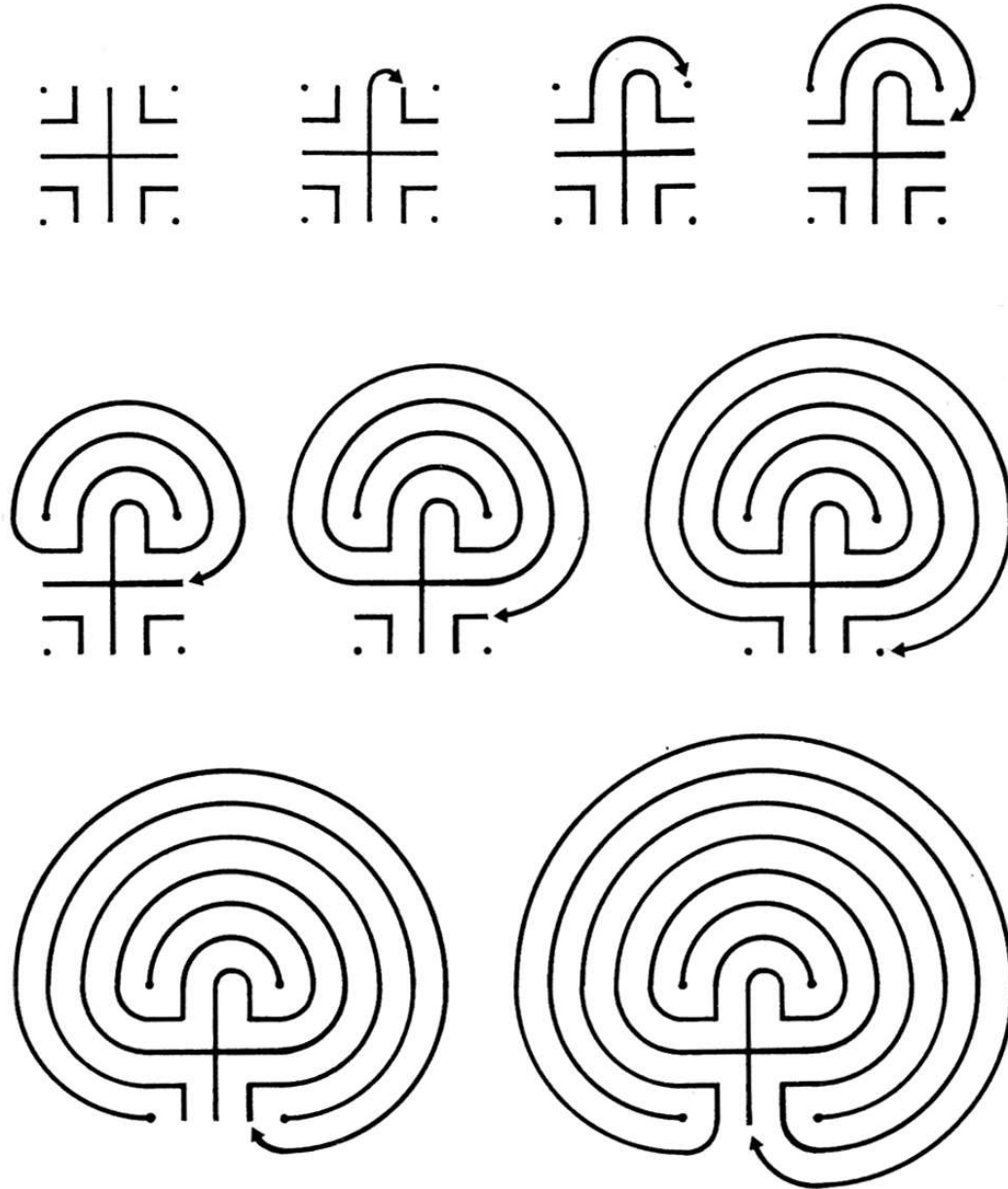


## Draw Your Own Labyrinth

Drawing and text from *Exploring the Labyrinth* by Melissa Gayle West



The labyrinth is one of the oldest contemplative and transformational tools known to humankind, used for centuries for prayer, ritual, initiation, and personal and spiritual growth. This ancient and powerful tool is unicursal, offering only one route to the center and back out again: no blind alleys, dead ends, or tricks, as in a maze. No matter where you are in the labyrinth's coherent circuits you can always see the center. Once you set your foot upon its path, the labyrinth gently and faultlessly leads you to the center of both the labyrinth and yourself, no matter how many twists and turns you negotiate in the process.