

# Gardening Your Way to Zen



## It's Time to Go Green!

- Are you a gardener?
- Do you like to be in nature?
- Did you know it can be one of the most beneficial things you can do?

I was never really into gardening until we bought our first home. The garden (all 900m<sup>2</sup> of it!) was a bit of a wreck and there was (and is) much to be done.

***"The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just on the body, but the soul." – Alfred Austin***

Two years down the line, hubby and I are still landscaping, planting and enjoying our time outdoors.

Instead of slipping into complete overwhelm at the task ahead,

I took my father-in-laws advice and began small – doing one square meter at a time. Eating that elephant one bite at a time really worked and the benefits of seeing my garden now – in all it's glory – are astounding!

## 6 Reasons to Get Your Shovel On

Not only does gardening give you a sense of:

- accomplishment
- joy
- peace

But it also has several even more outstanding qualities in this helter skelter, fast-paced life we find ourselves fumbling in. Here are some of the main benefits:

1. **Creativity** – you get to flex that creative muscle. You get to build garden beds and choose the right colors/plants for it. You get to plan and build water-features, walls, create bird-baths, pathways, stepping stones and a host of other fun things. I've started doing recycled garden projects too – you can find some great and easy ideas on Pinterest.
2. **Meditation** – gardening is a great form of meditation – you don't have to don a lotus position to meditate! Meditation can come in the form of weeding (weeding is like cleaning out your house/cupboards/garage – you get a great sense of relief as you declutter that lawn or veg patch), raking and pretty much any monotonous, mind-clearing garden activity. When you're done clearing the yard – you can make a good, old-fashioned bonfire to burn the debris. There's nothing more therapeutic than to have a cleansing, trans-inducing fire and watch those flames licking away at they sky. Why not write some new intentions/goals down on paper and offer them to the flames?
3. **Grounding** – if and when you can, try garden barefoot or

take your shoes off for a minute or two and stand on the grass. You connect with Mother Earth and it's a great grounding exercise. Read more about grounding and its importance here: [8 Methods of Grounding and Connecting to the Earth's Frequencies](#)

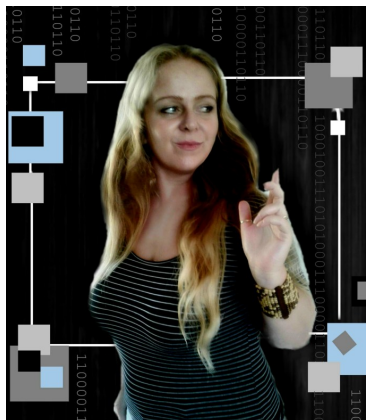
4. **Exercise** – gardening is an absolutely fantastic fitness activity. Heavy yard work (landscaping, moving rocks, hauling dirt) burns about **400-600 calories** per hour. Raking and bagging leaves incinerates **350-450 calories** per hour. General gardening like pulling weeds, planting flowers, etc. sears **200-400 calories** per hour and mowing the lawn: **250-350 calories** per hour. Not bad, eh?
5. **Zenning Out** – when you've finished up your gardening and you relax in a deck chair with a cup of tea, there is a tremendous sense of 'zen' that washes over as you look out on your landscaping canvas of creation. You get to know all the creepy crawlies and birds in your space which gives you a real feeling of being in touch with nature and your surrounds. It get's your heart chakra all riled up and pumping. Read related article: [How to Use Your Heart Wisdom](#).
6. **Nourishment** – gardening will not only nourish your soul, boost your vitamin D levels (if you're lucky enough to have a bit of sun) and sense of well-being but can nourish your body too if you start a veg/fruit patch and/or a herb garden. There's nothing better or more worth your time and effort than to start growing your own food. Revolution starts with everyone becoming self-sufficient in some form or another.

*Don't have a garden?*

Start window box/balcony gardening. Here's a great way to get you going – [READ HERE](#) and [HERE](#). Or why not start a community garden? Go speak to your local representative and start your gardening revolution today!

You can even make use of your friends garden – they'll love it

if you come over and weed their garden! I'm forever inviting my friends to come and weed (haven't had a taker yet though...don't know why :/).



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To date, she has published **3 self-help and motivational books** and brings out weekly inspirational blogs at her site [www.cherieroedirksen.com](http://www.cherieroedirksen.com). Get stuck into finding your passion, purpose and joy by downloading some of those books gratis when you click [HERE](#).

Her ambition is to help you to connect with your innate gift of creativity and living the life you came here to experience by taking responsibility for your actions and becoming the co-creator of your reality. You can follow Cherie on [Facebook](#) ([The Art of Empowerment](#) – for article updates). She also has just recently launched her official art [Facebook](#) page ([Cherie Roe Dirksen](#) – for new art updates).

***Cherie posts a new article on CLN every Thursday. [To view her articles, click HERE.](#)***

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