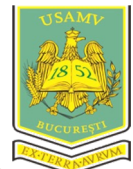




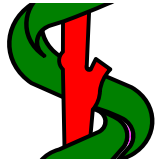
One Health
Student Conference
USAMV București



Integrative Healing Gardens: Theory, History, Legends, and Practice

Paul GABOR – ILIESCU

December 5, 2025, București



Life is magick! Healing is magick! Nature is magick!

**“MAGICK IS TO CHANGE
NOTHING INTO SOMETHING
AND
SOMETHING INTO SOMETHING ELSE.”**

Modern Mystery School



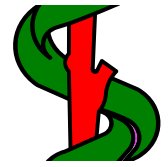
Who am I

- Paul Gabor – Iliescu, automotive engineer, MSc in Energy Management and Mechanical Engineering, PhD student at the Horticulture Faculty of USAMV Bucharest
- Teacher and Guide in the “Modern Mystery School”
- Ex host of “Together for Nature” – TV show at ‘Canal 33 România’
- Entrepreneur – trading machinery for turf, tree nurseries, landscaping a.s.o.
- Published author
- My PhD guide is Mr. Adrian Peticilă



Definitions

- **Life is the organising principle** that allows an open system of molecular chemical compounds, arranged in physical, energetic, and informational structures, to self-replicate, maintain itself against degradation, and display autonomous behaviour. It's the **Spark of Divine defeating entropy**.
- **“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”**
- **Healing** is the biological, psychological, social, and spiritual process by which living systems repair damage, restore balance, and return toward wholeness.
- In the Thracian healing tradition described by Plato, rooted in Zalmoxis' teachings, healing begins with the soul. **The body cannot be cured unless the soul is first restored to harmony.**



Materials and methods

- One is making a **change** from three – and 3 only – reasons:
 - To **decrease or cancel a pain**
 - To **create or increase a pleasure**
 - For **survival** (extremes of the above)
- The first step in becoming of humans was inventing and using tools
- Next step was growing the own food instead of bringing it from the woods
 - That is 'documented' as 10k – 12k years ago, as 10,000 BC – Sumerians & Egypt
- Probably in the same time humans learned that some plants cured, other killed them. Generally, they went for the healing ones.
- Quality of life increased, so they started building first homes, then gardens and, later, parks. They tamed the elements: Earth, Water, Air and Fire.
- Soon humans discovered spirituality, symbols, crystals, protection/activation



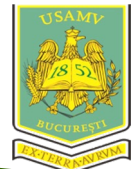
What in the garden heales?

- **EVERY GARDEN IS THERAPEUTIC!!!**
- A **Healing Garden** is any garden done with intent of cure or healing
 - An **Integrative Healing Garden** is a Healing Garden using holistics
- Curative **pasive healing** elements:
 - Shape, orientation, perimetral protection – water, metal wires, crystals / grids, simbols, intention
 - Presence and balance of the four elements: Earth, Water, Air, Fire
 - Plants, disposition in space, combinations, dedicated spaces: prayer, meditation,
 - Colors, flavours, sounds, water / liquids, tastes, tactile elements / sensorial, labyrinths
 - Spiritual and energetic symbols – can be ‘displayed’, hidden or architectural
- **Active healing** – activities – basically **everything bringing JOY** (*enabling g.*):
 - Gardening itself, as a dedicated ocupational activity
 - Spiritual / educative activities: meditations, classes, workshops or individual
 - Movements: sport, walk, Tai Chi / Qigong, other
 - Various activities with people all ages – children & adults, healthy or healing



What is The Integrative Healing Garden

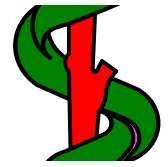
- A designed natural space supporting healing on all levels: physical, emotional, mental, energetical, spiritual.
- It involves Human Health – Animal Health – Plant Health – Environmental Health – Food & water systems – Social health – pretty much the **One Health focus points**
- It includes:
 - Horticulture
 - Landscaping
 - Principles of permaculture
 - Hermetic principles
 - Eco Design & Eco Innovation
 - Spiritual tools: intention / awareness, crystals, sacred symbols – universal / local
 - Meaning / purpose; various healing modalities
 - Knowledge and wisdom, collaboration and desire to heal
- Used in healthcare, education, community and spiritual contexts



Legends

- **Garden of Eden** – Adam & Eve
- **Shambala** – land of Peace & Joy – also kind of Heaven on Earth
- **Elysium** – Elysian Fields, Elysian Plains or Elysian Realm – heroes afterlife
- **Avalon** – the Isle of Apples – wisdom
- **Jannah Gardens** – Islam Paradise
- **Garden of the Hesperides.** This enchanted garden, tended by nymphs at the western edge of the world, held the golden apples of immortality & the elixir of youth
- **Paradise Garden** - from Old Persian pairi-daēza, meaning walled enclosure





4,000 Years of Healing Gardens

- Greek Asclepieia – sacred groves, sleep temples, healing gardens (Epidavros)
- By 500 BCE the Persians had conceived the **Paradise Garden**: a quadrilateral walled garden abundant with shade and water, meant to evoke heaven on earth.
- Islamic Bimaristans – courtyard hospitals
- Monastic physic gardens – medieval Europe
- Zen gardens – Japan
- Cosmology Yin – Yang gardens in China
- Modern therapeutic and hospital gardens
- **Benjamin Rush** – 1812
- William Tuke – 1732 – 1822
- Ramana's Garden - Rishikesh

Source:
Wikipedia





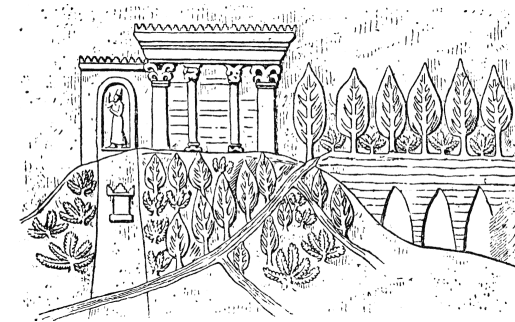
History – Egypt – The Nebamun's Garden, c.1350 – BC



Source: Wikipedia



History - The Hanging Gardens of Babylon – c. 600 BC



Source: Wikipedia



History – Asclepeia, Greece, c. 350 BC



Epidavros,
Pelopones
Source: Wikipedia



History – Botanical Garden in Padua - 1545



G. Agostini dis. in p. tra

Lithog. Kier in Venezia

Source: Wikipedia



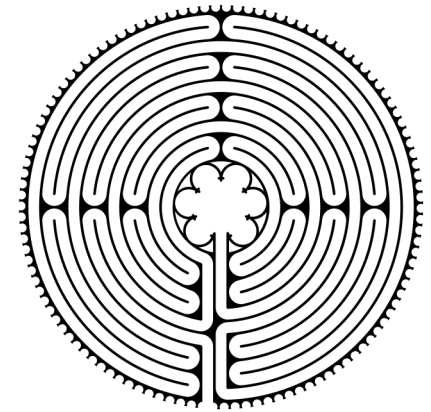
(Modern) History – first hospital healing gardens -

- In the world:
 - 1545, the **Orto Botanico of Padua**
 - **Paradise Gardens in Mughal India:** 16th–17th centuries
 - **Baroque gardens** of France
 - In the 1860s, Olmsted re-designed the grounds of the **Hartford Retreat for the Insane** (Connecticut)
- In Romania:
 - Romanian monastic gardens
 - Constantin Brâncoveanu: monastery and pharmacy gardens were patronized by leaders who valued both their beauty and healing potential. For example, Brâncoveanu's palace at Mogoșoaia (1702)
 - late 1800s, the first modern hospitals (such as Colțea Hospital in Bucharest) included garden courtyards
 - Dr. **Carol Davila** (a French-Romanian physician) founded the country's first botanical garden in Bucharest in 1860, adjacent to the medicine faculty



Sacred & Integrative Traditions Worldwide

- Feng Shui & Vastu: spatial harmony and energy flow
- Mandalas, Labyrinths, Golden Ratio
- Sacred groves, Tree of Life, Medicine Wheel
- Romanian gates, symbols, ritual plants
- Crystal grids
- Selfica & Music of Plants - Damanhur



The Chartres Labyrinth

- ***Labyrinth Society*** notes that "***the labyrinth is a tool that guides healing, deepens self-knowledge and enhances creativity***", and the garden that houses it implicitly becomes a sacred space.



Real World Examples. Benefits.

- Findhorn (Scotland) – creative / holistic gardening with nature intelligences
- Shambhala Gardens (Australia) – quartz labyrinth, Kalachakra Stupa
- Damanhur, Italy – spiritual community (Torino)
- Marko Pogačnik – Lithopuncture / Earth Healing Art
- Maggie's Centres (UK) – cancer support gardens
- Japanese temple gardens – meditative clarity
- **2014 marked a milestone** with the establishment of the *first dedicated therapeutic garden in Romania*, at the Mocrea Psychiatric Hospital in Arad County

- **Benefits:**

- Ecological: biodiversity, pollination, microclimate
- Physical: stress reduction, pain relief, immune support
- Energy: level and balance are restored
- Mental: focus, calm, trauma processing
- Spiritual: meaning, connection, transcendence
- Social: integration spaces





The Integrative Framework and Conclusions

- 1. Nature-based healing – biophilia (E.O. Wilson), plants, activities
- 2. Culture & tradition – symbolism, story / legends
- 3. Geometry & orientation – form / shapes, alignment, orientation
- 4. Therapy & rehabilitation – clinical, community and home use
- 5. Spiritual approach – intention, rituals, sacred elements

- **Healing gardens...**
 - are humanity's oldest and newest health technology.
 - unify science, ecology, psychology, culture, and spirituality.
 - are a living blueprint for 21st-century wellbeing.

Thank You!

Questions?

Contact:

Paul Gabor-Iliescu

+4.0730-188898

paul.gabor-iliescu@doctorat.usamv.ro

Social Media: paulgaborro

Web: impreunapentrunatura.ro/gti

Adrian PETICILĂ

+4.0723-247606

adrian.peticila@horticultura-bucuresti.ro



December 5, 2025, București – Paul Gabor – Iliescu, Integrative Healing Garden



One Health
Student Conference
USAMV București