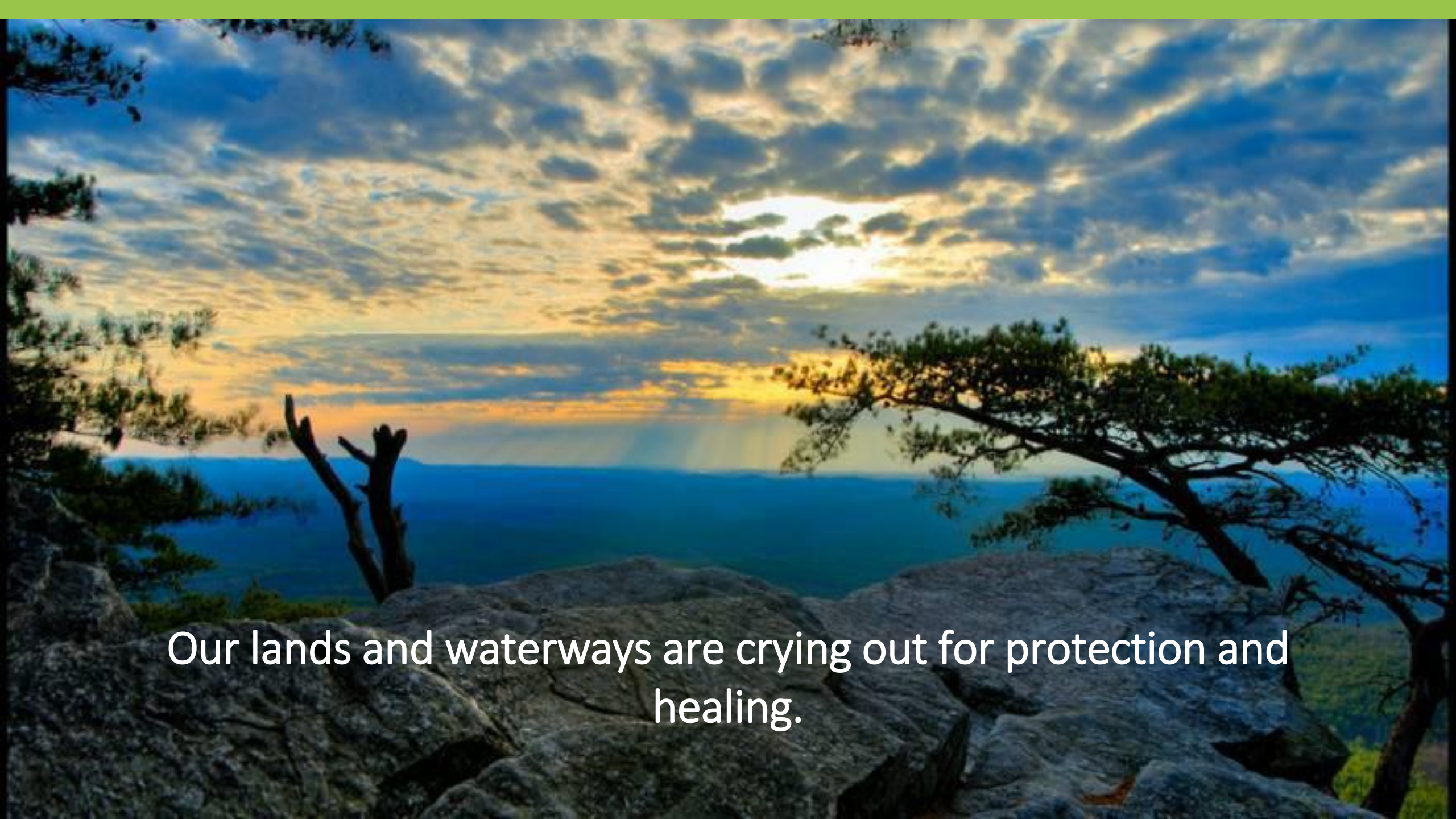


Nature Sacred

A program of the TKF Foundation



Communities across the country are looking for ways to uplift and unify neighborhoods; combat crime and improve public health.



Our lands and waterways are crying out for protection and healing.





A landscape photograph of a park or garden. In the foreground, there is a dirt path leading towards a wooden bench. To the right of the path, there is a large bush of white and pink flowers. In the background, there are several trees and some large rocks scattered across a grassy area. A green semi-transparent box with a white dot pattern is overlaid on the right side of the image, containing the text.

The concept.

Open Spaces, Sacred Places

Hopkins Bayview



Maryland Correctional Institute in Jessup



Amazing Port Street Garden





130 Grants for Open Spaces Sacred Places
designed through a collaborative
community creation process



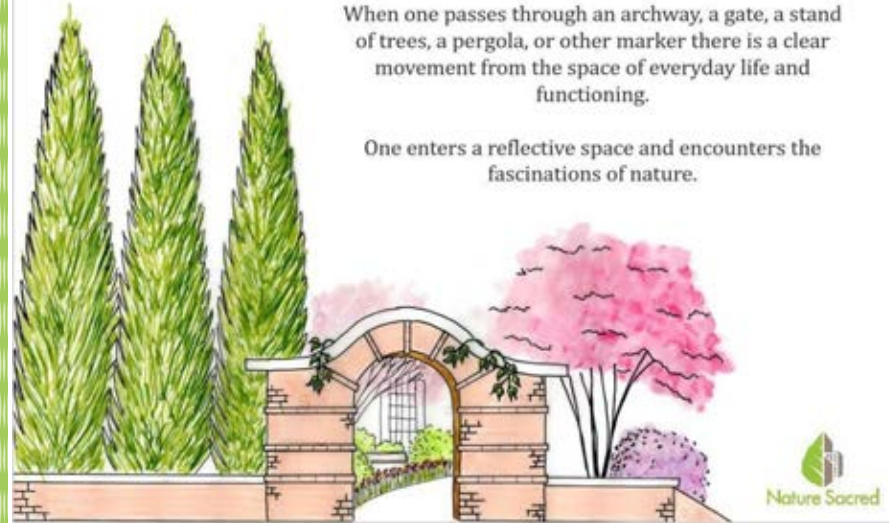
Firesoul

4 Design Elements

Portal

When one passes through an archway, a gate, a stand of trees, a pergola, or other marker there is a clear movement from the space of everyday life and functioning.

One enters a reflective space and encounters the fascinations of nature.



Path



Whether linear and well-defined, or more meandering, a path allows one to focus attention and achieve a mindfulness about the surroundings. A path can ground one with the earth while offering a sense of connection to a greater reality that is sacredness.



Destination

An appealing feature or end point draws in a person to the welcoming space. The sojourn, however brief, is rewarded by a feature that encourages quiet, fascination, joy, and spiritual connection with nature.



Surround

Design elements — such as plantings, fencing, or trees — provide an encompassing sense of boundary, safety and enclosure within the Sacred Place.

Portal, path and destination invite one to experience a space; the sense of surround ensures that one experiences a sense of being away and an emotional separation from the stress and challenges of life.



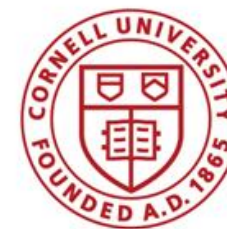


Bench



Hundreds of thousands of journal entries provided some compelling evidence.

Bring the science.



THE INSTITUTE FOR INTEGRATIVE HEALTH



David Suzuki Foundation



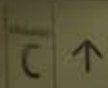


EF5 Tornado | Joplin, MO



Butterfly Garden | Joplin, MO

ICU 201-212
Labor & Delivery
Family Birth Center



ICU | Legacy Hospital | Portland, OR



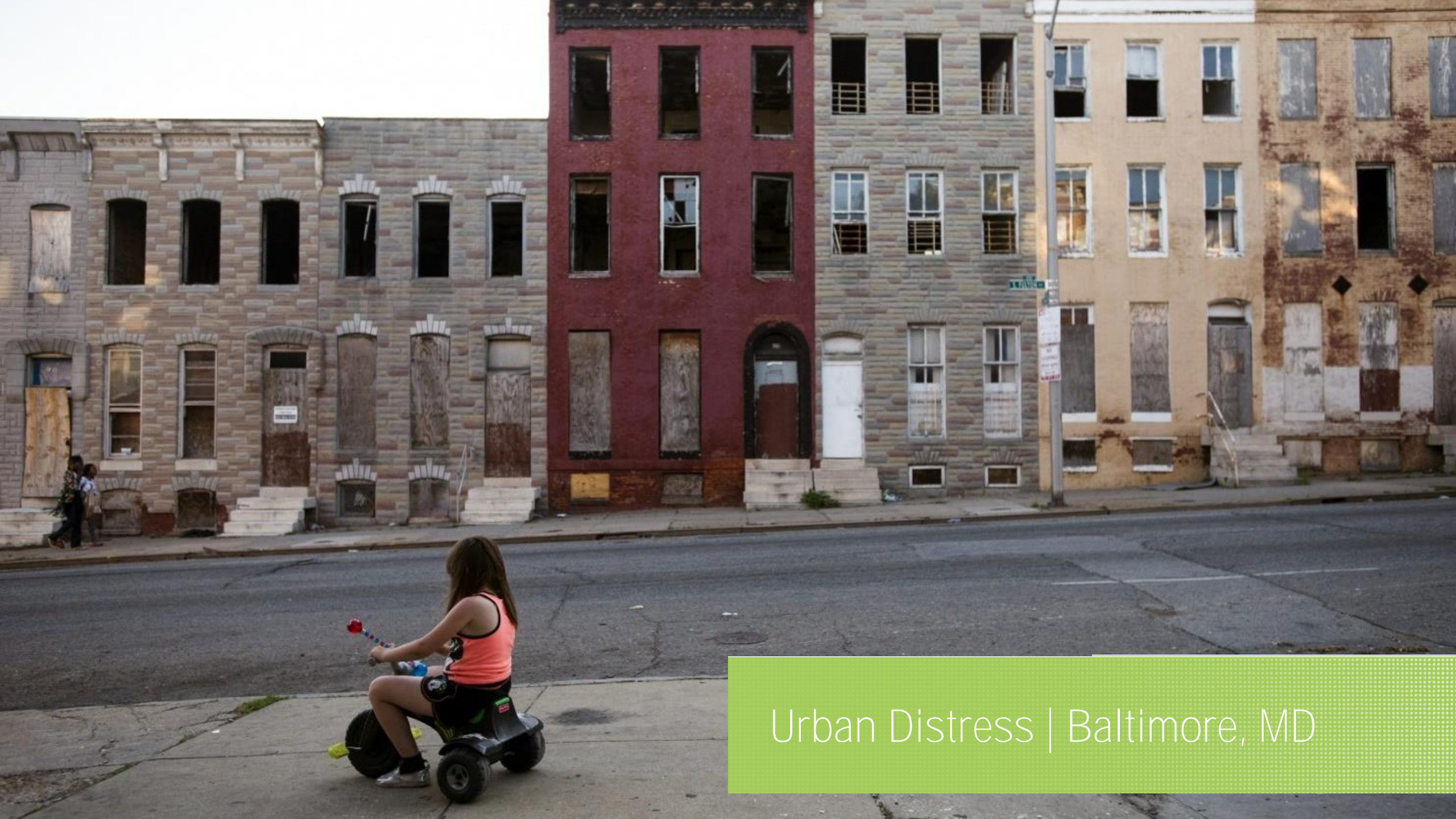
A Nature Place
Legacy Hospital | Portland, OR

**GOVERNMENT PROPERTY
NO TRESPASSING**

Brooklyn Navy Yard | Brooklyn, NY



Naval Cemetery Landscape |
Brooklyn, NY



Urban Distress | Baltimore, MD



Choose Life Memorial Garden |
Baltimore, MD



Hurricane Sandy | Queens, NY



Beach 41st Street Gardens |
Queens, NY



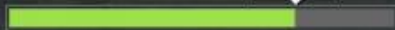
Wounded Warriors | Walter Reed



The Green Road | Walter Reed



00:58





The Nature Sacred Program

A Network of 70+ Sacred Places.



Garden Enhancement



Programmatic Opportunities



Storytime in the Garden



Nature as a Teacher Mindfulness Program




Step in the Garden



A live lab for idea incubation + collaboration.



 Sandra Abbott
June 27

We are considering putting journals in each of the three benches at our site. I am wondering if any other sites have multiple journals on site like that, or whether you all have just one. Do you recommend this? I would really appreciate any feedback or thoughts on this that any Firesouls or others might have. Thanks!



Nature Sacred



The Fire Circle

News, Inspiration & Idea-sharing
from our Network of Firesouls.



Bench Keeping



Bridging the Gap Between Research and Practice

Fast facts, compelling research & tasty advocacy snacks

There's a growing body of evidence to help power your case for an urban green space—a Sacred Place. Here's a compilation of research summarized into short posts or easy-to-share graphics—that support the creation of local Sacred Places.

Impact Areas



Health

Explore the many ways nature benefits health and wellbeing.

[Learn More >](#)



Social cohesion

Discover how green spaces help build stronger communities.

[Learn More >](#)



Disaster recovery

Find out how nature is being employed to help individuals and communities cope with tragedy.

[Learn More >](#)



Even small urban green spaces can lower depression rates, new research confirms

[Read More >](#)



Do I need to like nature to benefit from being outside?

[Read More >](#)



How much does nature reduce stress?

[Read More >](#)



PTSD and Recovery

Learn about how nature is being drawn to new approaches to treating "invisible wounds."

[Learn More >](#)



Design & Restorative Places

Discover how purpose-built design is being used to encourage more meaningful nature experiences.

[Learn More >](#)



Urban Resilience

Get informed of what experts are saying about the need for nature in sustainable cities.

[Learn More >](#)



Fast Fact

Stress Reduction

Exposure to nearby nature can effectively reduce stress.

Source: [Feeling Stressed? Take a Time Out in Nature](#)



Home | About | Contact Us

City Resilience
Hurricane Recovery
Metro Biodiversity
Nature RX
Warrior Care
🔍

Discover the Nature Effect

How does nature heal communities devastated by disaster, crime and stress? In profound ways.

LEARN MORE

Select a Location

City Resilience: Joplin

Transformation and resilience in Joplin, Mo—after the devastation of an EF5 tornado.

[Learn More](#)

Hurricane Recovery: Rockaway

In late 2012 Hurricane Sandy devastated parts of New York. This is the story of how nature has helped one Queens community unite and heal.

[Learn More](#)

Coming Soon: Metro Biodiversity

Human health and environmental health are inextricably linked. How can a native "wild nature" experience benefit urban communities?

[Learn More](#)

Nature RX

Emphasizing patient, family and employee centered care through nature-based, hospital programming.

[Learn More](#)

Warrior Care: Walter Reed Military

Using nature to promote commemoration, restoration, and healing for our Nation's Wounded Warriors.

[Learn More](#)

How to create a Sacred Place?

Once you've got the gist of a what makes a Sacred Place, well, **sacred**—here's what you need to know to get started. Explore our step-by-step guide—our Nature Sacred Process Design—that shows you how to create a Sacred Place, with related resources to support you on your journey.



Each Sacred Place is intended to reconnect people with nature—to restore our minds. Regain perspective. Find balance. Renew ourselves.

From smaller, urban pocket gardens to more expansive, institutional parks, each Sacred Place is tethered together by the following core principles. These are the underpinnings of each space—the ethos that make them impactful.

Open.

Physically open and accessible to visitors regardless of race, creed, background or beliefs—all are welcome.

Sacred.

Designed to bring respite, encourage mindful reflection, engender peace.

Bench.



A signature bench that invites people to pause—to sit, breathe, be present, re-engage, and enjoy space in nature, and each other.

Journal.



Tucked in each bench is a blank yellow book and pen; available to any visitor to share thoughts and experiences on the page—a simple notion with a powerful cathartic outcome.

Vision



Every Sacred Place needs a Firesoul: an impassioned individual (or two!) who believes in the power of nature to unite, support and heal their community—in meaningful and lasting ways.

Sense of Place



Each community has a unique story which can be conveyed via artifacts, design, and art—stories that share its history; giving a sense of pride and place.

Online Toolkit



Nichole Battle



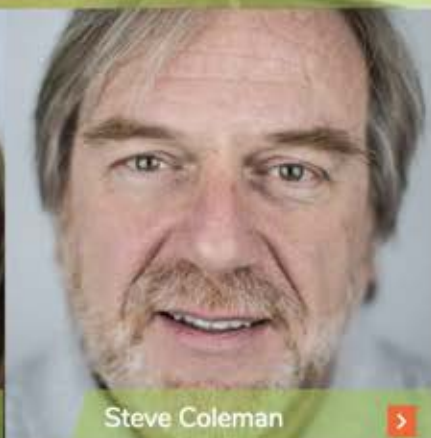
John Corea



Robin Bracey



Sandra Abbott



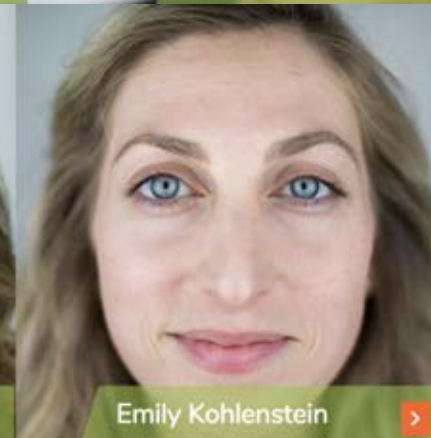
Steve Coleman



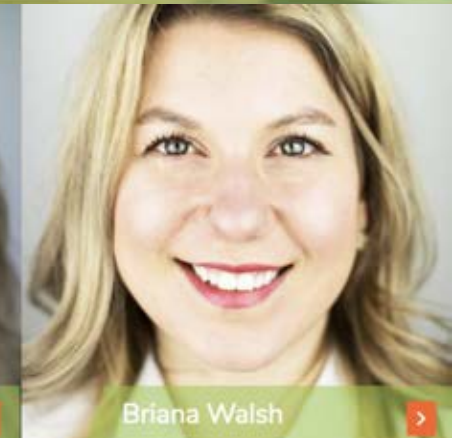
Dr. Mike Sherlock



Lisa Lindsay-Mondoro



Emily Kohlenstein



Briana Walsh



TKF hotline





COMMUNITY
FOUNDATION
of Northeast Alabama





The Nature
Conservancy







THANK YOU!