

The Labyrinth at Good Shepherd

The Labyrinth is an archetype, a divine imprint on human consciousness. Labyrinths have existed in different forms since ancient times. It is a model of spiritual wholeness and order, which when walked enables one to heal the separation between body, mind and spirit.

The eleven-circuit Labyrinth built at Good Shepherd is modeled upon the Labyrinth laid in the floor of Chartres Cathedral in France during the cathedral's restoration in 1201. The Chartres Labyrinth was used during the middle ages as part of a pilgrimage journey for those who could not travel to the Holy Land.

Mirroring the path of life, every Labyrinth journey is different—contemplative, painful, joyous, even boring. It can be walked, skipped, run, danced: alone or with others in silence or with music.

Your journey begins here.