WLDES 2026:

SEEDS TO PATHWAYS





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INTRODUCTION

A seed pattern can be seen as the core component of many labyrinths, and especially of the classical labyrinth with which many people are familiar. Other labyrinths, too, have their genesis in seed patterns, and in this 2026 year of World Labyrinth Day in Educational Settings (WLDES) we are offering a way to focus on the idea of seed patterns growing into labyrinth pathways and becoming part of a core labyrinth toolkit for student wellbeing – and indeed, the whole school community!

In that respect we see labyrinths helping to grow self-awareness, calmness, harmony and inner peace. These states of being influence flows of energy to all and everything around and within the individual. Joanna Macy referred to this as the interconnectedness between people and the great web of life. (Refer also to our Australian Labyrinth Network resource for Social & Emotional Learning)

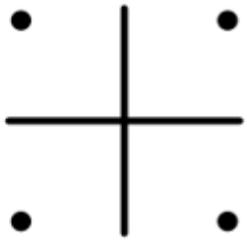
Learning to draw or construct seed patterns and subsequently learning how to grow them means labyrinths are to hand at any time and any place – a tool and resource that is always with us and available for us to recreate. Patterns are intrinsic to visual perception, vestibular function and memory: our bodies need to experience the twists and turns, both spatially and visually, integrating both sides of our brain, to gain the fullest sensory motor benefit as we feel the outward and inward flow of the labyrinth experience.

We therefore invite you to explore, dream, play, and create a world of labyrinths in your educational setting with our offering: **Seeds to Pathways**.

INTRODUCING THE SEED PATTERNS

The seed patterns featured in this section do not comprise all that are available or possible, but we do consider them to be suitable as starting points, ie. the basics.

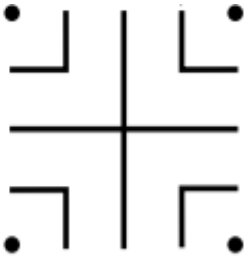
Based on a square



3 circuit classical



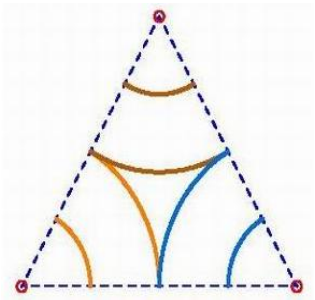
5 circuit classical



7 circuit classical

Source: Lars Howlett: How to Draw 3, 5 & 7 Circuit Classical Labyrinths on this page https://discoverlabyrinths.com/drawing

Based on a triangle



Chakra Vyuha

Source: https://blogmymaze.wordpress.com/2009/07/19/the-indian-labyrinth-chakra-vyuha/

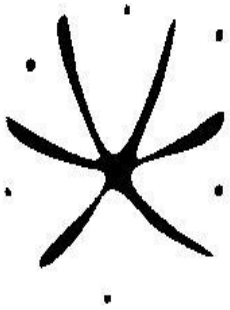
Based on a freeform shape



Source: Lars Howlett: How to Draw Simple Odd-shaped Classical Labyrinths
https://youtu.be/t5c3gyGOGp0

Based on Curved Lines

This set of seed patterns will be more challenging for memorization. However, they are well worth the effort, and very suitable for specific applications indicated by their names/titles.



Labyrinth of Energy



Labyrinth of Connection



Labyrinth of Feelings



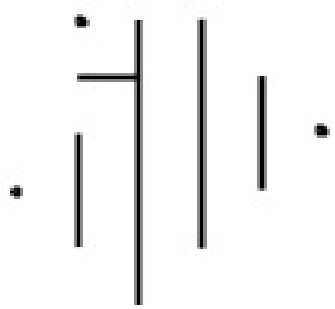
Labyrinth of Wisdom

Sources: These 4 seed patterns are a selection from the creative work of Adrian Kezele, author of *Labyrinths and their Secrets*. There are nine labyrinths, known collectively as

the “Celestial Labyrinths”, featured and detailed in his book. An ebook version can be found on Amazon here https://www.amazon.com.au/Labyrinths-Their-Secrets-redirecting-environment-ebook/dp/B00NO3IL6A

The Celestial Labyrinths website has detailed information and will also give you a good overview https://www.celestial-labyrinths.org/

Based on Concentric Circles



5 circuit concentric labyrinth

Source: https://www.labyrinth-muster.ch/Themen/kscompl_e.html#

WORKING WITH SEED PATTERNS

Drawing and Making

We recommend the 3 circuit classical seed pattern as a starting point, then progress to other forms according to the abilities of your students. For each seed pattern you choose to introduce and work with, here are some ideas:

- For each student, reproduce seed pattern onto laminated card for repeated practice and use (see APPENDIX 1 for seed patterns)
- Model how to draw the pattern as students follow. Repeat several times, so that they begin to know the patterns by heart and mind (see APPENDIX 2 for drawing sequences)
- Use one colour to draw the seed pattern, then model the formation of the labyrinth in a different colour, as per Lea Goode Harris sequence at this link
- Experiment with the size of the seed pattern and note the importance of positioning so that the completed labyrinth fits on the surface being used
- Vary the seed pattern and labyrinth formation with different textures, eg. sand, water, seeds, pebbles, paint, found objects, etc.
- Vary the surfaces/planes on which you work, eg. horizontal, vertical, in the air (tai chi style), with eye movements (in an orthoptic exercise)
- Vary the sizes and spaces, eg. indoors, outdoors

A Resource

At this page you will find video tutorials with Lars Howlett from Discover Labyrinths

He demonstrates the drawing of 3, 5, 7 and 11 circuit classical labyrinths, including concentric circles classicals. They are very easy to follow.

Matching games

Meeting different learning styles, building visual discrimination, visual memory and visual sequential memory skills, with graded difficulty:

- Seed vs Seed: make sets of cards with several copies of each seed pattern (see APPENDIX 1, pages 16, 18, 20, 22 for seed patterns only). Shuffle the cards and place face down. Invite students to take turns, turning up the cards and finding matching pairs

- Seed vs Full Labyrinth Pattern: make sets of cards with several copies of both seed pattern and matching labyrinths (see APPENDIX 1, pages 16 – 23. corresponding labyrinths follow each seed pattern page). Shuffle the cards and place face down. Invite students to take turns, turning up the cards and finding matching pairs

- Seed to Full Labyrinth in Stages: make sets of cards with several copies of the seed pattern in all its stages of growth through to full labyrinth pattern (see APPENDIX 2). Shuffle, place face down, then students arrange them in sequence from start to finish

Drawing/making seed patterns, and then the full labyrinths, is a way of knowing and experiencing that differs significantly from tracing or walking the paths.

BODY AWARENESS -

ENTERING, WALKING AND MOVING THROUGH THE LABYRINTH

- Introduce Heart Math Coherence as a practice for entry into labyrinth (see Heartfulness Practices in next section on page 9)
- Introduce a scaffolding technique to practice pausing and breathing, inward and outward breath flow, at turns on the labyrinth. Start with the whole group using an enlarged labyrinth image on screen, then proceed to individual use of handheld labyrinths, then to a floor labyrinth with "breath" prompt cards at turns. Use a 3, 7, or 11 circuit classical, as appropriate, for the age group you teach
- Encourage breath work after the walk (ie turn, face walk/centre, repeat heart math practice. This practice brackets the whole experience.
- Try a blind-folded walk with a partner, one leading the other. Use a processional labyrinth for this and change leader at the centre (see this link for processional design options from Mark Healy)
- Grade difficulty and focus while walking by adding another sensory element, eg. hold dark chocolate in mouth, listen to sound of singing bowl
- And, by extension, for students who are well-practiced in labyrinth walking, mark out some different labyrinth designs, walk them, and note differences in feelings and body awareness by:

    - priming students to consider themselves each like a moving part in a machine or an instrument in an orchestra
    - focusing them on noticing the way they move in sync, alongside, away from, behind, in front of others
    - setting up someone to move 'out of sync' with the others and focusing their noticing on the impact on their flow
    - playing rhythmic instrumental music to accompany the walk and focusing their noticing impact on their ability to stay in sync
    - inviting reflections on mind and body experiences during walks

HEARTFULNESS PRACTICES

Legacy Labyrinth Project Heart Brain Coherence Video

This video produced by Legacy Labyrinth Project gives a helpful, visual and clear explanation of how heart and brain work together to calm and focus the individual. The technique for achieving Heart-Brain Coherence outlined in Steps 1 and 2 has been used successfully with students since WLDES 2022. A print form of the Steps can be seen below.

Two Steps to Heart Brain Coherence Steps

Retrieved from the video (above) and summarized with permission and approval from Legacy Labyrinth Project whose Big Connection labyrinth research work has its foundation in HeartMath® Institute research.

STEP 1 Breathe through your heart

- Shift your focus into the area of your heart
- Begin to slow down your breath and imagine it coming through your heart
- Feel your heart rate begin to slow down

STEP 2 Activate a positive feeling

- Create a positive feeling to the best of your ability, like calmness, happiness, love for someone
- Keep that feeling and bring it into your body as you continue your heart breath as if carrying it to your brain (pause)
- Keep the connection between your heart and your brain; sustaining the feeling of inner calm

TIME TO REFLECT

Review the seed pattern and labyrinth experiences undertaken with your students and invite everyone who took part to reflect and/or respond. The labyrinth is a holding space and the world has moved on while we've been in there. What happens now as we cross the threshold back out into the world? We can exit with new wisdom, or have opportunity to act, or will we stay the same? Use any of the prompts on this page and encourage students to express their thoughts and feelings through any creative means. Or use one of the sheets on the following pages.

a new understanding

a new feeling

a new question

a new insight

a new determination

I hope …

I wonder …

I think …

I feel …

I imagine …

Before I _ _ _ _ _ _ _ _ _ _ _ now I _ _ _ _ _ _ _ _ _ _

What has this made you wonder?

What might you think more about?

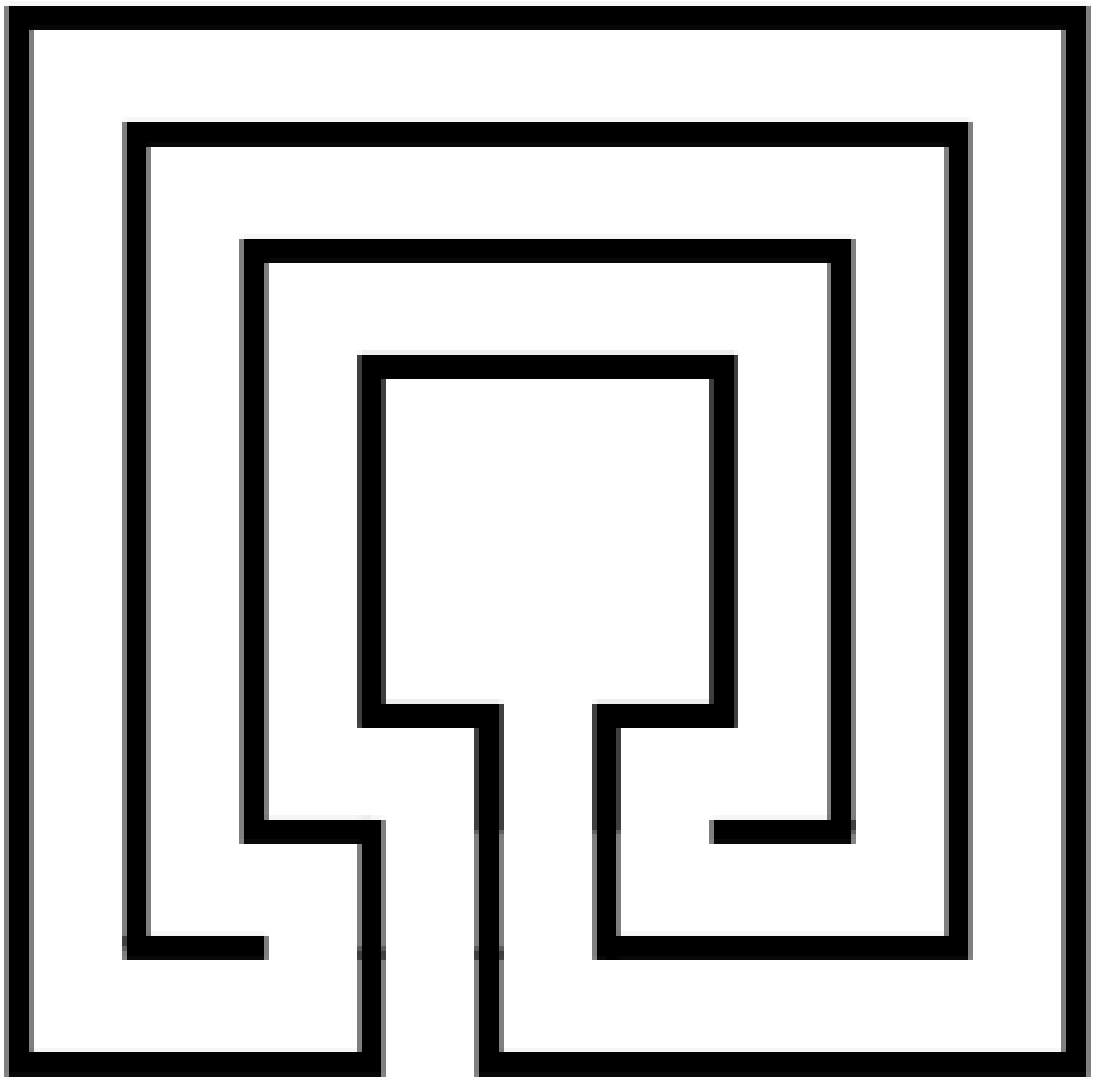
What might you start?

What connections have you made?

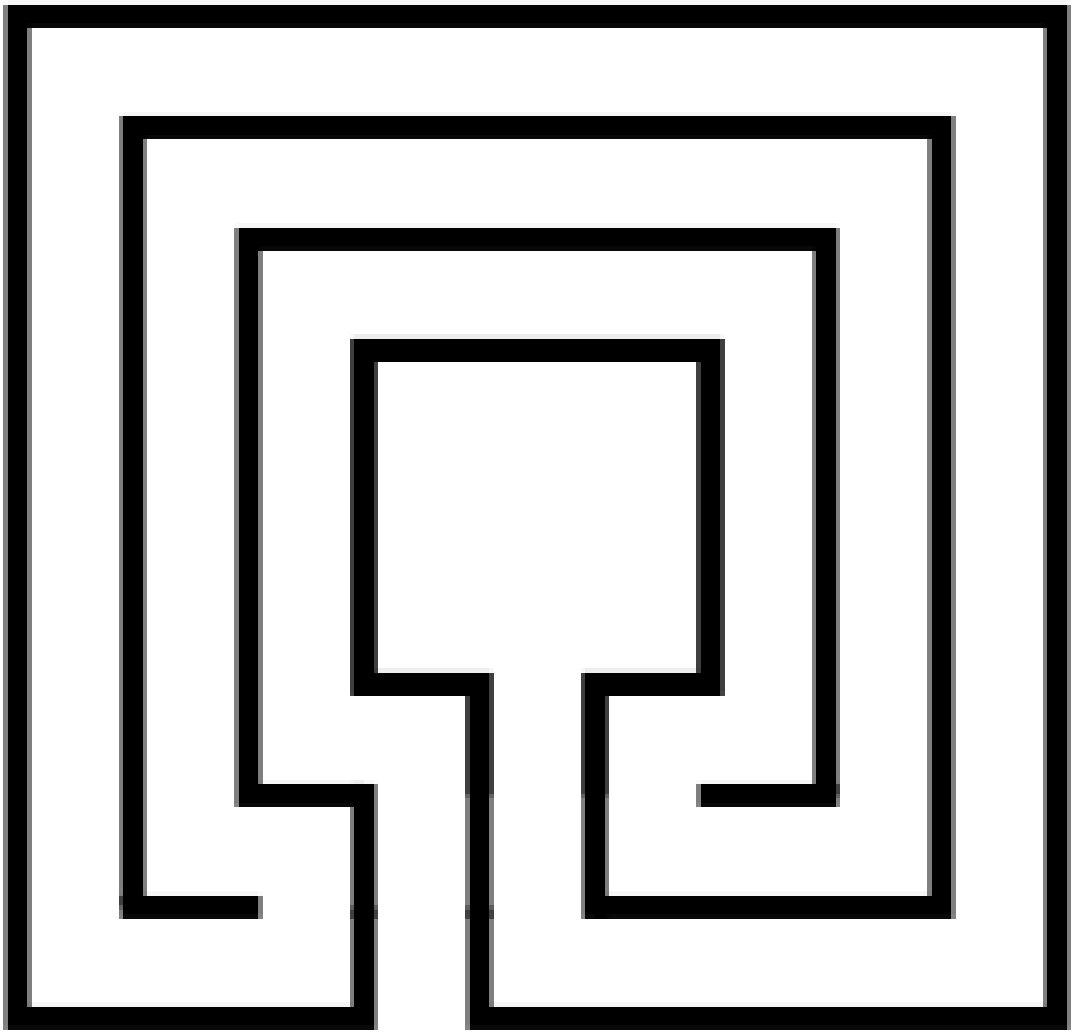
What questions has this made you ask?

Reflection sheet:

Write a reflection from your walk along the pathways of the labyrinth



Focus/Intention:



Focus/Intention:

(Teacher: type in intention for walk here)

Guidelines:

(Teacher: type in simple guidelines for using a handheld labyrinth here)

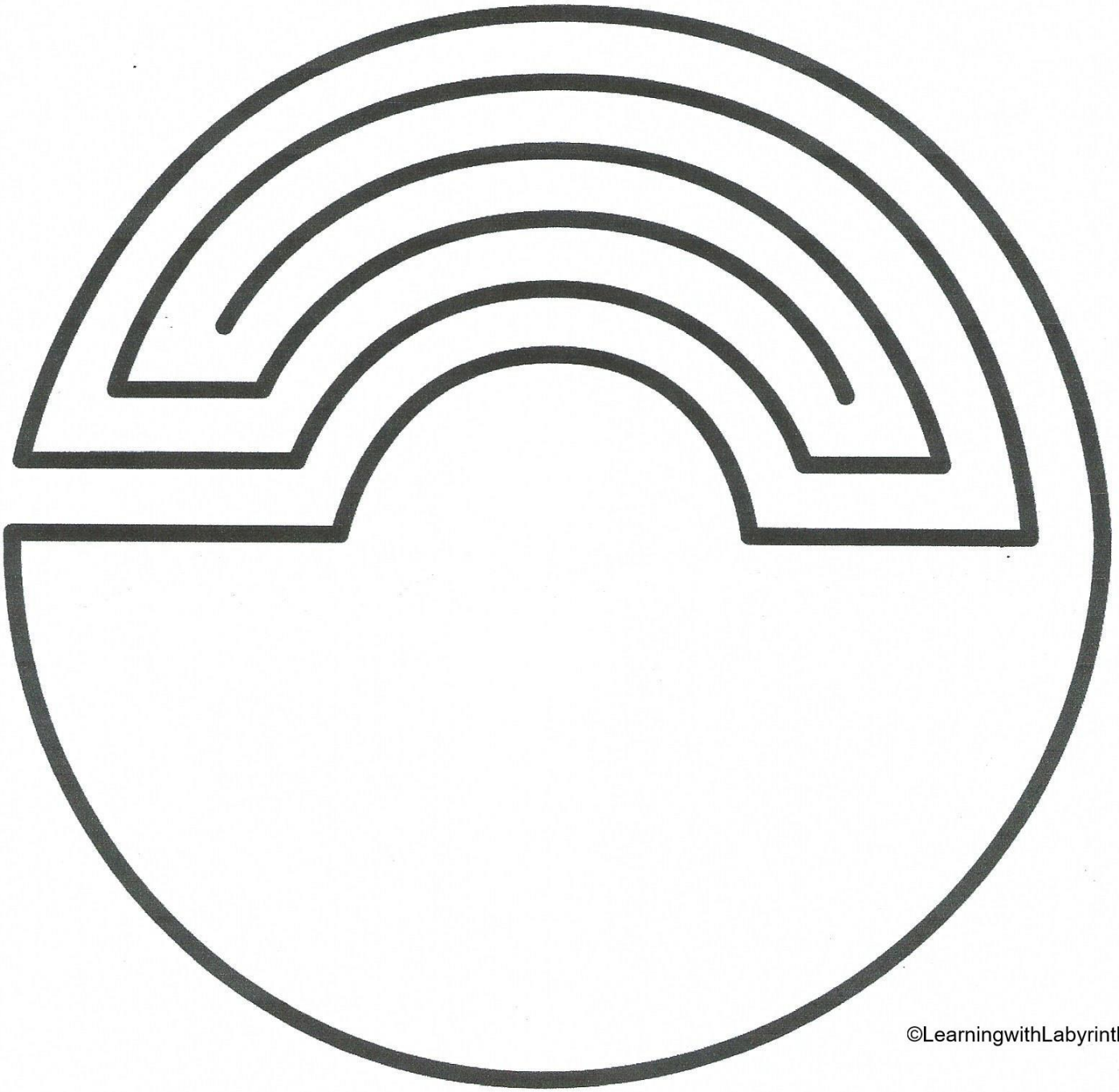
(NB. for editing, find this page at the Resources page link)

Handheld Labyrinth Reflection Sheet 1:

Use this sheet for a handheld labyrinth walk and after your walk write a reflection from your walk along the pathways of the labyrinth

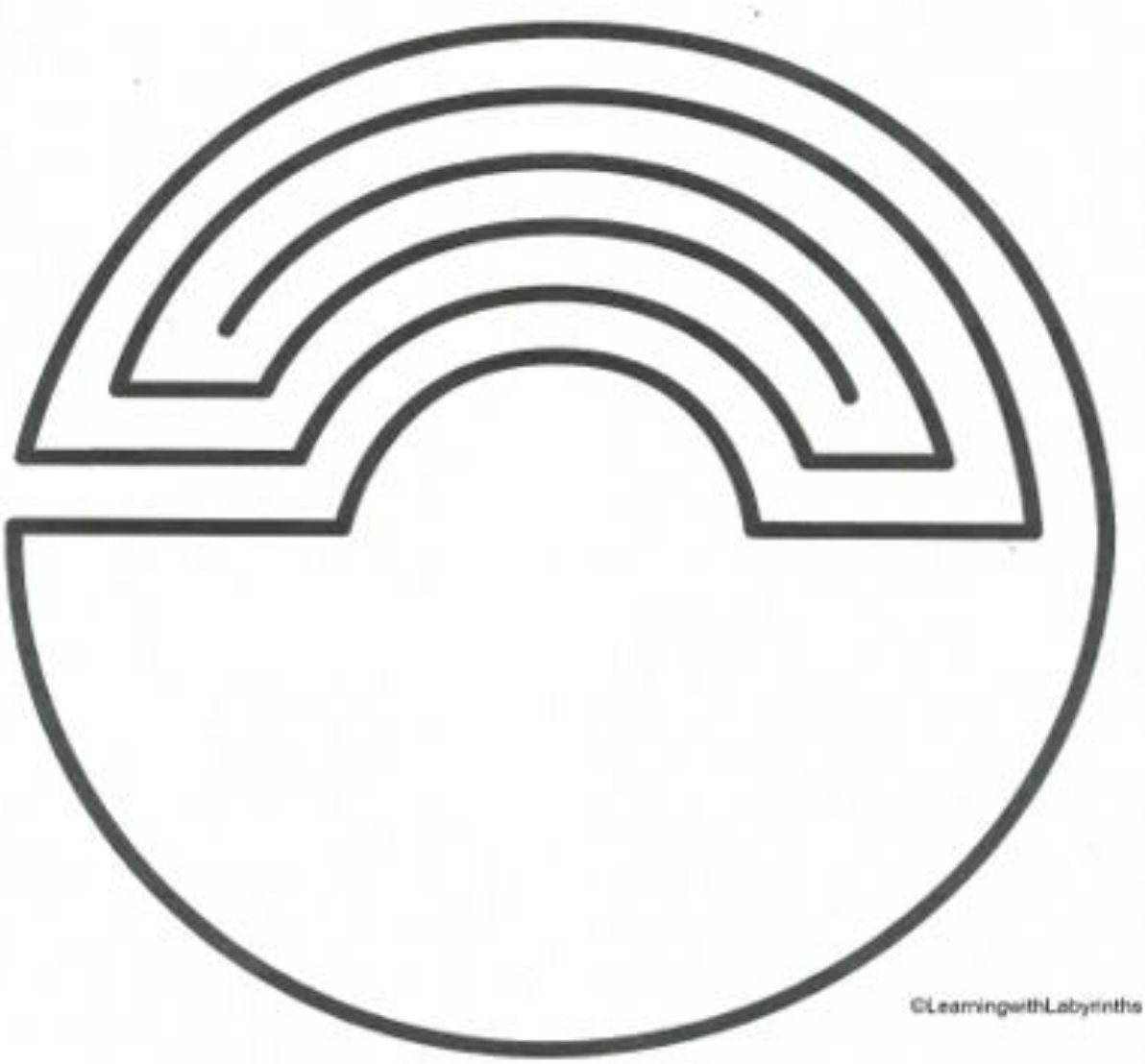
australian labyrinth
network inc.

Reflection sheet: After your walk, write a reflection along the path, or draw in the open space.



©LearningwithLabyrinths

Focus/Intention:



Focus/Intention:

(Teacher: type in intention for walk here)

Guidelines:

(Teacher: type in simple guidelines for using a handheld labyrinth here)

(NB. for editing, find this page at the Resources page link)

Handheld Labyrinth Reflection Sheet 2:

Use this sheet for a handheld labyrinth walk and after your walk write a reflection from your walk along the pathways and on into the labyrinth space

APPENDIX 1: Master Sheets for Seed Patterns & Making Sets of Cards

Seed patterns for 3 circuit and 7 circuit Classicals 16

3 circuit and 7 circuit Classical labyrinths 17

Seed patterns for Concentric Circle and Chakra Vyuha 18

Concentric Circle and Chakra Vyuha labyrinths 19

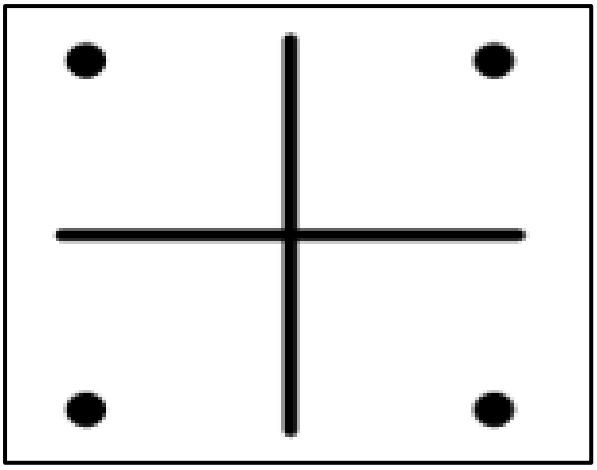
Seed patterns for labyrinths of Connection and Wisdom 20

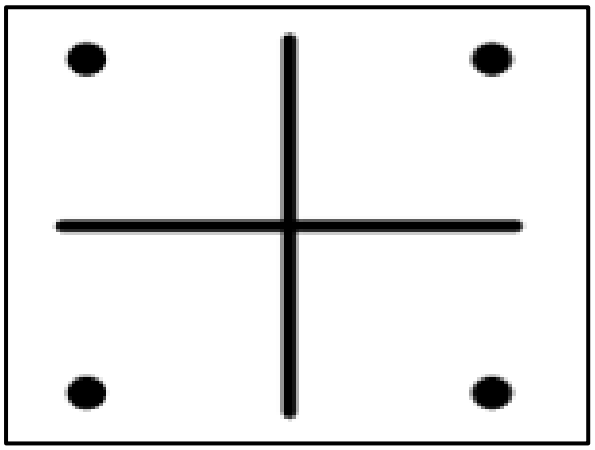
Connection and Wisdom labyrinths 21

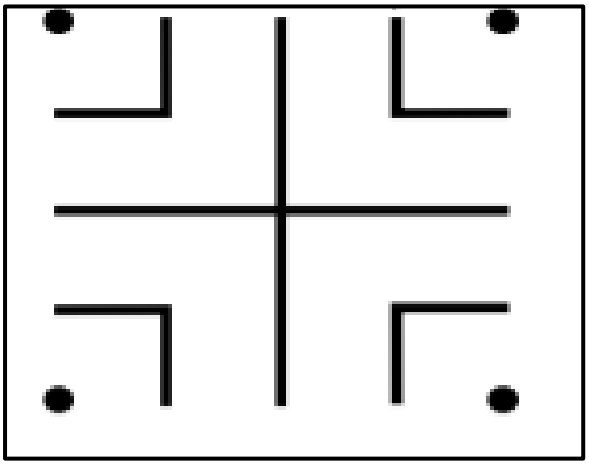
Seed patterns for labyrinths of Feelings and Energy 22

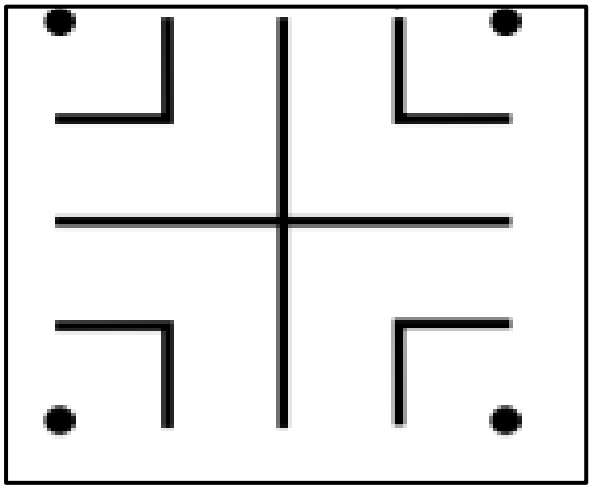
Feelings and Energy labyrinths 23

Top: 3 circuit classical seed patterns

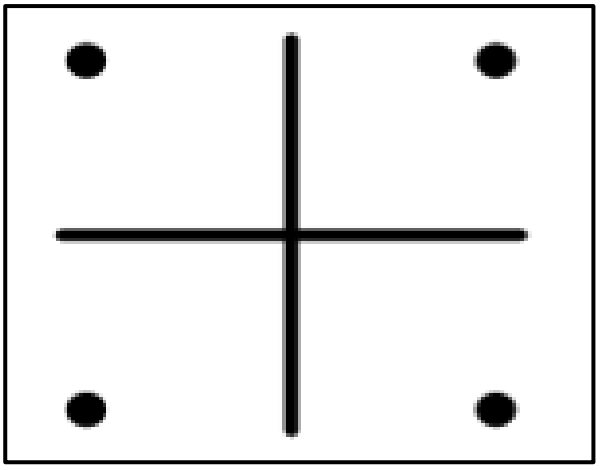


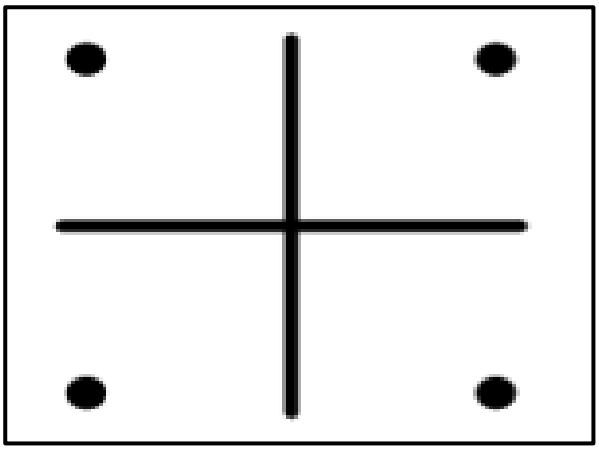


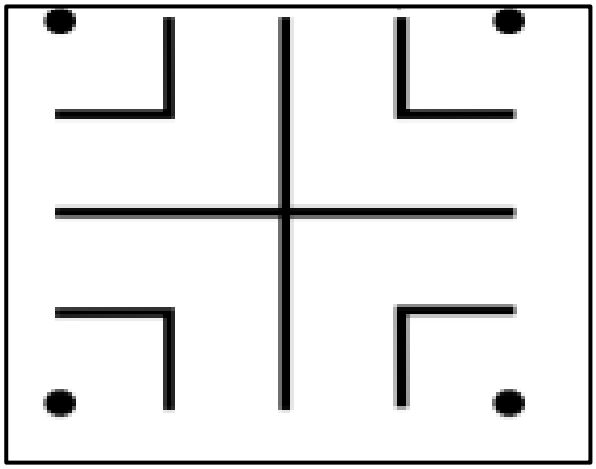


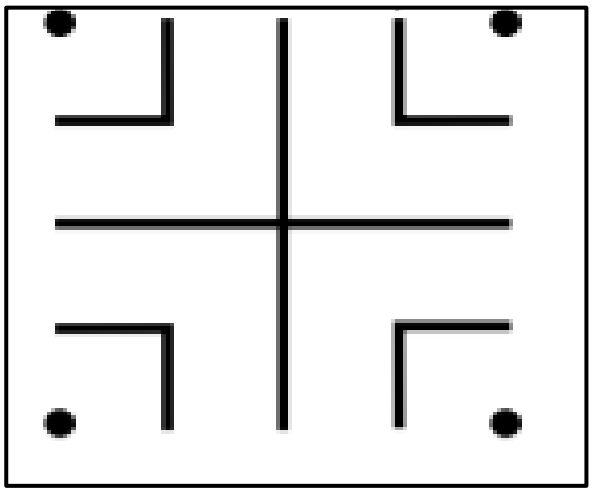


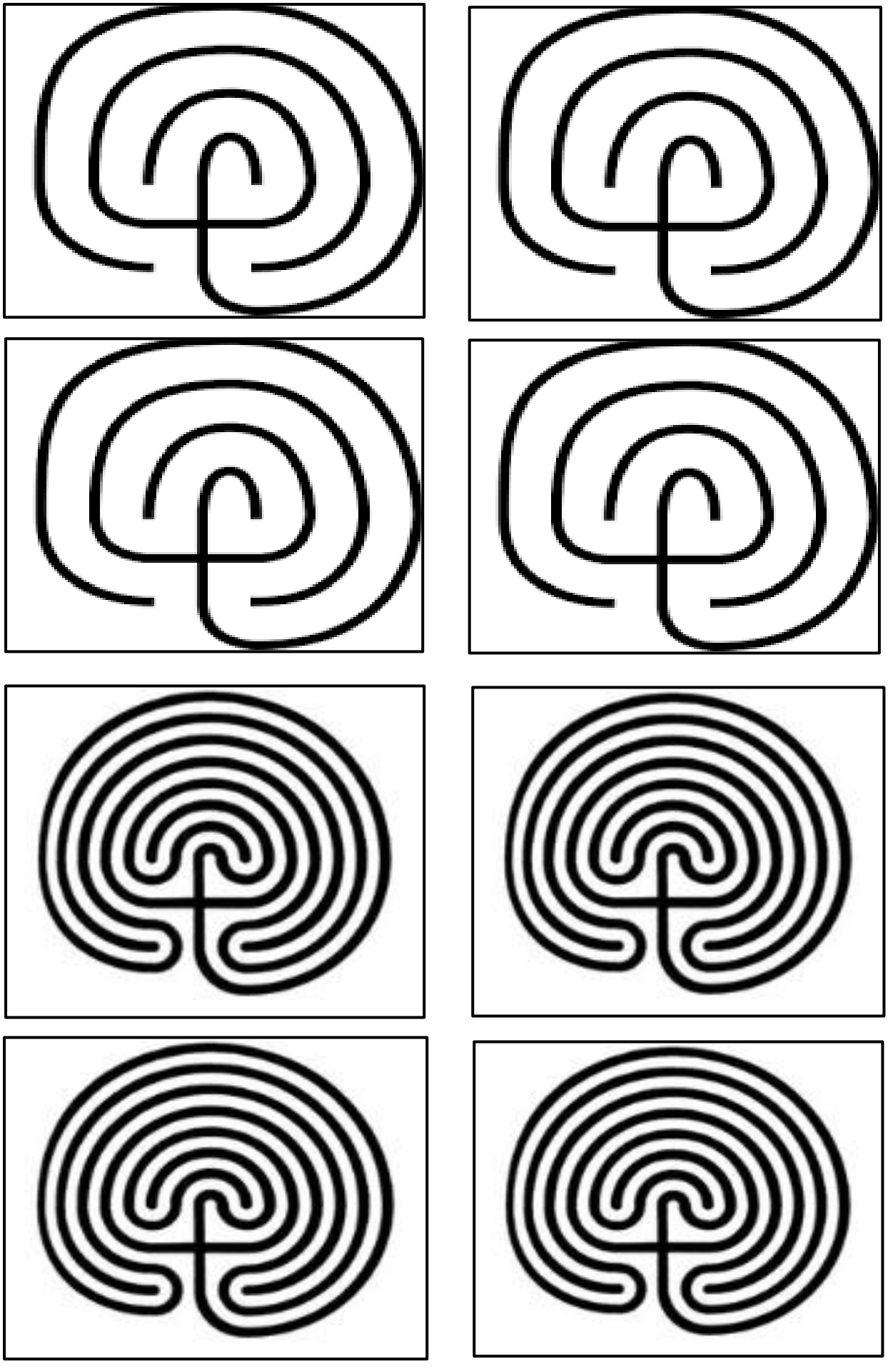
Bottom: 7 circuit classical seed patterns





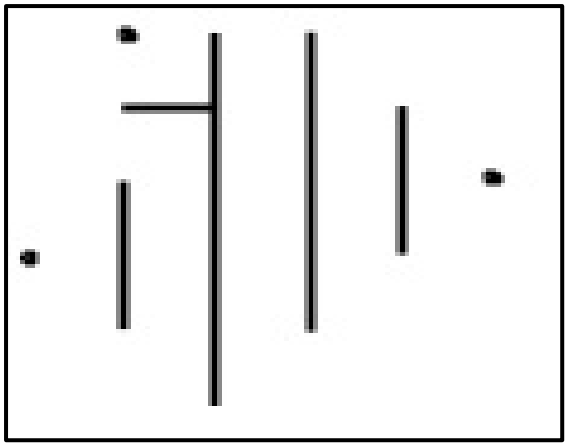
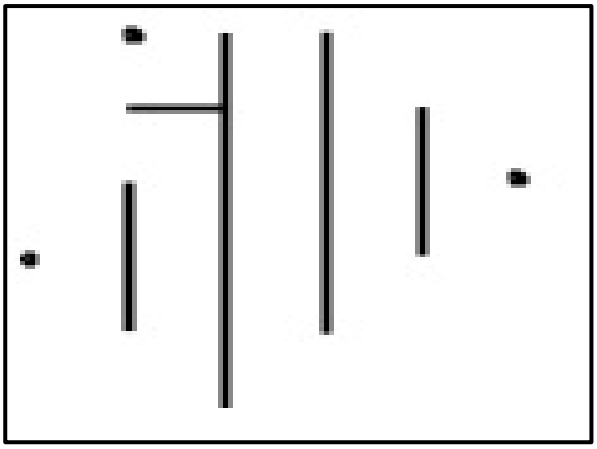
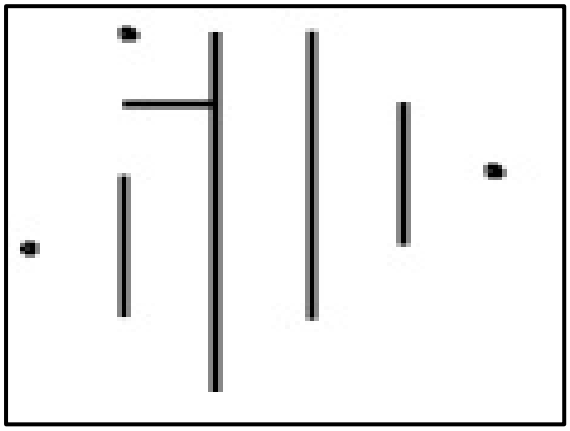
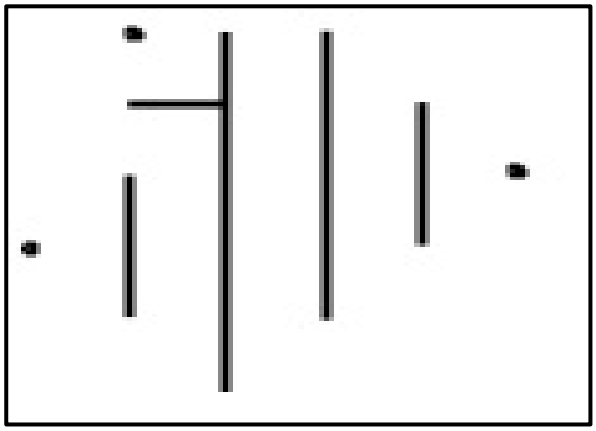
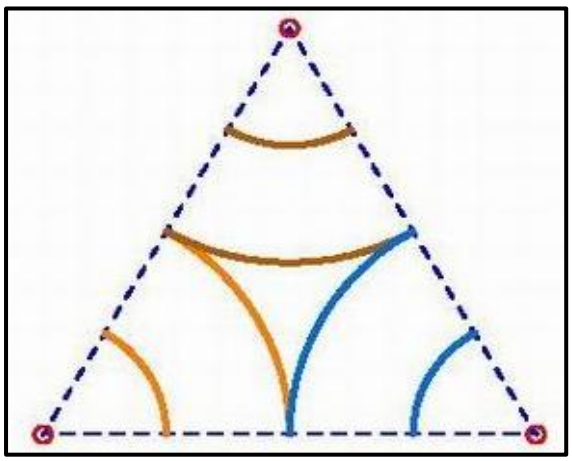
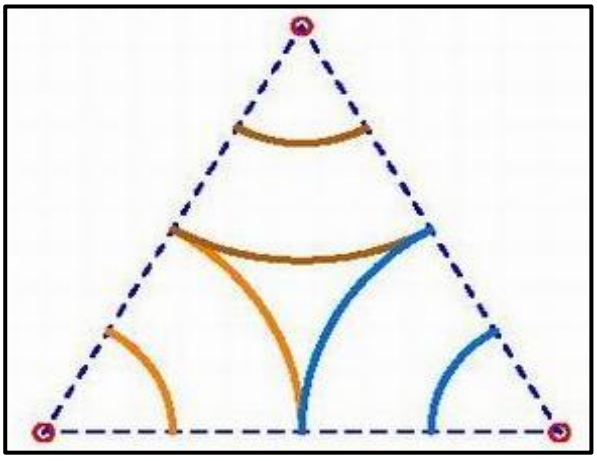
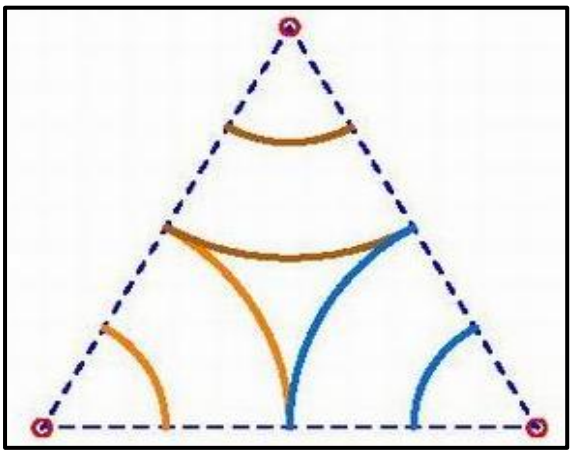
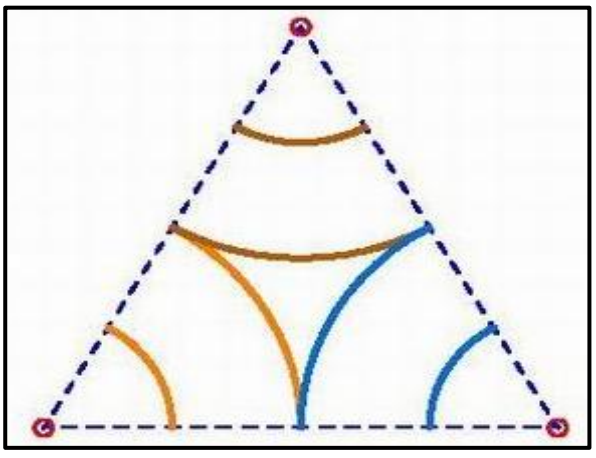






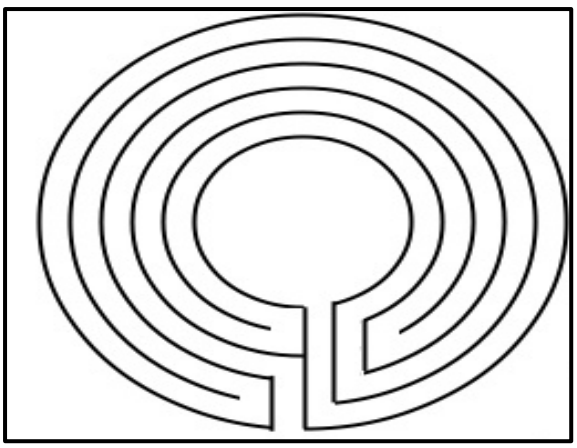
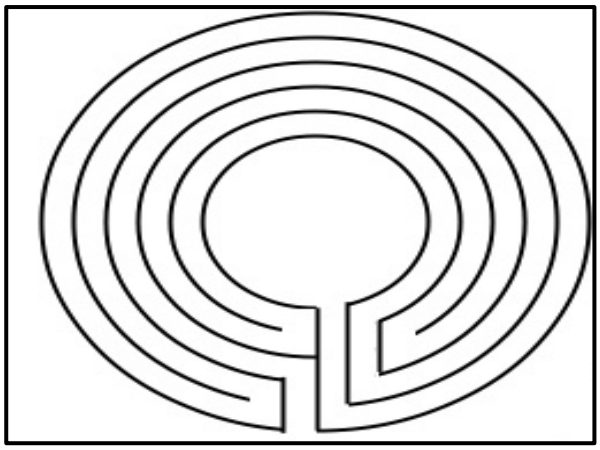
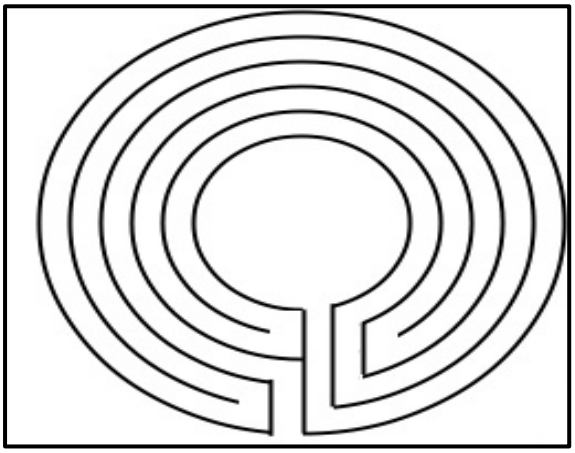
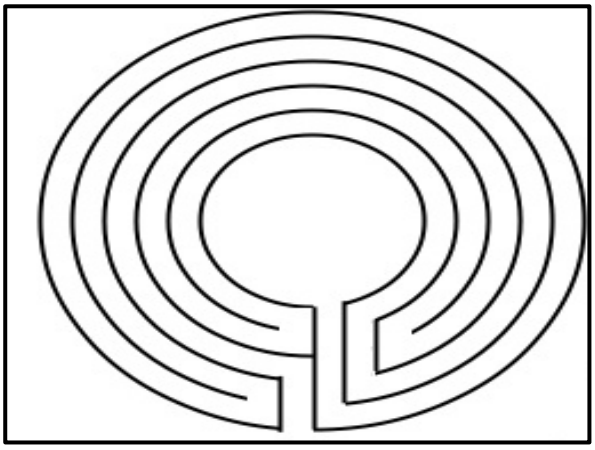
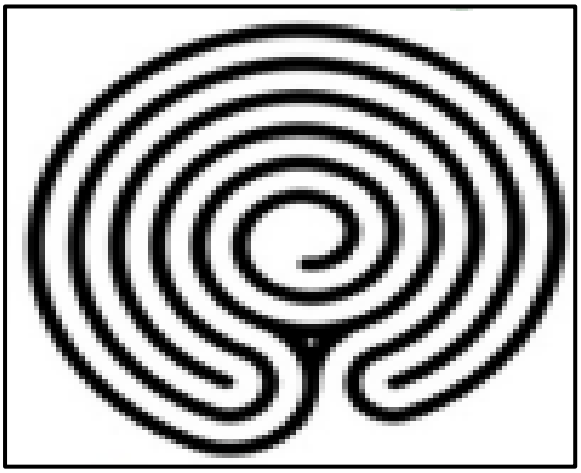
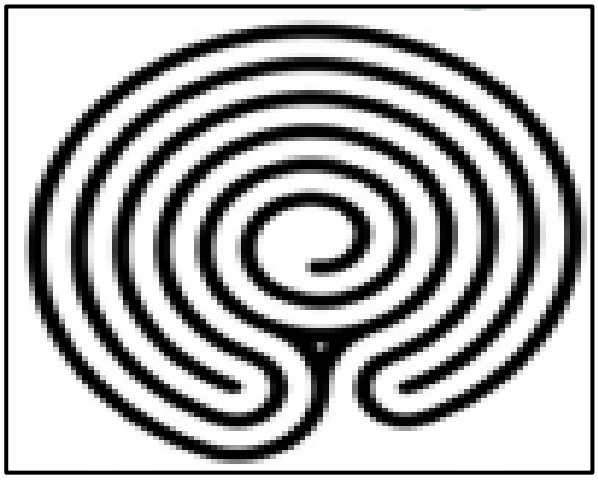
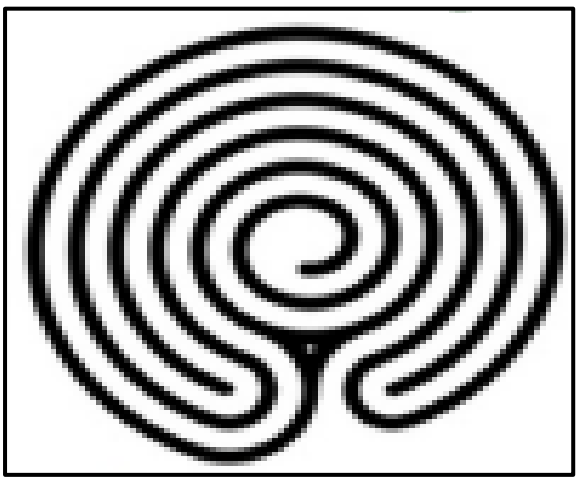
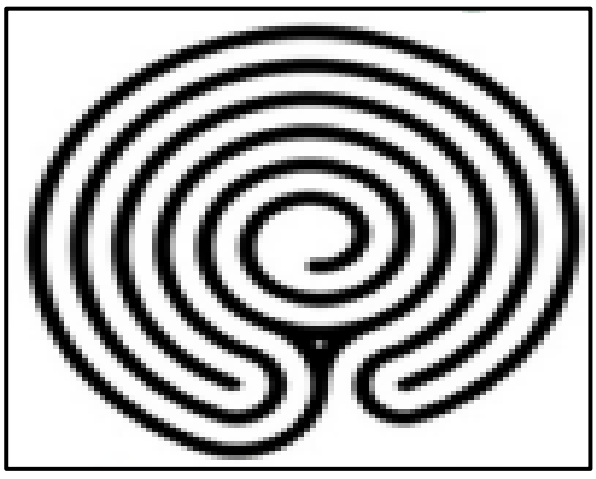
Top: 3 circuit classical labyrinths

Bottom: 7 circuit classical labyrinths

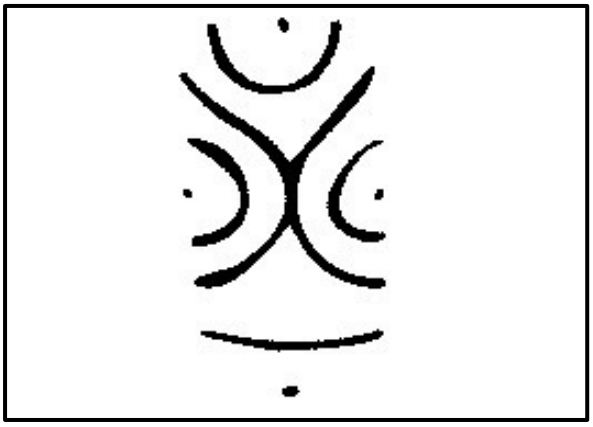
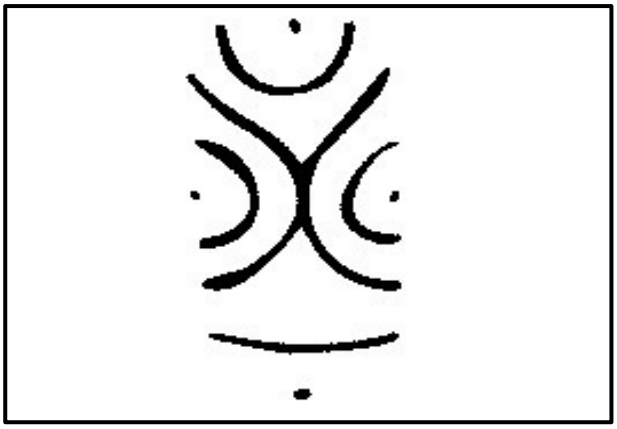
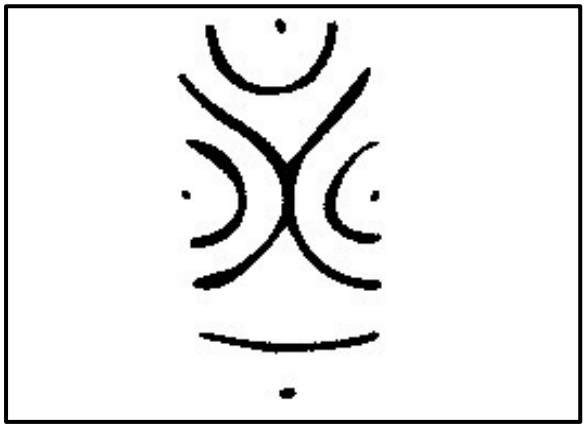
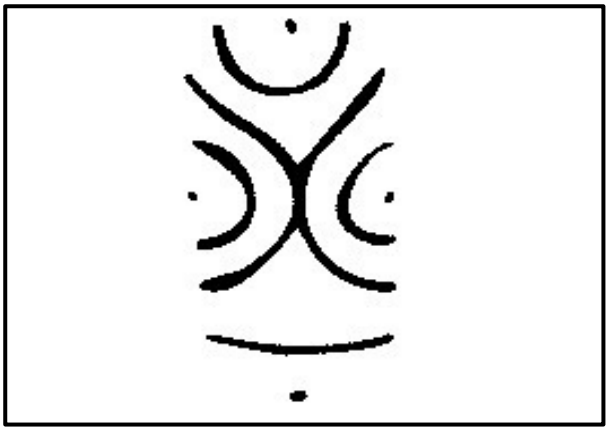
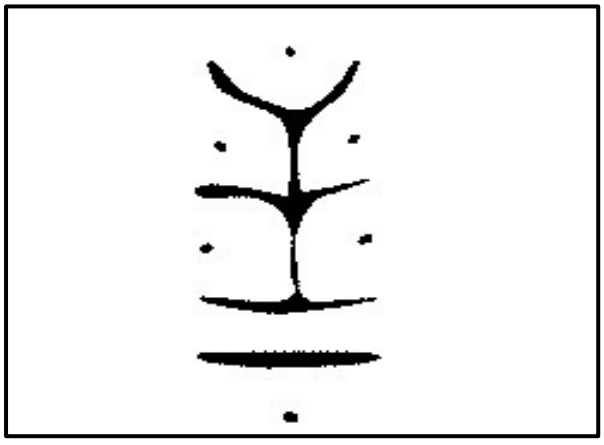
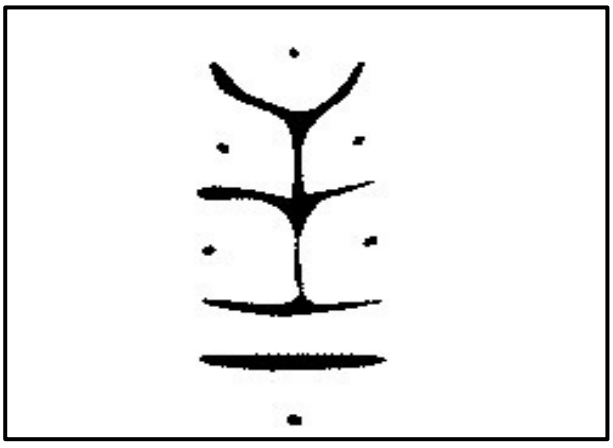
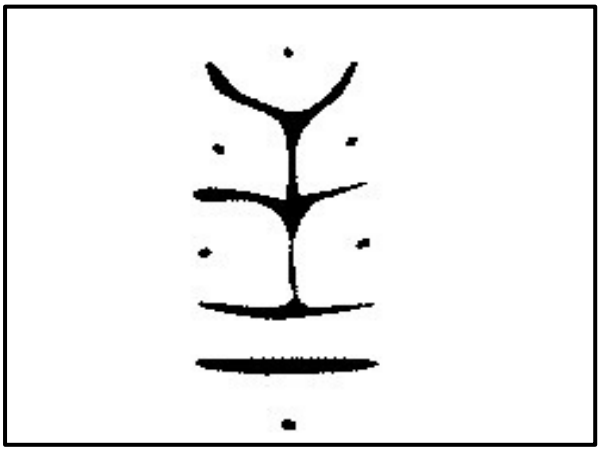
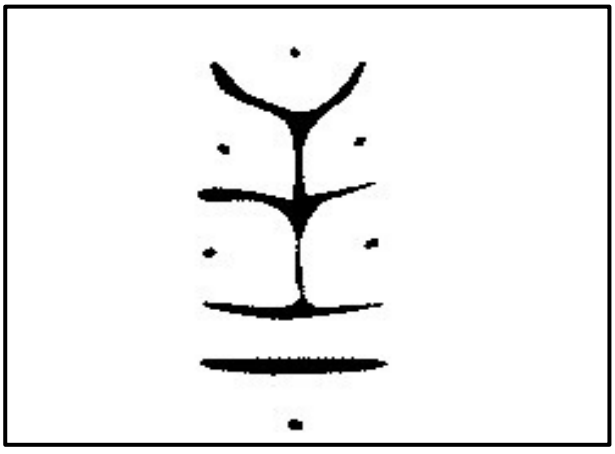
Top: Concentric Circle Seed Patterns

Bottom: Chakra Vyuha Seed Patterns

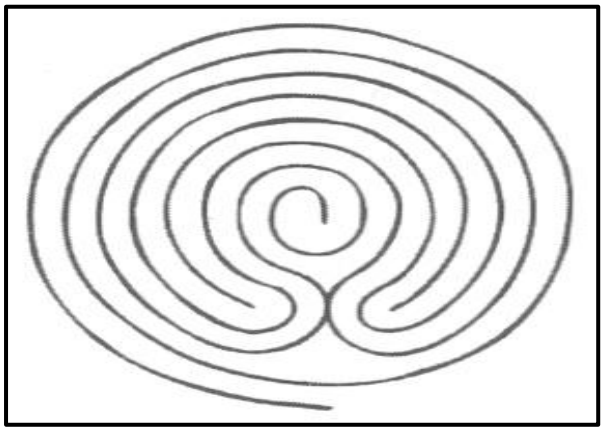
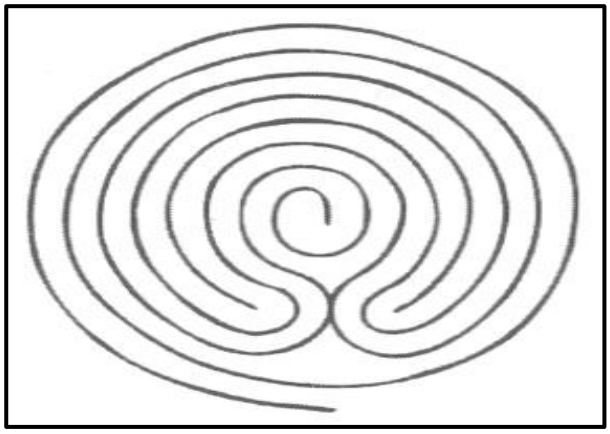
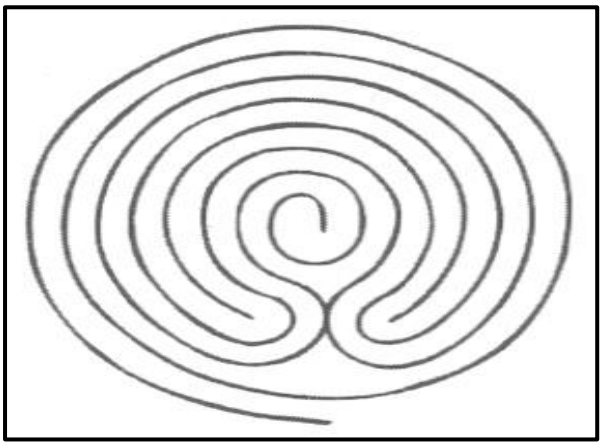
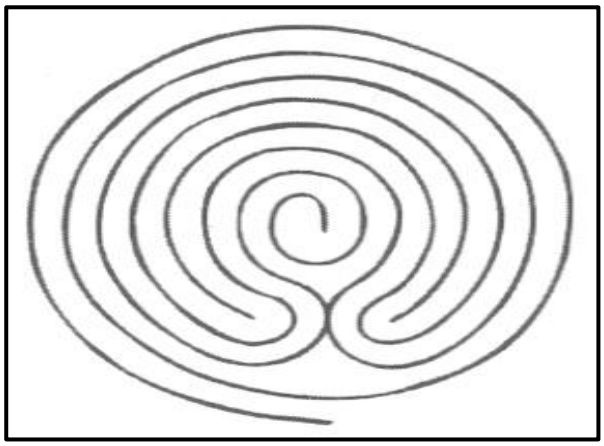
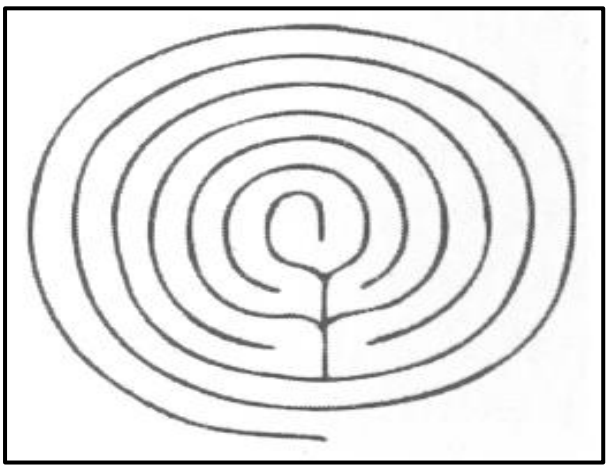
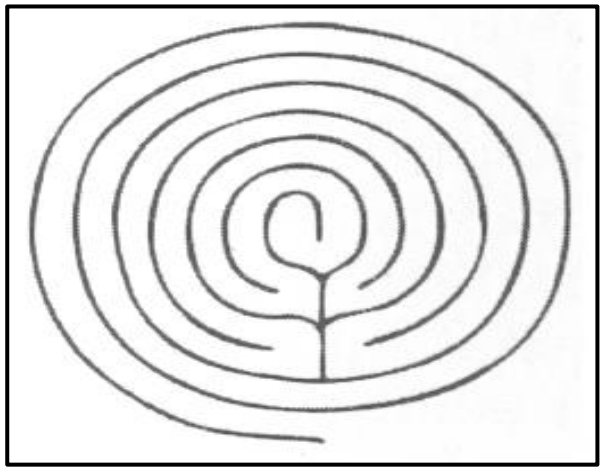
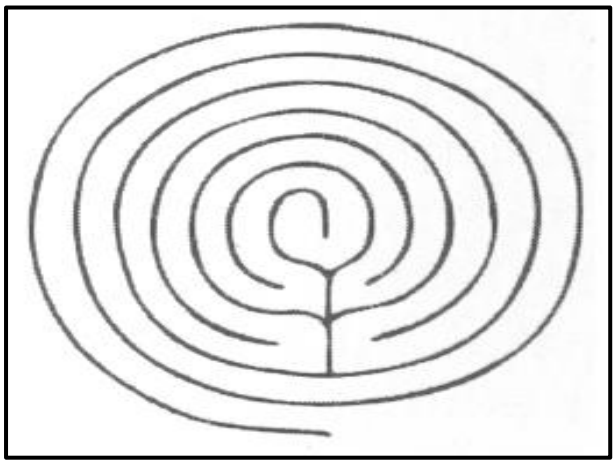
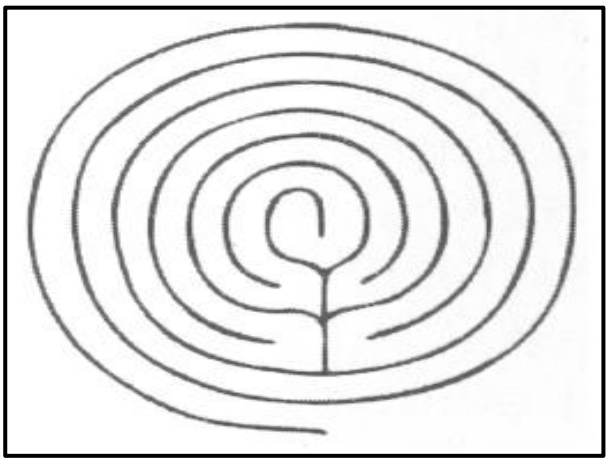
Top: Concentric Circles Labyrinths

Bottom: Chakra Vyuha Labyrinths

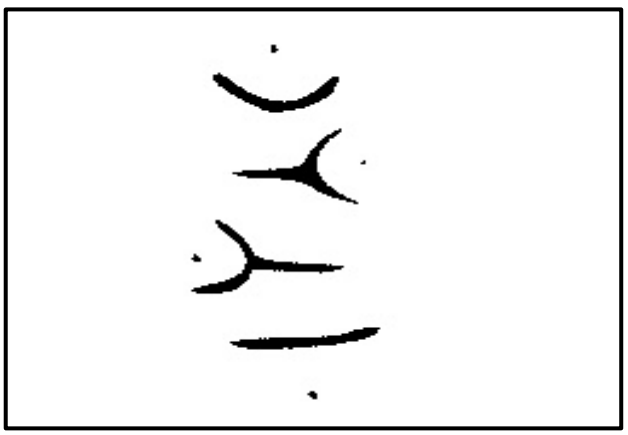
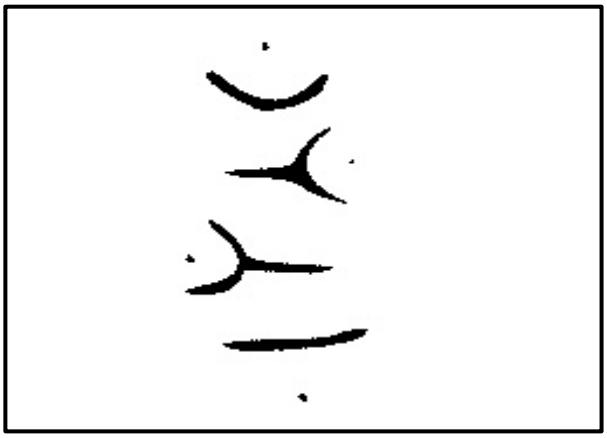
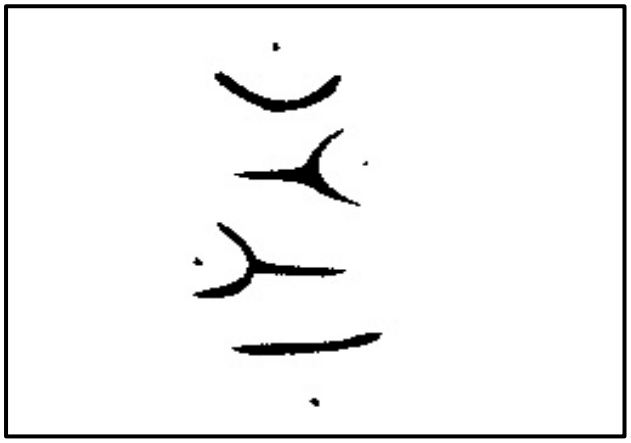
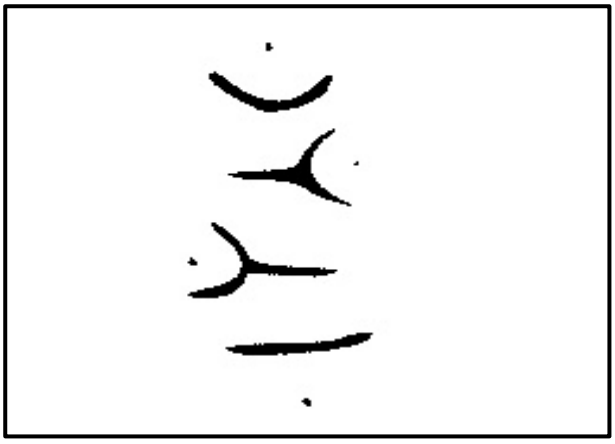
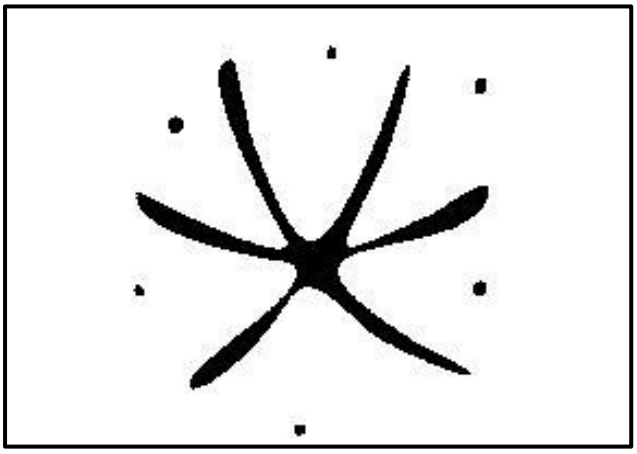
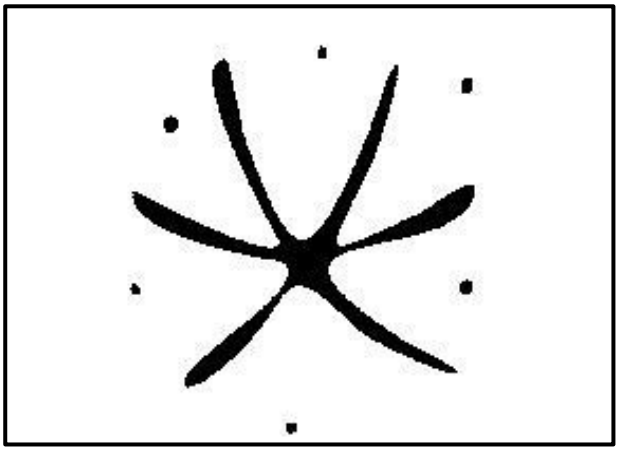
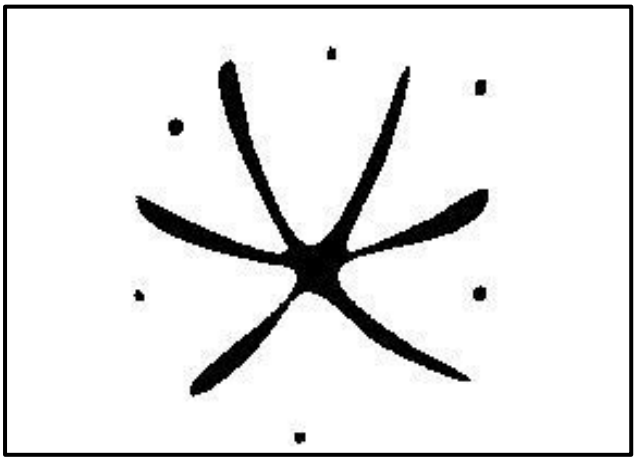
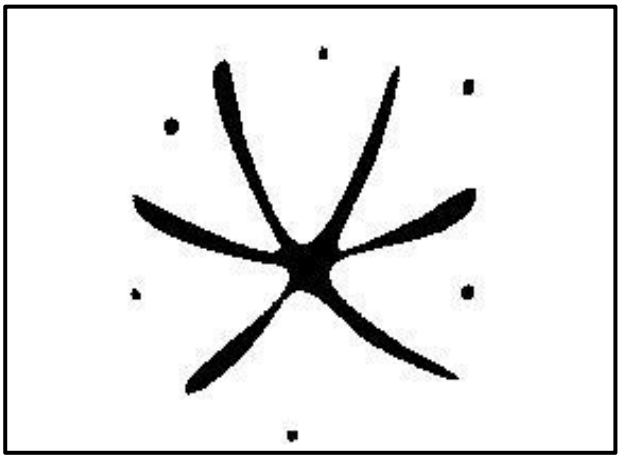
Top: Labyrinth of Connection Seed Patterns

Bottom: Labyrinth of Wisdom Seed Patterns

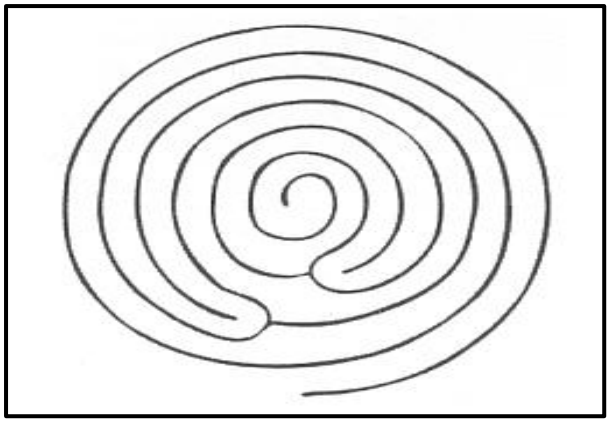
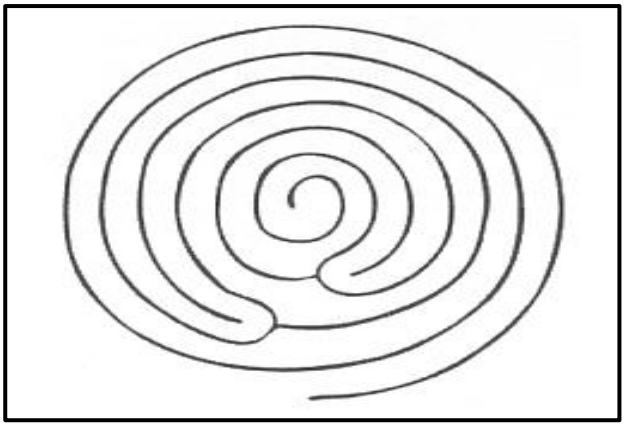
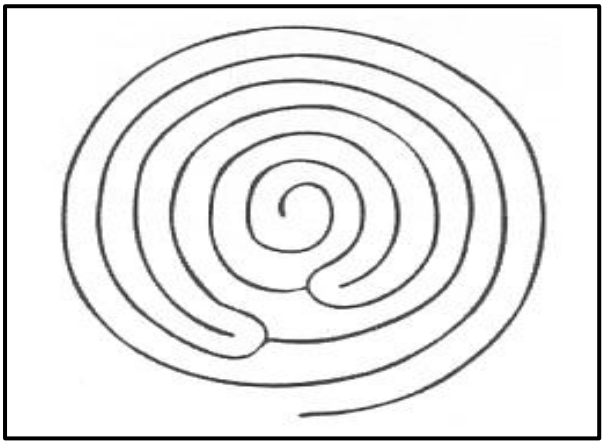
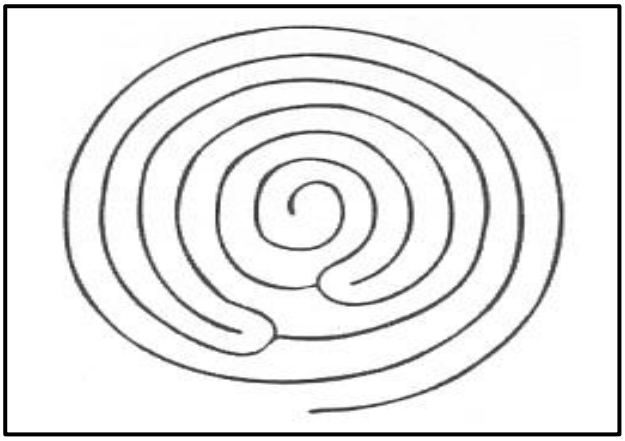
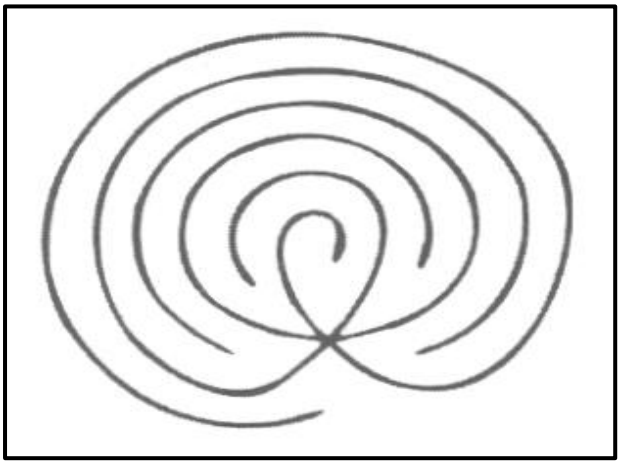
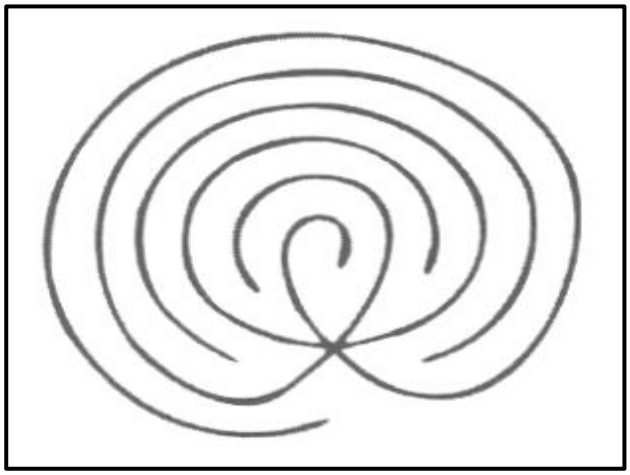
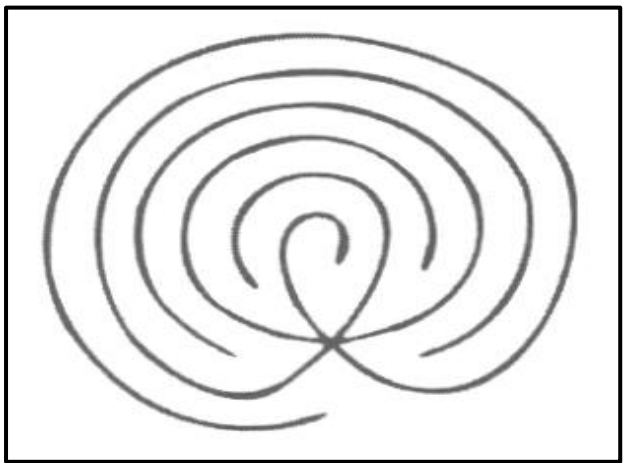
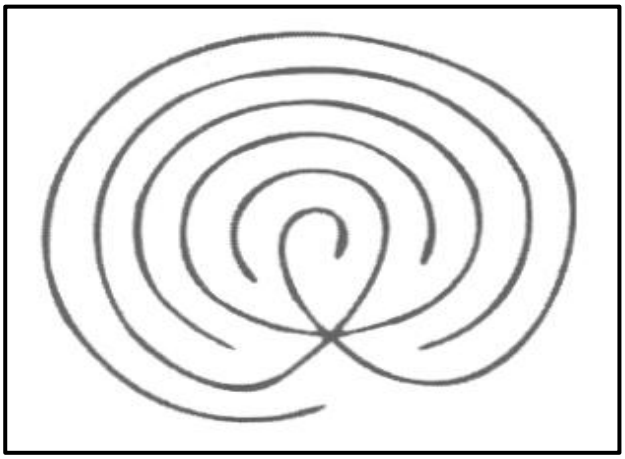
Top: Labyrinths of Connection

Bottom: Labyrinths of Wisdom

Top: Labyrinth of Feelings Seed Patterns

Bottom: Labyrinth of Energy Seed Patterns

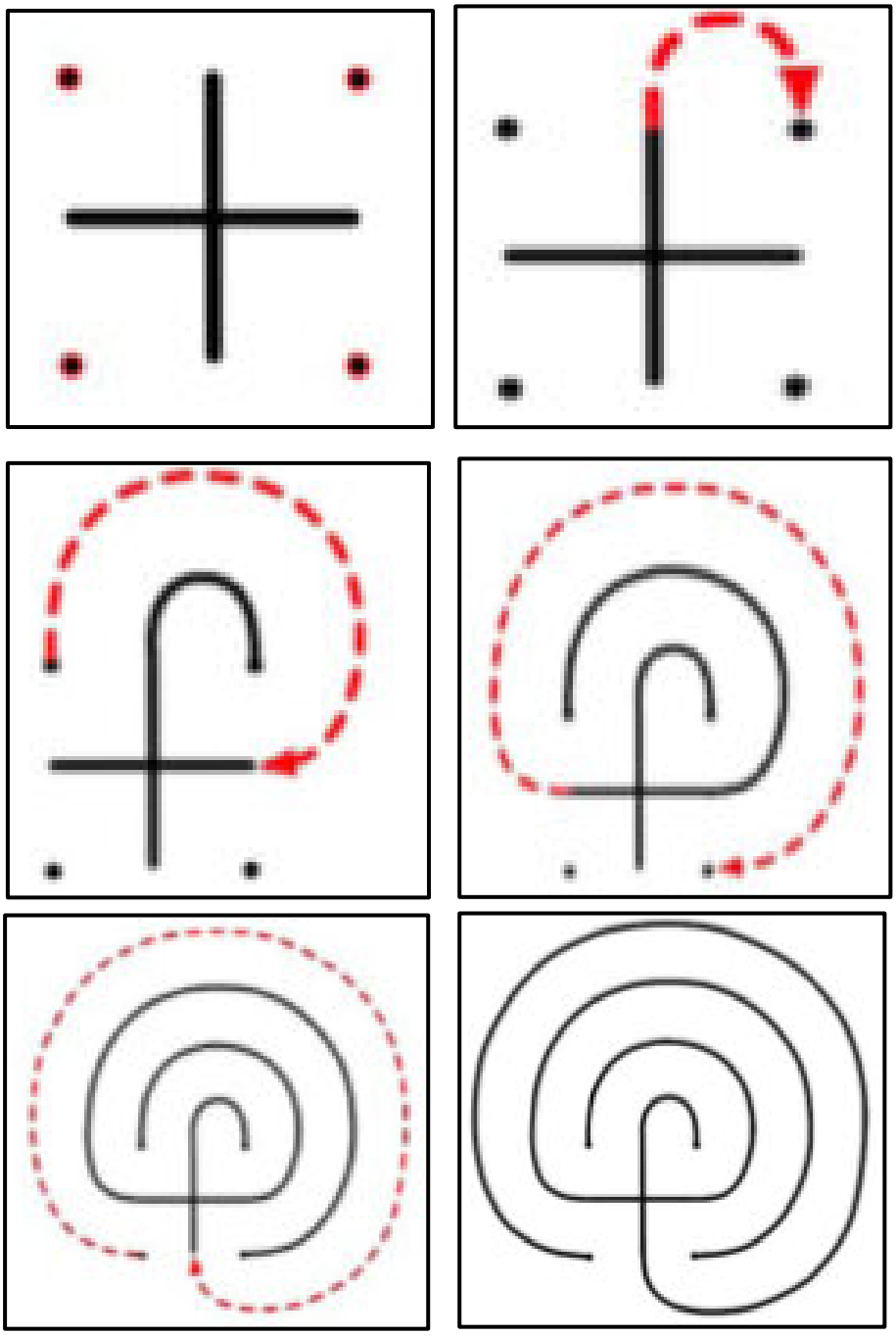
Top: Labyrinths of Feelings

Bottom: Labyrinths of Energy

APPENDIX 2: Seed Pattern Sequences

3 circuit Classical	25
5 circuit Classical	26
7 circuit Classical	27
Concentric Circles Classical	28
Chakra Vyuha	29
Lollipop (freeform)	30
Labyrinth of Energy	31
Labyrinth of Connection	31
Labyrinth of Feelings	32
Labyrinth of Wisdom	32

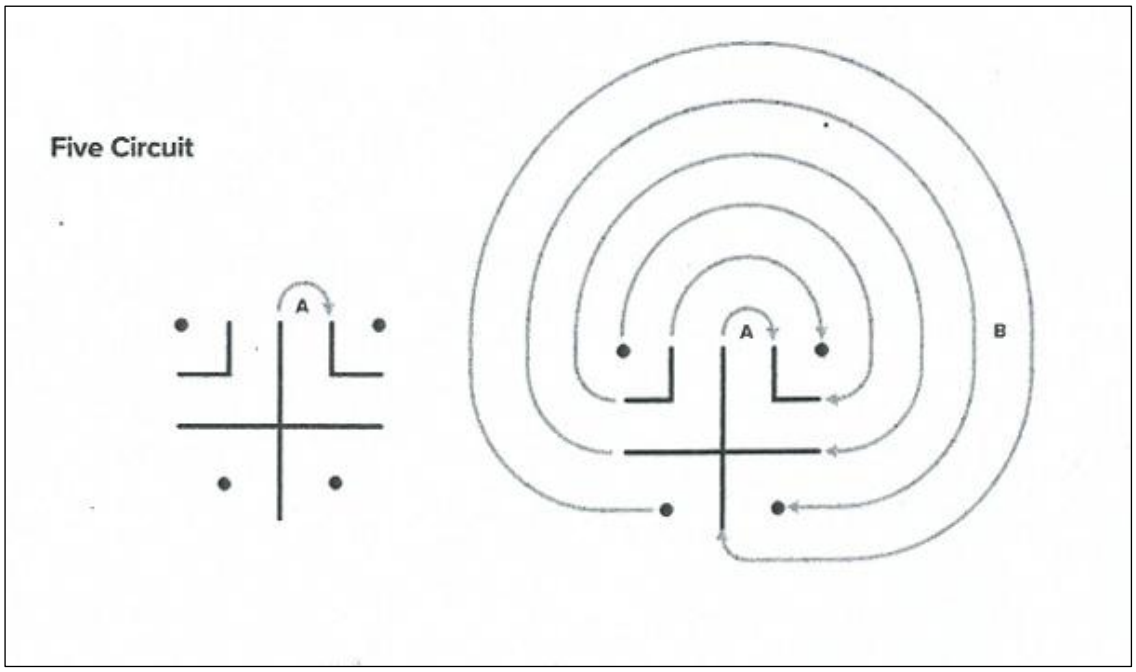
Sequence: 3 Circuit Classical Labyrinth



Print sheet. Laminate (optional). Cut and separate the 6 boxes. Shuffle. Reassemble in sequence.

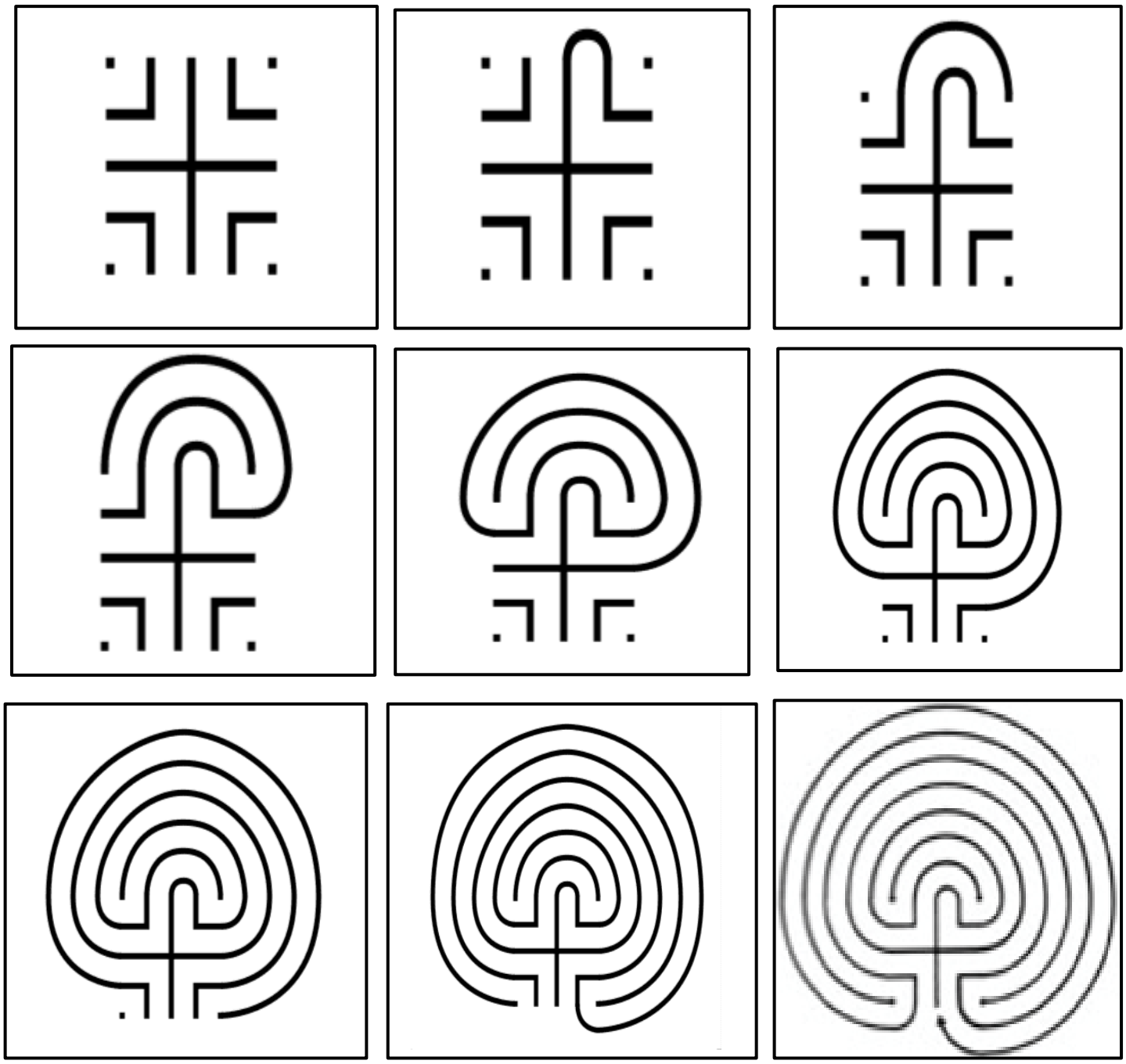
Source: https://labyrinthsociety.org/make-a-labyrinth/

Sequence: 5 circuit Classical Labyrinth



Source: Active Sage Useful links page, scroll down to PDF downloads https://activesage.co.nz/links.html

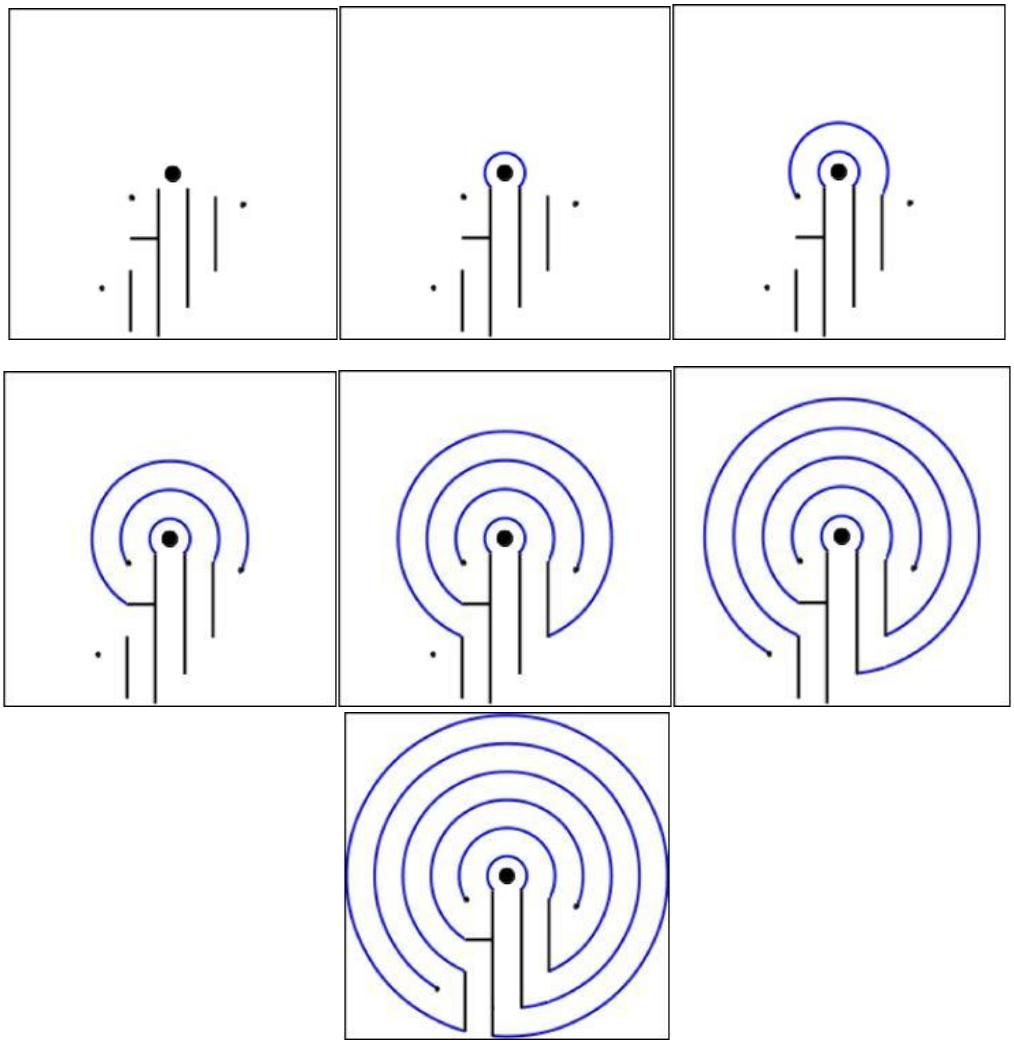
Sequence: 7 Circuit Classical Labyrinth



Print sheet. Laminate (optional). Cut and separate the 9 boxes. Shuffle. Reassemble in sequence.

Source: https://www.doyoumaze.com/blog/2019/how-to-draw-a-classical-labyrinth with adaptation

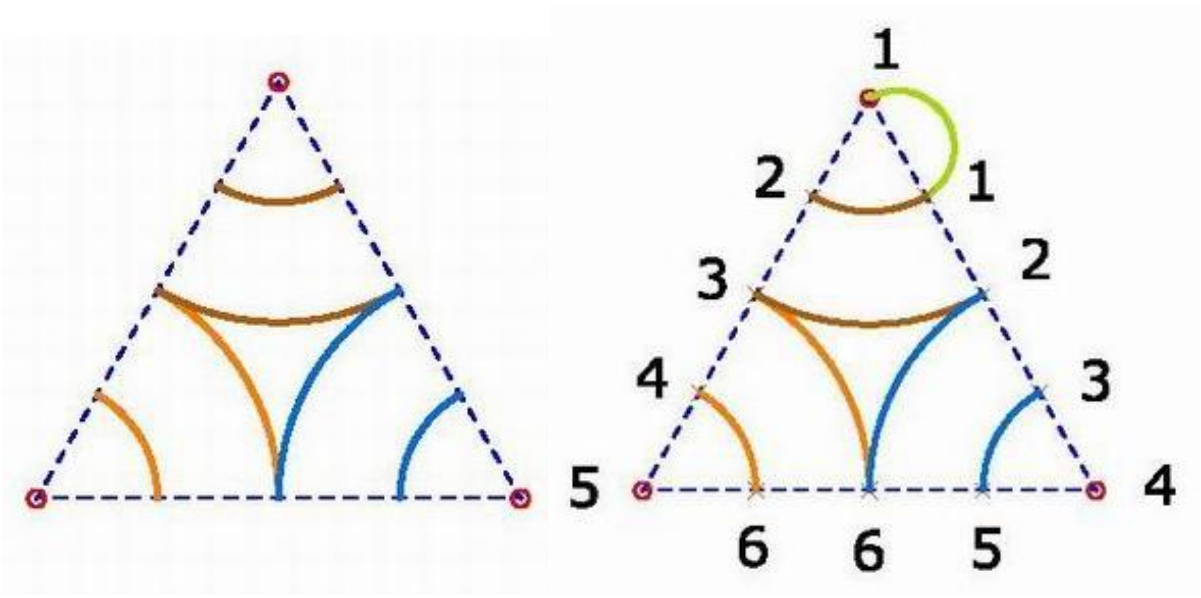
Sequence: Concentric Circles Classical Labyrinth

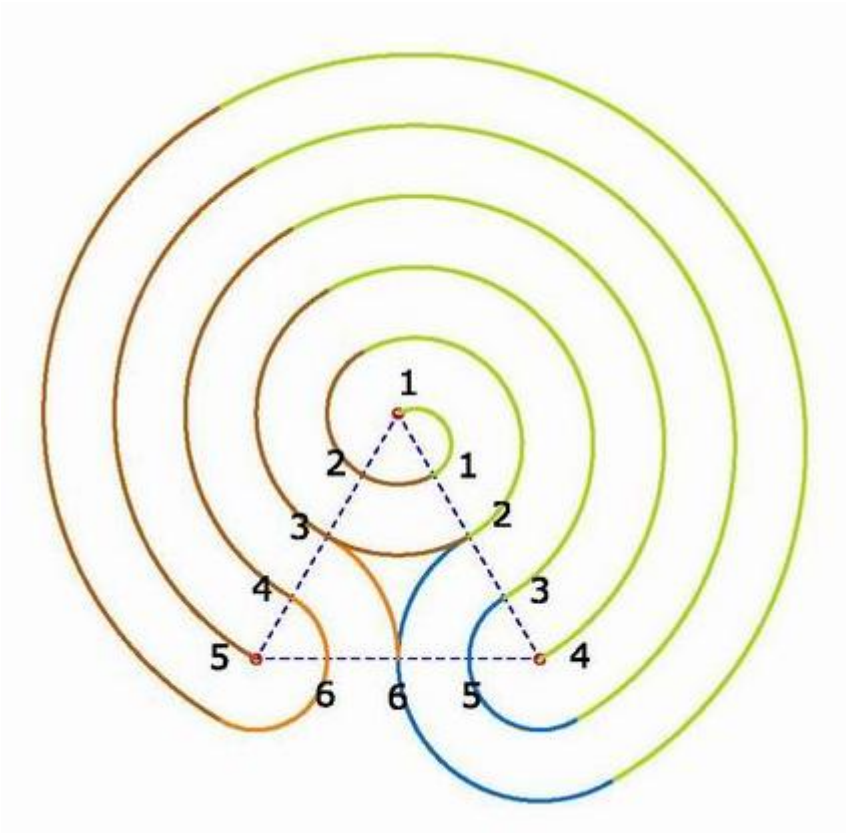


Print sheet. Laminate (optional). Cut and separate the 5 boxes. Shuffle. Reassemble in sequence.

Source: https://www.labyrinth-muster.ch/Themen/kscompl_e.html#

Sequence: Chakra Vyuha Labyrinth

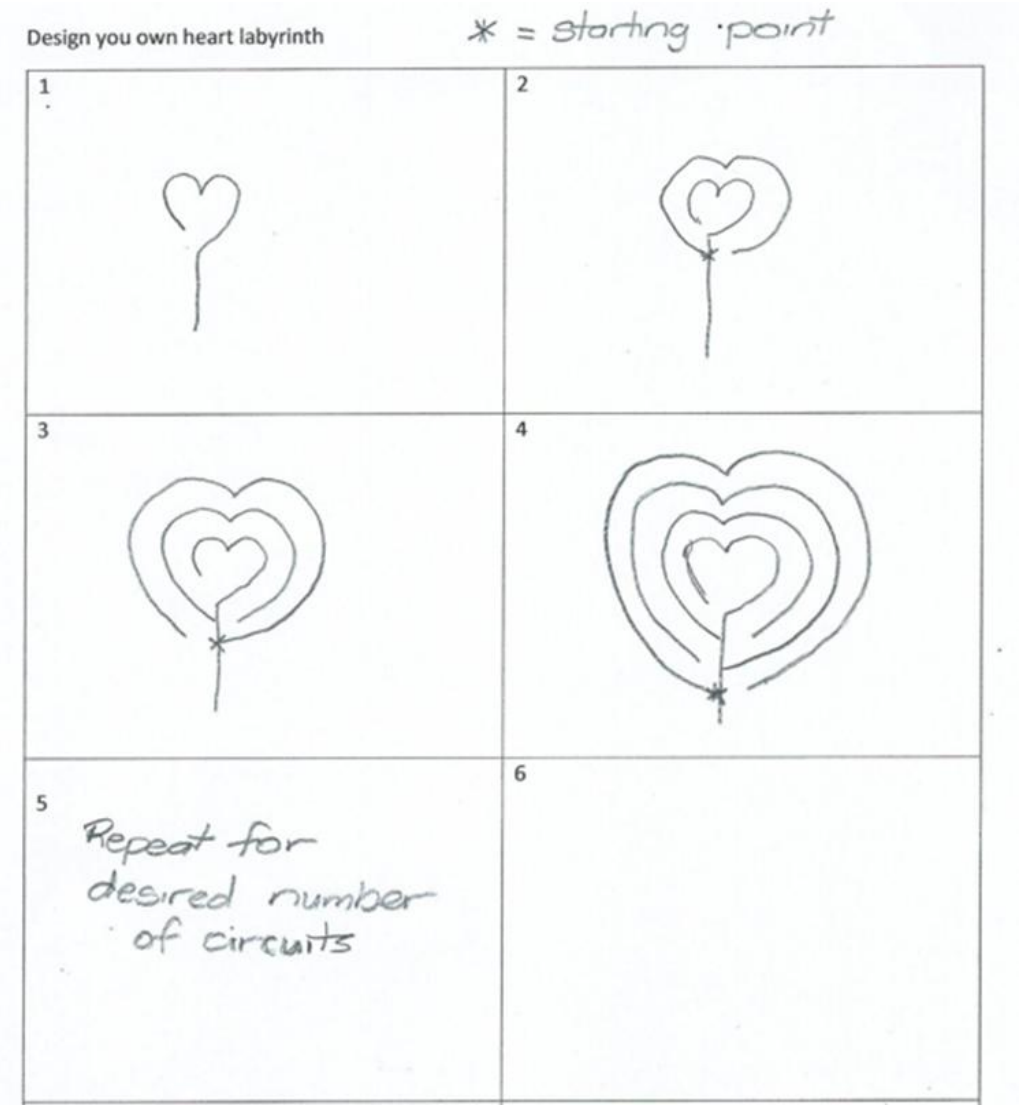




Source: https://blogmymaze.wordpress.com/2009/07/19/the-indian-labyrinth-chakra-vyuha/

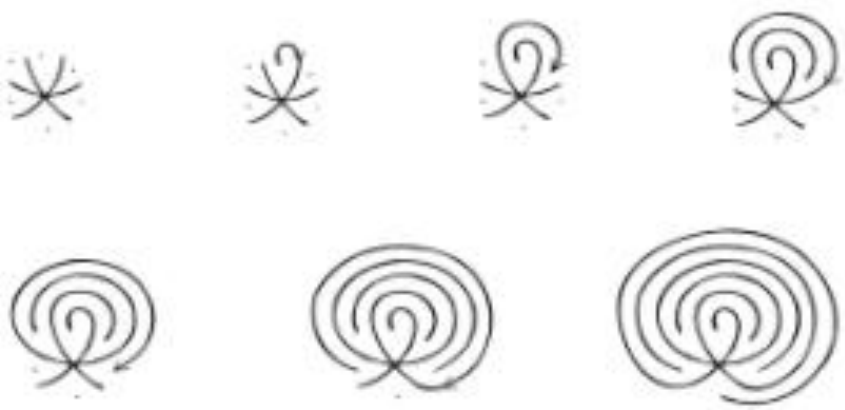
Sequence: Lollipop Labyrinth -

adapt for any freeform shape

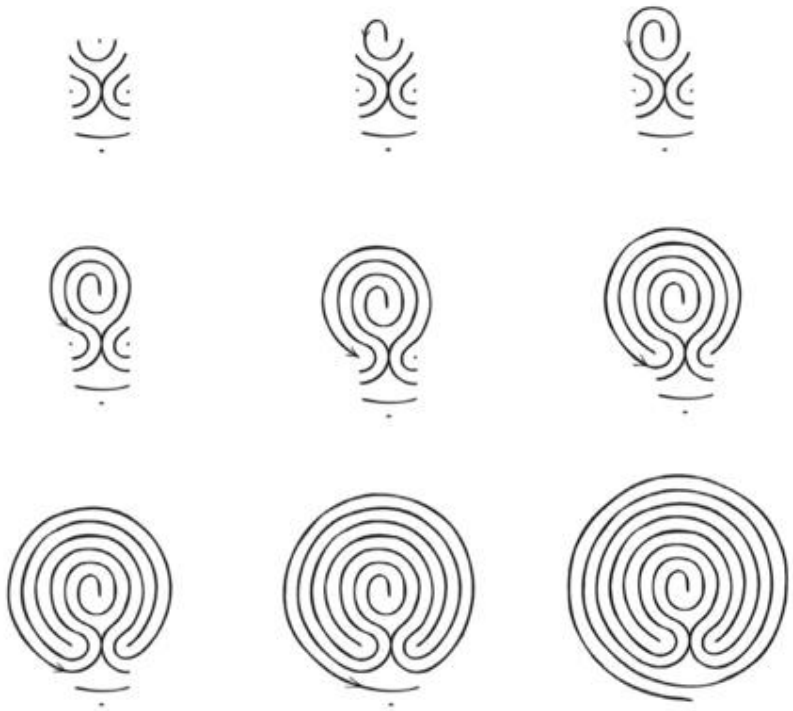


Source: Ange Virgona

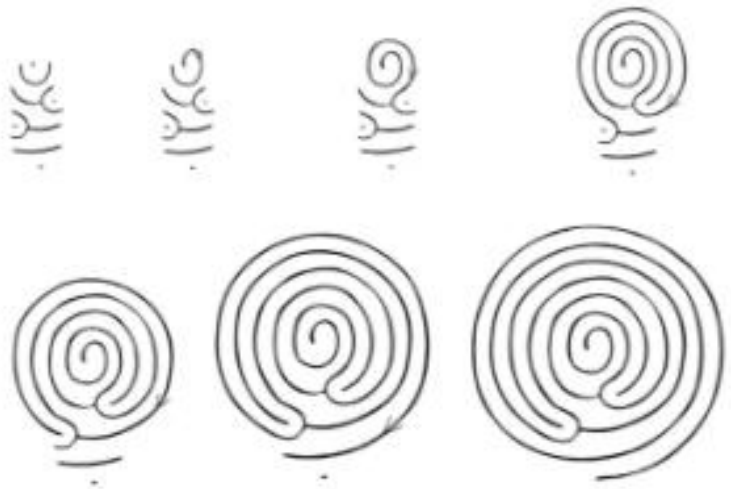
Sequence: Labyrinth of Energy



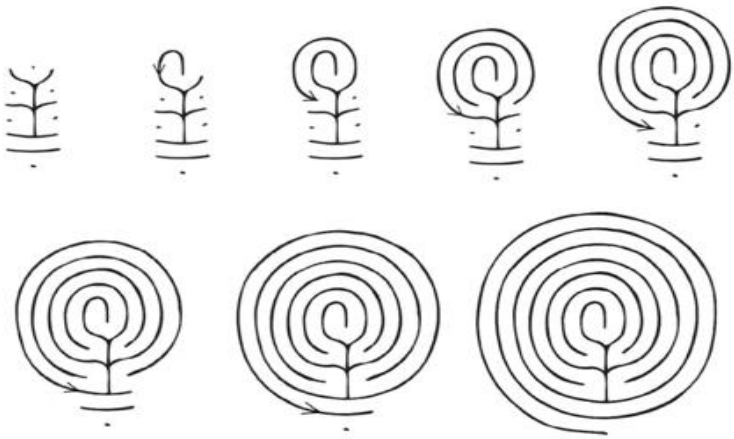
Sequence: Labyrinth of Connection



Sequence: Labyrinth of Feelings



Sequence: Labyrinth of Wisdom



Creator & Author for Labyrinths of Energy, Connection, Feelings and Wisdom:

Adrian Kezele, *Labyrinths and their Secrets* https://www.amazon.com.au/Labyrinths-Their-Secrets-redirecting-environment-ebook/dp/B00NO3IL6A

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