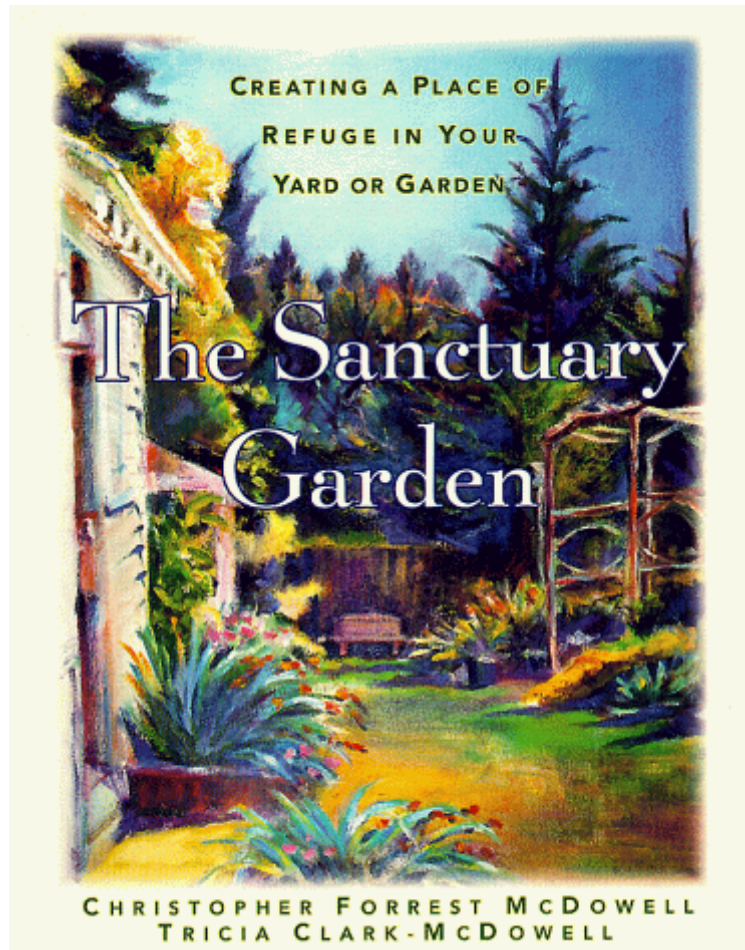


(Download) The Sanctuary Garden: Creating a Place of Refuge in Your Yard or Garden

The Sanctuary Garden: Creating a Place of Refuge in Your Yard or Garden

Christopher For Mcdowell, Tricia Clark-mcdowell
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Christopher For Mcdowell, Tricia Clark-mcdowell : The Sanctuary Garden: Creating a Place of Refuge in Your Yard or Garden before purchasing it in order to gage whether or not it would be worth my time, and all praised The Sanctuary Garden: Creating a Place of Refuge in Your Yard or Garden:

4 of 4 people found the following review helpful. just reading this book is a meditative experienceBy A Garden Guru in TrainingWhile this book may not have glossy photos, it is none-the-less a dreamer's guide to gardening and solved my biggest garden problem: how to make visitors stop and abide awhile in my garden.On home garden tours, I often watch people fall prey to a mindset of "strolling on a mission" as they move from one composed vista to the next, mentally recording pretty combinations or successful "scenes." I was saddened recently to see a beautiful pergola draped in exotic jade vine (*Strongylodon macrobotrys*) with people flocking to see the flowers, but not one person felt genuinely invited to sit inside. In my mind, a garden fails if it does not: A.) stop you in your tracks and B.) invite you

to sit awhile, quietly and comfortably. One of my goals is to open my garden to such a home tour and discover people lingering, feeling transcendently at peace and at home. This book helped me find a way to transform the garden experience from people saying "pretty" to people having conversations in outdoor salons. I share the other reviewer's experience. I am a visual person and gravitate towards books with landscape plans and photos. I have a library shelf full of garden design books; Feng Shui, modern, Balinese, etc. and binders of ideas from magazine clippings. Yet this book did more to shape the garden experience I want visitors to have than any other. Each garden "room" should function the same way as the vibrant passages the authors use to open each section in the book: creating layers of engagement that invite you to reflect. I found myself evaluating designs with more than just an eye for cleverness or cohesiveness. This book is an invitation to center yourself before setting out to create a peaceful space outdoors. 0 of 0 people found the following review helpful. Beauty for Heart and Soul By Debbonnaire L. Kovacs I. LOVE. THIS. BOOK. Can't say any more than that. I wish I could visit the authors' garden, and I wish they could visit mine! 1 of 1 people found the following review helpful. A very high goal to shoot for By George Morrison As I have far too often discovered, gardening books from climatic zones outside of my own, have a tendency to raise my expectations far above what I can logically expect to achieve. However, the ideas shared by the writers do give me some thoughts to consider as I think about creating something to satisfy my soul. I sort of suspected that there would be some good philosophy behind why people create sanctuary gardens in the first place and this book is an excellent seed planter in that regard. Anyone looking for a treatise above just planting and watching things grow will find some inspiration in this tome, especially when it comes to "water". I recommend this specialty book to anyone who's creative juices are longing for something to do with that bare side of the house or the sterile back yard.

Use the power of nature to find peace in your own backyard and enrich your life. A garden can be far more than a place to plant a row of zinnias or tomatoes-- it can be a place of sanctuary. With the help of "The Sanctuary Garden" you can make your own yard or garden a place of serenity, peacefulness, and beauty. No matter how large or small your garden is, it can provide a sense of safety and comfort. And through a deep relationship with nature based on intention, reflection, and contemplation, each of us can gather strength, and our spirits may be renewed. Ask most gardeners what gardening is and they are likely to tell you that it is primarily about plants-- which ones to select, grow, propagate, and nurture. But as you will discover in this book, the seven design elements of a sanctuary garden speak less about vegetation than they do about other often overlooked considerations such as: Creating a special entrance that invites the visitor into a sense of sanctuary Effectively using water for its psychological, spiritual, and physical effects Creatively using color and lighting to elicit emotion, comfort, and awe in the visitor Creating sitting areas that enfold the visitor into the sanctuary experience by providing a place of rest for body and soul Highlighting natural features as anchor points, including the use of rocks, wood, natural fences, screens, trellises, wind, and sound to evoke emotion Integrating art that enhances the overall mood Providing habitat and features to attract a diversity of wildlife to share your sanctuary Illustrated with eight radiant full-page watercolors and hand-drawn illustrations, "The Sanctuary Garden: Creating a Place of Refuge in Your Yard or Garden" offers a unique guide to living your life and designing your garden with purpose, contemplation, and, above all, harmony.

.com For many gardeners, gardening is a moving meditation that brings peace and deep relaxation. At times, however, repetitive chores can feel more stressful than soothing. The authors of The Sanctuary Garden remind us that being in the garden (as opposed to active gardening) is a way to honor the intrinsic relatedness of people and plants. To help us get beyond our busyness, they identify seven key design elements that can turn a garden into a living retreat or sanctuary. A special entrance marks our departure from the mundane world. Water, the symbol of life, brings flow and reflection to the garden. The thoughtful use of color and the play of light can be contrived to deliberately evoke emotions--peace, comfort, awe, and respect. Natural features like sculptural rocks, wind song, and fragrance can become focal points for our attention. Artwork that supports the desired feelings can be integrated into our plantings. Finally, we can create attractive habitat for birds, pollinators, and animals. Sharing the garden with nature--not just plants--broadens our sense of connectedness to the natural world in a wholesome, healing way. The book creates a challenge: where is your sanctuary? Answering that may expand both your garden and your spirit. --Ann Lovejoy About the Author Christopher Forrest McDowell and Tricia Clark-McDowell founded the world-renowned Cortesia Sanctuary and Center for Natural Gardening and Healing, a 22-acre sanctuary near Eugene, Oregon, where they teach, write, and make their home.