The lakeside Meditation Garden is for contemplation, quiet reflection, and prayer. Silence phones and leave behind loud conversations. Bask in the peace and silence. Enjoy the beauty of the lake and gardens as you walk the paths. “Through the portals of silence the healing sun of wisdom and peace will shine upon you.” – Paramahansa Yogananda. https://lakeshrine.org/wp-content/uploads/2019/04/Lake-Shrine-Video.mp4. Lake Shrine Swan. Lake Shrine is a spiritual sanctuary for the purpose of meditation and prayer. Please do not bring beverages or food onto the grounds. Families with small children are welcome; however, parents are responsible for ensuring their children remain quiet at all times. Enjoy peace and calm in your own meditation garden. Read this creative guide on how to turn your space into a meditative oasis, and let go of your worries. Follow these guidelines for inspiration and practical steps to creating a meditation garden. Imagine what a restful garden would look like to you. There is no right or wrong way to make a meditation garden; the whole goal is to make a garden that both calms and inspires you and when you open your eyes, inspires you even more. Try to see this garden as an “outdoor room”. It’s a place where you’ll go to relax, rest, and recline, so it will need to have features in it that you find comfortable, comforting, and secure from prying eyes. Think about what you love about being in the area in terms of

Healing Gardens: Creating Places for Restoration, Meditation, and Sanctuary

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Abstract
The healing garden is an evolving concept that is gaining popularity today. What is a healing garden? Why is one garden called a healing garden and not another? How is a healing garden defined? In what way are gardens healing? This thesis describes the ways in which healing gardens are beneficial in healthcare and residential settings. A set of guidelines for the design of healing gardens is created as a result of research findings as well as three design projects that are illustrated in the document.