



## **KALEIDOSCOPE LIFE COACHING**

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**How to create your own labyrinth on grass, large enough for about 20 people to walk at the same time.**



You could do this by yourself, but a helper or two will make it quicker.

Cut dowel sticks of 9-10 mm in lengths of about 25 cm. You need 42 of these at least, plus one longer stick that you will remove after the creation of the labyrinth.

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You also need:

a ball of string, or ribbon, or similar. About 63 metres.

tape measure (retractable is fastest)

pen that will make a mark on the string (alternatively, knots may be tied)

scissors

clipboard to hold these instructions down whilst outdoors

You will end up with a labyrinth of 8 metres in diameter, so you need a space a little bigger than that.

Choose the orientation of your labyrinth. Various considerations may apply, such as terrain, where North is, position of focal points, etc.

Knot a length of string of about 6 metres or longer securely to the longer stick.

### **Perimeter:**

Find the middle of the chosen space (more or less, judged by eye) and mark it with the stick with attached string.

Push the string down towards the bottom of the stick and put your tape measure against the knot and measure and mark the following distances: 100cm from the knot, 200cm from the knot, 300cm from the knot and 400 cm from the knot.

Now pretend that you are the human pencil in a maths compass and take hold of the string beyond the last mark and take up position at the top point of the labyrinth (at 12 o'clock position: A).

Gently pull the string taut without pulling the middle dowel stick out of position. Find the 400cm (4m) mark on your string. Mark this point with a short dowel stick, or have your helper do it.

Skip the 300cm mark, and mark the 200cm and 100cm positions with dowel sticks.

Now walk with your string towards 3 o'clock and mark the 400cm spot again. Also mark the 300cm, 200cm and 100cm points.

Mark with dowel sticks 2 points equi-distant from the last 2 100cm marks you made. Holding the line taut against one of these, also mark the 200cm, 300cm and 400cm points. These are the points at 1 o'clock and 2 o'clock.

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Continue to 6 o'clock. Pause here. You want to create the entrance here. Hold your string to the 6 o'clock position, but mark two spots on either side of your string mark, 50 cm apart. I.e. you are creating an entrance to the labyrinth that will be 100 cm wide. (B & C)

Do not mark the 300cm, 200cm or 100cm points here.

Do mark the 4 o'clock and 5 o'clock points at 400cm, 300cm, 200cm and 100cm as described for 1 o'clock and 2 o'clock.

Continue walking to the 9 o'clock mark, and mark that at the 400cm, 300cm 200cm and 100cm.

Now mark the 7 o'clock and 8 o'clock points at 400cm, 300cm 200cm and 100cm.

Do the same for the 10 o'clock and 11 o'clock points at the same distances.

Now make your perimeter visible by tying string to one of the two entrance markers, let's say the one closest to 7 o'clock (C). Walk towards 7 o'clock, loop the string once around the dowel stick marker, and continue to 8 o'clock. Carry on in this fashion until you get to the other entrance marker just after 5 o'clock (B). Cut the string and tie securely to that marker.

### **Completing first (outer) circuit:**

Push in a dowel stick 100 cm from one of the entrance markers, measuring towards the centre stick (and thus towards the inner centre of the labyrinth: D. Repeat for the other entrance marker (E). These are the starting points for the second circuit.

Walk from one of these, D, clockwise, and note that you already have the 7 o'clock , 8 o'clock, 9 o'clock, 10 o'clock and 11 o'clock positions marked.

Walk up to the 12 o'clock position, but mark two points on either side of that that are about 200 cm apart at distance 300cm. (F & G). These points may be very close to the 11 o'clock and 1 o'clock points at 300cm.

That is the first circuit done.

### **Centre:**

From here it is easiest to skip to the centre and then to come back to the last circuit line that has to be created.

In similar fashion to how you marked D & E, measure 200 cm from D & E towards the centre and mark these with dowels sticks H and I.

You will note that you have the entire inner centre marked out now, with the entrance point at H & I.

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**Completing the second and third circuits:**

Now go back to A and tie a string around it. Let the string drop towards the centre and tie it to the 12 o'clock 200cm mark that you have already marked with a dowel stick. This describes line AJ.

Finish the circuit by placing marks K & L each 100cm away from the imaginary 6 o'clock line between D and H and E and I. These points may be very close to the 4 o'clock and 7 o'clock points at 200cm.

Now tie your string to marker F and wind the string around each dowel stick in turn as for the perimeter, moving from F to D, from D to H, from H to I, from I to E, from E to G, where you secure the string.

The last step is to create the barrier between B and D. Do it as above.

Look over the distances between dowels sticks and compare to the sketch and make any small adjustments as needed.

Your labyrinth should now be clearly visible and can be walked. Perhaps you want to have a little ceremony before your first walk.

[You may also enlarge this labyrinth to include an extra outside circuit by pushing in dowels sticks in at a distance of 500cm from the centre wherever there are dowel sticks in the outer circle of the labyrinth described above. Call the point below C, M and the point below B, N.

Tie a length of string to M and walk the circuit clockwise, winding the string around each dowel stick until point N is reached. Now take the string across to point C and tie it off on that marker. ]

Walking the 8m labyrinth takes between 4 and 5 minutes per person. If each consecutive person enters around 30 s after the previous one, it takes about 14-15 minutes for 20 people to walk the labyrinth.

Walking the 10m labyrinth takes between 6 and 7 minutes per person. If each consecutive person enters around 30 s after the previous one, it takes about 16-17 minutes for 20 people to walk the labyrinth.

This is in theory. In practice, it takes a bit longer.

These instructions were first used to create a temporary labyrinth for the first South African Martha Beck Coaches Summit in May 2014.

If you need any help, don't hesitate to drop me a note.

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