SACRED GEOMETRY & LABYRINTHS

CLASSIC CIRCULAR LABYRINTH

Concentric 12-Circuit Stone Maze * Single Continuous Meditative Path to Rosette

SOLVER TIME & SCORE

Start: ___:___ Stop: ___:___

Difficulty: [ ] Easy [ ] Med [ ] Hard

CHARTRES LORE

1. 12 sacred circuits
2. Single winding path
3. Zero dead-ends
4. Mindful tracing
5. Center rosette

MEDITATION LOG

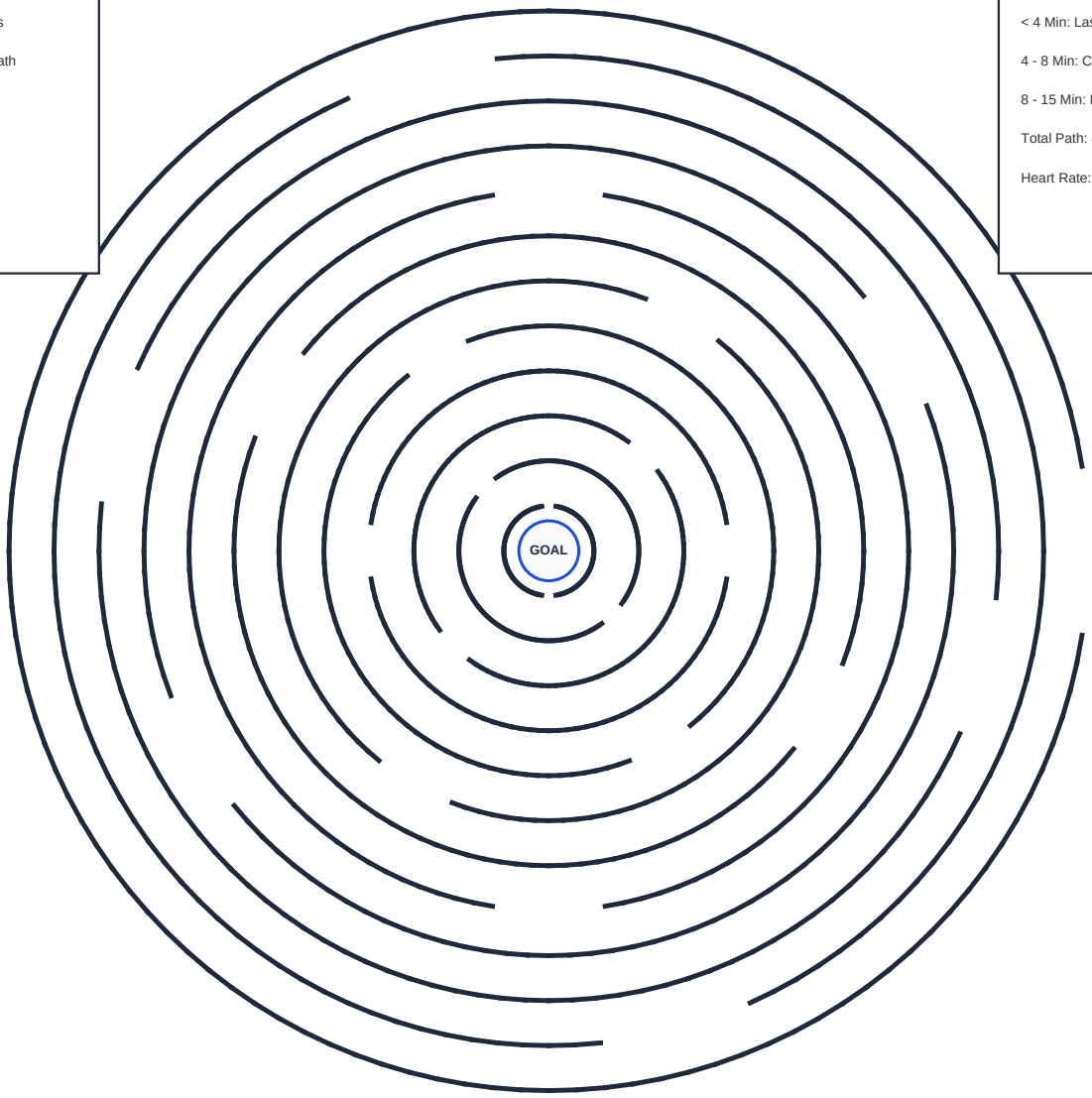
< 4 Min: Laser Focus

4 - 8 Min: Calmed Mind

8 - 15 Min: Meditative

Total Path: 420 mm

Heart Rate: Relaxed



START ->

SACRED GEOMETRY LABYRINTH TRACING JOURNAL & MINDFULNESS BENCHMARKS

CIRCUIT GEOMETRY

12 Concentric stone ring portals

Radius: 72 mm outer boundary

Unicursal topological corridor

Switchback hairpin turns: 180 deg

Center 6-petal rosette alignment

MINDFULNESS PRACTICE

Inhale on clockwise inward arcs

Exhale on counter-clockwise paths

Pause at center rosette sanctuary

Retrace outward path in reverse

Deep focus brain wave entrainment

SESSION CERTIFICATION

Meditator Name: _____

Start Time: _____ Stop: ____

Elapsed Minutes: _____

Mindfulness Level: * * * * *

Sanctuary Stamp: [VERIFIED]