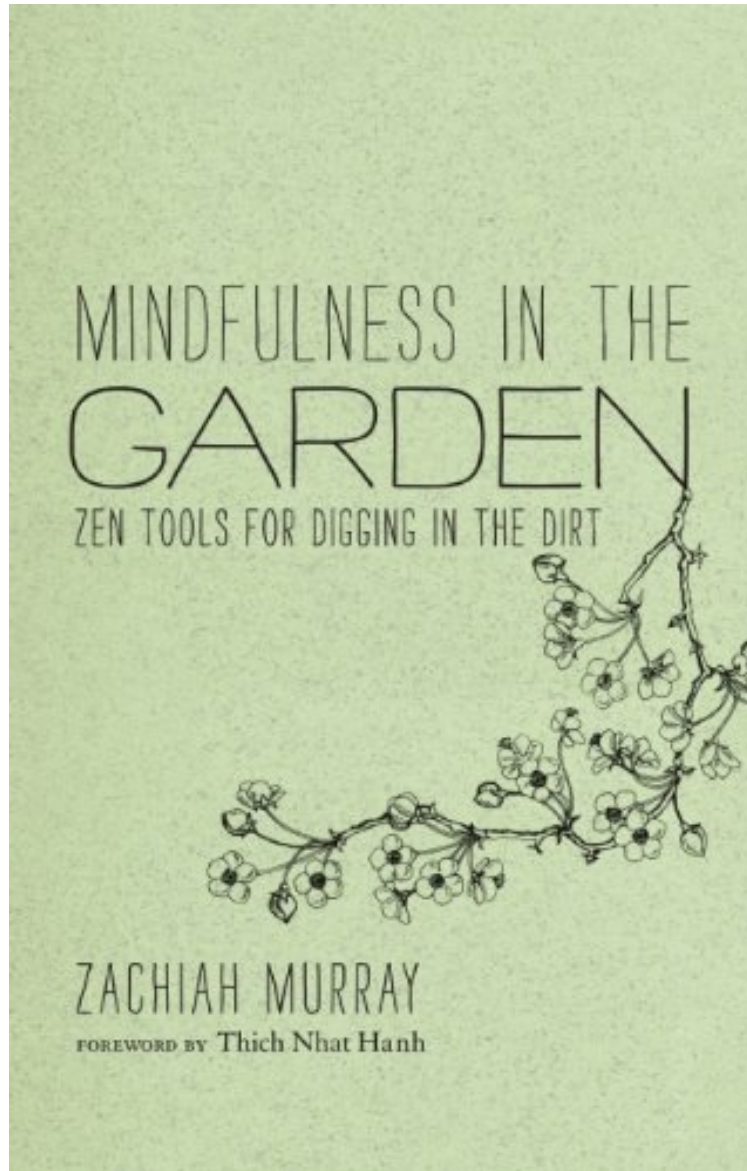


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Mindfulness in the Garden: Zen Tools for Digging in the Dirt

Zachiah Murray

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#404216 in Books Zachiah Laurann Murray 2012-07-30 2012-07-30Original language:EnglishPDF # 1 6.81 x .63 x 4.75l, .47 #File Name: 1937006158160 pagesMindfulness in the Garden Zen Tools for Digging in the Dirt | File size: 41.Mb

Zachiah Murray : Mindfulness in the Garden: Zen Tools for Digging in the Dirt before purchasing it in order to gage whether or not it would be worth my time, and all praised Mindfulness in the Garden: Zen Tools for Digging in the Dirt:

9 of 9 people found the following review helpful. Garden ZenBy BarbYou'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. 1 of 1 people found the following review helpful. A Book of Wisdom By Dorothy Bruckner 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! 1 of 1 people found the following review helpful. Five Stars By Judy Billings Gardeners will appreciate the metaphorical connection to life.

Mindfulness in the Garden offers simple mindfulness verses (gathas) composed to connect the mind and body and to bring the reader/gardeners 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 oneself through the love and understanding they evoke. The gathas offered with each gardening activity serve 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

Zachiah Murray's deep rooted practice of Mindfulness in the Garden offers grounded encouragement and inspiration for our times. Wendy Johnson, Author - Gardening at the Dragon's Gate Grounded in the present moment, Zachiah Murray pays close attention to flowers and insects. Using the microscope of mindfulness, the garden becomes fresh and alive. Open the portal of this lovely book into a gentle garden of words that supports our mindfulness as we stroll among the flowers and trees around us. Cheryl Wilfong, Author - The Meditative Gardener