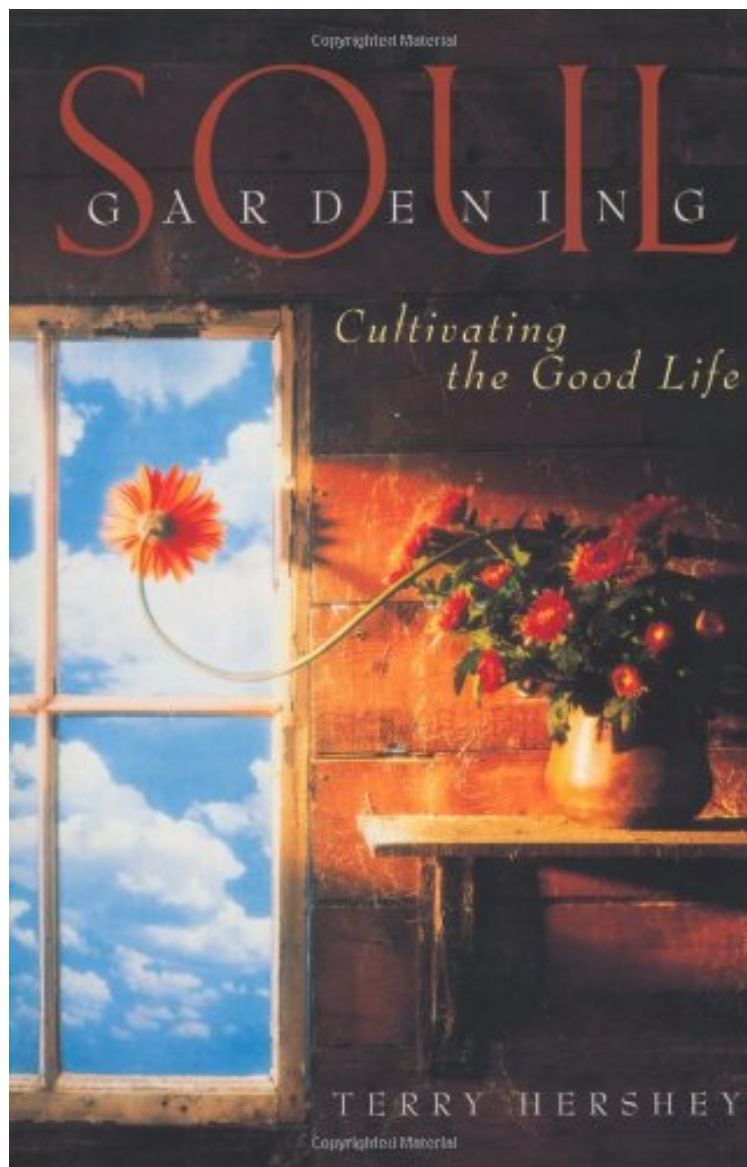


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Soul Gardening

Terry Hershey

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Terry Hershey : Soul Gardening before purchasing it in order to gauge whether or not it would be worth my time, and all praised Soul Gardening:

5 of 5 people found the following review helpful. The Sacrament of the Present Moment By Steve Umstead I just finished this wonderful book. I read the entire book in one day in my garden. This book encourages one to slow down and BE IN the present moment. It reminds us to watch the hummingbirds, listen to the sounds of the trees, as well as to stop and smell the roses. For those with such a hectic lifestyle that they need permission to just "spend the afternoon"

and luxuriate in doing nothing, this book will be your enabler. Read it and participate in the Sacrament of the Present Moment. 1 of 1 people found the following review helpful. A perfect read -- I was undone by the iris. By Laura D. There are such gorgeous and tantalizing life stories masquerading as garden stories told in this book. I was captivated and 'undone by the iris' so much that I have read that chapter aloud to at least two friends who were awed to tears. It is a book that bears reading and re-reading, and reminds us to take time to smell the roses, take time to connect with the earth, and take time for yourself. I will linger in the garden and feed my soul! A perfect read. 2 of 2 people found the following review helpful. Spiritually awakening. By A. Of all his books, I love this one the most, even compared to his newest one, "Power of Pause". You can buy this used for as little as \$4 (1c plus s/h) or buy it brand new...doesn't matter, you will underline and underline and you'll read it again...It's spring as I'm reading this book, and life is sprouting from the ground on up...and this book just brings everything around you into perspective. A wonderful, compelling, peaceful, spiritual read. Although the author is a former Protestant pastor, it's a powerful book for the secular as well.

This book is about what it means to be a soul gardener. Reading it is not unlike walking in a garden—where it feels good to be alive, where we sit for a while and talk about what we learn there—which allows us to be more fully human. Terry Hershey recounts experiences from his own life, using the metaphor of gardening to speak to our longing for spiritual growth, a healthy lifestyle, and a more centered life. Enriched by Bible quotations and spiritual classics, his stories will lead you to new insights into the kind of life the Creator intends for us. The soul gardening exercises will lead you to your own experiences of the wonder and beauty of daily life. Soul Gardening will not make you a gardener. But it will nurture your soul, teach you how to live, and renew your sense of what it means to live the good life. It is about appreciating the ordinary gifts of grace, the value of solitude, the art of listening and the healing power of nature. Finding the balance between loving and losing, creating a sane lifestyle, being fully awake and alive and the value of slowing down the gift of seeing God's world with new eyes.

.com Don't turn to former-minister-turned-garden-enthusiast Terry Hershey for instructions on how to prune, weed, or fertilize; turn to him for guidance on how to open your heart to the rhythms of the garden. Likewise, look here not for listings of plants or tools, but for advice on how to slow down enough to appreciate the space between your door and the garden gate. "My garden placed me squarely in the world of sun and moon, wind and rain, soil and water, insects and animals, summer and winter," writes Hershey, who goes on to tell the story of how cultivating a garden changed him from a hard-charging, success-driven minister to a guy who spends sunny mornings wrestling with his dog and child on the dew-laden grass. After becoming "unraveled by an iris" he sighted while rafting down the Colorado River, Hershey became enthralled by the wonder and the madness of creating a garden. Hershey feels that gardeners have a chance to go through life fully awake, if they'll just slow down long enough to savor their gardens. "Gardening can be strong medicine," he writes, "an elixir that nurtures and shapes the soul." Unfortunately, even while living on a rural island in Puget Sound, Washington, Hershey sees that gardening, just like so much else in life, has become a competitive activity, an excuse for haste, worry, and overwork. In an attempt to counteract the rush toward accomplishment, Hershey celebrates not just the joy of discovering plants and digging in the dirt but also the profundity of resting on a bench beneath a honeysuckle vine. He remains deeply committed to just sitting in the garden, and in this wise and heartfelt book, he invites all of us to join him. --Valerie Easton "God is in the details. Inspiring, invigorating, and spiritually moving. I would buy it and live in it." -- Dr. Alan Loy McGinnis, author of *The Balanced Life* "Life is a garden. Exquisite beauty is everywhere—and Terry Hershey's writing will help you adjust your lens in order to see it, feel it, and be grateful. A magnificent book." -- Harold Ivan Smith, D. Min., author of *Decembered Grief: Living with Loss When Others Are Celebrating* "When I looked up from reading *Soul Gardening*, I was surprised to find myself in my living room and not in Mr. Hershey's garden. This is not just a book. It's an experience." -- Barbara DeGrote-Sorensen, author of *Six Weeks to a Simpler Lifestyle* About the Author Terry Hershey has served as a Protestant minister and is now a landscape designer and writer on Vashon Island in Washington State's Puget Sound. He speaks throughout the U.S. on both gardening and spirituality. His earlier books include *Go Away, Come Closer*; *Intimacy*; and *Beginning Again*. This is his seventh book.