



## Mindful Thoughts for Gardeners: Sowing Seeds of Awareness (Hardback)

By Clea Danaan

The Ivy Press, United Kingdom, 2018. Hardback. Condition: New. Language: English . Brand New Book. Embracing gardening as a spiritually enriching activity lovingly reconnects us to nature everyday-this beautifully illustrated little book reminds us how to do it. Rooting each blossoming thought in deep ecology and conscious living, we unearth the power inherent in mindfully lifting the soil; it lifts our souls as well. Mindful Thoughts for Gardeners sows a series of meditations about tending the Earth wholeheartedly. Author Clea Danaan explores the interconnectedness of nature in this carefully-crafted small volume that any green-fingered grower will want to dig into.



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