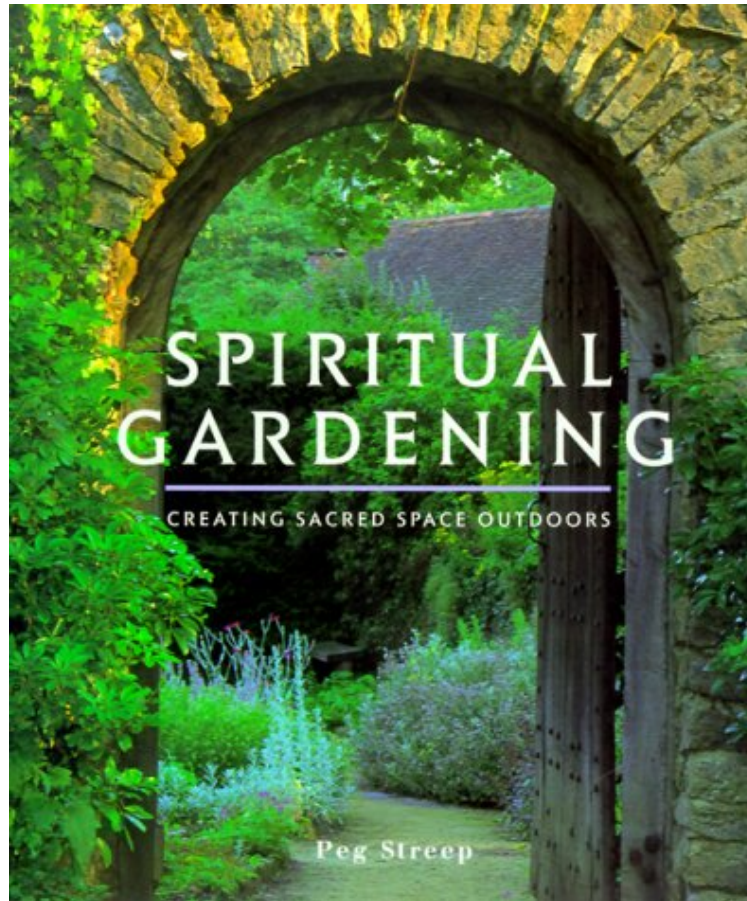


Spiritual Gardening: Creating Sacred Space Outdoors

Peg Streep

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Peg Streep : Spiritual Gardening: Creating Sacred Space Outdoors before purchasing it in order to gage whether or not it would be worth my time, and all praised Spiritual Gardening: Creating Sacred Space Outdoors:

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Creating a garden that is a spiritual sanctuary a calm refuge from the stresses of everyday life, a soothing balm for heart and soul is within every gardener's reach. This book looks at the garden as a place to engage the senses and

connect the spirit to nature. Gardens, whether small urban plots or larger country spaces, can become places to foster personal growth and spiritual awareness. *Spiritual Gardening* is resplendent with illustrations and color photos throughout, illuminating how to create your own special outdoor retreat.

Excerpt. Reprinted by permission. All rights reserved. *On Creating Sacred Space* We transform our gardens and yards into sacred space when we understand them as places of growth not only for plants and trees but for our inner selves. What is "sacred" space? It is a place of dedication, where the miracles of life and growth are acknowledged as evidence of something larger than ourselves. That "something larger" can be called by many different names, and may refer to the presence of a specific deity, a unifying or supernatural pattern, or simply our membership in the great community of living organisms—the discovered 1,413,000 separate species that populate the planet Earth. With understanding and acknowledgment, we can turn our own gardens into places of sanctuary. The Latin word for "sacred" gives us the word "sanctuary," denoting not only a sacred space but also a place of refuge and protection. The garden can become a place where we can restore our emotional and spiritual balance and nourish our sense and souls, away from the noise of everyday life. Gardening is a vehicle for spiritual and emotional connection. It is, when you think about it, nothing short of miraculous: You kneel, dig a bit, drop in a seed, add waters, and wait. In time the miracle unveils itself, beginning with an ever-so-tentative shoot of green: Life! It is, perhaps, not as dramatic as being witness to the creation of the universe or event that moment when a single sperm pierces the shell of the human ovum, but for most of us it is as close as we will ever get to witnessing a miracle firsthand.