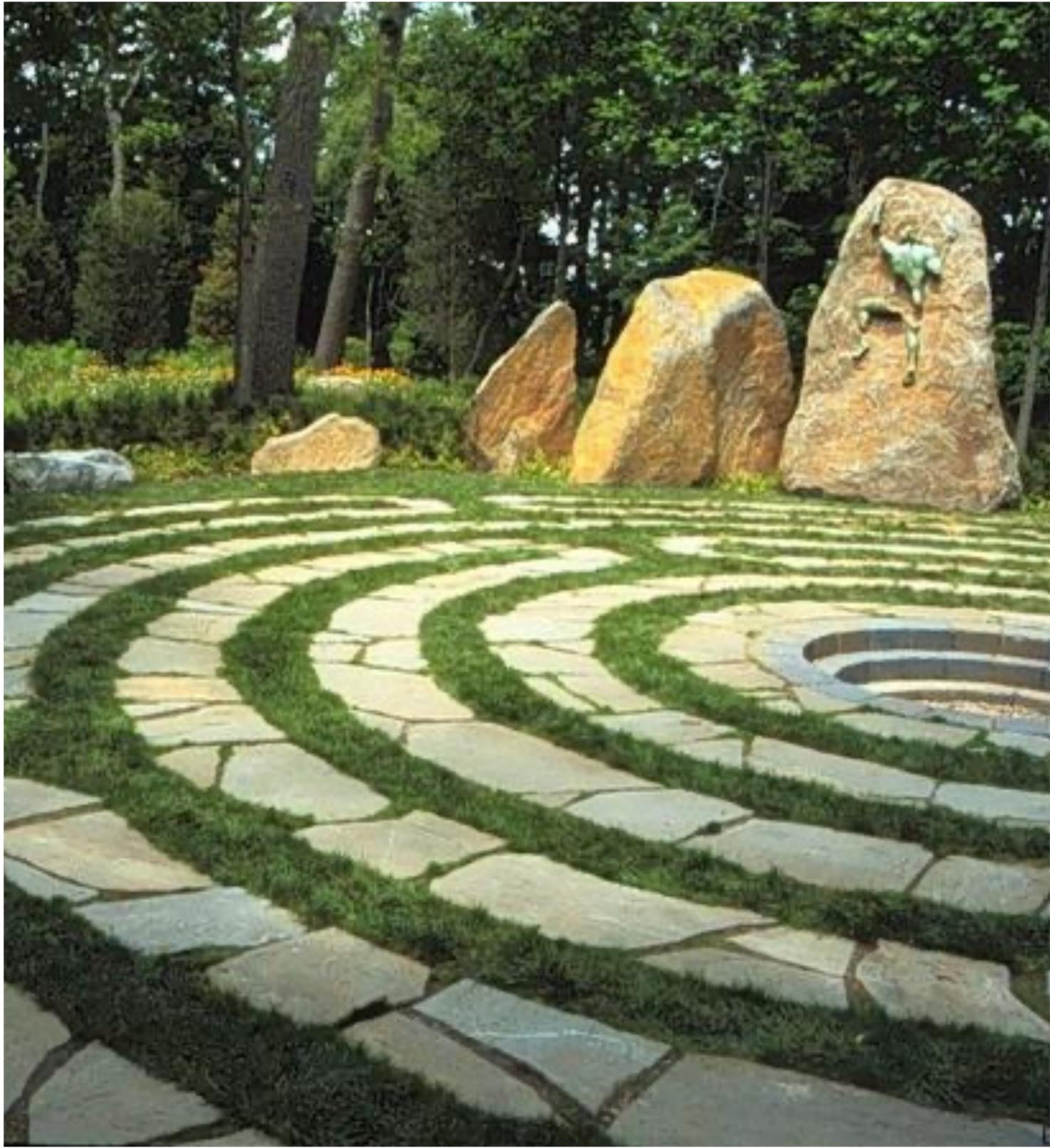


A labyrinth journey!

Some ideas from Sarah for July 14th - 16th



The Labyrinth

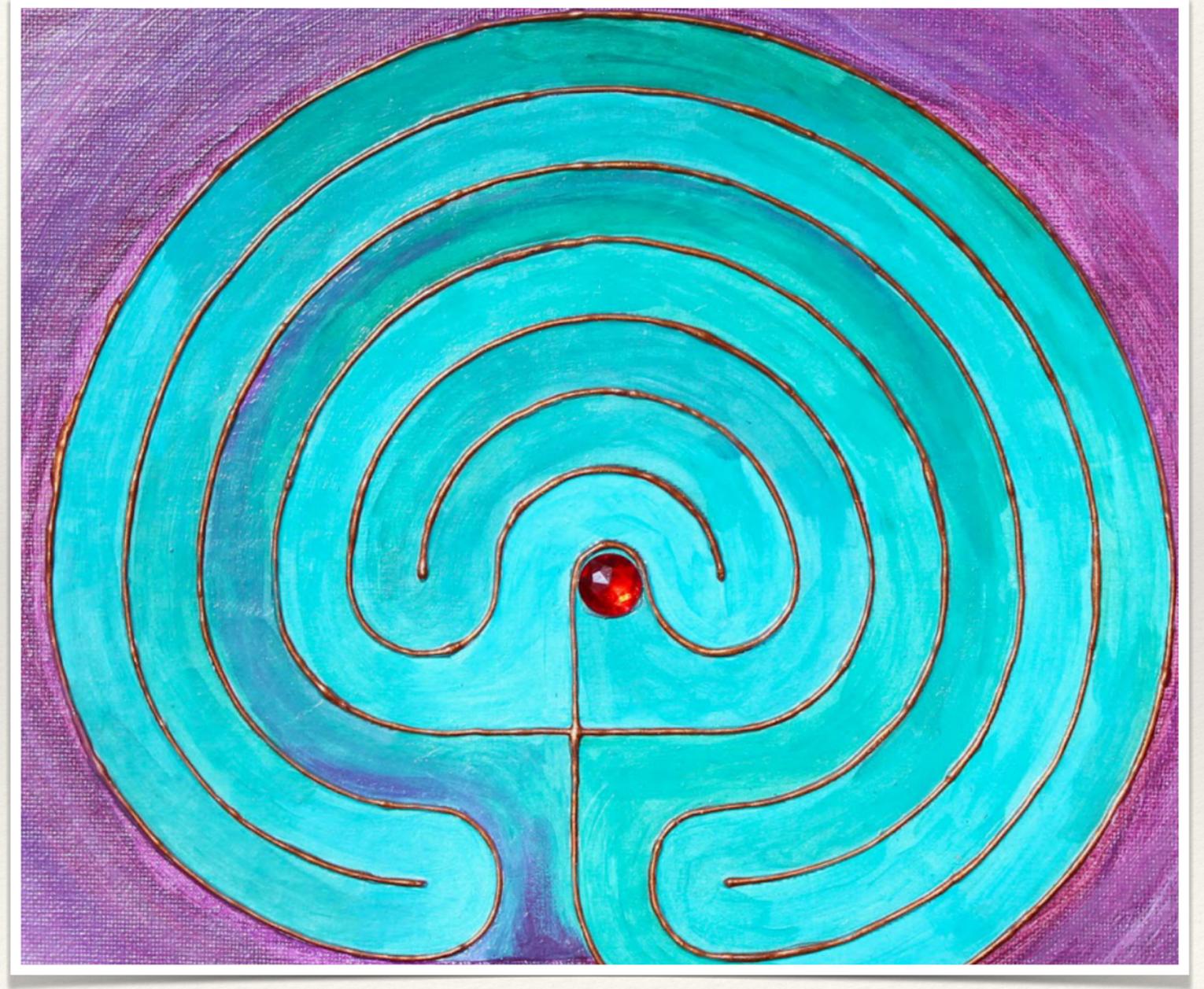
- ❖ Many people find that finger-walking or meditating on the circular journey through a labyrinth pattern can be deeply calming, balancing mind, body and spirit.
- ❖ Some people ask a question, and breathe 3 deep breaths first.
- ❖ Enter from the bottom left, beginning with red. Bring your eyes on a walk; concentrate slowly on every colour as you make your way through the rainbow sequence. Stay for a while in the centre. Feel its light. Travel slowly outwards.





A fingerwalking labyrinth collage

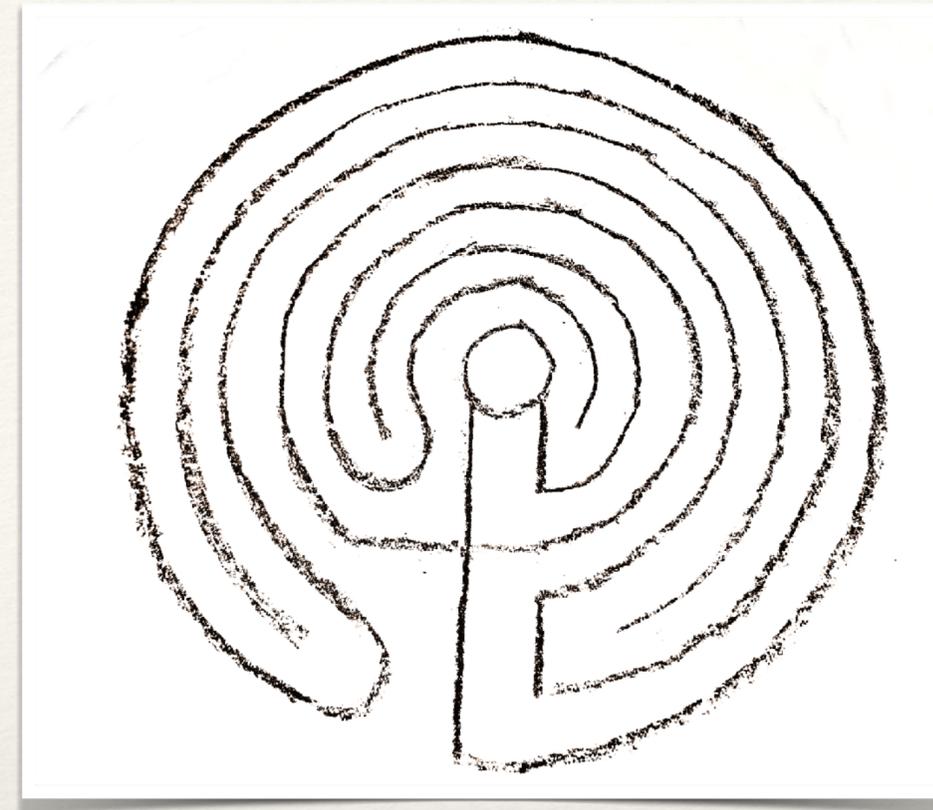
- ❖ We can use a ready traced design to collage a labyrinth, in string, on board.
- ❖ This artist's beautiful piece is a collage on canvas, but if you use a hard board with string or a line of raised glue as the lines, you can make wax rubbings and wax resist paintings from it....
- ❖ The first part of the collage is quite messy and might need to be done first, and given the chance to dry, before you decorate.



- ❖ You could use an old cork table mat like I did
- ❖ Or I have used thick artists board, or the back of a metal circular tray.
- ❖ Or anything that won't warp, that you can paste and glue the labyrinth pattern paper onto, followed by string.



- ❖ Use either the circular design
- ❖ Or the more mushroom-shaped design, below.
- ❖ In the following pictures I used the second one, the kind of treetop or mushroom-shaped one.





- ❖ The tub of paste I use is just a lovely readymade mixture of PVA and wallpaper paste - but any glue will do, of course.
- ❖ Paste the paper design to the board.
- ❖ Then add the string. There are two lines. Start from any of the four ends.
- ❖ Once the string is attached down with glue - a bit fiddly and messy - then the process of pasting the paper strips on top with a brush is lovely and calming.

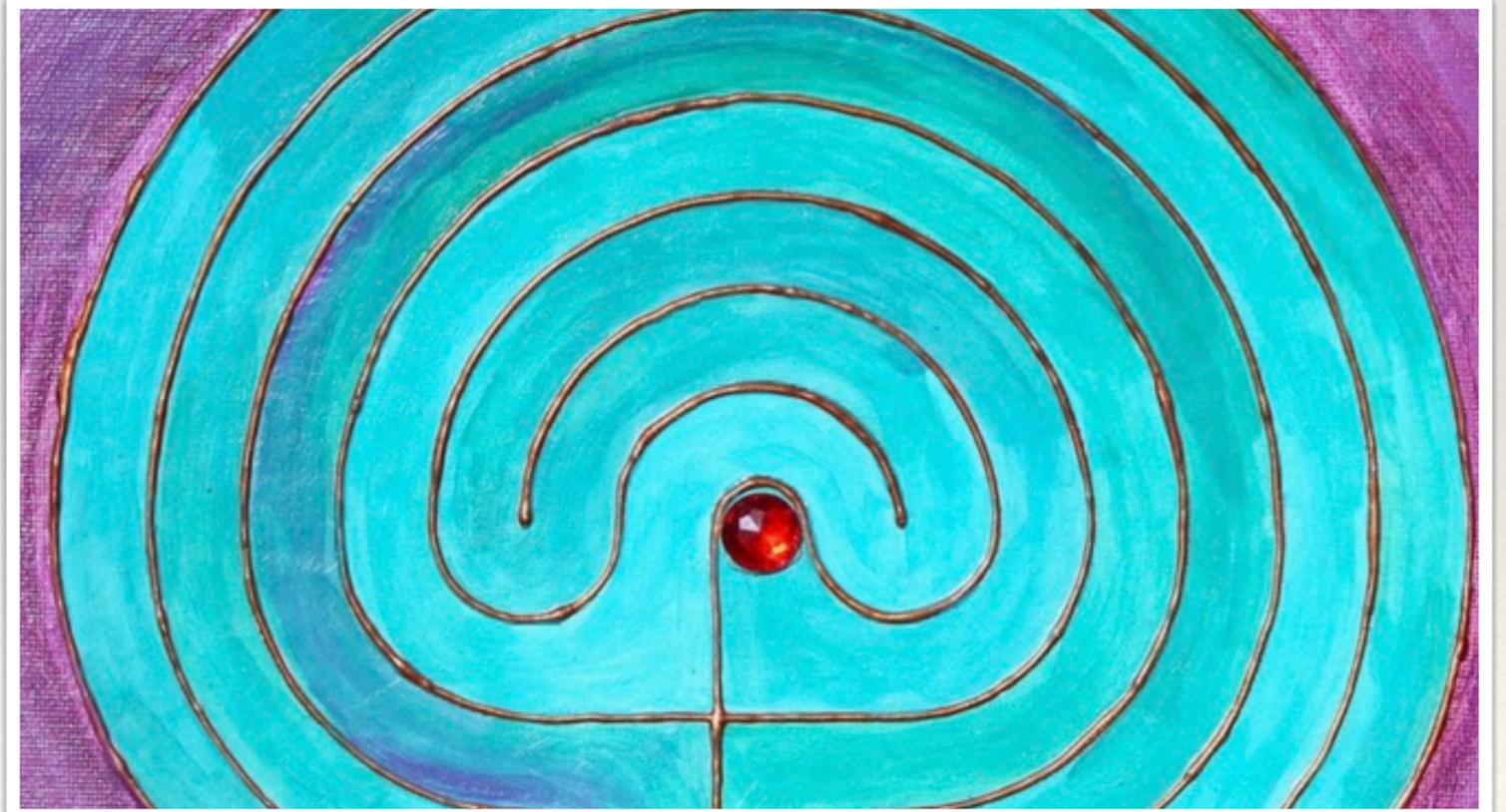


- ❖ Use torn pieces of newsprint, or any tissue paper or thin paper you have.
- ❖ Torn edges, not cut edges, make a better seal. Paper tears really well in one direction, in strips; and really badly in the other direction.
- ❖ Smooth your brush or finger along the paper between the string ridges, to flatten in the grooves, so the string stays defined.





- ❖ At this point you could carry on with creating a collage - and use paint, too, after letting the paper dry or applying the hairdryer to it.
- ❖ What beautiful thing would you place in the very centre? A heart? A crown? A sun?





A painted labyrinth from a tracing

- ❖ While the collage is drying, a tracing could be made from the print out of the labyrinth design.
- ❖ If you can't print out the design, I can supply the printouts and some other pieces you might not have, to the Centre or your address, while you are in lockdown. Ask Inside Out about this.



- ❖ I trace the design on one side of the tracing paper, copy it on the other side with soft pencil.
- ❖ I turn it back again on to the paper I want to position it on, and draw the design a third time, pressing harder.
- ❖ If you can't print out the design, I can supply the printouts or paper with tracing already drawn and some other pieces you might not have, to the Centre or your address, while you are in lockdown. Ask Inside Out about this.





- ❖ I used the strongest watercolours - you can use acrylic or anything you have - oil pastels, coloured crayons
- ❖ I added fine salt. It's like gritting the path in snow.
- ❖ You can see plenty of mistakes and slips.
- ❖ As long as my eye can follow the pathway, and not get too lost! Then all is well.

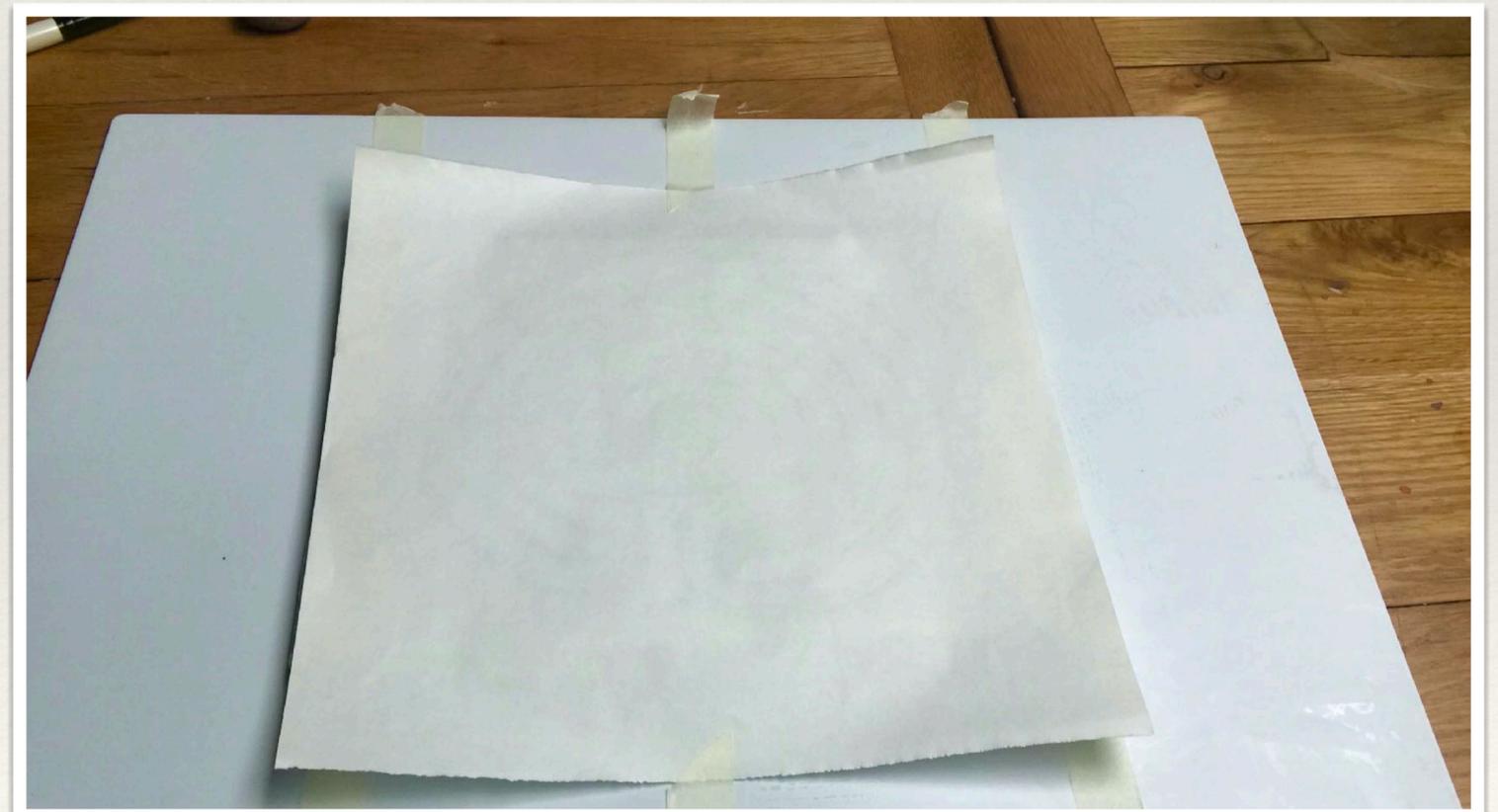


Making a wax resist labyrinth imprint

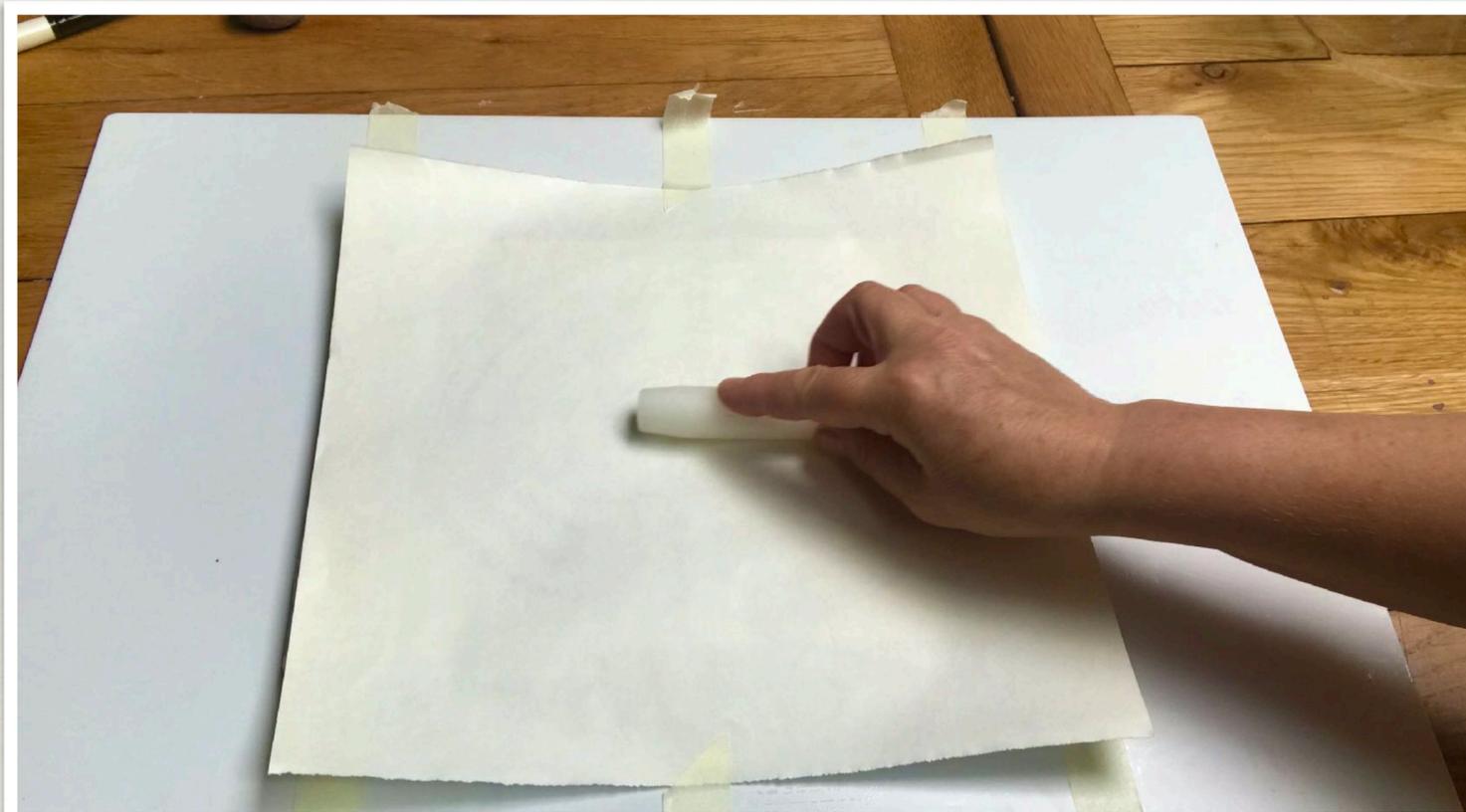
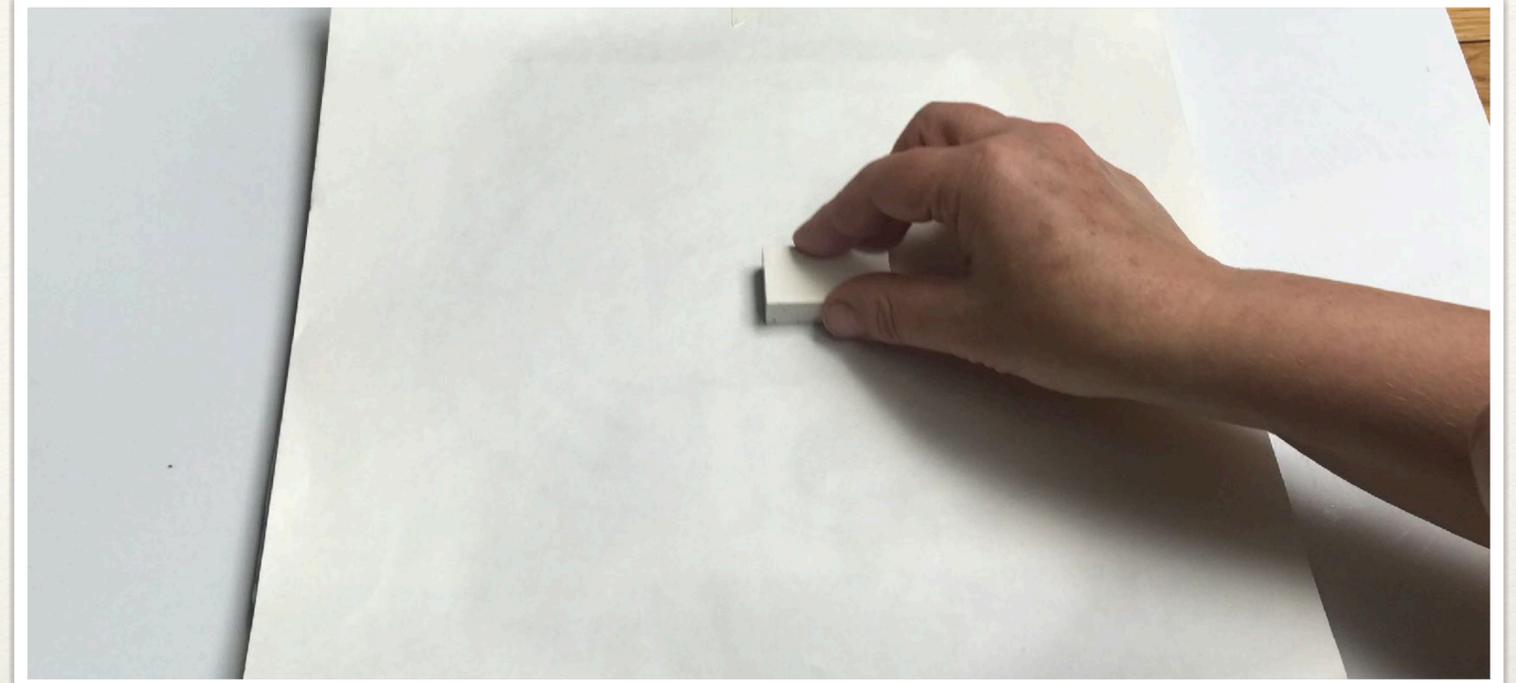




- ❖ When the collage board is dry, attach it firmly to your drawing board, so it doesn't wobble - I use masking tape.
- ❖ Lightly tape the paper to the board so it can't move while you're making the Rubbing.



- ❖ Use a white wax candle, a wax crayon stick - use a colour if you prefer.
- ❖ Hold it flat to the paper, not end on. And then rub, picking out the string lines.



Watercolour/WET ON WET

- ❖ Now you have a wax imprint on paper, you can start to colour the labyrinth path in any order of colours you choose. Any waterbased paint will resist the wax lines.
- ❖ Start at the bottom left entrance - in your colours, in your own way - so you journey inwards as you paint.
- ❖ To try Wet On Wet , make the paper flat and wet for a clouding blending effect. I did this in the next pictures...
- ❖ Drop pigment or Brusho into pools of water; lightly brush watercolour or watered acrylic paint, or bright inks; salt flakes or fine salt for texture.



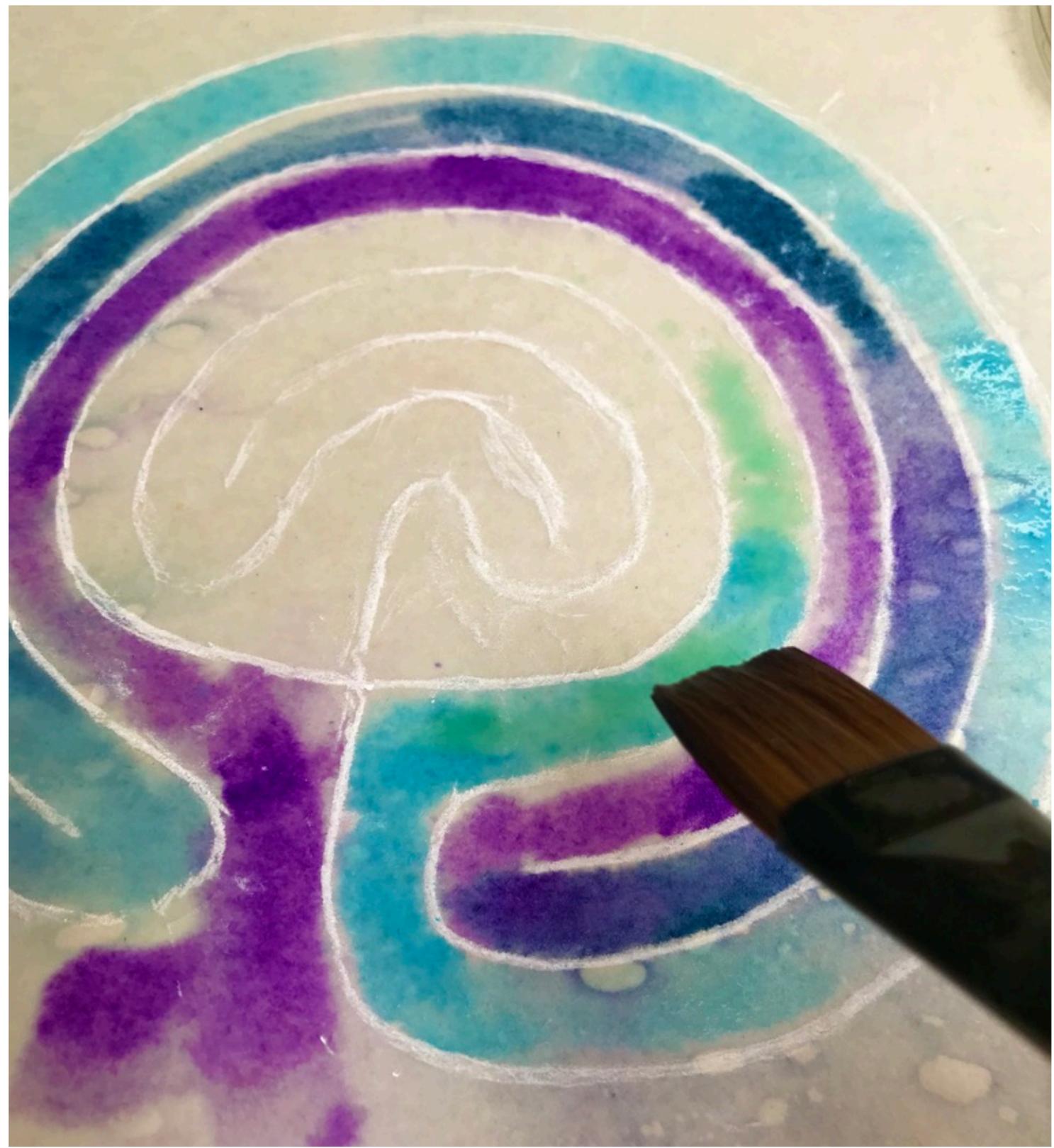
- ❖ Use a sponge
- ❖ Wet a waterproof board
- ❖ Lay down your paper, and wet it too.



- ❖ Use the sponge to flatten the paper.
- ❖ Tape it with brown paper tape or masking tape.
- ❖ It should stay flat, now.









- ❖ At the centre or heart of the labyrinth, I used a touch of sweet perfumed smelling deep pink colour called Rose Madder Genuine - Alizarin Crimson is the same thing.
- ❖ It smells of the Madder plant which it contains!



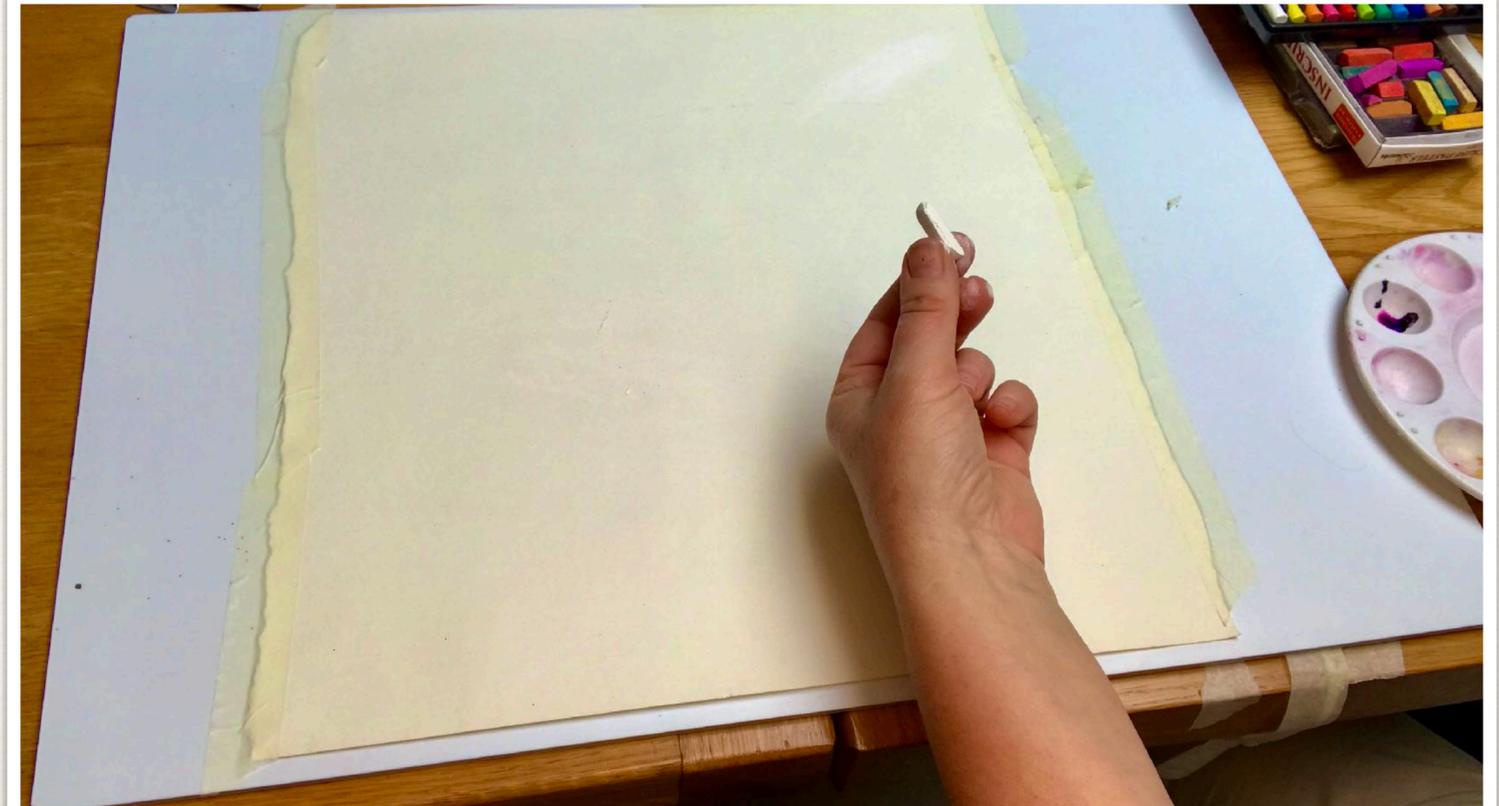
- ❖ You could use any colour paper and any colour wax to make the rubbing, of course.
- ❖ When your painting is dry, watercolour varnish will bring out the pigments.
- ❖ Labyrinth designs look beautiful framed in a circle. So much of life appears to have to be in squares and rectangles.

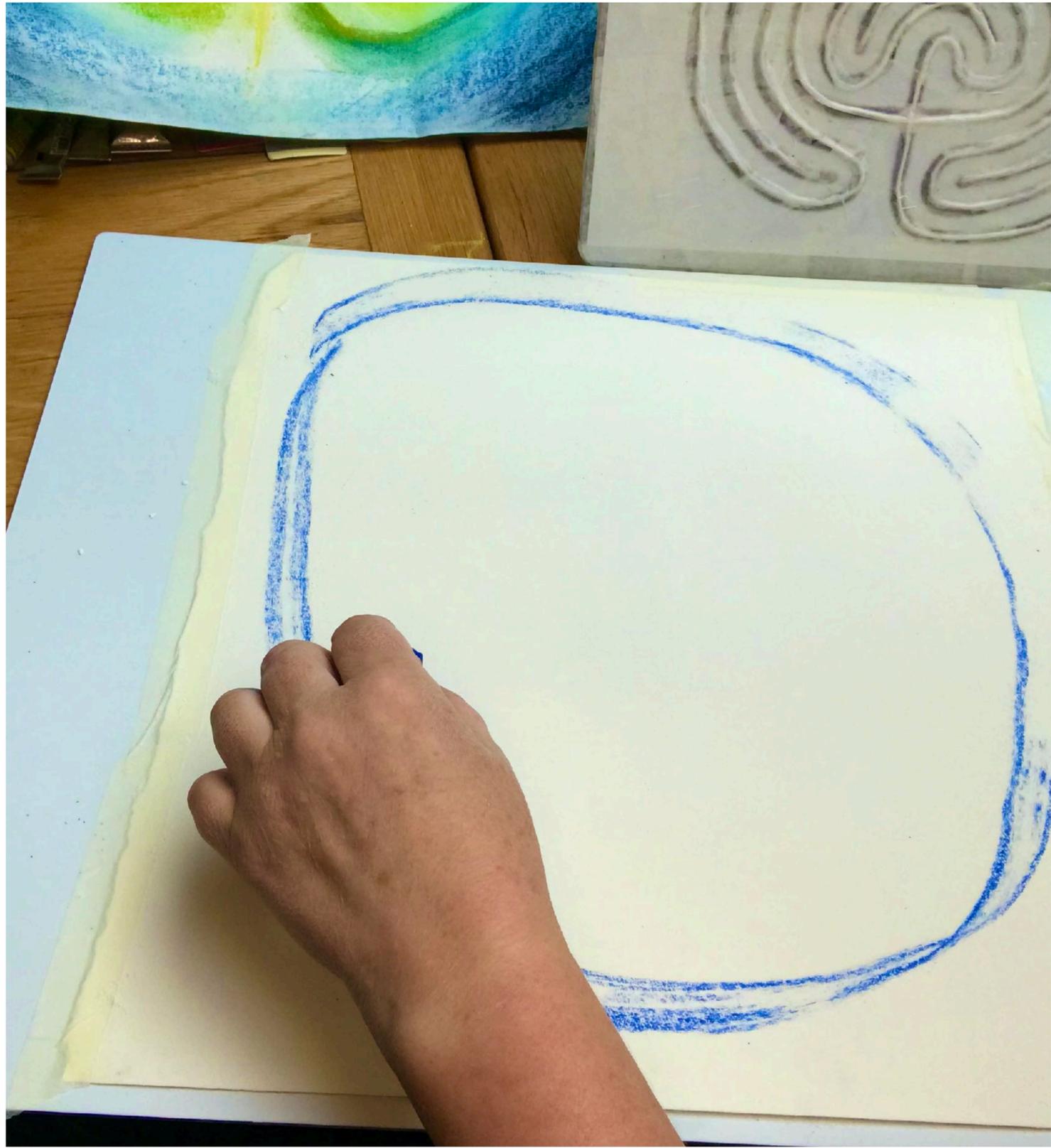
Soft pastel chalk labyrinth



- ❖ I try to work more freely, and from feel, with the flow of chalk pastels.
- ❖ I work from the outside towards the centre.
- ❖ I close my eyes and try to draw the route with chalk as my other hand traces the path on my string collage.
- ❖ You could also use a printed out labyrinth design and trace it, to transfer the design from one side to the paper.

- ❖ Prepare a thick paper with white pastel chalk, smoothing it all over with your full hand.
- ❖ It is a sweeping clockwise gesture with the palm of the left or right hand - and a caring gesture which seems to bring calm.
- ❖ The Labyrinth - like so much else in the universe and in nature - is drawn and worked in a clockwise direction.



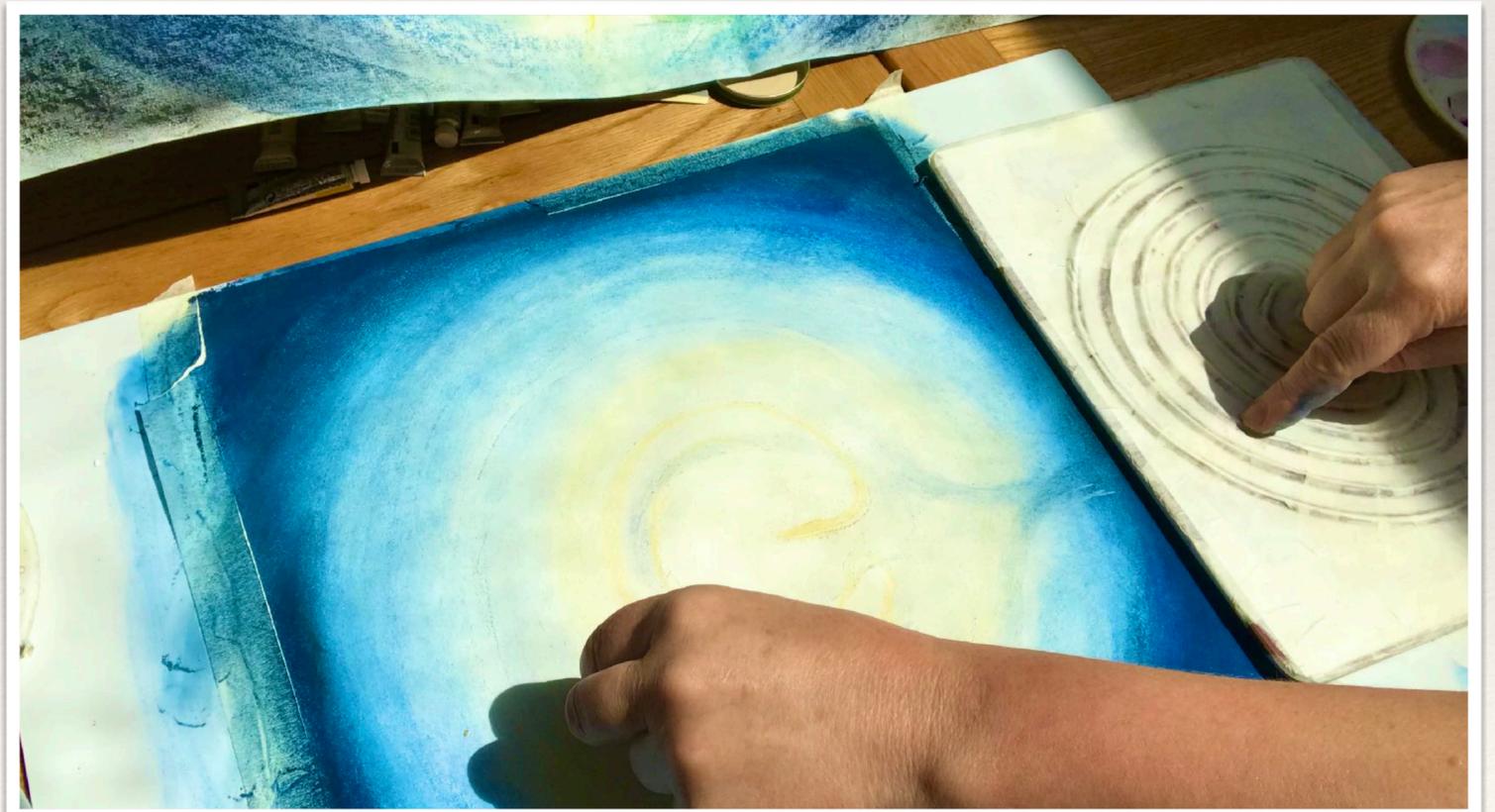


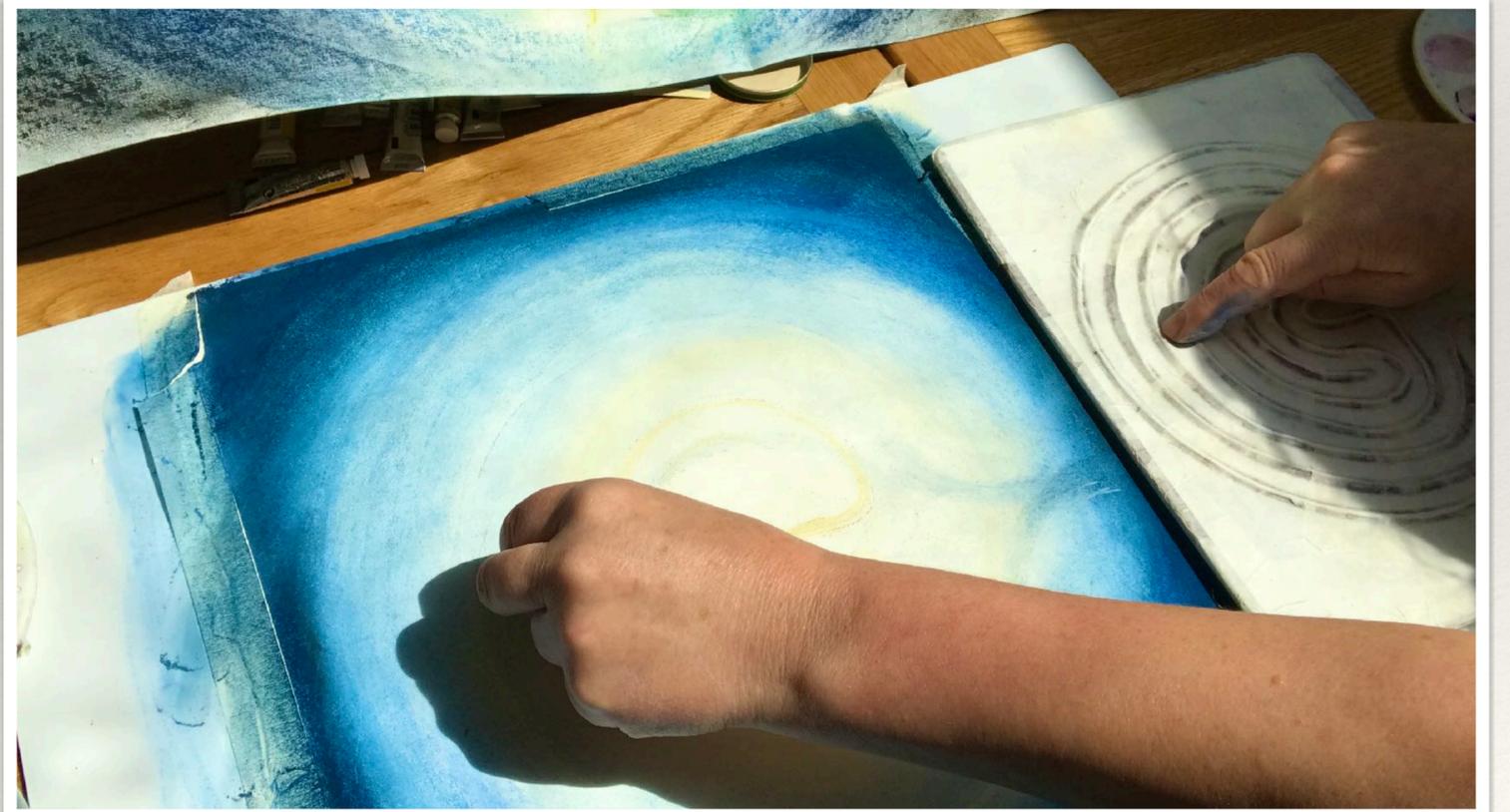
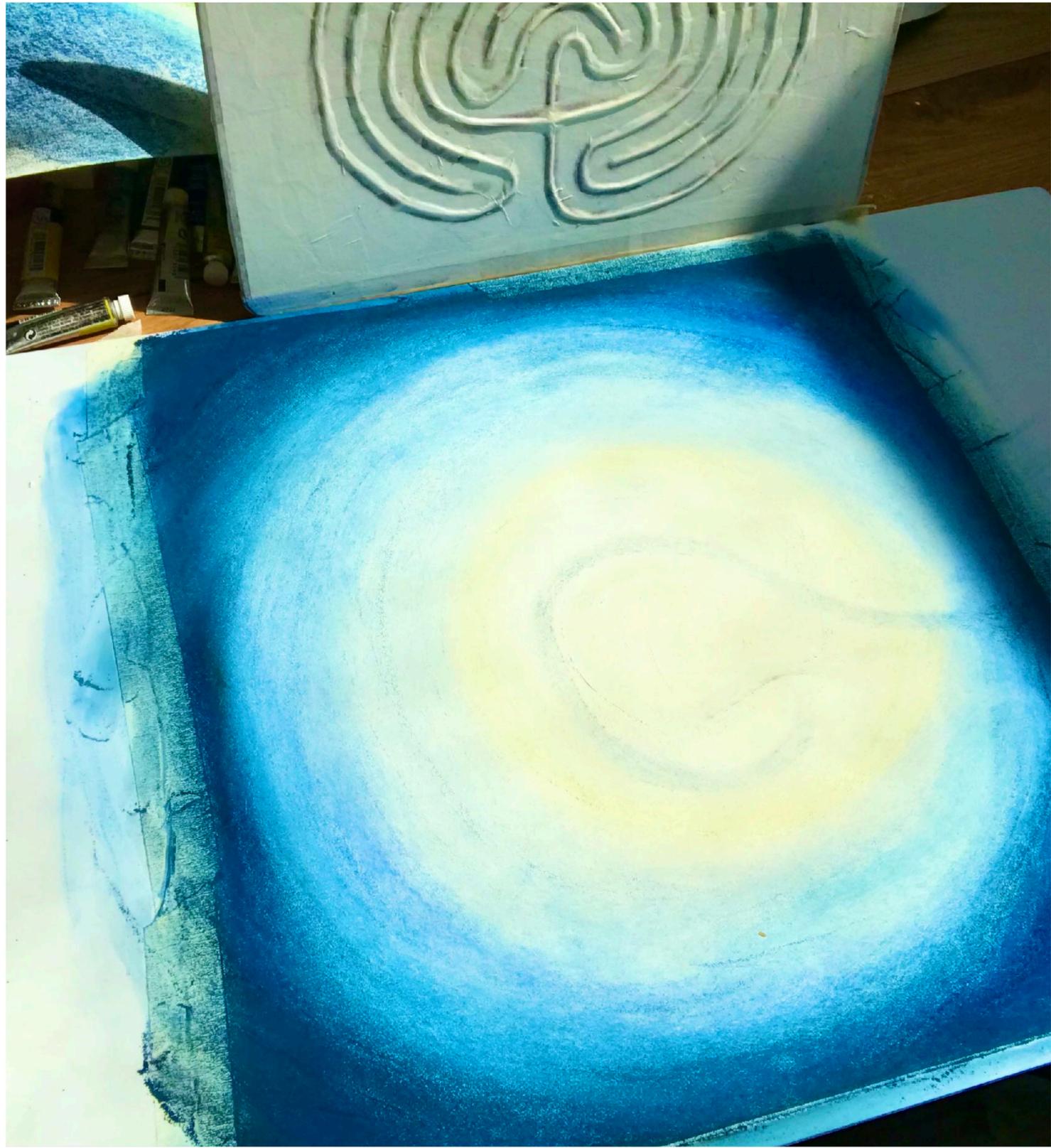


- ❖ Starting at the edges, I drew dark to lighter blues and even black, smoothing over with your fingers to blend it. I imagine the dark universe holding the circular shape of the planet Earth and all of us on it.
- ❖ You need a clean cloth to keep fingers a BIT clean.



- ❖ Starting at the entry to the labyrinth I use a white or cream chalk to try to find the route in and around, while my finger travels along my labyrinth collage.
- ❖ I use cream and yellow but fade to white in the centre. As I trace the way, my finger blends the colours accidentally.









- ❖ That is all for today!
- ❖ For ideas, do an internet or Pinterest search for labyrinth collage painting!
- ❖ Please let us know what you might have difficulty with - sourcing materials, downloading the pattern file or finding equipment - so that I can arrange to help.
- ❖ I will have copies of the labyrinth designs and give Inside Out Arts a copy of the file too.
- ❖ Have a good week. With best wishes, Sarah.