

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

Christopher For Mcdowell, Tricia Clark-mcdowell



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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.

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