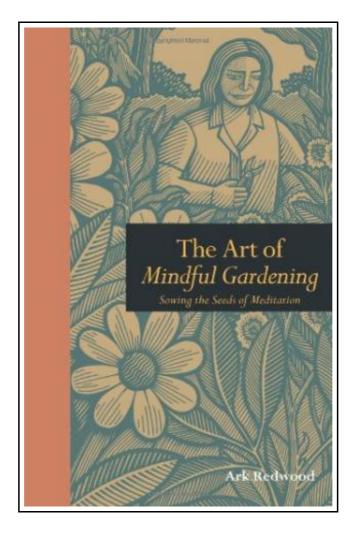
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The Ivy Press. Hardback. Book Condition: new. BRAND NEW, The Art of Mindful Gardening: Sowing the Seeds of Meditation, Ark Redwood, Ark Redwood, head gardener at Chalice Wells, one of Britain's most sacred gardens, guides the reader through the changing seasons. Drawing on years of both practical gardening experience and Zen Buddhist practice, he acts as an expert guide to the secret places of the garden that can be discovered through mindful practice and spiritual contemplation. Using the garden as medium and metaphor, he demonstrates that moment to moment mindfulness can bring an extra layer of consciouness to happenings that gardeners already consider magical: from the blossoming of mindful dimension to an everyday experience, this is the perfect gardener's gift and an essential for the potting shed library.



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