana.
- Ushobora guhitamo kuvuga usubiramo interuro yoroshye y'isengesho nk'iyi: "Yesu" cyangwa "Ibyo ushaka bibeho" ugendagenda mu ruziga (Labyrinth)
- Ukigenda winjira: sengerera ibyifuzo by'abandi.  
Urimo hagati: Ruhukira mu bwiza bw'Imana.

Ugisohoka: Isengere wowe ubwawe

- Ukigenda winjira: Zirikana/usihakisha uburyo Yesu ari we nzira.  
Ugisuhoka: Zirikana kandi ushakisha uburyo Yesu ariwe Kuri. Reba Yohani 14:6
- Kuntangiriro: Ni ibiki nsize?

Uri munzira winjira: Mfite iki?

Hagati: Ni iki kinejeje?

Usohoka: Nzatanga iki?

- Uri munzira winjira : Reka ntege amatwi  
Hagati: kuruhukira mubyo nakira  
Mu nzira nsuhoka: genda ugira ibyo wiyemeza
- Kuntangiro: Genzura uko uhumeka  
Ugikomeza imbere: Genzura umubiri wawe  
Hagati: Genzura ubugingo bwawe (roho yawe)  
Usohoka: Genzura ubwenge bwawe
- Ishyire mu mutuzo usenge ukoresheje Isengesho ry'urusobe(Labyrinth prayer) mu buryo ubwo aribwo bwose wumva umenyereye kandi bugufasha mu rugendo rwawe rwo mu Mwuka.

## **Bimwe mu byanditswe ku mikoreshereze y'Inzira z'urusobe n'abakristo .**

- \* Artress, Lauren. (1995). Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Tool. New York, Riverhead Books.
- \* Burton-Christie, D. (July/August 1997). "Into the Labyrinth: Walking the Way of Wisdom." Weavings: A Journal of the Christian Spiritual Life XII(4): 20-28.
- \* Cannota, Judy. (2003). "The Labyrinth: Praying Psalm 139." Weavings XVII(3).
- \* Ferré, Robert. (2001). Church Labyrinths. Questions and Answers Regarding the History, Relevance, and Use of Labyrinths in Churches. St. Louis, MO, One Way Press.
- \* Field, Robert. (1999). Christian Pathways. Mazes: Ancient and Modern. Norfolk, England, Tarquin Publications: 32-41.
- \* Geoffrion, Jill K. H. See resources listed in footnote 11.
- \* Jones, Tony. (2004). The Labyrinth. The Sacred Way: Spiritual Practices for Everyday Life. Grand Rapids, MI, Zondervan: 126-133.
- \* Kautz, Richard. (2005). Labyrinth Year: Walking the Seasons of the Church, Morehouse Publishing.
- \* Kern, Hermann. (2000). Through the Labyrinth. Designs and Meanings over 5,000 Years. New York, Prestel.
- \* Seward, J. (1997). Ancient Labyrinths of the World. Thundersley, England, Caerdroia. (Includes a chapter on Christian labyrinths.)

### **\* Website zingenzi zivuga ku Nzira z'urusobe (Labyrinths:**

- \* Christian Labyrinth Prayer [www.jillgeoffrion.com](http://www.jillgeoffrion.com)
- \* Finding a labyrinth near you (worldwide) [www.labyrinthlocator.com](http://www.labyrinthlocator.com)
- \* Labyrinth construction [www.labyrinth-enterprises.com](http://www.labyrinth-enterprises.com)
- \* International Labyrinth Society [www.labyrinthociety.org](http://www.labyrinthociety.org)
- \* Labyrinthos: Academic Journal [www.labyrinthos.net](http://www.labyrinthos.net)
  - \* Labyrinth Photo Gallery (Professional) [www.sacred-land-photography.com/Labyrinths.html](http://www.sacred-land-photography.com/Labyrinths.html)