

MEDITATION 5



*F*ROM THE OUTSIDE, THE MONASTERY garden can be seen as a romantic, sentimental place of sweet spirituality. From the inside, that garden may be an enclosure of interior torments for the monks who struggle with their desires and passions and self-examinations.

At our homes we can evoke the sweet and the tormented monk in our enclosed gardens, with their trellises and gates, their walking paths and their shade. The soul seems to benefit from having an external manifestation of its internal states. The dialogue between the inner and the outer in this way is the very essence of ritual.

Gardening is a monk's way of caring for the soul.