



Zurich's mythic guiding deer and beheaded saints: walk along the old procession way

Do you know the myth of the place you live in and care about its soul? So let's get inspired by Zürich's founding myths, walk around the places they were enacted, and try to translate their vivifying messages for us today.

Main stations will be Grossmünster, Wasserkirche, Fraumünster, along the old procession and pilgrim's way for the martyrs Felix and Regula, patrons of Zurich, that is, the priest's cathedral on the hill, the pilgrim's church on the river Limmat and the women's abbey across the river. Their erection was brought about by two shining deer and for the river church by a thankful snake, the legends say. Now Limmat (Linth-magt) means the great lindworm or serpent.

One layer of the legends refers to the persecution of Christians around the 3d century, with the widespread motif of saints carrying their severed head on their heart to their burial site. A later layer, around the 9th century, shows a shining deer guiding to the burial site of martyrs, followed by the construction of a church on the site. These head-bearing saints are themselves often associated to a deer. With the periodic sacrifice of its antlers, the jewel of its head, the deer is the shaman's guide par excellence. It often inspires a radical turn from excessive hunting to a spiritual quest. Thus, the deer touches an even deeper and more universal layer. Remarkably enough, the mythic deer needs the help of the snake to shed its antlers. Carrying one's head close to one's heart may be understood as feeling intellect. Is it by chance that Jung chose Zurich for his creative work?

Dates	Monday 25 & Wednesday 27 August 2025
Time	9 to 12 am (shorter if raining; maximum 3km)
Meeting place	Helmhaus-Wasserkirche, shelter in front the church on the corner of the 2nd bridge from the lake
Cost	10.- CHF
Max. number	25 persons per day



Murer plan 1576



Beheaded Felix & Regula, Stuttgart Passionale 1130



Deer & Hildegard & Berta, Silberysen Chronicle 1576



Fraumünster north portal 13th c.



Brigitte Egger is passionate about nature and how soul roots in it. She sees the environmental crisis as a soul crisis, as a call to restore a mystic relationship to nature, place, and past. To find answers she explores the psychic and symbolic dimensions of collective issues and works at introducing this perspective into practical environment protection, thus building up the field of psychecology. She is interested in creativity at large and in lively ways to communicate depth psychological insights. She is an ecologist (Dr.sc.nat.ETH) as well as a Jungian training and supervising analyst at ISAP with a private practice in Zurich. (brigitte.egger@psychecology.ch).