

Filling Your Cup - August 2025

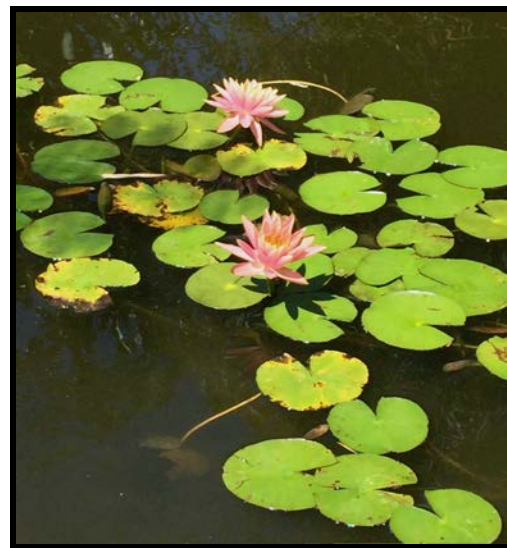
“An Urban Oasis”

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Living in Southern California, we are fortunate to have beautiful weather 99% of the time. The sun shines through a gorgeous blue sky. Part of the mindfulness practice is walking in nature. Although we are in one of the largest metropolitan areas in the country, there are beautiful spaces with remnants of nature dispersed between the concrete and stucco. With all of the beautiful neighborhoods, the options for a mindful stroll are endless.

On days when I want to immerse myself, one place I love going is the Huntington Library, Art Museum, and Botanical Gardens. I always feel that it is the most perfect place. With a library, art museum, and the gardens, there are many ways to soothe one's soul. The fairly simple path guides through gardens that are traditionally Japanese, Chinese, and native to California. The entrance is rather majestic. I love the flowers which give a colorful guide into the garden. Something I love about the Huntington is there is truly something for everyone, and one can find a spot to be in stillness. I love lotus ponds, and the Huntington does not disappoint. My favorite sections of the Huntington are truly the Japanese and Chinese gardens. When I visit the Japanese garden, I feel like I am transported to Kyoto.



The serenity of the rolling green and the ingenuity of the tea house is fantastic. I can stand on the bridge and stare at the trees forever. The Chinese garden has a beautiful pond, visible from various strategic areas. I love the various vista points, where you can see all around the garden. Any location shows you a very special and stunning statue or building. It is easy to find some unique vegetation during a peaceful stroll through Huntington



Gardens. However, the most important things one may find is peace, calm, and inspiration. As we become burdened by our lives, it is important to try to make it a priority to take that time for ourselves. No one will offer it to us, so it is important we prioritize our own wellbeing.