

# UC Berkeley

## Places

### Title

The Garden as a Healing Place [Transforming the American Garden: 12 New Landscape Designs-Exhibitor]

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The meditation garden of the past holds answers for developing therapeutic gardens in the future. By producing gardens as settings for the practice of behavioral medicine, we expand on the garden's function in healthcare facilities and nursing homes. Our better understanding of meditation garden traditions will add to the role of the public and private garden as a form of preventative medicine.

#### The Garden and the Senses

Practitioners of behavioral medicine—which includes relaxation therapy and chronic pain control—will often persuade their patients to focus on two or more of their senses with equal intensity as a means of treatment. As each of us has unique perceptual strengths and weaknesses (some of us are more aware of visual stimulus; others auditory, and so on) the garden, a place which can be designed to reach all of the senses, is an excellent setting for this kind of therapy.

My garden proposal contains elements that aim at more than one of our senses at a time, and with considerable intensity:

Artificial pond:  
stocked with bullfrogs  
and tree frogs for eve-

ning sounds and  
planted with waterlilies  
offering year-round  
color and fragrance

Surrounding area:  
crickets and berry  
bushes attractive to  
songbirds bring rural  
sounds into urban  
setting

Garden pavilion:  
temperature control  
from radiant heating  
and bombarded with  
negative air ions  
interior surfaces  
proportioned and tiled  
for maximum sound  
reverberation  
aeolian harps in trees  
flanking the pavilion  
introduce sound of  
wind into room

daylight bouncing  
off ripples in reflection  
pool adds movement to  
prismatic lightbeams  
at night, floodlights  
in trees beam off water  
rather than off glazing,  
creating kinetic night  
lighting and turning  
pavilion into a lantern/  
kaleidoscope

black, glass-topped,  
sunken banquet table  
reflects and deflects  
sounds and prismatic  
light from windows

fragrance of incense  
corresponds to taste  
of food eaten in room  
smoke gives three-  
dimensional emphasis  
to colored light beams  
wind chimes in trees  
tuned to correspond  
in quality to moving  
prismatic light

Fountain:  
radiant heating in pave-

ment surrounding fountain creates warm microclimate at night  
fountain's splashing jets emphasize optical tension in tile pattern  
pulsing rhythms of the water jet are synchronized with the repetitive tile pattern, creating a mesmerizing effect

high water jet underlit as major focal point in evening  
heated, steaming water diffuses light at night and warms immediate area  
perfumed water lends fragrance to fountain's surroundings

#### Garden approach and entry:

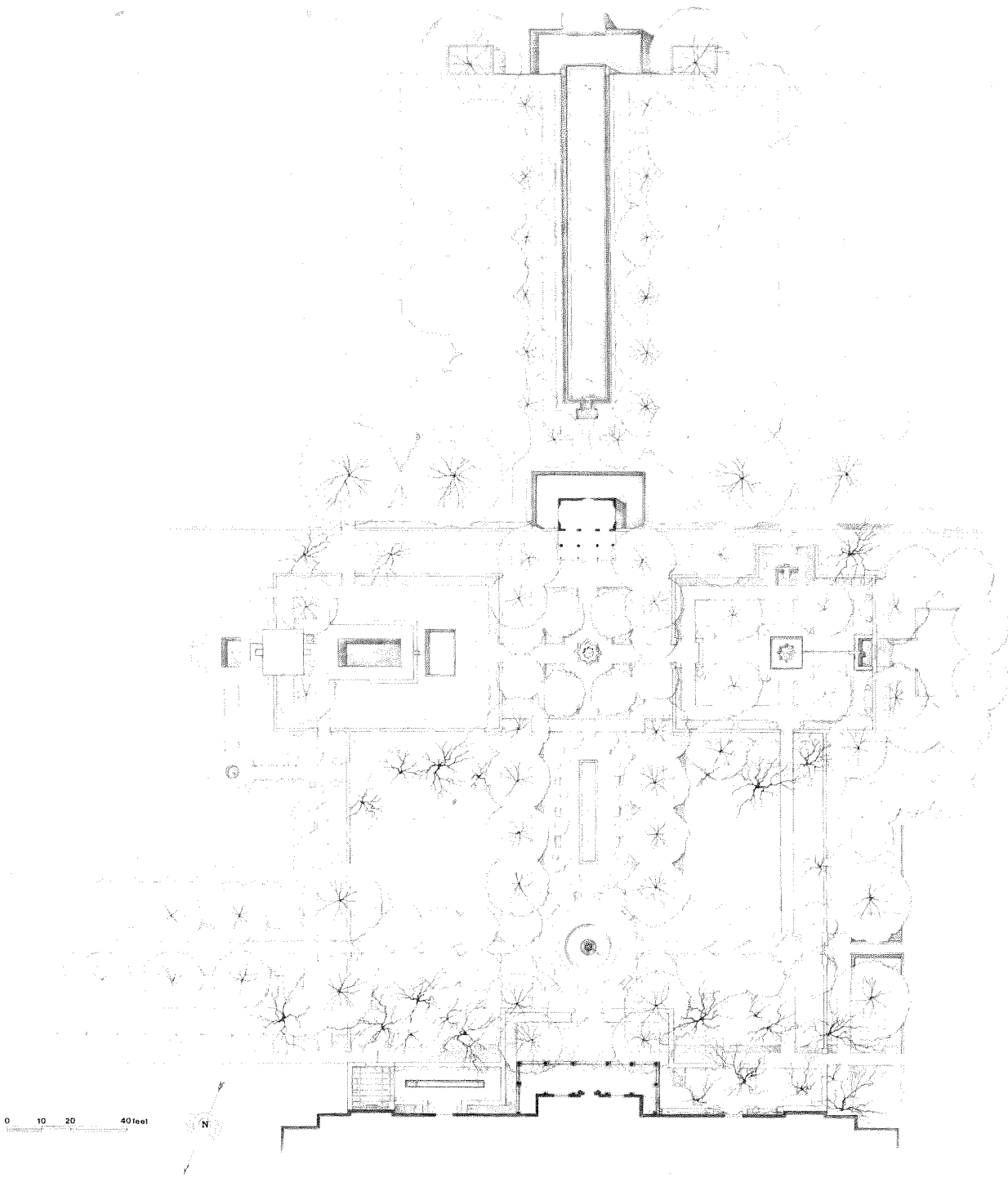
Lombardy poplars in flanking rows along the entry path flicker and rustle during warm months

*Cassia multijuga* seed pods sound like "whispering castanets"

in winter, stands of dombeya are in full, fragrant bloom and show through the two rows of leafless poplars and *multijuga* along the path

shrubs and ground cover flanking entry path produce a year-round sequence of fragrance especially attractive to hummingbirds and butterflies

whistling acacia with wind chimes and creaking, groaning culms of timber bamboo add drama to garden entry during winter storms and Santa Ana winds



Architectural drawing showing a site plan or floor plan of a building complex, including a scale bar (0, 10, 20, 40 feet) and a north arrow.