

March 2012

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Mt. Washington Labyrinth

Mt. Washington Labyrinth: A Modern Journey of Self-Reflection



Mt. Washington Labyrinth, North of Frederiksted.

Susan Wall

For centuries, labyrinths have held great spiritual significance. Now everyone, from medical professionals to religious leaders, is touting the healing effects of these intricate walkways.

The labyrinth's coiled patterns have been found on pottery and clay tablets dating back 4000 years. The oldest existing labyrinth of medieval design is in Chartres, France, built around 1200 in the floor of Chartres Cathedral.

Labyrinths were a form of pilgrimage for some; people walked the path, ascending toward enlightenment. Many could not afford to travel to holy sites so labyrinths and prayer substituted for such travel. Later, the religious significance of labyrinths faded though recently their spiritual aspect has seen a resurgence.

There are now around 3000 labyrinths in the US on the grounds of hospitals, hospices, schools, churches, prisons, and private homes. They have become a popular way for people of all faiths to achieve both spiritual and physical health. Nancy Ayer, owner and designer of this Medieval Chartres-Style, 7 Circuit Labyrinth, says "The Mt. Washington Labyrinth is an ancient, sacred space built to bless, heal, and restore the land as well as all who walk her path. Something this profound cannot be kept to oneself; it must be shared with the world. The plantation ruins offer visitors a tranquil backdrop for peace and contemplation."

Open every day, year-round. Mt. Washington Plantation is located 2 miles North of Frederiksted. The labyrinth gate is to the left when you reach the property and the parking lot.

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