



garden of peace

CONNECT.
HEAL.
RELEASE.

**CONNECT.
HEAL.
RELEASE.**

Garden of Peace exists to connect;
to heal;
to release.

To connect with songbirds and trees
– with nature; but also with each
other, and deeply with ourselves.
The Garden has become a sacred
space in our community; an oasis of
peace in our busy lives that serves
as a trailhead for a healing journey.

Connect. Heal. Release...

A continued process of transforming
suffering and restoring wholeness,
mirrored in the transient nature of
the plants, flowers, and trees that
make up the Garden itself.

Breathe in... **Connect.**

Heal.

Breathe out... **Release.**



A trailhead for the
healing journey.



Garden of Peace, SPC

Garden of Peace operates as a Washington State Social Purpose Corporation (SPC), a corporation formed to pursue profits and social good. Of note, since the Garden is located at the home of owners Zachary Sokolik and Rebekah Jackson, it was determined that filing as a 501(c)(3) non-profit was not the ideal business structure for the Garden. Washington state law requires that all Social Purpose Corporations carry out their purpose "in a manner intended to promote positive short-term or long-term effects of the corporation's activities upon any or all of (1) the corporation's employees, suppliers, or customers; (2) the local, state, national, or world community; or (3) the environment."

Harbor Happiness

Although Garden of Peace, SPC operates as its own entity, it is important to understand it is also a foundational component of Harbor Happiness, an inextricably linked business with a vision for the community in which we help heal one another. Harbor Happiness encourages and facilitates opportunities for self-discovery and the Garden is the physical space in which the community can do this deeply personal work together.

"The greatest gift you have to give is that of your own self-transformation."

Part of this transformation is the recognition that we are all connected. From there, compassion is born. "The more we turn toward others, the more joy we experience, and the more joy we experience, the more we can bring joy to others. The goal is not just to create joy for ourselves but, as Archbishop Desmond Tutu poetically phrased it, 'to be a reservoir of joy, an oasis of peace, a pool of serenity that can ripple out to all those around you.'"

Our hope is for Harbor Happiness to be another reservoir of joy, rippling love and empathy downstream; to be part of a network of peace; to be a resource for growth, understanding, and love; to operate from a foundation of gratitude and kindness.



'Heiwa no Niwa'

A BRIEF HISTORY OF THE GARDEN OF PEACE

Garden of Peace was originally named Heiwa no Niwa.

Heiwa (平和) is the Japanese word for peace. It is a combination of "hei" (平) which means "flat, calm, equal" and "wa" (和), which means harmony.

Calm + Harmony = Peace.

Niwa (庭) means garden.

The no (の) particle is used to connect nouns together.

"Heiwa no niwa" (平和の庭) becomes Garden of Peace.

The initial roots of the Garden were laid in 1977 by Deanna L. Brooks, with original design input from local creative garden designer Sue Goetz. The 1+ acre home garden is located on Peacock Hill in Gig Harbor, WA.

Garden of Peace was born in 2017 when the youngest of Brooks' two sons, Zachary Sokolik and his partner Rebekah Jackson assumed responsibility for the care, design, expansion, and future creative planning of the garden.



A place to connect.

"All things are connected like the blood that unites us. Man did not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself."

Chief Seattle

A place to heal.

"If you just allow your body and mind to rest, the healing will come by itself."

Thich Nhat Hanh

A place to release.

"You may say I'm a dreamer,
but I'm not the only one.
I hope someday you'll join us,
and the world will be as one."

John Lennon





A PLACE TO CONNECT...

Youth Programming

"Children see magic because they look for it."

The Garden is a magical setting in which a child's imagination can run free. A never-ending opportunity for connection and learning. Fostering new relationships so that we might support early childhood development through nature, art, and music is a priority for Garden of Peace in the coming years.

Opportunities for Older Adults

"In nature, nothing exists alone."

Garden of Peace is nestled in one of the greatest retirement cities in the United States. In fact, the Garden is only a mile away from Heron's Key, a prominent senior living community. Understanding the Garden's ability to heal and offer connection, we have already begun developing a relationship with this community and the Spiritual Wellness Coordinator at Heron's Key.

Sequoia Programs

"All our wisdom is stored in the trees."

There are five Sequoias in the Garden and they each carry great strength and wisdom. It should come as no surprise then, that we named some of the most important work we hope to do in the Garden after these inspirational trees. The vision behind Sequoia Programs is all about inclusion; working with the community and those with lived experience to offer unique events and programs for children with special needs or disabilities.



A PLACE TO HEAL...

Trauma Healing

"Allow nature's peace to flow into you as sunshine flows into trees."

There are many gifted healers in our community, individuals who have dedicated their life to helping others navigate trauma and suffering. The Garden is offered as a sacred space in hopes that - under the guidance of these trauma-informed experts - it might help set the table for healing.

Self-Discovery and Inward Journey

"Knowing yourself is the beginning of all wisdom."

Whether it's building and walking a labyrinth or engaging in an Enneagram conversation, Garden of Peace is all about self-discovery and the inward journey. As yung pueblo wrote, "True power is living the realization that you are your own healer, hero, and leader."

Mindfulness

"Every step taken in mindfulness brings us one step closer to healing."

As Thich Nhat Hanh wrote, "Mindfulness helps you go home to the present. Every time you go there and recognize a condition of happiness that you have, happiness comes." With mindfulness we can transform our suffering and harbor happiness instead of pain.



A PLACE TO RELEASE...

Community and Garden Events

"You belong somewhere you feel free."

What does "release" mean to you? ...It might be the energetic release you feel in your body upon entering the Garden, or perhaps the releasing of expectations; or even the somatic release of trauma and suffering. Whatever it means to you, we hope to continue facilitating opportunities for release ranging from Garden Tours to Silent Dances to Peacemaking circles.

Music in the Garden

"And we've got to get ourselves back to the garden."

When the songbirds greet each morning with their melodic notes, it's like Etta James reminding us that life is like a song. And surely that is why we refer to being in tune with nature, because, as many musicians have pointed out, vibration is at the very heart of nature and it is music that allows us to feel it. So, there is no doubt that music will continue to be a major component of the Garden in the future.

Art in the Garden

"You can't use up creativity. The more you use, the more you have."

All art is born from nature; and so, the Garden makes for a connecting environment in which we can tap into our creativity. Sometimes the art is in the trees or the design of the Garden itself, at others times it is on the canvas of a Garden visitor. Like music, art and the Garden are inextricably linked and opportunities for creative expression will always be part of Garden of Peace.



OTHER OFFERINGS

Seasonal Events

As the seasons change, you will see fun and different things happening in the Garden. Maybe Santa will show up in July. Or perhaps Autumn's kaleidoscope of maple leaf colors will be cause for a Fall Garden Tour. Seasonal events allow us to raise additional funds to support the healing activities and events that are also happening year-round in the Garden.

Intergenerational Mingling

The benefits of intergenerational relationships are numerous, and it is something that we value deeply. The level of excitement and fulfillment that can be attributed to these kinds of relationships and interactions is significant. We will continue to incorporate intergenerational mingling into Garden of Peace events and gatherings whenever possible.

Elopements, Celebrations, & Private Use

Garden of Peace is also available for elopement ceremonies and celebrations of life, as well as for private use and outdoor meetings. For more information, please visit gardenofpeace.org.

A POEM BY THICH NHAT HANH

Precious gems are everywhere in the cosmos
and inside of every one of us.

I want to offer a handful to you, my dear friend.

Yes, this morning, I want to offer a handful to you,
a handful of diamonds that glow from morning to evening.

Each minute of our daily life is a diamond that contains sky and earth,
sunshine and river.

We only need to breathe gently for the miracle to be revealed:

Birds singing, flowers blooming.

Here is the blue sky, here is the white cloud floating,
your lovely look, your beautiful smile.

All these are contained in one jewel.

You who are the richest person on Earth
and behave like a destitute son,
please come back to your heritage.

Let us offer each other happiness and learn to
dwell in the present moment.

Let us cherish life in our two arms
and let go of our forgetfulness and despair.



Respect
Honesty
Trust
Humility
Sharing
Inclusivity
Empathy
Courage
Forgiveness
Love





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