



Gardens for the Soul: Designing Outdoor Spaces Using Ancient Symbols, Healing Plants and Feng Shui

Pamela Woods

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"Gardens for the Soul" is a truly inspiring approach to garden design. Garden designer and plantswoman Pamela Woods' unique approach teaches you how to create a garden that reflects your spiritual beliefs and inner emotions. She invokes the power and beauty of ancient symbols, like Celtic wheels and spirals, with Eastern practices, such as feng shui, to create gardens that are relaxing, meditative and, above all, beautiful. Beginning with a discussion of what makes a garden spiritual using historical examples and her own modern designs, Pamela then discusses how to analyze and channel the energies in your garden using techniques such as feng shui, dowsing and basic common sense. She also looks at ancient symbols and systems, for example, The Tree of Life, the medicine wheel, mandalas, spirals and labyrinths, and how to incorporate them into your own garden. Pamela then explores how shapes and forms in nature are reflected throughout the universe, in history and in science, and how to draw upon these universal patterns as inspiration for your gardens. Inspirational chapters explain how plants can possess healing powers and symbolic mysticism and explore how to appreciate the foundations of your garden--tending the earth itself, incorporating wildernes and understanding the seasons that nurture your garden. Simple graphic illustrations, helpful plans and John Glover's evocateive photography combine with spiritual theories and practical garden advice to help you create a space that is full of peace and resonance--an extension of your own soul and somewhere you will feel completely at home.

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