

# JUST THIS DAY: August Newsletter

## How to create a labyrinth



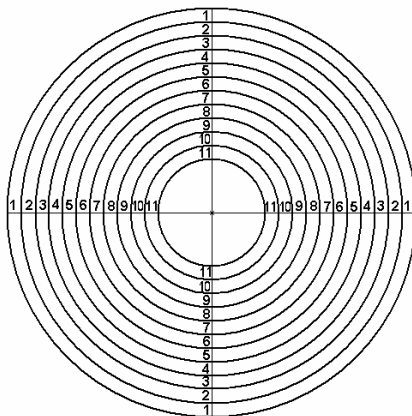
Since 2007, people across the world have taken part in *Just this Day*, a day for people to come together in stillness, to go beyond any difference and to find that space which is without division.



The Chartres labyrinth is famous as a destination for pilgrims and devotees from all backgrounds, designed and built in approx 1200 AD, to enable those who walk the path to come closer to their God.

For *Just this day* we will be recreating the Chartres design in the courtyard behind St Martin in the Fields in Trafalgar Square London. Anyone will be able to come and walk the labyrinth throughout the week beginning 21 November.

You can also create your own labyrinth, either by following the instructions below, or by visiting one of the many websites that give information about labyrinth design.

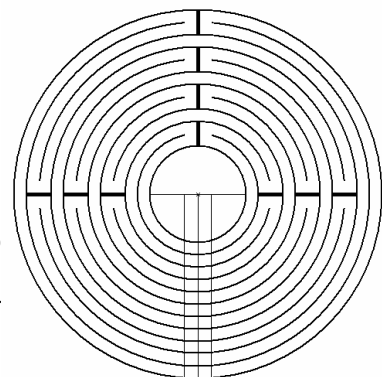


There are eleven concentric circles in this design, and eleven steps to completing your design.

1. Begin your construction by drawing a circle at the centre of your designated area (the diameter should be a quarter of the length of the diameter of the entire labyrinth.)
2. Draw eleven concentric circles around the original (the circles should be a path width apart from each other)
3. Draw a cross through the center of the labyrinth to assist you in the later steps (make sure this mark is made with temporary material (it will be removed in later steps))
4. Draw lines double the thickness of the circle lines on specified sections of the cross (see diagram right)
  - a. From the left, lines should be drawn on paths 2, 3, 5, 6, 8, and 9
  - b. From the top, lines should be drawn on paths 1, 2, 4, 5, 7, 8, 10, and 11
  - c. From the right, lines should be drawn on paths 3, 4, 6, 7, 9, and 10
5. For each line that was made in the previous step, remove a path width of the circle from each side (remove the cross drawn in step 3)



6. Draw the horizontal diameter of the center circle  
Draw the vertical radius of the entire labyrinth in the lower half  
Draw two lines parallel to the vertical radius; one on each side of it at a distance of one path width (All of the above lines are only temporary)



7. Starting with the left line just drawn, take away the portions on paths 5, 6, & 11

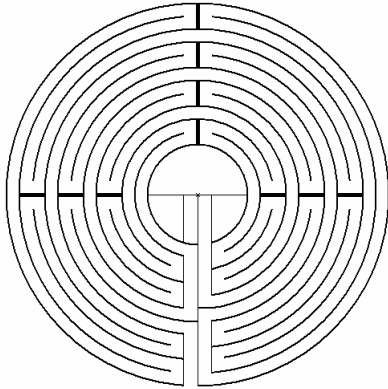
Take away all parts of the concentric circles between the left and central vertical lines except for the 6th and central circle

Repeat the first part of step 5 on paths 1 & 2, 3 & 4, 7 & 8, and 9 & 10 (ie. take away part of the concentric circle on the left side of the line)

For the right vertical line, take away the portions on paths 1, 6, and 7

Take away all parts of the concentric circles between the right and central vertical lines except for the 7th circle

Repeat the first part of step 5 on paths 2 & 3, 4 & 5, 8 & 9, and 10 & 11 (ie. take away part of the concentric circle on the right side of the line)



8. Take away all lines from the center circle  
Curve the paths of the central cross for aesthetic appeal

9. Extend the path leading into the center

a. Draw six equal circles such that the circumference of the central circle is tangent to each smaller circle

b. The diameter of the smaller circles will be approximately 39/125th (or 31.2%) of the diameter of the central circle

c. Try to make the intersection of the middle two top circles line up with the center of the path (it does not need to be exact)

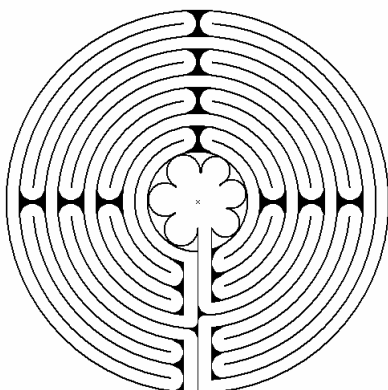
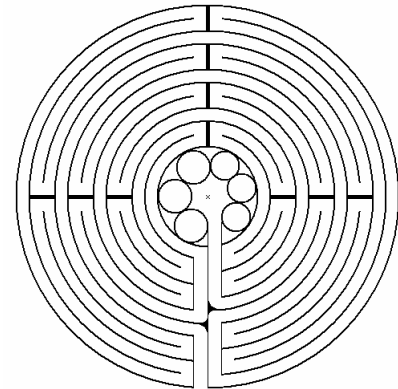
d. For this to occur, the three smaller circles to the left of center will need to be slightly larger in size than the smaller circles to the right of center

10. Take away the top of each of the six smaller circles at the point where they intersect each other to create a flower design

a. Put a point (arrow type shape) at the top of each smaller circle point of intersection to complete the flower

11. At each point in the labyrinth where you make a 180 degree turn, curve the edges to make the paths look rounder (this is another step towards making your labyrinth aesthetically pleasing)

a. Another step not included in the diagram is to add the semicircles around the circumference of the labyrinth to complete the replica of the cathedral in Chartres



Your final labyrinth diagram! Good luck, and please let us know at [info@justthisday.org](mailto:info@justthisday.org) if you've created your own version. All pictures are most welcome.

Please note, on Just this Day, 23 November 2011 there will be an evening concert:

**7pm: A Concert for Stillness**

**Emma Kirkby**

**Cerrutti Quartet**

**St Martin in the Fields Choral Scholars**

**Discantvs**

Tickets available: £20, £15, £10

[From St Martin in the Fields Box Office](#)

+44 (0)20 7766 1100 Monday to Saturday, 10.00 to 17.00

All further information is available at [www.justthisday.org](http://www.justthisday.org)

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