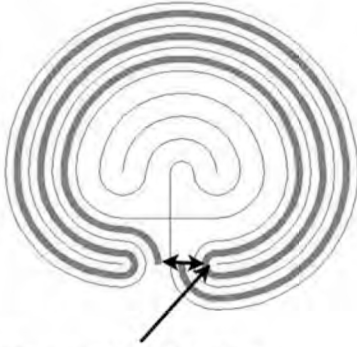


ARIADNE'S THREAD

Up until now, we have been drawing the lines, which define the path. We walk between the lines. There are important instances, however, in which we need to draw the paths themselves. They are often called Ariadne's thread, referring to the myth of Theseus and the Minotaur. Once you learn the pattern for the path, you can walk it even if there are no lines there. As a result, you could rake leaves as you go, clearing the path and making a leaf labyrinth. Or you could trample down snow, and make a snow labyrinth.



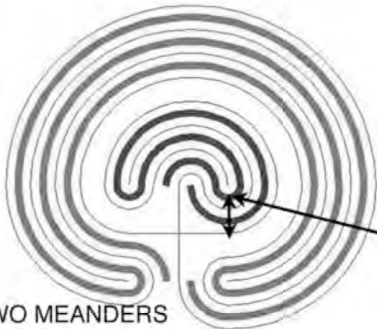
When making this first turn, leave space for the next line to come through.

The classical labyrinth is two meanders, connected by a middle line. Here is the first one (left), with the defining lines included, lightly, for reference.

Note that you enter, walk a clockwise circle, then turn outward, and then turn outward again. The same exact rhythm will hold true for the inner meander.

A labyrinth has two entrances, one into the labyrinth and the other into the center. In both instances, when following Ariadne's thread, you must allow sufficient space for the subsequent line, as show in the drawing.

That first turn determines many things. Besides leaving room for the path that will surround the first turn, it determines the spacing of the paths by how tightly or widely the turn is made, which creates the space between the paths. If you make it too big, there will not be enough room within the space allotted for all the paths.



TWO MEANDERS

When making this turn, leave space for the next line to come through.

There is a second meander of the same kind (but smaller) formed by the three innermost paths of the labyrinth. It, too, goes outward, and then outward again.

Here again at the time of the first turn you must leave enough space for the subsequent path that will go into the center.



The two meanders are connected by a middle path, the fourth path (the middle of seven, the heart chakra).

Here I have shown a classical labyrinth, with a small center. You can, of course, make the center whatever size you wish. Just be sure to leave plenty of room for it.