

Williamsburg Cemetery
1541 Fischer-Hallman Road Kitchener



Williamsburg Cemetery is home to many features, including the meditative labyrinth. This functional piece of art can be used as a tool for personal, psychological and spiritual transformation. Created for Dora Milton in memory of her husband, Bob, the labyrinth is located next to the cemetery's scenic pond and is a beautiful space to escape, reflect and connect. Take a walk through the labyrinth and discover its wonderful meditative and healing qualities.

TIP: Follow the road to the Williamsburg Dedication Center. The labyrinth is to the left of the Center. There is ample parking. The fountain and location provide a relaxing atmosphere. Bring walking shoes as the labyrinth is made of flagstone and some are uneven



Everyone will find that they use different tools to focus.

Some people prefer to walk in the silence of nature taking in all of the natural and gentle sounds around them.

Some people may prefer to listen to quiet meditative music as they walk.

Some people may like to listen to gentle soundscapes such as rain or the ocean.

Some people may prefer to listen to a calming voice as they walk.

The choice is yours!



The Labyrinth Pilgrimage
Traveler's Guide to Local Labyrinths



How to Walk the Labyrinth

Prepare:

Take a moment to centre yourself. Take a deep breath, stand or sit quietly.

The Journey In:

Follow the path. Release concerns and quiet your mind.

The Centre:

Receive what insight the moment offers. Stay as long as you need.

The Journey Out: Return following the same path. Reflect on how you might carry this insight into your life.

TIP: If you wish, you could also bring meditative music to listen to as you walk the labyrinth.

Local Labyrinths

Parkminster United Church

275 Erb St Waterloo

Welcome to the community labyrinth at Parkminster United Church. People of every age and faith or no faith are invited to walk this labyrinth. The labyrinth is open to the public and offers a tranquil setting for meditation, prayer, and relaxation. It is wheelchair accessible and features evening lighting and security.

TIP: Go to the right behind the church. There is plenty of parking. You may wish to bring a broom to sweep off fallen bits of nature. (twigs etc.)



Ignatius Jesuit Center
5420 Hwy 6 Guelph

The large grass labyrinth near Loyola House follows the design of the Chartres Cathedral labyrinth, a classic pattern with a cross at its centre. Walking the labyrinth is often understood in three stages: “releasing” on the way in, “receiving” at the centre, and “returning” as you walk out—bringing your insights back into the world.

TIP: For the hikers, a smaller stone version, built with local stones, is located along the Great Auk Trail.



Peace and Carrots Community Garden and Labyrinth
171 Sherwood Ave Kitchener

The peace labyrinth is open to the public 24 hours a day. This 5,000 year old practice is used for meditation, healing and spiritual growth. Anyone is welcome to walk the labyrinth in a journey to inner peace and enjoy the beauty of the garden. A peace pole displays a message of hope “May peace prevail on earth” in Arabic, English, Hebrew, Seneca and Braille.

TIP: Park in the lot closest to the road. Walk down the sidewalk and up to the garden. The labyrinth is behind the garden. The coloured bricks are similar. Walk in the path of the pink bricks. Read and enjoy the explanation sign.



St Stephen Lutheran Church
248 Highland Rd E Kitchener

The Labyrinth is located outdoors with seating available and a little library to provide reading material. The lines of the labyrinth are pavers, but you walk in the grass (which is excellent to do in bare feet in the summer).

TIP: There is parking for one car beside the labyrinth. The labyrinth is located on the corner of Highland and Stirling. As you drive by, it may be difficult to see, depending on the height of the grass. Look for the little library.

