



## Strawberry Fields

### What Am I Getting Myself Into?

One of the quietest and most reverent areas of New York, Strawberry Fields is a monument to the ideals of peace and love that were embraced and proselytized by singer/songwriter John Lennon. Located in Central Park West across the Dakota Building where Lennon both lived and died in the shadow of his dream.

### How Long Does It Take?

Take as much time as you need to reflect. You will spend as much time as you need to pay homage to a man who unwittingly gave his life for his ideals.

### What's The History And Stats Of This Place?

Dedicated on the 9<sup>th</sup> of October in what would have been Lennon's 45<sup>th</sup> birthday, the memorial is an inlaid mosaic designed by landscape architect Bruce Kelly. A true global and cross-cultural collaboration, the project was spearheaded by Lennon's widow Yoko Ono and the Central Park conservatory.

Composed primarily of stones, the mosaic was a gift from the city of Naples in Italy. The black and white geometric design was patterned after pavements in Portugal. In the center lies the word imagine—the title of Lennon's most famous song.

### What Has It Been Used For In The Past?

Before the dedication, this was just another section of the park frequented by visitors and New Yorkers alike. But despite the tragedy that aided in the creation of the park, the resulting memorial literally left space for people to take time to be quiet and reflective in a place famous for its never-ending cacophony of noise.

### When's The Best Time To Go?

Of all the seasons of the year, Fall is when Central Park truly shines. This would be a great place to journey with your family in a quiet and reflective space. Leave the wifi behind and sit in the grass with your children. While they are holding coloring books in

their hands, you can hold a novel in yours. Whether you stay for fifteen minutes or two hours, it will be quality time well spent. Just being together in silence.

### **Recommended For...**

As the space is designated as a memorial, it is best to travel here with people who are old and sensical enough to speak in hushed tones when they are in the space.

As a result, it probably not the best place to bring very young children. But anyone who is old enough to know how to use their "inside voice" (even though they are outside) should go and enjoy the space with their families.

### **How To Get There?**

The nearest subway station is at 72<sup>nd</sup> Street. You can take both the B and the C trains to that stop. The entrance to that area of Central Park is directly across the street.

### **Adventure Scale**

This is an exercise on reference and respect. And unless those concepts are difficult to you to employ, you should be fine here.

### **Price Scale**

A trip there costs you nothing but will grant you a piece of mind that is priceless.

### **Where To Buy/Sign Up?**

No need to buy anything. Peace, unity and love are always free.