

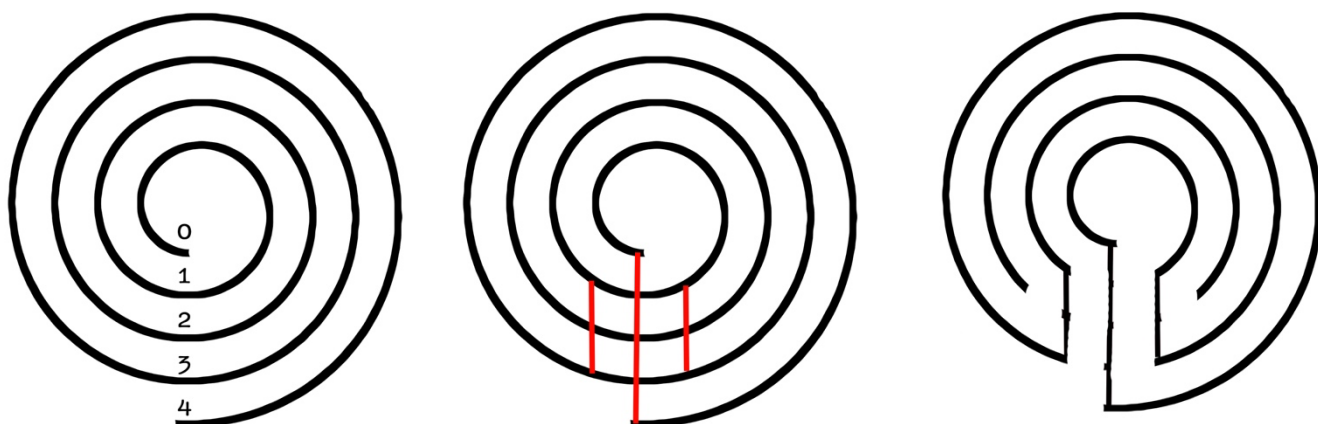
The Quickest & Easiest Way to Create a Walkable Labyrinth!

By Lars Howlett / DiscoverLabyrinths.com based on teachings of Robert Ferre and Thorn Steafel

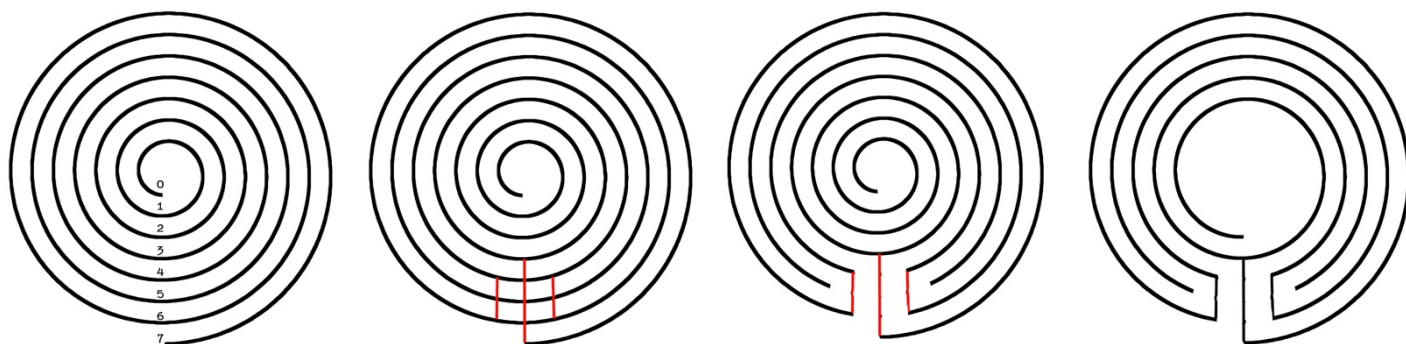
This method works for both temporary and permanent labyrinths. I have used a stand-up masking tape machine to create one at Veriditas Labyrinth Summer School in less than one minute! You could also place rocks on the ground for a permanent design that could last as long as those in Sweden, perhaps 2000 years.

You will need to erase some of the pattern, so the material you choose must be removable. (ie. Spray paint would not be suitable nor could you use rope). Indoors my preferred material is low-residue masking tape. (Before using tape on a floor, test an indiscrete area to be sure varnish or carpet is not damaged.) Small objects work well too, like battery tea lights or books. Outdoors I used flagging ribbon with landscape staples or chalk on sidewalk with a wet sponge for erasing.

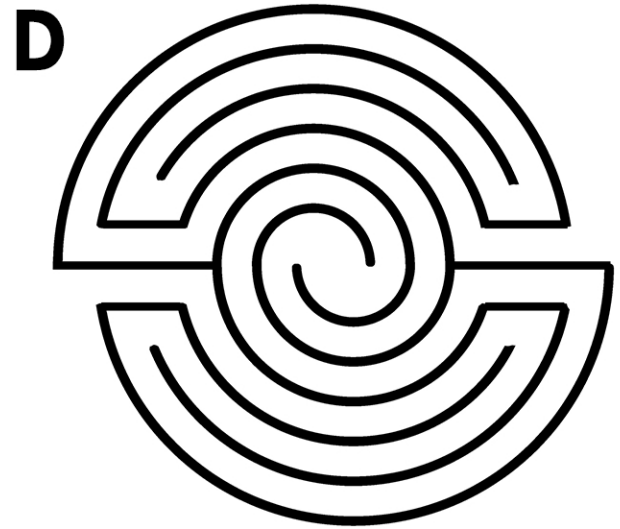
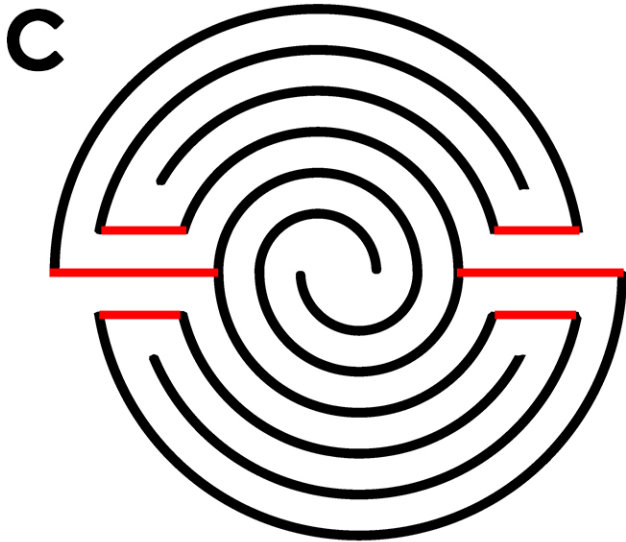
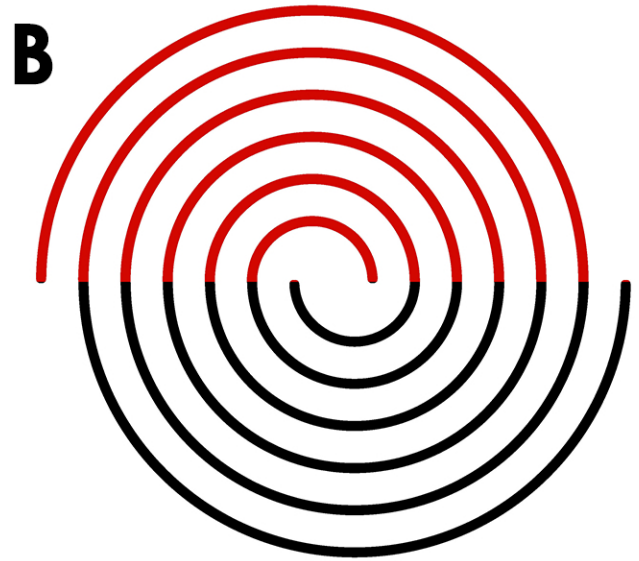
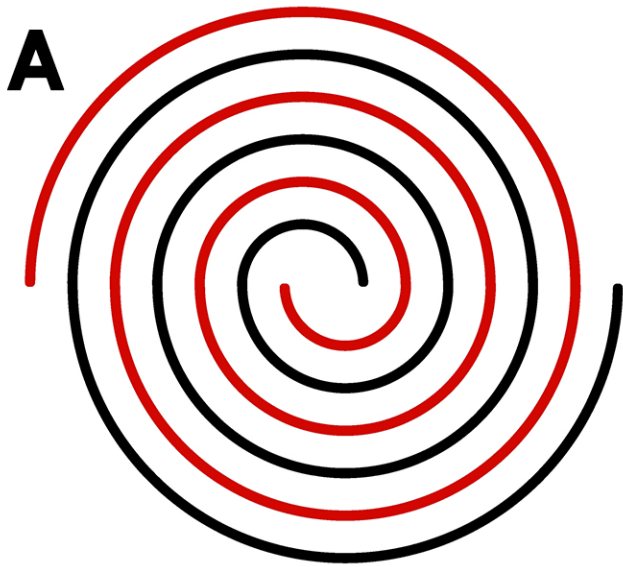
First create a simple spiral beginning in the center of your chosen site. You can do this freehand, attempting to maintain a circular shape with even-width paths. For greater precision, wrap a string around an object and holding the end of the string, place your objects or tape at holding-point as you unwind. The path width will equal the circumference of the object. (You can also place two nails or sticks in the ground and the path-width will equal twice the distance between the points.) The spiral should have a minimum of four loops for a 3-Circuit BUT can have many more. Loops - 1 = Circuits so 4 loop spiral creates a 3-Circuit design:



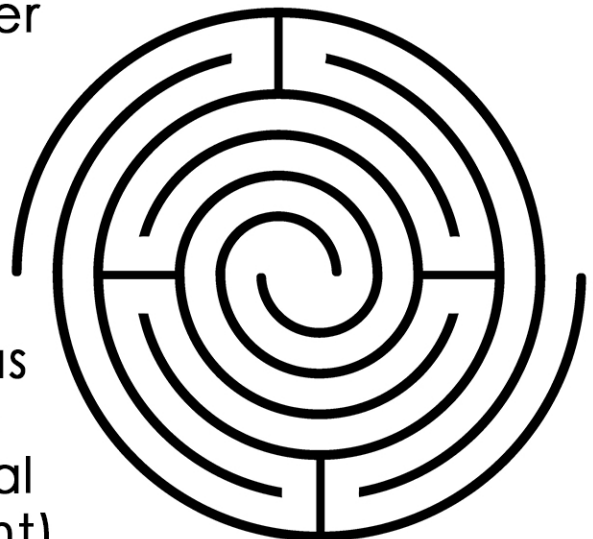
Draw a line across four circuits (paths) and two parallel lines across two paths (circuits) on either side. Erase or tear out three spiral segments on either side to form the entrance path and center path. Erase or tear out one spiral segment on the outside of each shorter line to form two 180 degree turns.



For a longer path, create more loops. Draw the lines of four and two from the outside and erase like above. This creates a Chakra Vyuha Labyrinth which is a Classical design with a spiral center. If you'd like a larger center you can erase the inner loops which yields a shorter path but more space for people to pause inside. Practice the process by drawing with pencil. Watch example videos: [YouTube.com/DiscoverLabyrinths](https://www.youtube.com/DiscoverLabyrinths)



To create a double spiral, either draw (A) one spiral with a double wide path and then a second in-between or draw (B) concentric half circles above and then again below. Use the same conversion (C) as outlined on the previous page on both sides for a processional (D). Tom Vetter's variation (right).



Pop-Up Labyrinth Webinar:

Quick & Easy Techniques for World Labyrinth Day

By Lars Howlett / www.DiscoverLabyrinths.com / FindLars@Gmail.com

Video and Article Links and References

Video: Lars Howlett Labyrinth Design Considerations in Light of COVID

<https://youtu.be/L-yBmLysyts>

Video: Linda Mikell Webinar Labyrinth Facilitating COVID-Friendly Walks

<https://youtu.be/M9snDd9yVXM>

Video: Linda Mikell Presentation Labyrinth Facilitating COVID-Friendly Walks

https://youtu.be/_eqsv6PUI24

PDF Handout Summarizing Lars Design and Linda Facilitating Videos

[See Green box on Veriditas.org homepage or click this for direct link](#)

Link: Lars' Weekend Workshop on Creating Your Very Own Labyrinth April 24/25, 2021

<https://www.veriditas.org/event-4166057>

Link: Lars Howlett Pre-Recorded Drawing Tutorials on Veriditas Teachable Platform

<https://veriditas.teachable.com/courses/author/62180>

Link: Lars Howlett YouTube Channel Drawing Videos

<https://www.youtube.com/c/DiscoverLabyrinths>

Video: Robert Ferré creating a 7-Circuit Classical from Spiral at Grace Cathedral 2010

<https://youtu.be/TipLc2Nc7bw>

Video: Tabletop 7-Circuit Classical from Spiral with Beans

<https://youtu.be/8HVdrgvXxsQ>

Video: Tom Vetter TLS Workshop Demonstrating Tool and Technique for Precise Spiral

<https://youtu.be/-A6WZDSR7Oo>

Article by Thorn Steafel / Labyrinth Magic from Labyrinth Pathways 2008

<https://labyrinthmagic.com/article-03.html>

Video: Lars Howlett Creating a 6-Circuit Chakravyuha from Spiral at Sydney Summer School

https://youtu.be/_kGBlyx6oLw



Link: Recommended Pre-Made Stand-up Tape Machine by ToolLab (call for availability)
<http://www.toollab.com/tape-runner-3-wide-floor-tape-dispenser/> < \$45 + shipping

Link: Alternative Pre-Made Stand-up Tape Machine by Zip-Up (in New Jersey)
<https://zipup.com/product/floor-board-tape-dispenser/> \$89 + shipping

Or how to make your own tape machine by Robert Ferré (and spiral technique handout)
<https://labyrinth-enterprises.com/tapemachine.html>

Reference photos of the hand to pole tape dispenser conversion by Warren Lynn
<https://www.wellfedspirit.org/welcome/spiritual-practices/labyrinths/ewExternalFiles/tapedispenser.pdf>

Freehand tape with tape machine (standing up in Sydney Summer School)
<https://youtu.be/kGBlyx6oLw>

Precision tape by hand (Chakra Vyuhā in living room)
<https://youtu.be/gj9QzaPU5WI>

Freehand laundry with voice over instructions! (3-Circuit Classical in living room)
<https://youtu.be/68xBNabjQ54>

Freehand Double spiral with tape by hand (in living room)
<https://youtu.be/WVaZUaXwrJ8>

Freehand Double Spiral with tape runner (in public park)
<https://youtu.be/Lq3-ti6euD8>

Video: Early Drawing Tutorial by Lars Howlett Converting Spirals into Classical Labyrinths
<https://youtu.be/sDM19-SEZno>

Labyrinth Makers Forum on Facebook
<https://www.facebook.com/groups/labyrinthmakersforum>