

USING THE PLACE OF REFLECTION

The Place of Reflection aims to provide comfort, solace and inspiration to those who visit it.

It is deliberately located in a secluded part of Kings Park and has been carefully designed to create:

- the sense of entering a special place
- a symbolic walk – alone or in company – along a path that others have taken before
- opportunities to pause for reflection or quiet contemplation before gradually entering back into everyday life.

The following information about the design features of the Place of Reflection may help visitors to get the most out of the time they spend at this important place of commemoration and healing.

THE WALKING PATHS

People suffering loss and grief are travelling along a pathway, at the end of which they will hopefully find greater peace, understanding and hope for the future. When walking along the winding pathways of the Place of Reflection, it can be useful to think about this journey, and the fact that it has been travelled by many other people before.

There is also a growing interest in the benefits of walking meditation for people overcoming illness or trauma. Walking meditation is mindful, slow walking with focused attention on body sensations and/or breathing that many people find helpful in stilling the mind and calming the emotions.



WORDS OF INSPIRATION

The pathways and wooden seating at the Place of Reflection are inscribed with words and phrases relating to the healing journey: *hope, renewal, forgiveness, compassion, you are not alone*, among many others. Visitors may like to select one or more of these words and consider them in relation to their own circumstances as they walk along the pathways, to give greater focus and meaning to their time at the Place of Reflection.

PLACES FOR CONTEMPLATION

There is wooden decking and seating located around the pathways, designed for people to sit or stand and take in the stunning vistas beyond: the river, the city skyline and the distant hills. In these protected spaces, visitors will be aware of not only the sounds of nature, but the low rumble of cars and boats and the soft hum of a city going about its business. This can be a comforting reminder that, while an individual might feel alone in their grief right now, they are still connected to the life that continues all around them.

The Place of Reflection website contains suggestions for symbolic acts and rituals that may help to provide a sense of comfort and connectedness for groups and individuals using the site. See the 'Your Visit' section of the website: www.placeofreflection.org



www.placeofreflection.org

The Place of Reflection is the vision of a consortium of five community organisations committed to helping people deal with grief and loss: the Healing Hearts Foundation (founded by the Rotary Club of Heirisson); the Association for Services to Torture and Trauma Survivors; SIDS and Kids WA; The Compassionate Friends; and Soroptimist International of South Perth. They were supported by the Botanic Gardens and Parks Authority, the Friends of Kings Park and Lotterywest.