

The Labyrinth was installed by Bro. Steve O'Neil, SM and is maintained by staff and volunteers of the Marianist Environmental Education Center.

Special thanks to Bro. A. Brian Zampier, SM and Jan Turala.

*AMANI IWE
ULIWENGUNI*

*Ahuk shishibinkwa
abish tei tula
lagwateshe*

*Que La Paz
Prevalenca En La
Tierra*

*May Peace Prevaíl
On Earth*



**MARIANIST ENVIRONMENTAL
EDUCATION CENTER**

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*Walk the
Labyrinth*

at Mount St. John

*A sacred space to
focus attention
and listen to the
longing of the soul*

The Labyrinth is an ancient meditation tool for contemplative prayer and is used to engage in a spiritual journey. Unlike a maze, a labyrinth consists of a single path. There are no dead-ends or choices to make along the way.

Labyrinths have been used by people of diverse cultures and religions for centuries. Labyrinths figured prominently in the designs of many medieval Christian cathedrals where they represented the soul's earthly journey and were used during the crusades in lieu of dangerous pilgrimages to the Holy Land. The best-preserved example is in the Chartres Cathedral in Northern France. Our labyrinth is modeled on its 11-circuit design.

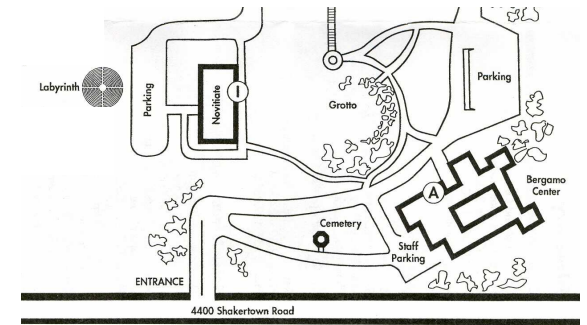
Our labyrinth is lined with native plant species, including rattlesnake master, purple coneflower, royal catchfly and several native grasses. The center of the labyrinth is a six-petaled rosette—a universal symbol of love and the Virgin Mary. The center also contains a peace pole, with blessings written in four languages, representing the cultures who have called this land home: English, Spanish, Swahili and Shawnee.

There is no right or wrong way to walk a labyrinth. It can be walked at any pace which feels natural, and there is no set amount of time to spend in the center. We are all pilgrims, seeking sacred space to listen to the longing of our souls. In walking the labyrinth, experience is more important than expectation.

INWARD The journey inward toward the center of the Labyrinth is a period of letting go of that which interferes with our spiritual path, our relationships with our friends, family or God.

CENTER The Center of the Labyrinth is a place to stop and be fully present. It can be used for meditation, prayer or to seek insight.

OUTWARD The journey outward from the center is a time to focus on relationships and integrating insights from the experience.



The Mount St. John Labyrinth is maintained by the Marianist Environmental Education Center (MEEC). If you plan to walk the labyrinth individually or with a group, please make arrangements through MEEC to ensure a group booking or maintenance work will not interfere with your experience.

Please be aware that the Mount St. John property contains private residences which are not open to the public. The MEEC office and resource center in St. Joseph Hall contains restroom facilities but is not open during the evenings.

Guided labyrinth experiences and group workshops can be scheduled. Please contact us for more information. The MEEC resource center contains books and other labyrinth resources, including a sand labyrinth for use by those with limited mobility.

There are no fees for walking the labyrinth, but donations are appreciated to help cover costs.