

Sacred Garden

Gardening can be more than simply selecting planting materials for their color, texture, and massing around the home. Symbolism could also be a factor for selecting garden materials. A garden can be public and vibrant in the front of a house, or it can be private in a more secluded area of the property.

Let's say you would like to create a meditative space that offers tranquility and a place for introspection somewhere on your property. Below are a few ideas for this sacred space:

Privacy:

Create a sense of tranquility, a cloistered area in the back of the property which could be screened by hedges or panel fencing.

Pathways:

Set up curving walkways made of flat stones or pebbles that guide you into and around the garden.

Symbolism or Sacred Objects:

Use statues, pottery, or other artifacts to connect personally with the divine

Sound:

Hang bells, wind chimes, gongs, or plant material with flowers and berries that attract song birds.

Moving Water:

Set up a pond feature or round containers of bubbling water with seating nearby to enjoy the nurturing atmosphere.

Moving Water with Sound:

Install a Japanese Water Harp, Suikinkutsu for the most delightful sound you can imagine.

Natural Objects:

Avoid the artificiality of plastic or composite materials. Design with wood, stone, and earthen objects.

Color:

Design with seasonal colors for focus, fragrance, and delight all year long.

Lighting:

Capture natural light, sunrise in the morning and the last glow of the sun in the afternoon, as well as stars at night accented by candles, torches or a fire pit.

Seating:

Select seating that allows you to meditate comfortably

Bottom Line:

It's never too late to plan an outside retreat from the frenetic lifestyle most of us lead.