

Welcome to the Campo Real Labyrinth Garden

You have entered a garden of peace and inspiration, a sanctuary of wellbeing created by the Campo Real residents in June of 2015. We invite you to walk our labyrinth, enjoying this tranquil space.

About the Labyrinth

Unlike a maze, the labyrinth has only one path. There are no tricks to it and no dead ends. A maze presents riddles to be solved, while the labyrinth is a single path that spirals to the center and returns by the same path. Walking the labyrinth can be a source of solace and can quiet a distracted or overactive mind. Each labyrinth experience is different. The labyrinth meets you where you are. The labyrinth offers you a metaphor for the path of life, so whatever your experience, pay attention to your inner wisdom.

Walking the Labyrinth

We offer you the following suggestions for making the most of your labyrinth walk:

- Remember that there is no one “right” way to walk a labyrinth, so be respectful of others and allow everyone their own experience.
- The path is a two-way street. You may meet people coming out as you go in. Do what feels natural when you meet. Feel free to move around others or let others move around you.

Before entering the labyrinth:

- Prepare for your walk by quietly focusing on your breath. Choose to let go of preoccupations, worries, and distractions. Choose an intention for your walk or simply be open to the experience.

As you move towards the center:

- Cross the threshold. Find your natural pace and let the path guide you. Pay attention to your experience without judging it. It can serve as a mirror for what you are experiencing elsewhere in life.

In the center:

- Stay and linger. Rest, listen, receive, meditate, pray, or honor your own sacred practice. Open up for what is there for you to receive.

To exit the labyrinth:

- Retrace the path from the center to the threshold, thus returning full circle to where you started. Reflect on your experiences and take into your life what you have received.

A Gentle Reminder

This is a private garden in a residential area. We ask that you respect the peace and privacy of residents living nearby mainly by honoring quiet hours from 10pm to 10am. Please leave this garden at least as nice as you found it. Take your litter with you and if you have a dog please make sure to clean up after your dog. Thank you for helping to keep this garden beautiful for everyone to enjoy.



There are many different labyrinth designs. The Campo Real Labyrinth is a six circuit Spiral Ankh Labyrinth™ conceived by Calen Rayne (raynemakers.com). Laura Esculcas designed the labyrinth in front of you (mysticalportugal.com).