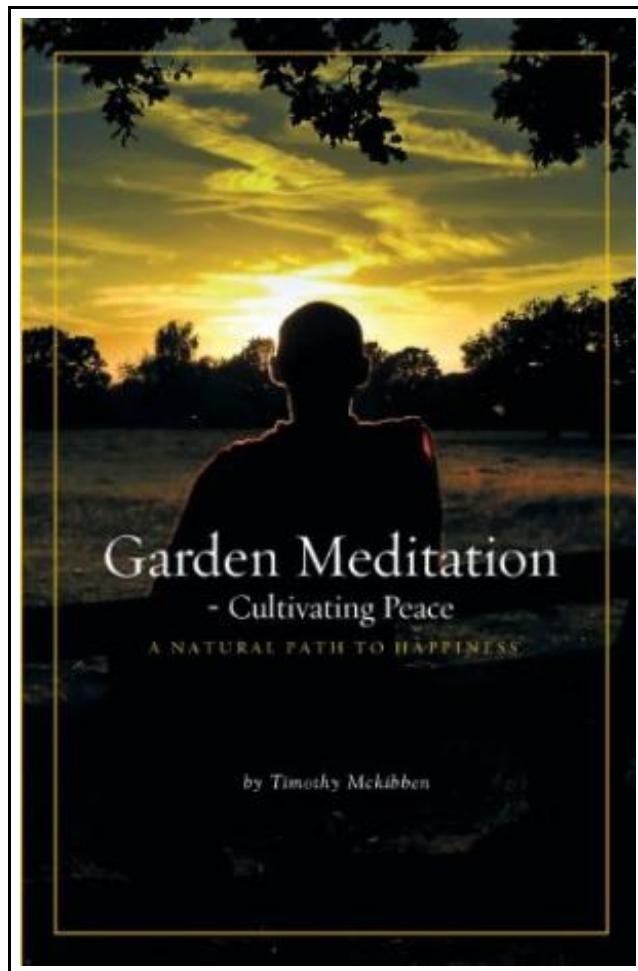


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Timothy McKibben, United Kingdom, 2013. Paperback. Condition: New. Robert Perry (illustrator). Revised. Language: English . Brand New Book ***** Print on Demand *****.Garden Meditation-Cultivating Peace is a humorous and inspiring book of 320 pages about life, gardening and meditation. It uniquely presents Buddhist teachings within a garden context, using gardening analogies to highlight the natural aspect of that gentle tradition. Authored by a Buddhist monk and keen gardener it offers a stimulating read. For those looking to delve deeper simple meditations are presented at the end of each chapter. 160 colour photos illustrate the text. Gardening is a cultivation of the external environment, meditation of the internal environment. A vibrant garden full of healthy plants depends on first removing the rocks and weeds, then enriching the soil with plenty of organic matter. Likewise in meditation we remove causes of unhappiness, such as anger, worry, loneliness and depression, and cultivate a more joyful and compassionate approach to life. Then all enlightened qualities can flourish. In the darkness of winter a rose bed appears just a bunch of thorny sticks, giving no sign of the potential held inside. However when nurtured by warmth and spring rains, a glorious range of colour and perfume emerges. Likewise when feeling a bit bleak and thorny oneself, dissatisfaction and irritation so easily arising, we have no inkling of the potential for enlightenment that lies within. But through the inspiration of age old spiritual teachings, gradually come the happiness, love, insight and peace we have long missed. This book sets out a series of small steps along the way.

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