

m i n g a r y

t h e q u i e t p l a c e



Mingary , The Quiet Place

The gates are open.

You stand in the doorway, your foot on the Welcome Stone.

The walls reach out and enfold you with the softening lights.

The large table rock is held in position by two upright rocks - the need for more than one support.

The table rock itself has a deep crevice depicting life's deep traumas.

Water flows down the rock and falls into the bowl of peace and quietness.

In the bowl are two small rocks -

the red rock is the gift of descendants of the Aboriginal tribe, the Wurundjeri, who once knew this place as theirs;

the green marble rock is from the Isle of Iona*, off the coast of Scotland.

Arising from the table rock is the wing of the dove, the ancient symbol of new life and hope. It is turning towards the east wall where a glow of light signifies the beginning of a new day - the hope of all who are going through times of stress or sadness.

As you leave, notice the granite rock at the doorway.

Water runs gently over it as a symbol of the flow of life by which we are constantly renewed.

Let there be silence in this place.

In the silence there is strength. And there is healing.

Come in silence - leave in silence.

* Iona means dove.

It is the place of the dove.

For many years thousands of people have travelled to Iona for reflection, learning and inspiration.



The Physical Structure

The shape of the room, the walls, the ceiling, the space -

A holding environment.

A good space -

Evoking positive reactions.

The Rocks -

Symbols of Strength. Support. Age. Endurance.

The Water -

Soothing. Quietness. A symbol of the soft emotions of life.

The Wing of the Dove -

Rising. A symbol of Inspiration.

Turning in a controlled direction.

Towards the light on the east wall. Symbol of a new day.

The lights of Mingary -

Soothing. Quietness. Inspiration.

The light on the east wall -

Symbol of the sun rising on a new day.

A fresh start.

A new beginning.

Light lifting.

Lightness of being.

Mingary is Here for Our Inspiration

The dramatic Quiet Place on the west side of St Michael's.

It is here for our times when we pause to turn inward in reflection,
for our times when we turn outward for inspiration and seek the strength for a new beginning.

The Rock, the Water, the Light.

The enfolding Walls. The Bird's Wing lifting upward to the sun rising on a new day.

There is time to sit and wait.

There is time to pause before climbing the steps.

This is the Waiting Garden.

In the waiting, we listen.

In the waiting, we prepare.

In the waiting, there is wisdom.

The Mingary Garden carries the inner world of Mingary to the outer world of people, traffic and noise;

We live in two worlds, the inner and the outer, and one can enrich the other.

The Ceremonial Garden on the Collins Street corner reminds the city that in these ancient rocks, there is the eternal challenge to bring order and quietness out of chaos.

To bring stability and hope out of unsettled and troubled times; to bring images of a better humanity to this city.

The Celebration Garden is here on Collins Street for people to celebrate life, relationships, belonging and growth.

This garden embraces the rock that is ready to break under the load of human compassion.

This garden provides a place to photograph moments of good memories, and a time to lift the human spirit to join with the larger spirit of life and celebration.







The name of 'Mingary'

On the Isle of Mull -

it is a place where sheep graze,
sheep searching for food
going beyond that place searching
for something further.

An awesome place.







Sit Quietly

1. Sit quietly
2. Listen to your inner self
3. Relaxing and resting
4. Focus your mind on quietness
 - Listening.
 - Resting.
 - Relaxing.
5. Breathing. Heart rate. Body. Mind.
6. Quietening of mind and spirit.
 - Spiritual listening.
 - Strengthening.

Breathe

Breathe out the airs of grief and sorrow.
Breathe in the airs of healing and consolation.

Breathe out the airs of guilt and unforgiveness.
Breathe in the airs of freedom and release.

Breathe out the airs of uncertainty and anxiety.
Breathe in the airs of hope and courage.

Breathe out the airs of solitude and loneliness.
Breathe in the airs of self-soothing and restoring strength.

Breathe out the airs of being here.
Breathe in the airs that bring solace
and strength to the way you will live.





My Centre

I listen to the quietness.

I take time to refocus and recentre my life.

What is my focus? Where is my centre?

When things fall apart –

I know I need to focus, refocus.

I know I need to recover some centre to my existence,

a sensible meaning,

a pathway towards coherence,

so I know who I am,

and things come together.

I focus my strength, my inner goodness, my best.

I focus on my best feelings, my good thoughts, my known strengths.

Myself. The self that I want to be.

Restored. Renewed. Reasonable. Replenished. Refreshed.

Refurbished. Revitalized. Relaxed.

The Posture of Quietness

The place of symbols, strength,
soothing and softening.

The positive emotions,
evoking good feelings about my self,
good relationships,
heightened sense of wellbeing,
openness of the heart,
emotions of generosity, friendliness, collaboration,
affability, compassion, affection,
nurturance of others and within one's community.

Positive Emotions, the Place, the Posture -

For better health.

For better attitude to others.

For better openness to the future.

Openness. Caring. Expansiveness. Affability.

Optimism. Energy. Acceptance.

Inspiration. Courage.





Self-Soothing

What is it that needs soothing?

(A sore throat needs different treatment,
than a gash in a hand,
back pain or an aching tooth).

Our anger needs soothing,
guilt needs soothing,
grief needs soothing.

All are different.

All need different forms of soothing.

Soothe by externalization,
our self-appraisal.

Soothe by taking a new pathway. Avoid the pain.

Emotional Learning

1. Some wounds only we can 'heal'.
2. Are we ready, open for healing to begin
(or are we still 'irritable').
3. The real rewards of this healing come from within.
4. We need a healing space.
5. We begin the process of filtering.

Fence. Filter. Feeling. Focus.

Go with the flow.





Let There Be a Good Energy

Good energy

Gratitude

Generosity

Grace

Goodwill

Goodness

Gentle to self

Genuine (self)

Growth in the self

No grabbing

No grasping

No grovelling

No grizzling

No griping

No grumbling

No grumpiness

Let there be good feelings

Wait for the growth

Mingary

We come.

Sit Quietly.

Relaxed.

Open.

Free.

Waiting.

Listening.

Walk around the room.

Touch the rock.

Draw strength from the stone.

Be affected by the gentle flow of water.

Rise.

Touch the Rock, the Water, the depth, the connectedness, the red stone in the bowl, the green stone.

The Rock.

We stand.

We go.

Perhaps blessed, twice blessed.

In coming.

In going.

We came!

Not fully aware of the negative emotions that dominate, tyrannise, trouble us.

Memories – disturbing, difficult, disabling.

Feelings – disappointment, disillusionment, distrust, anxiety, hostility, anger, hate, resentment.

And then – the flow of good memories, enhancing remembering.

Good feelings, positive emotions, positive thoughts, positive energy, excitement, expansive, ecstatic, joyful extravagance, anticipation.

A life to be lived – fully, freely, focused.





The Rock Speaks

Bring me now your stress and sorrow,
your persisting emotional pain,
your turmoil of frustration and fear.
Bring me your loneliness, your lingering sense of loss,
your emptiness and grief.

Bring me your anxiety, your anger, your deepest caring.
Find here in the silence some quiet strength.
Find here in the rock, the water, the light –
a way to cope with the crisis.
Find here a moment of quiet consolation.

Touch the rock, draw strength from the stone.
Listen to the stillness of the water.

Come in silence. Leave in silence.
This is Mingary (The Good Place).
The Quiet Place.

The Mingary Prayer

Restore in us
A peaceful mind.
A strengthened spirit.

Restore to us
A new pathway -
a new hope, and a new purpose.

Restore for us
The courage to let go of what is past.
The readiness and strength to walk,
towards the future.

Restore in us
A union with the energy
of this sacred place
and a union with the
soul of the universe.

As we touch the Rock
help us draw strength from the stone.





The Coracle of Mingary

In times gone by, people living on the many small islands of Scotland would carry food and comfort to their neighbours using a small boat, called a coracle. A coracle is a carrier of nurturing friendship.

Become part of the coracle of Mingary.

Help spread the word about this unique place which gives people a place to reflect, remember, and be restored.

Simply write a letter to someone you know.

Tell them about Mingary.

You have been to Mingary, The Quiet Place.

Experienced its soothing quietness, its silence and strength.

Reach out to friends and family. Tell them about Mingary, The Quiet Place.

Write a letter

Send an email

Tell a friend

Join the Coracle

Download a sample letter from www.stmichaels.org.au
or use the letters on the next pages.



Dear

I discovered a peaceful oasis in Melbourne called Mingary, The Quiet Place, and thought of you.

It is a place of quiet reflection. A place to be quiet and regather your resources. A unique quietness to allow anxieties to settle and emotional strengths to be refocused. It places no demand on people. It is open to people of any religion, or none.

It is on the west side of St Michael's on the corner of Collins and Russell Streets.

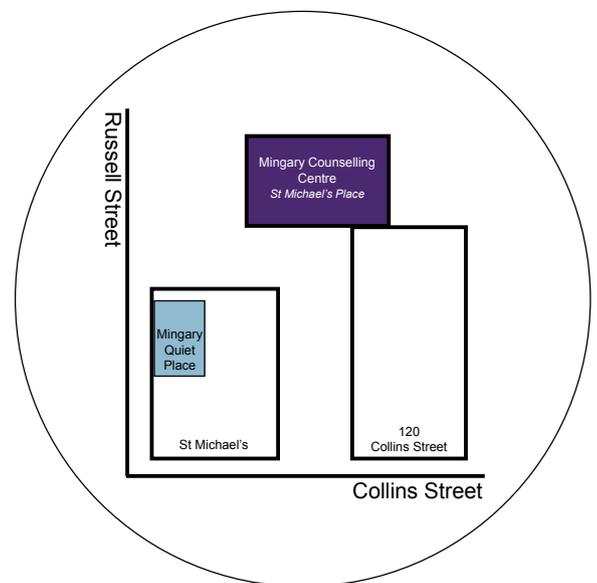
Open from 9am until 5pm Monday to Friday and 10am until 2pm on Sundays.

And if you show this letter you can receive up to 3 free counselling sessions at the Mingary Counselling Service.

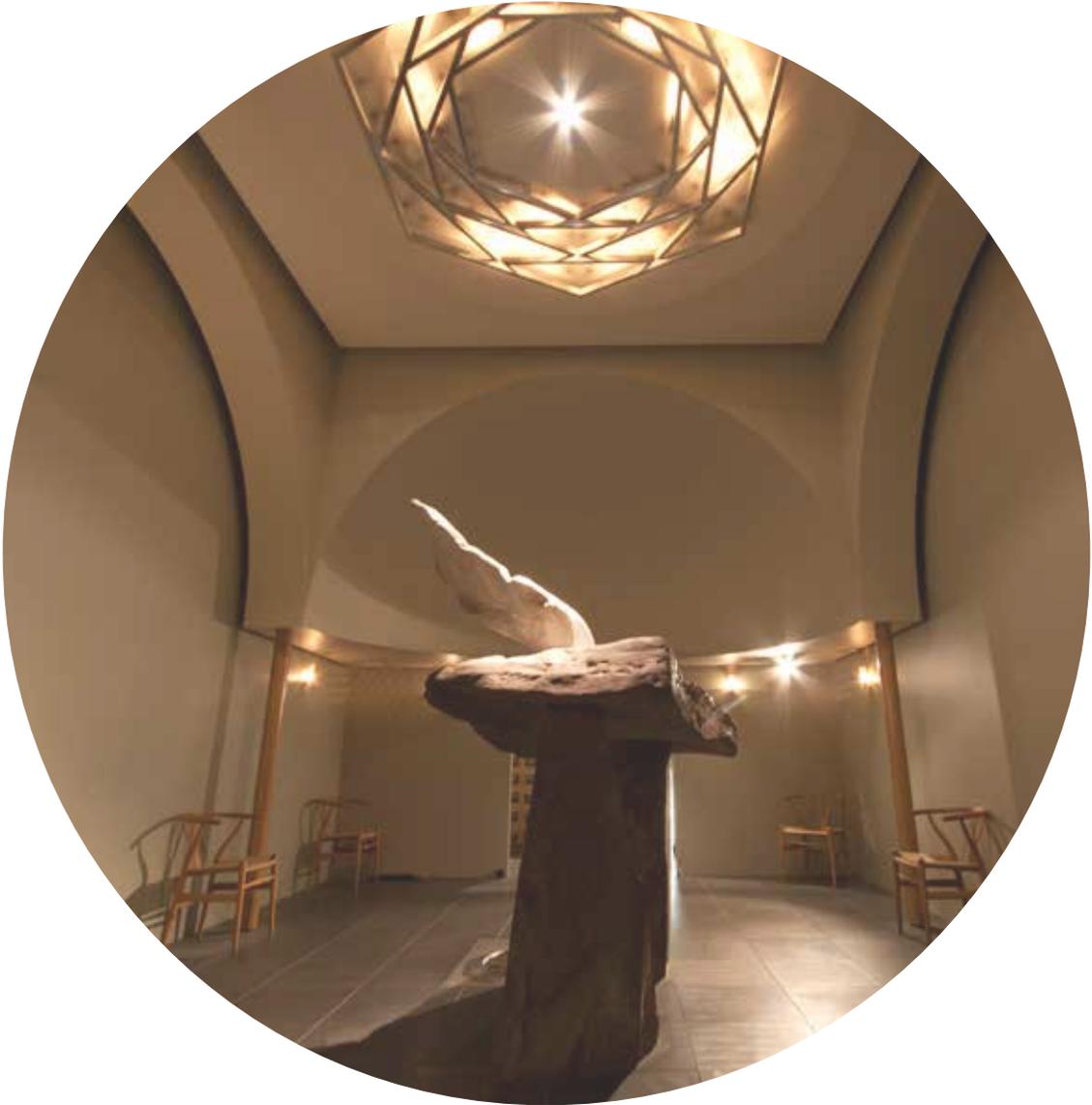
Mingary, the Quiet Place is a wonderful retreat in which you can sit and reflect in beautiful surrounds.

I thought you might like to visit and have a moment of quiet.

Kind Thoughts,



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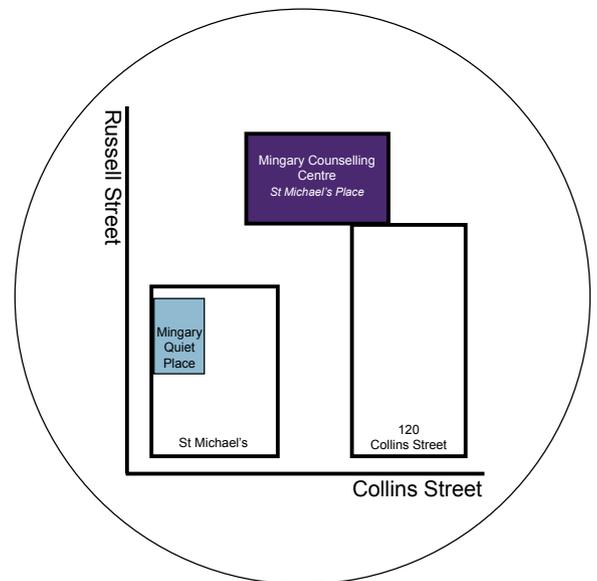
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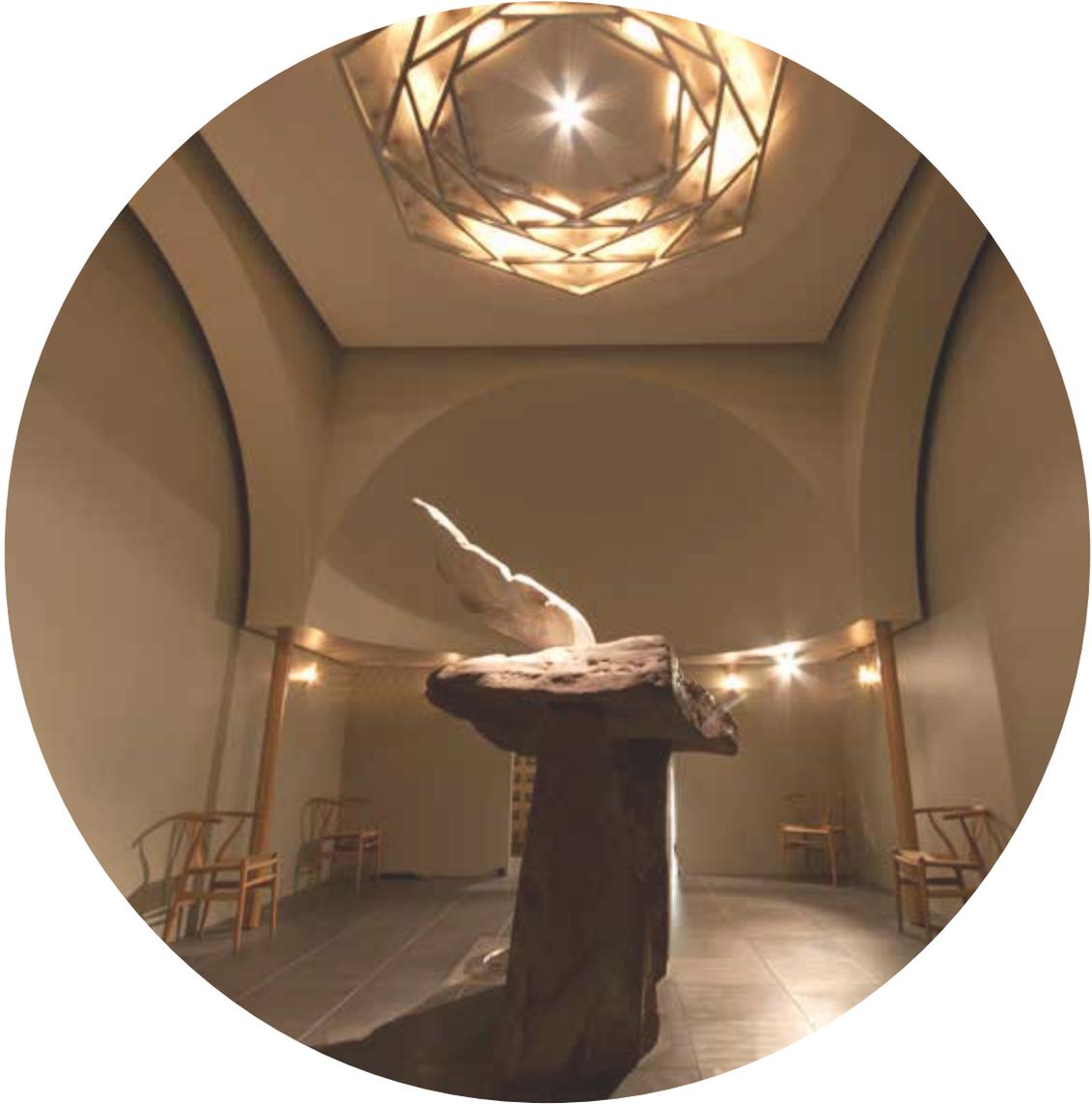
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INFORMATION

Mingary is of the Gaelic language.

Gaelic is regarded as the second oldest language in Europe. Originating in the Middle East, it was brought with the Celts along the Northern Mediterranean and extreme Western Europe to Ireland, finally coming to Scotland with the Celtic Scots.

THE SCULPTOR

Akira Takizawa

Born Japan. Resident in Australia since 1978.

He has responded to many commissions in Melbourne and in Osaka, Japan.

He has participated in many solo and group exhibitions.

THE ARCHITECTS

Allom Lovell & Associates.

THE WORDS IN THIS BOOK

Dr Francis Macnab

PHOTOGRAPHY OF MINGARY

Sarah Walker

BOOK DESIGN

Erin Cookson

External objects and symbols bring internal resilience and strength.
One part of the mind joins with another part of the mind to meet the hazards and hardships of life.
The whole person proactively searches for strengths of body, behaviour, mind and spirit.
The Mingary Quiet Place provokes the person to internalise the images of healing and hope.

www.stmichaels.org.au