

labyrinth

Draw a



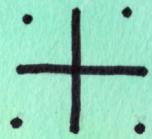
How to

Unicursal (single path) labyrinths are beautiful and soothing to follow with the eye or a finger.

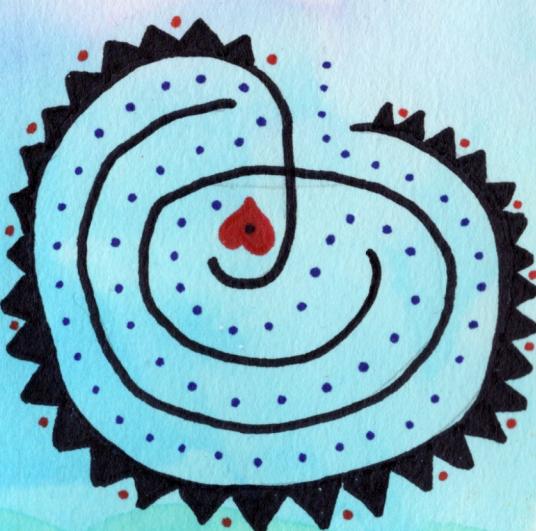
Here is how to make a very simple labyrinth that you can draw or paint on a surface of your choice and then "follow" as a decoration or meditation.

Leigh
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Draw an equal armed cross and place dots where the corners would be if you drew a box around the cross.



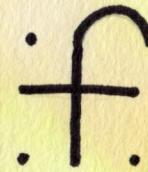
Decorate your labyrinth as you wish!



Draw a final curved line from the bottom arm of the cross, around all of the figure, to the bottom left hand dot. You're done!



Draw a curved line from the top arm of the cross to the top right-hand dot.



You can reverse/mirror this step and the next 3 steps if you are right-handed.



Draw a third curved line from the left-hand arm of the cross, up and around, then down to the bottom right dot.



Draw another curved line from the right-hand arm of the cross around the top to the left-hand top dot.