



Creating a Labyrinth

Steps for creating a medieval style labyrinth with five circuits.

What You'll Need

compass

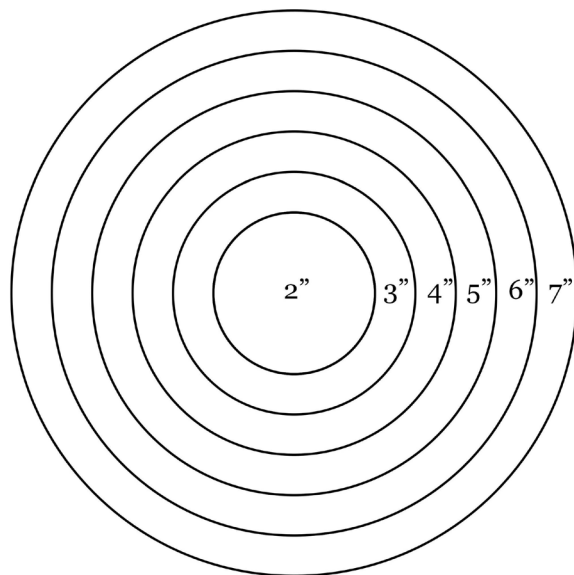
ruler

pencil

eraser

paper 8" x 8" or larger

your favorite coloring supplies



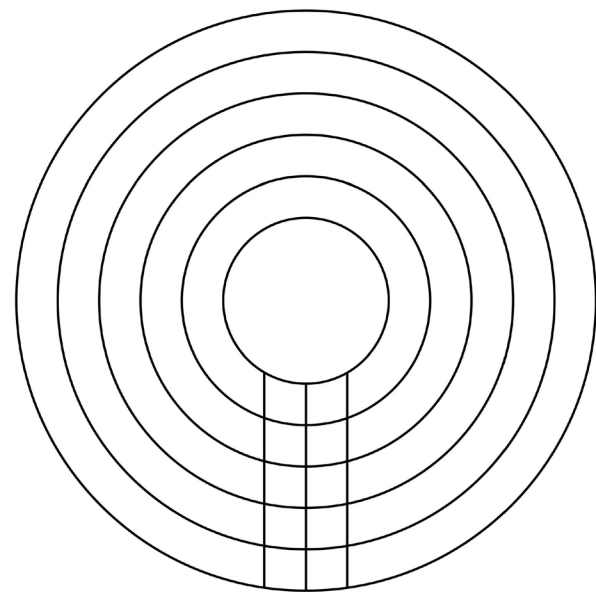
1. Draw six concentric circles

each 1" larger than the previous circle.

The finished size for each circle:

2", 3", 4", 5", 6", 7"

Begin by setting your compass to 1" to draw the first circle. Then increase the distance by 1/2" for each of the following circles.



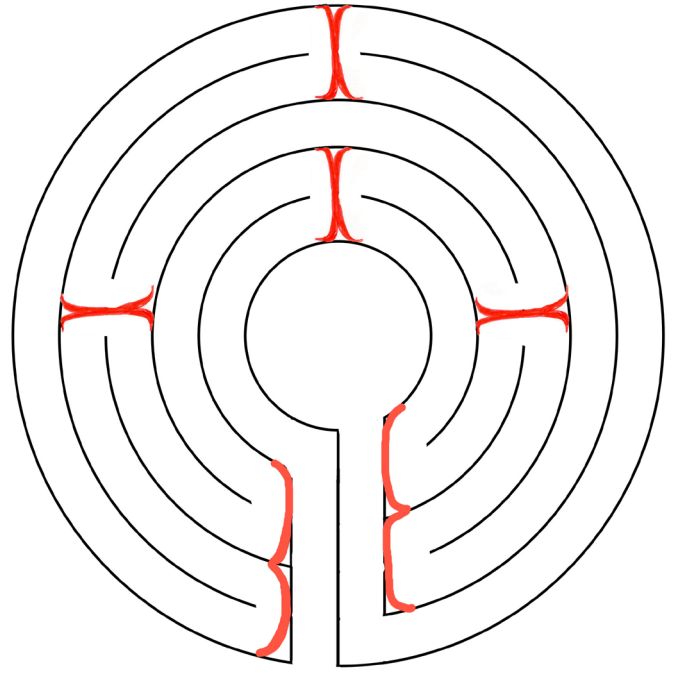
2. Draw three lines at the center.

Using a ruler, draw the first line at the center starting at the bottom edge of the inner most circle.

Draw two more lines on either side of the first line measuring them 1/2" distance.



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On the right side connect paths 3 & 4.

Follow the path with your finger and erase to create a space at each turning point.



Trace along the path with a pen. Consider adding a shape to the center design. Here a five petal flower design was inspired by the pattern of the Chartres Cathedral Labyrinth. Fill in the areas between the paths as noted above.



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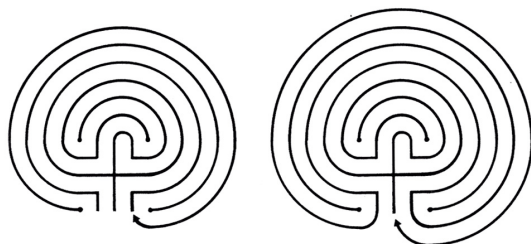
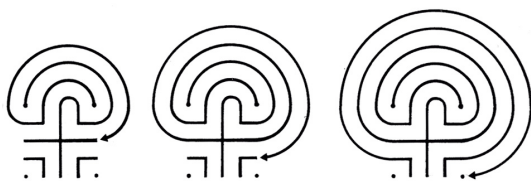
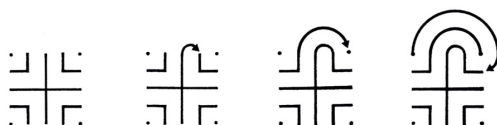
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6. Walk your labyrinth.

Begin your labyrinth walk by adding color and embellishments. This is a good time to set an intention or ask a question. Once your labyrinth is colored, you can stop there or continue your labyrinth walk by adding journal writing. Start at the opening at the bottom and work your way around until you get to the center. Allow your thoughts to spill out on to the page.



Steps to draw a classical labyrinth.

**There is no "right way"
to walk a labyrinth.**

Sacred Observer

Follow your thoughts and feelings.

Discernment

Ask a question and quietly listen for an answer.

Meditation

Observe your breath, chant a mantra.

Healing Intentions

Witness strong emotions and release them.

Prayer

Be open to having a sacred conversation.

Gratitude

Count your blessings.

Be open to changing the intention as you go.

Find a Labyrinth Near You

The World-Wide Labyrinth Locator has information about labyrinths that you can visit, including their locations, pictures, and contact details.

labyrinthlocator.com

Learn More About Labyrinths

The Labyrinth Society
www.labyrinthsociety.org

Veriditas - Labyrinth Movement
www.veriditas.org

"Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice" by Lauren Artress

"The Sacred Path Companion: A Guide to Walking the Labyrinth to Heal and Transform" by Lauren Artress

"Exploring the Labyrinth: A Guide for Healing and Spiritual Growth" by Melissa Gayle West



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