



## Self-Guided Tour of Sacred Sites and Artworks

This map and attached self-guided tour may be used for free while at Earth Sanctuary.

If you would like to keep it, please deposit \$1.00 in the Registration box.

# EARTH SANCTUARY®



Note: this sacred sites tour guide starts from the Newman Road Parking Lot. If you start at the Stupa entrance, you can use the map and the descriptions below to create your own custom tour!

## INTRODUCTION

Welcome to Earth Sanctuary, a nature reserve and retreat center established by Chuck Pettis in 2000. Earth Sanctuary is dedicated to healing nature and the human spirit through extensive environmental re-vegetation efforts combined with numerous sacred sites and environmental artworks (many of them based on ancient prototypes) to create places for meditation and prayer. While visiting, please honor the peace and quiet of Earth Sanctuary—for the sake of the birds and animals that reside in its environment as well as your fellow visitors and meditators.

This self-guided tour will introduce you to Earth Sanctuary's various sacred sites. If you have limited time, we recommend you at least visit the dolmen, the labyrinth, the Medicine Wheel (#1) and the Cottonwood Stone Circle. The walk (roundtrip and without stops) will take you about 60 minutes or more, depending on how fast you walk and how far you go. The tour takes you on the easy-to-walk Wetland Trail and will also give you opportunities to glimpse Earth Sanctuary's three ponds, wetlands, and birdlife.

If you have more time, continue on the Wetland Trail past the Cottonwood Stone Circle to visit the Fen Viewing Spot, the Fen Stone Circle, the Heartstone Seating area, Medicine Wheel #2, the view of Puget Sound (on a clear day!) and the Stupa, returning to the Newman Road parking lot via the Celestial Trail.

The following numbers correspond to the numbers that appear on the map (see reverse of sheet).

## STACKED STONE ARTWORKS - CAIRNS

Throughout Earth Sanctuary there are numerous small and large artworks made of natural materials. Some early artworks were made from the invasive Himalayan blackberry vines shaped

into hoops, and then fashioned into a variety of three-dimensional geometric sculptures. Those have since decayed!

Another type of small artwork that appears throughout Earth Sanctuary are small cairns, or mounds of stones. These are made with a variety of stones, including crystals (for example, the rose quartz cairn at the Fen Stone Circle). Cairns appear in prehistoric sites, often covering chambers or mounds. In ancient India cairns were the forerunners of stupas, Buddhist symbols of enlightenment. In the Himalayas today and in many other places around the world, cairns are constructed as markers along shrine routes, footpaths and places for offerings.

*To reach the Dolmen, take the first path on the right, as you're entering the West Parking Lot.*

## 1. DOLMEN

The Dolmen at Earth Sanctuary is the first dolmen to be built in the United States during modern times. The approach to the Dolmen has been carefully landscaped by Dan Borroff, and features a series of viewing platforms. The table-shaped stone structure and surrounding stones are built of 20 tons of Autumn Leaf hard sandstone from Montana. The stones range in height from five to seven feet in height. Underneath each of the standing stones that support the dolmen are buried colored marble and quartz crystals, as a spiritual complement to the Autumn Leaf sandstone.

Earth Sanctuary's dolmen is intended to serve as a meditation room, within which, surrounded by the strong vibrations of the lichen-covered Montana sandstone, you can center yourself and discover an intense, unmistakable connection with the earth. The dolmen represents, in the Hindu expression, the "cave of the heart," a deep place of interior knowing that lies at the center of each one of us. Like a womb, the cool, sheltering space of the dolmen provides a nourishing and protected place for reflection. It leads us back to the feminine space of the earth.

The inspiration for the Earth Sanctuary's dolmen came from a Neolithic dolmen circa 4200-3000 B.C.E. that Chuck Pettis, Earth Sanctuary's founder and head designer, visited near Carnac, France

*After visiting the Dolmen, return on the same path that you came on; when you reach the parking lot, turn to the right and enter the trail next to the bulletin board. When the trail branches shortly thereafter, take the branch on the right.*

## **2. LABYRINTH & PRAYER STONE**

The labyrinth at Earth Sanctuary is located on a tree-sheltered small peninsula that extends into the Middle Pond. It was constructed as a tool for walking meditation, with the idea that walking into the labyrinth's center and out again can be experienced as a metaphor for life's journey. The labyrinth's path is built of Pennsylvania Bluestone flagstones, dry set on a compacted sand base. The labyrinth measures 32 feet in diameter and a living salal hedge borders the stone pathway.

The distinctive characteristic of labyrinths is that unlike mazes, which incorporate tricks and dead ends, they have only one path leading to the center and then back out again. Labyrinths appear in a variety of forms and patterns throughout history. The design of Earth Sanctuary's labyrinth is based on the most ancient form of labyrinth known: the three-circuit labyrinth, thought to date from around 2500 B.C.

The labyrinth is a symbol that can be found the world over in various forms, from the ancient Mediterranean, to Northern Europe (including Britain and Scandinavia), to Native American sites in Arizona. It has been used and interpreted in many ways. In the Christian tradition the labyrinth has long been thought of as a symbol of pilgrimage. Celtic folk tradition regarded the labyrinth pattern as a magical tool for communication with the other world. The Hopi tradition associates the labyrinth with the sacredness of nature because its spirals can be seen as the unfolding of a plant tendril.

On the edge of the Middle Pond behind the entrance to the Labyrinth is a Native American prayer stone. You can pray or meditate here if you follow the protocol and instructions near the prayer stone.

*After visiting the Labyrinth, return on the same path that you came on. At the first intersection of trails, take the trail to the right. This is the Wetland Trail.*

## **3. COTTONWOOD STONE CIRCLE**

The Cottonwood Stone Circle is 40 feet in diameter, and is located in an open meadow between the Middle Pond and the Fen Pond. It is surrounded by a ring of Black Cottonwood trees. The Cottonwood Stone Circle has an outer circle of 12 standing stones 11' high, and is surrounded by 1,400 native plants.

Megalithic stone circles of Europe were built in a variety of shapes, from ellipses, egg shapes, and compound rings, to circles (the most common). For centuries people have puzzled over why such care and time-consuming labor were poured into these projects by ancient builders. It's believed that they were used for astronomical measurements, rituals, or as an expression of the communal creative spirit of ancient peoples.

The Cottonwood Stone Circle at Earth Sanctuary was designed to be a place for prayer, meditation and spiritual discussion.

In 2006, a number of stones were added to the original circle of 12 stones. Three very tall Columbia River basalt columns were added within the stone circle, along with a number of seating stones, as well as a ceremonial fire pit. These inner stones are arranged artistically to complement the symmetry and formal geometry of the 12 stones. Inspired by the Callanish Stone Circle in Scotland, a line of standing stones was added on the West and the East and two outlier stones were placed to dramatize the North-South orientation of the stone circle,

## **4. MEDICINE WHEEL**

The Medicine Wheel, one of the most powerful and cherished symbols of Native American belief, is an ancient place of prayer sacred to Native Americans, symbolizing the totality of existence. The Earth Sanctuary Medicine Wheel is a sacred space designed to amplify the power of prayers and connect you with all the Grandmothers, Grandfathers, Mother Earth, Moon, Sun, Sky, and the Creator, on the eternal circle of life.

Just before you reach the Cottonwood Stone Circle via the Wetland Trail, look for a sign indicating the Medicine Wheel. Walk carefully, following the trail to the Medicine Wheel that

overlooks the Cottonwood Stone Circle and the Fen. Unlike the other sacred sites at Earth Sanctuary, only Native American prayer protocol may be used. Directions, protocol, and materials for using the Earth Sanctuary Medicine Wheel are provided at the site.

## **5. FEN VIEWING SPOTS**

From July to April, the Fen Viewing Spot on the Wetland Trail may be accessed by continuing past the Cottonwood Stone Circle. On your right you can see one of the beaver lodges on the Fen and then an Osprey nest on the left. The nest hasn't been used for the past few years. Nevertheless, please respect these beautiful fish-eating raptors by being very quiet as they may be in the area. You might see them flying overhead or fishing out at Useless Bay.

Look for a sign indicating the Fen Viewing Spot. From this place, a little peninsula (about 6 feet long and sometimes submerged) located 500 feet past the Medicine Plant Restoration Area, you have the best view of the Fen. Paths have been carefully chosen at Earth Sanctuary so that the wildlife—especially waterfowl—are not disturbed as they inhabit the edges of the ponds.

There is also a high-up Fen Viewing Spot at the end of the Celestial Trail road above the viewing spot on the Wetland Trail (see map).

*After the Fen Viewing Spot, continue on the Wetland Trail until you see trails on the left and the right. Turn left onto the road that leads up the hill to the Stupa. Turn right on the Fen Stone Circle Trail that hugs the southwest edge of the Fen Pond and leads you to the Fen Stone Circle.*

## **6. FEN STONE CIRCLE**

The Fen Stone Circle, overlooking the Fen Pond, measures 16 feet in diameter, and is made of eight standing stones up to seven feet high. The thin shale-dense Llenroc (Cornell spelled backwards) stones weigh 600-1,000 pounds each, and come from the Finger Lakes Stone Quarry in Ithaca, New York. The four pairs of stones in the Fen Stone Circle are aligned with true North-South, the Summer Solstice sunrise and sunset, and the Winter Solstice sunset. In the vicinity of the Fen Stone Circle, rose quartz (from the Black Hills of South Dakota) was buried with the intention of creating an energetic field of welcome and safety.

*To complete the tour, make your way back the way you came, enjoying the sights, sounds, and sacred spaces of Earth Sanctuary! Or take the Celestial Trail on a more traditional “hiking trail” to return to the Visitor Parking lot.*

*Note: The Celestial and Middle Path Trails are traditional “hiking” trails. Please wear appropriate footwear and watch your step!*

## **7. HEARTSTONE SEATING AREA**

To get to the Heartstone Seating area, go North and up hill from the open area and shed on the Celestial Trail. When you get to a vertical prayer flag before the trail goes down into a gully, turn right going up past a large stone sculpture and make a right at the T. In about 50 feet you will come to the Heartstone Seating area. Please be respectful of people on retreat in the Earth Sanctuary Retreat House and do not go to the house.

## **8. GREY WHALE MEDICINE WHEEL**

To get to the Gray Whale Medicine Wheel, go past the Heartstone Seating area (down hill) about 10 feet and make a right on a rough trail that leads to the top of a small hill behind the Retreat House. The Gray Whale Medicine Wheel is an authentic Native American Medicine Wheel created and blessed by Klawosht, a Shaman of the Nuu-chan-nulth tribe from Vancouver Island. The Gray Whale Medicine Wheel is a shrine for all water beings and whales, in particular. When you visit the Gray Whale Medicine Wheel, please be gentle, quiet and respectful.

## **9. VIEW OF PUGET SOUND & MT. RAINIER**

At the place where you turned right to go to the Heartstone Seating Area, turn left and follow the trail up to a cleared area that has a view of Puget Sound and (on a clear day) Mt. Rainier. Go back down the trail to return to the Celestial Trail.

## **ARBORETUM**

Earth Sanctuary is the only place in the world proactively creating an old-growth forest. We are doing that by planting the entire 72-acres with a specially selected variety of trees. In the recently cleared area on the East side of Earth Sanctuary, we are

planting hundreds of new trees, including Redwood, Sequoia, Western White Pine, Western Red Cedar, Alaska Yellow Cedar, Grand Fir, Sitka Spruce, Douglas Fir, Paper Birch, Siberian Spruce, White Spruce, Sitka Spruce, Ponderosa Pine, Pacific Silver Fir, Douglas fir, Port Orford Cedar, Black Cottonwood, Western Larch, and more.

## 10. BUDDHIST STUPA

To get to the Stupa from the Fen Stone Circle, continue down hill to an open mowed area and a shed. Make a left turn and go up hill on the Celestial Trail until you reach the road. Make a right turn and go up the road about 100 feet to the Stupa and the Stupa entrance to Earth Sanctuary.

The stupa is the most important Buddhist monument and sacred space, representing Buddha's holy body, speech and mind, as well as the path that one follows to become a Buddha and enlightened being.

*“Holy objects like the Earth Sanctuary Stupa have the power to bring immeasurable spiritual good and blessings.”*

According to Buddhist teachings, a stupa helps calm your mind, radiates spiritual blessings, amplifies prayers, promotes long life, attracts wealth, helps cure illnesses and disease, and plants the seeds of enlightenment.

We invite everyone who visits to walk around the stupa clockwise with reverence, prayer or meditation; this is called circumambulating the stupa.

After visiting the Stupa, you can either go down the hill and take the Wetland Trail back to the Newman Road parking lot or you can go up the road on the Celestial Trail and hike through the forest back to the Newman Road parking lot..

## 11. UW ROADSIDE RESTORATION PROJECT

For over seven years, University of Washington restoration ecology students have worked on projects at Earth Sanctuary.

They are gradually restoring the roadside along Newman Road, removing invasive plants like Reed Canary grass and planting many native plants. Thank you University of Washington!

## RENT THE EARTH SANCTUARY RETREAT HOUSE

If you have enjoyed your visit to Earth Sanctuary, consider renting the Earth Sanctuary Retreat House for an individual or small group overnight retreat. Or rent the house for the day to give you a place for eating, relaxation, and indoor conversation and meditation.

Located at the corner of Newman and Emil Road, the Retreat House is on the 72-acre Earth Sanctuary property, giving you convenient access to the nature trails and sacred spaces.



## For Questions & To Make Reservations

Email Celia Sullivan at [celia@earthsanctuary.org](mailto:celia@earthsanctuary.org). Those people without access to email may phone Celia at 360-321-5465.

# Meditations and Prayers

*During your visit, we hope you will take advantage of Earth Sanctuary's quiet and serenity to enter into prayer and meditation. For inspiration, here are some prayers drawn from spiritual traditions of the world.*

Grant me the ability to be alone;  
May it be my custom to go outdoors each day  
Among the trees and grasses,  
Among all growing things  
And there may I be alone,  
And enter into prayer  
To talk with the one  
That I belong to.

*-Rabbi Nachman of Bratzlav (JEWISH)*

Give thou thine heart to the wild magic,  
To the Lord and the Lady of Nature,  
Beyond any consideration of this world.

Do not covet large or small,  
Do not despise weakling or poor,  
Semblance of evil allow not near thee,  
Never give nor earn thou shame.

The Ancient Harmonies are given thee,  
Understand them early and prove,  
Be one with the power of the elements,  
Put behind thee dishonour and lies.

Be loyal to the Lord of the Wild Wood,  
Be true to the Lady of the Stars,  
Be true to thine own self besides,  
True to the magic of Nature above all else.

*-Carmina Gadelica (ANCIENT CELTIC)*

Blessings of green plants, blessing of forest:  
Cedar, Douglas fir, Swordfern, Salal bush  
Blessing of fish and birds, blessing of mammals:

Salmon, eagle, cougar and mountain goat.

May all humankind likewise offer blessing:  
Old woman, young woman, wise men and foolish  
Blessing of youthfulness, blessing of children  
Big boys, little boys, big girls and little ones.

Bless the wisdom of the holy one above us;  
Bless the truth of the holy one beneath us;  
Bless the love of the holy one within us.

*-Chinook Psalter (NATIVE AMERICAN)*

I arise today  
Through the strength of heaven:  
Light of the sun,  
Radiance of moon,  
Splendor of fire,  
Speed of lightening,  
Swiftiness of wind,  
Depth of sea,  
Stability of earth,  
Firmness of rock.

*-Hymn of St. Patrick (CELTIC CHRISTIAN)*

O Hidden Life vibrant in every atom,  
O Hidden Light! Shining in every creature;  
O Hidden Love! Embracing all in Oneness  
May each who feels himself as one with Thee,  
Know he is also one with every other

*-Annie Besant (THEOSOPHICAL SOCIETY)*

O love, O pure deep love, be here, be now.  
Be all; worlds dissolve into your  
stainless endless radiance,  
Frail living leaves burn with you  
brighter than cold stars;

Make me your servant, your breath,  
your core.

*-Jelaluddin Rumi (SUFI)*

May I be a protector to those without protection,  
A leader for those who journey,  
And a boat, a bridge, a passage  
For those desiring the further shore.

May the pain of every living creature  
Be completely cleared away.  
May I be the doctor and the medicine  
And may I be the nurse  
For all sick beings in the world  
Until everyone is healed.

Just like space  
And the great elements such as earth,  
May I always support the life  
Of all the boundless creatures.

And until they pass away from pain  
May I also be the source of life  
For all the realms of varied beings  
That reach unto the ends of space.

*-Shantideva (TIBETAN BUDDHIST)*

Om Mani Padme Hung  
*-TIBETAN BUDDHIST sacred prayer, that when  
chanted emanates loving kindness to all  
beings*

A Few Calm-Abiding Meditation Techniques  
*Sit with your back straight, hands in your lap,  
head tipped forward, and eyes closed or a  
little open. A) Observe your breath. B) Count  
21 breaths. C) Observe your thoughts.  
D) Be mindful and in the moment.*