



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

Zachiah Murray

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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*

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