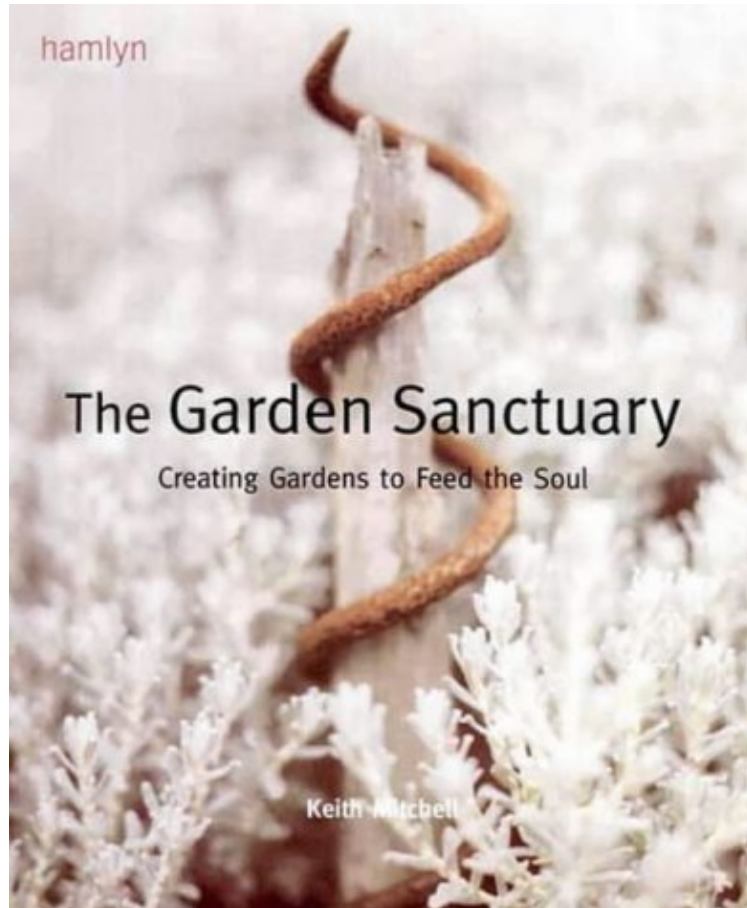


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Keith Mitchell

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Beauty and tranquility can enhance our everyday lives, and more and more people have found this peace in their own

backyards. Create a very special space, one in harmony with nature, and that stirs the soul. Go by a "natural calendar" that includes festivals, activities, garden tasks, and ideas for attracting wildlife. Feed the senses with color therapy and bright borders, practical ways of creating sound, and aromatherapy. (A directory of perfumed plants helps you choose the ideal fragrance.) Heal yourself with medicinal plants, flowers, and herbs. Add inspirational touches such as objets d'art, with seating, water elements, and arbors. Connect with ancient traditions, from Egyptian to Japanese to Renaissance, in which gardens were designed with great love and care. Include meaningful archetypal symbols like the Tree of Life and the Green Man. In just a few hours, you'll feel renewed and revived!