

GARDENING FOR THE SOUL

Therese Lide

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Gardening for the Soul

At least, that's what gardening does for me; it just feels good in the soul. Most people know the saying "gardening is good for the soul," but it's.

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This is a book about the spiritual and emotional rewards of gardening. Murray, a garden designer, painter, and author of Monet's Passion: Ideas, Inspiration and.

Gardening for the soul and good health

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Happiness and clarity are keys to a satisfied soul, so gardening's role in better mental health is certainly a good thing. To make your gardening even more Earth friendly, try using recycled rainwater and composting food scraps. Slow down and become mindful of it all.

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Try taking this soul journey in your own garden, Gardening for the Soul a park, or even with a vase of cut flowers. Brian and I love to pick lemons or flowers from our back yard and share them with friends and neighbors. No matter how full my schedule, or how challenging my day, I always make time for meditation and gardening and often I meditate in my garden. Addfragrantplantsalongsidegardenseatingandalongpaths.Sinceancient
take your light and go on a journey.