

Cultivating Joy Through Gardening: 365 Daily Meditations, **by Marion Owen**

Introduction

When I was 25, I had a life-changing experience while working aboard a research ship in the South Pacific. After months at sea in the sweltering heat and salt-sticky air, I realized something strange: my sense of smell was gone.

When we finally changed course and headed toward home, I spent hours on deck, scanning the horizon for land. But I smelled it long before I saw it. Fir trees, beach grass, and freshly mowed lawns. As the ship drew closer, I could smell the sweet, electric smell of green chlorophyll, and suddenly, I knew what I wanted to do with the rest of my life.

In the weeks and years that followed, I poured my energy into growing green things.

Over time, I learned that nurturing plants is more than making compost, yanking weeds, and picking blueberries (always leave a few for the birds).

In *Cultivating Joy Through Gardening*, yes, you'll find stories sprinkled with recipes and eco-friendly gardening tips. But this book is also about cultivating your *inner* garden.

It's about those tiny revelations ("You're planting me too deep!") and precious disappointments ("There's no such thing as failure in the garden—it all goes into the compost") that I've collected along the way. They are what led me to create this little book.

It's a crazy world. We're overstimulated and stressed. In *Cultivating Joy Through Gardening: 365 Daily Meditations*, you'll find a year's worth of inspiration that blends the gentle art of gardening with healing, personal growth, and wellness.

You'll meet a cast of green-thumb characters, from visionaries like Thomas Jefferson and First Lady Pat Nixon to your neighbor down the street.

Each day:

- You'll be encouraged to embrace the healing qualities of tending a garden, whether it's a clay pot of rosemary on your kitchen windowsill or an acre of cherry trees.
- You'll discover new ways of relating to plants and co-creating with them, whether you're a green thumb or a greenhorn.
- You'll learn to trust a garden's invitation to stop, hit the pause button, and let moments of peace, calm, and gratitude soak in like a warm summer rain.

Use this book to help you cultivate each day—all 365 of them—with green growing things, one story at a time.