

## HOW TO LAY A TEMPORARY LABYRINTH

### Things you need:

- 8 large rolls of cloth hockey tape  
(many colours are available, even neon!)
- A layout string
- Masking tape
- Floor space of at least 35 ft by 35 ft.
- Broom or vacuum
- Two calm healing Spirits (at least)
- A picture of the path
- 2 - 3 hours
- Soothing, relaxing music to play

At Bells Corners United Church, the labyrinth path is laid with hockey tape on the floor. Hockey tape is gentle on the floor and comes up easily after a week or two. It also makes curves well due to the nature of the cloth tape. By laying the tape as a path, and not the tape as the walls, many people found the design to have more room, for the walls are now created by the mind and not graphically presented on the floor. The sacred dancers enjoy this presentation. With the aid of the marked layout string, the laying of the path also enables the people laying it to walk the labyrinth on their hands and knees as they lay it.

1. You begin by praying in the space, asking the divine to make it holy and sacred for those who enter. Sweeping or vacuuming the floor offers you the opportunity to bless the space. The floor can be carpet, tile, wooden, clay, pavement, cement etc.
2. Find the center of the room and mark it with masking tape
3. Decide what colour(s) of tape you will use for the path,
4. Decide upon whether the path is divided into three or four paths and colour a picture to use as a pattern.
5. Use masking tape to fix the end of the layout string to the center spot on the floor. Make sure that this is well attached as you will be pulling on it as you use it to outline your path. If you are unable to attach it securely, have someone hold it there for the whole time you lay the labyrinth.
6. Choice where you want the mouth of the labyrinth to be. Think about traffic flow in and out of the labyrinth and notice where the exits are in the room. You may want space on one side or the other of the labyrinth for activities such as dance, prayer, etc..
7. The tape we recommend is Renfrew cloth hockey tape. We have found that this tape will adhere well to many surfaces and not ruin the finish on the floor. Check this tape on your floor to see if this is true for your situation as well. We have access to purchasing it directly from the factory at a discount, let us know if you need tape and we will order it, the colour is random, except for black at a cost of \$2 a roll.
8. Start to lay the tape coming out of the center and turn at the fifth path marked on the string. Follow the string around a quarter of the circle and then curve back onto the sixth path and follow the string around a quarter and then go up to the outer path (11th path ) and follow it around half of the circle and then turn back on the tenth path and so on.

Trust the picture and refer to it often, in the beginning your pattern on the floor may appear at times to be wrong or confusing, stick with it and in an hour or so you will clearly see the pattern emerging.

The key to successful labyrinth laying is to check the picture, check the string tension, check string path number and pray as you go.