



# Let's get started...

It's so nice that you have found  
your way here!



This book is an:  
**Invitation to a special journey!**

What do you need to bring along on your trip? Well, you'll need patience, courage and self-confidence for your journey along twisting paths. You will take detours, you will need time, and you will have to move forward without exactly knowing where the path leads. However, the destination of the journey will be your ultimate reward.

Do you want to learn more about getting lost? About the millennia-old fascination with wandering around? Do you fancy a confusing, charming journey through the world of labyrinths and mazes? Are you curious about places and puzzles that are complex, but also amazingly insightful? Or about winding paths on which you can lose yourself, but also find yourself?



# Making detours, wasting time

Labyrinthine routes are generally not so scary to most people. And detours are usually taken by the ones in a hurry to reach their target in the most direct way possible. People say they never want to 'lose' precious time or be late to an appointment.

## But can you really 'lose' time?

You may be in a hurry, but if you discover something beautiful before you reach your destination, you surely **haven't lost that time**. And you only arrive **'too late'** if you absolutely want to be in a certain place at a certain time (or have to be, – and, admittedly, sometimes you actually have to be).

## Detours, though, are a really great thing.

We far too rarely hear things like:

- \* Feel free to come to school later today!
- \* Please go more slowly and dally about!
- \* Take a detour on your way home.

### MIND TRIP



When we have to take a detour, we often get angry. But instead of getting mad over what seems to be a waste of time, we would be better off concentrating on what we see, get to know, come across and learn on our detours. We might even discover a new goal for our lives – one we'd never have seen when taking a direct course.

'What is the direct course?  
The detour.'

C.G. Jung





# Spirals and labyrinths



**Spirals and labyrinths**  
have a lot in common:

- ✧ They both go in one direction.
- ✧ They both have a goal, which lies deep within them.
- ✧ And for both of them, this goal can only be reached in a twisted and roundabout way.

The two are so similar, you would think that if spirals did not exist, then labyrinths would never have been invented.





## MIND TRIP



Like the spiral, the labyrinth is also a symbol. Its winding paths, with their constant toing and froing and coming and going, represent life and the path in life we have to take, as well as the tasks and challenges we have to face.

And yet, there are very interesting differences between them:

- ✦ A **spiral** always heads in the same direction as you are circling your goal. When you get to the center, you may start to feel dizzy because you have been moving non-stop, round-and-round in the same direction. The path towards the center, in fact, becomes more and more narrow. There is no space for you to easily turn around and find a way back.
- ✦ There's a big difference when it comes to a **labyrinth!** You'll never get dizzy here because the route in a labyrinth constantly changes its direction. At first, it leads directly to the center. You may think you're arriving at your goal, when the path suddenly takes a big turn. Things then continue that way – sometimes you are very close, sometimes far off the mark. After this emotional roller coaster, you're finally rewarded when you reach the goal. Here you can take a breather, look about, turn around and comfortably make your way out.





# The labyrinth of the pharaoh

Can you picture a detour so long and confusing that you lose your direction just by looking at it? Does it even make you go insane? Such a labyrinth is said to have existed in ancient Egypt: the mortuary temple of Pharaoh Amenemhet III.

## MIND TRIP



The very idea of getting lost in Amenemhet's dark corridors put off most looters. However, this elaborate security plan didn't work out forever. Archaeologists discovered that the pharaoh's burial chamber had indeed been plundered at some point.

The ancient Greeks acknowledged this labyrinth as a wonder of the world. There was nothing quite like it anywhere else!

The building consisted of 12 palaces with a total of 3,000 rooms and halls, countless columns, interwoven corridors, courtyards and even more pillared hallways. Gods were worshiped in the rooms above ground and in the rooms below ground were crocodiles! Anyone who managed to walk through all of that would arrive at the Amenemhet's great pyramid.

But why was this masterpiece of madness built? Well, the reason is clear. It was to protect the dead pharaoh and his pyramid. Anyone, who entered the building and did not know the labyrinth's plan would go astray and get hopelessly lost. It was a clever way to fend off tomb raiders!

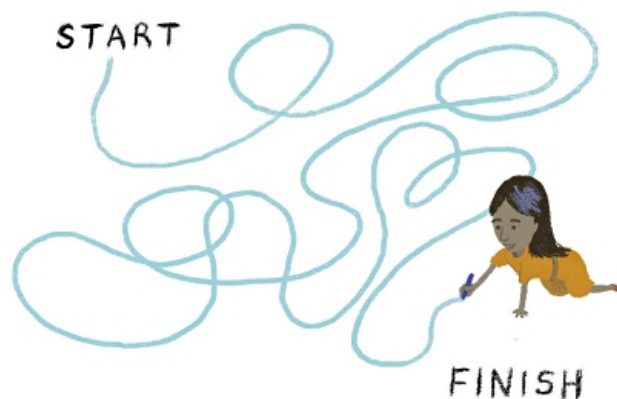
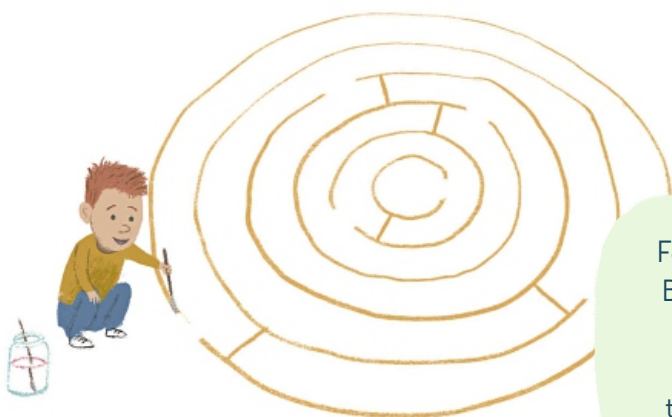




# Tangled paths

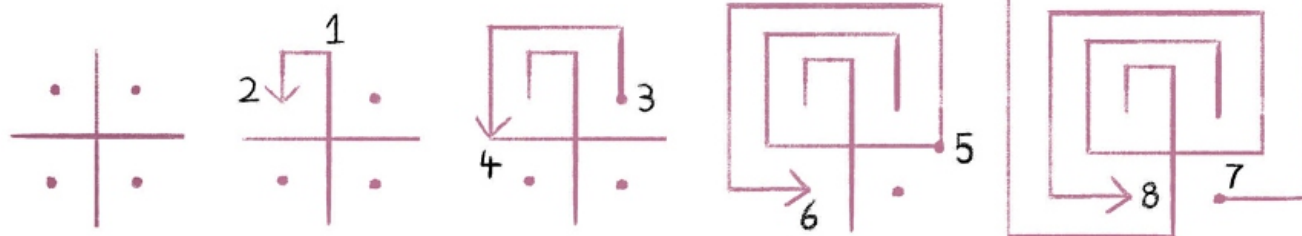
Whether drawn on paper, pressed into the sand or stamped out in the snow, labyrinths serve their purpose. You will find your way to the center no matter what!

Try making your own labyrinths:

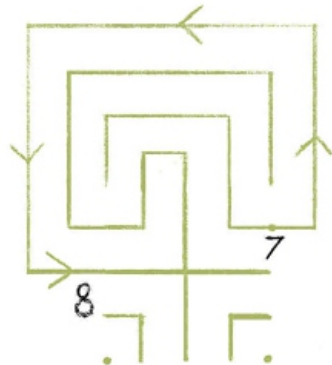
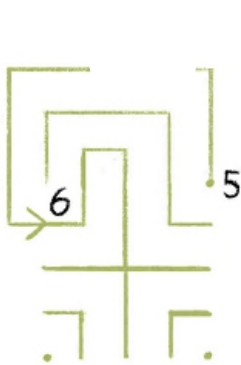
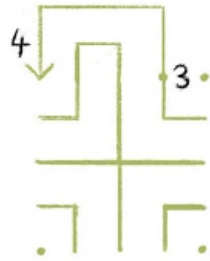
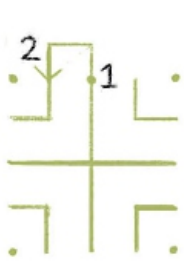


Even a wild scribble can produce the most beautiful labyrinth. Don't forget to mark the beginning with 'Start' and the end with 'Finish'.

For a simple round labyrinth, you will need six circles. Begin with the smallest one and then draw the next, larger-sized circles around each other. Mark an entrance as a starting point and the center as the target. Now, erase a space to create a passage from each of the circles, and in such a way that makes the labyrinth rich in detours...

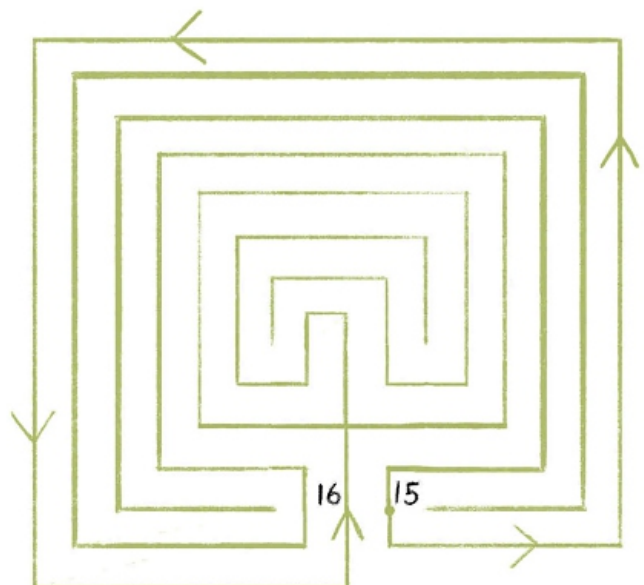
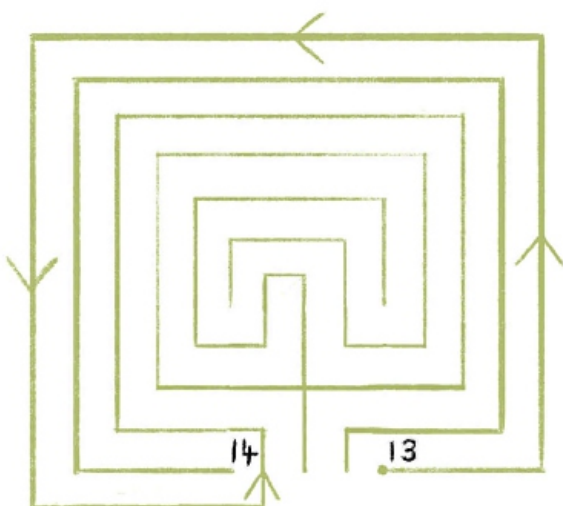
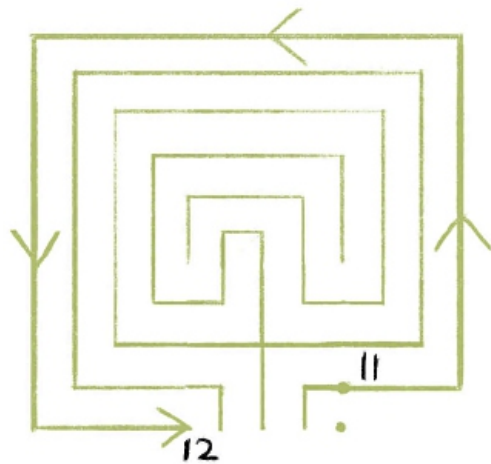
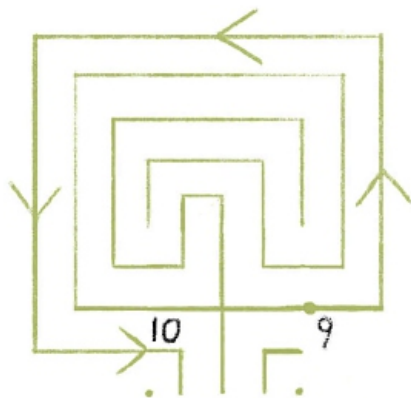


This is how you draw a simple, three-way labyrinth. Begin with a cross and add a dot at each intersection. Then join up the points as illustrated here.



The next labyrinth can be created in a similar way, but with a small change. After drawing the cross, add right-angle corners to each intersection and only then add a dot. Continue as shown.

Try to add more right angles to get more detours.





# Going crazy on crazy paths...



You need staying power and, above all, patience to get through a labyrinth. You will not miss out on your goal because there is only one way to the center. Going into a maze, however, is a different story entirely.



If you run your finger through this maze, you will rather quickly and easily make your way out of it. Why is that so? Well, it's quite simple: Because you're looking from above at the winding corridors, pathways, and dead-ends, you can easily see everything that matters. You have the overview. You know exactly where you have come from, where you want to go and which turn-offs you should avoid. But if you enter a maze with your whole body and from ground level, you don't have such a perfect overview. Your eye only makes out a part of the path obscured by walls of hedges and leaves.

You can experience this feeling of getting lost in a maze without leaving your house. First, draw a simple maze on a piece of paper.

Next, cut a hole in the middle of another piece of paper and place the paper above the maze. You can now 'travel' along the maze while looking through the hole. By doing so, you'll experience the disorienting, limited view that you would have on a real walk through a maze.

**If you compare a maze with a labyrinth, you will notice:**

- \* A maze forces you to make decisions at intersections.
- \* In a maze, you have to trust in luck and good fortune to do the right thing.
- \* If you lose your overview in a maze, you lose sight of your goal.
- \* You can maintain your hold of the overview using a great sense of direction and your own imagination.
- \* You are constantly looking for the exit in a maze.
- \* You don't gain much by going through a maze, but you may lose something – first your calm and later your mind!

One thing is quite possible:

**A maze can make you crazy!**







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# Typical maze!

The **entrance** is often the **exit**. This is confusing because the start is also the target. Before you enter the maze, you already have the target before your very eyes. (1)

One **path can fork** and every intersection seems like a new main route. You are the one who has to decide which path to choose. (2)

There is a **central point that** can be designed as an elevated lookout. You can take a breather here and often get an overview. But things may not be so easy as you make your way back and try (sometimes for hours) to find the exit. (3)

There are **changes in direction**. In your confusion, you may not even realize this. Their only purpose in a maze is to create further confusion, not to gain personal knowledge as in a labyrinth. (4)

Sometimes, there are **small statues** at the intersections, which are meant to help you decide where to go. Is it better to head in the direction where the statue of 'wickedness' is located or where the statue of 'virtue' stands? (The answer, of course, is usually the statue of 'virtue'!) (5)









'The map may be all right enough,' said one of the party, 'if you know whereabouts in it we are now.'

Harris didn't know, and suggested that the best thing to do would be to go back to the entrance, and begin again. For the beginning again part of it there was not much enthusiasm; but with regard to the advisability of going back to the entrance there was complete unanimity, and so they turned, and trailed after Harris again, in the opposite direction. About ten minutes more passed, and then they found themselves in the centre.

Harris thought at first of pretending that that was what he had been aiming at; but the crowd looked dangerous, and he decided to treat it as an accident.

Anyhow, they had got something to start from then. They did know where they were, and the map was once more consulted, and the thing seemed simpler than ever, and off they started for the third time.

And three minutes later they were back in the centre again.

After that, they simply couldn't get anywhere else. Whatever way they turned brought them back to the middle. It became so regular at length, that some of the people stopped there, and waited for the others to take a walk round, and come back to them. Harris drew out his map again, after a while, but the sight of it only infuriated the mob, and they told him to go and curl his hair with it. Harris said that he couldn't help feeling that, to a certain extent, he had become unpopular."

(Passage from "Three Men in a Boat", chapter VI,  
by Jerome K. Jerome, 1889)

