

Digging Deep with Cynthia Brian

Garden Gratitude

By Cynthia Brian

"Gratitude is the fairest blossom which springs from the soul." – Henry Ward Beecher



What would Thanksgiving be without turkeys ... eating our grubs?

Photo Cynthia Brian

As Thanksgiving approaches we find ourselves giving thanks for our family, friends, health, and jobs. But how often do we stop to give gratitude for Mother Nature? As I strolled through my garden during my morning meditation walk, I was overcome with appreciation for the natural world that surrounded me. My garden enhances and nourishes all of my senses. The fiery ruby leaves on my liquid amber or the saffron pumpkin cloaked potted pistache in their autumnal wardrobe add a carnival of color to the landscape. The fragrance from my Angel Face roses is a sweet scent that I dream of bottling. The quail calling to one another, the gurgling of the fountain, and the whistling of the wind through the palms are sounds that calm my spirit and engage my inspiration. On my rounds, I always stop to sample the edibles, tasting the new florets on my cabbage, a sprig of mint to freshen my breath, or plucking a few cumquats to add to my afternoon tea. Touching everything, I arrive back in my kitchen with bouquets of blossoms or moss covered branches to decorate my desk and most of all, to stimulate my creativity. Over the years, I've developed a sixth sense surrounding my outside world. I feel more connected to life, to nature, and to myself while I'm in the garden. And I am grateful for the kinship.

Our gardens are growing universities, teaching us daily the values for enhanced living. From my garden teacher I have learned patience, responsibility, gentleness, kindness, and forgiveness. There are no mistakes in nature and failure is just fertilizer. When it began to rain the last day of October, I quickly ran to fertilize my brown, dry lawn. Today it is emerald green, instructing me about the importance of resiliency.

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