

TEXAS HIGHWAYS--FOR THE ROAD--MEDITATION GARDEN-- MALLORY

Silence is Golden

The quiet of nature moves the spirit at A Hill Country Sculpture and Meditation Garden in Kerrville. The stress-relieving 18-acre garden encourages meditation and nature study. Since the project began in 1980, hosts Willie McDaniel and Lana Book have created a home and organic retreat straight from the Sixties.

Everyday 6-7 a.m. (plus Mon. and Thur. 6:30-7:30 p.m.), Willie leads drop-in yoga classes in a building filled with incense and symbols from many world religions. Sometimes he leads silent meditation walks through the garden. Out in the garden, easy walking trails meander through native trees--walnut, juniper, buckeye, and oak--and past the limestone walls of a small box canyon. Along the way, visitors happen upon contemplative sculptures made by Willie from found wood or fiberglass...as well as encountering an occasional deer munching on acorns. Most visitors spend 45 minutes to an hour strolling the trails or checking out the herb garden. Some bring picnic baskets and books for a reflective outing in the country. From time to time, church groups and wedding parties schedule events in the garden.

An annual open house in April features garden tours, an herb tea party, and yoga classes. Because Lana is a writer (she and several women collaborated in 1997 on an anthology of spiritual experiences called *Coming Full Circle*), the garden also hosts writers workshops, book fairs, and readings.

"Silence is the garden of meditation," says Willie, "so we provide a quiet place for people to come up with their own introspection."

Open whenever Willie or Lana are there, A Hill Country Sculpture and Meditation Garden is located at 1985 Bear Creek Road, Kerrville 78028 (830/367-

4783; website: www.members.tripod.com/~GuruDev/). Call for directions and to order Lana's book (\$13). Admission is free (donations welcomed).

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