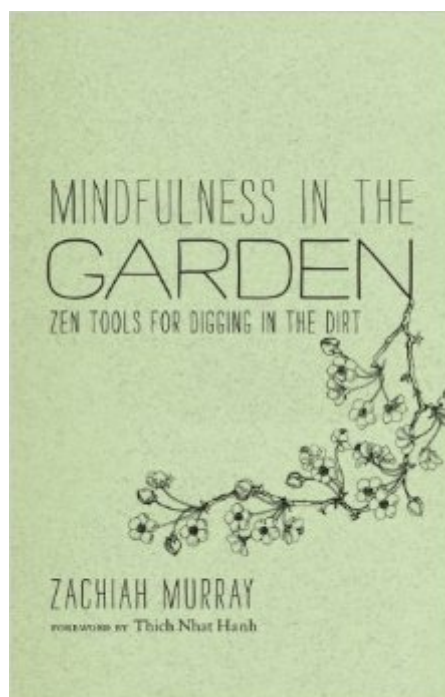


The book was found

# 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

Hardcover: 160 pages

Publisher: Parallax Press (July 30, 2012)

Language: English

ISBN-10: 1937006158

ISBN-13: 978-1937006150

Product Dimensions: 4.8 x 0.6 x 6.8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (3 customer reviews)

Best Sellers Rank: #699,697 in Books (See Top 100 in Books) #160 in Books > Crafts, Hobbies & Home > Gardening & Landscape Design > Essays #621 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Philosophy #851 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality

## 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 place 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.

[Download to continue reading...](#)

Mindfulness in the Garden: Zen Tools for Digging in the Dirt The Total Dirt Rider Manual (Dirt Rider): 358 Essential Dirt Bike Skills Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Zen:How to Live a Zen Lifestyle in a Modern Society (Zen, Buddhism, Mindfulness, Yoga) Zen and Zen Classics volume 1: From the Upanishads to Huineng (Zen & Zen Classics) Zen: Zen For Beginners - The Ultimate Guide To Incorporating Zen Into Your Life - A Zen Buddhism Approach To Happiness And Inner Peace Mindfulness: Achieve Inner Peace And Harmony With Mindfulness And Meditation - Live Life Without Stress And Anxiety (Mindfulness, Meditation, Buddhism, Yoga, Enlightenment Book 1) Zen: Zen for Beginners: The Complete Guide to Achieving Presence and Inner Peace (Meditation, Buddhism, Zen Buddhism for Beginners, Happiness) Color Zen Adult Coloring Book 2: Easy Breezy Garden Patterns (Color Zen Adult Coloring Books) (Volume 2) In a Zen Garden: Words of Wisdom for the Zen Gardener The Wartime Garden: Digging for Victory (Shire Library) Indoor Gardening: 12 Creative Gardening Tips on Garden Design. Discover the Ultimate Small Garden Ideas for Creating the Garden of Your Dreams (Indoor Gardening, garden design, indoor plants) The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) Mindfulness in Everyday Life: How to Stop Worries and Stress and Enjoy Peace and Happiness with Mindfulness and Meditation Mindfulness and Acceptance for Treating Eating Disorders and Weight Concerns: Evidence-Based Interventions (The Context Press Mindfulness and Acceptance Practica Series) MINDFULNESS: Mindfulness for Beginners: Free your Mind from Stress, Anxiety and Depression: How to Find your Inner Peace (Meditation for beginners) BUDDHISM: Buddhism for Beginners: A Practical Guide to Spiritual Enlightenment (buddhism for beginners, zen, chakras, reiki, energy healing, spiritual awakening, mindfulness) BUDDHISM: Buddhism For Beginners: How To Go From Beginner To Monk And Master Your Mind (Buddhism

For Beginners, Zen Meditation, Mindfulness, Chakras) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Mindfulness, Zen, Inner Peace, Dalai Lama) Buddhism: Buddhism for Beginners - The Ultimate Guide to Buddhist Teaching and Enlightenment (Zen Buddhism, Mindfulness, Guided Meditation, Exercises, Buddhism Psychology Books)

[Dmca](#)