

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.

## 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. Symbol of the soft emotions of life.

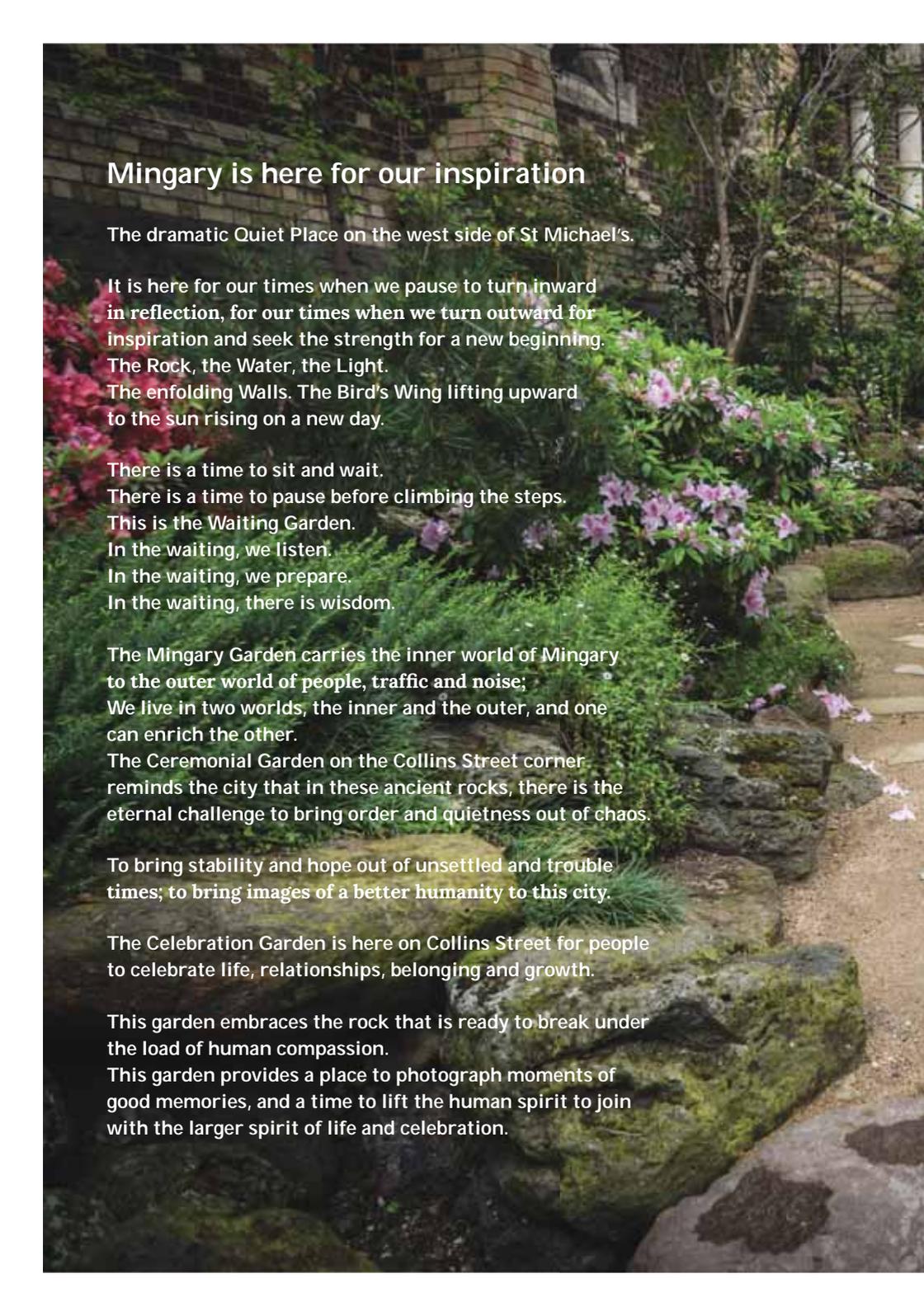
The Wing of the Dove -  
Rising. A symbol of Inspiration.  
Turning in a controlled direction.  
Towards the light on the east wall. Symbol of a new day.

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 a time to sit and wait.

There is a 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 trouble  
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 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.

## 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.



## 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,  
nurture 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.

Enter in Silence

## My centre

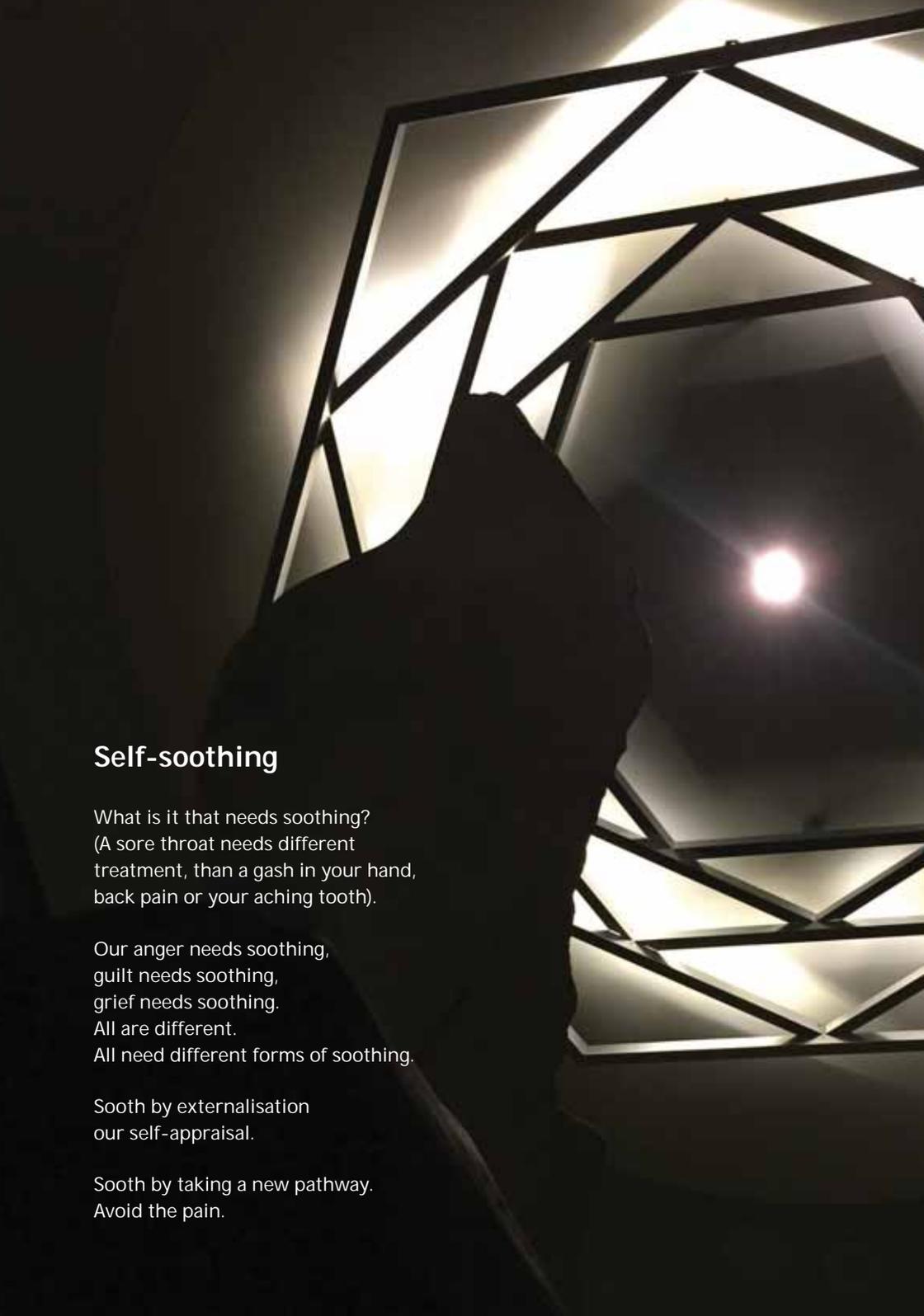
I listen to the quietness.  
I take time to refocus and recentre my life.  
What is my focus? Where is my centre?  
When things fall apart –  
I know I need to focus, refocus.

I know I need to recover some centre to my existence,  
a sensible meaning,  
a pathway towards a 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. Revitalised. Relaxed.





## Self-soothing

What is it that needs soothing?  
(A sore throat needs different  
treatment, than a gash in your hand,  
back pain or your aching tooth).

Our anger needs soothing,  
guilt needs soothing,  
grief needs soothing.  
All are different.  
All need different forms of soothing.

Sooth by externalisation  
our self-appraisal.

Sooth 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.

## 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 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.





Mingary, the Quiet Place opened in September 1999.  
Mingary is St Michael's gift to the people of Melbourne  
and far beyond.

The sanctuary combines the vital elements of nature;  
rock, water and light to provide a quiet space for the  
people of Melbourne and its visitors to rest, relax  
and revitalise.

Mingary is here for you and your wellbeing. It is for  
people of any religion, or none. We encourage you to  
use the space. Enter and sit down. Breathe. Refocus  
and reflect. Touch the stone. Enjoy a reprieve from  
your busy day in this oasis of quiet calm.

Mingary is a Gaelic word, pronounced with the  
emphasis on the first syllable.

Mingary is a place on the Isle of Mull, the place where  
the sheep graze, over there.  
They search for nourishment 'here' and then  
nourished, go further seeking more nourishment.  
Mingary is a place beyond where you are at present.  
In effect it says, "Go further".

THE WORDS IN THIS BOOK

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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](http://www.stmichaels.org.au)

