

## SACRED SPACES

What is a sacred space? Sacred places are private spaces where healing can occur. Can your garden be a sacred space? Yes. A garden can provide comfort to our souls after a long day at work or arouse us to greet a new day with its many surprises. Your garden can become your sacred oasis and greatly influence your frame of mind for the better.

What about setting aside a one person space in your garden plan this spring? A place designed solely for the purpose of solitary reflection and contemplation. Walk to this space on a narrow path about 45 to 60 cm (enough space for one person). The journey to your sacred space will be just as important as the sacred space itself. Still water is perfect for quiet thinking and reflection. Natural sounds set the stage. What a rare treat to listen to natural sounds; plus it's a good distraction from the outside world. The majority of noise we hear today does not come from nature, but an array of modern technology: cars, printers and radios just to mention a few.

Our gardens should allow us to forget about our troubles in the outside world...change our focus toward something else that needs us like our plants. A connection with nature is still

needed in our contemporary lives. That is why so many of us plant our own herbs and vegetables. It amazes me that I can grow the raw ingredients for a nourishing meal in my own backyard; plus I always have extra to give to neighbours and friends.

My next article will explore how to plan your sacred space and provide some key design ideas.

Marilyn Pomer is a landscape designer for Greenscape Designs Inc. If you have any questions or comments please email Marilyn at [marilyn@greenscape.ca](mailto:marilyn@greenscape.ca)