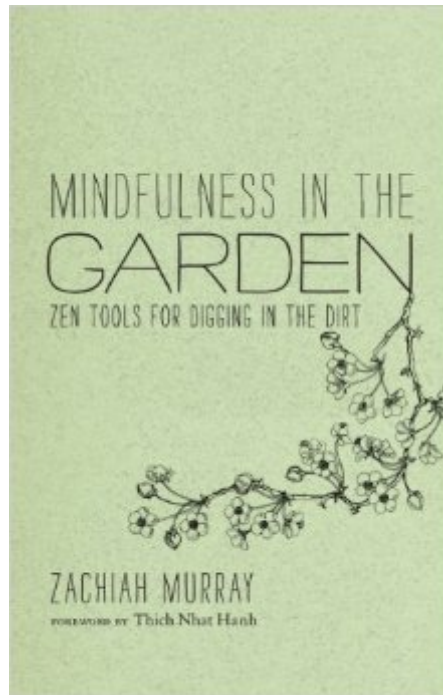


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# Mindfulness In The Garden: Zen Tools For Digging In The Dirt



## Synopsis

Mindfulness in the Garden offers simple mindfulness verses (gathas) composed to connect the mind and body and to bring the reader/gardener's awareness to the details of the present moment as they work in the garden. These gathas are signposts leading to nature, to the present, and ultimately to one's self through the love and understanding they evoke. The gathas offered with each gardening activity serves to water the seeds of mindfulness within us, and softening and preparing the ground for our ability to be present. Mindfulness in the Garden values weeds as important messengers seeking to bring into close communion our spiritual nature with that of the environment. It likens spiritual practice to cultivating a garden and inspires each person to accept themselves and start where they are, weeds and all. Through the practice of mindful gardening, we invite not only the thriving of the natural world but also the flowering and beauty of the pure land of our true self to emerge. Features black and white botanical illustrations throughout. Introduction by Thich Nhat Hanh, author of Present Moment Wonderful Moment Foreword by Wendy Johnson, author of Gardening at the Dragon's Gate

## Book Information

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## Customer Reviews

You'll never walk thru your garden the same way again. This author wrapped the world into our gardens and made you breathe your way along garden paths and life. Beautifully written and a placebo to go when the day gets out of control. I had this book before my local book store at a better price.

Zachiah's book "Mindfulness in the Garden" is an exceptional read and full of great wisdom and love for Mother Earth. I recommend it not only for garden lovers but for absolutely everyone who reads anything at all. I have the privilege of knowing Zachiah on a personal level and she is a wondrous, fun, humble, loving woman and I love her dearly. When you read her book, you will love her, too. Happy reading!

Gardeners will appreciate the metaphorical connection to life.

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