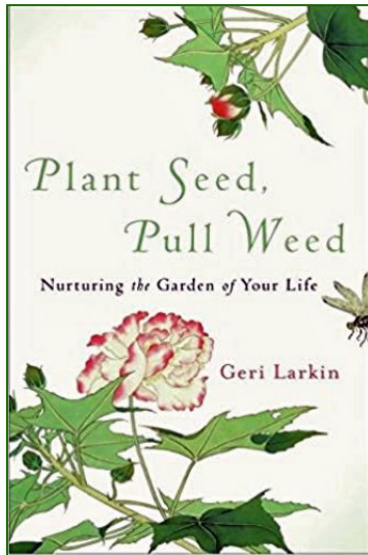




August 9, 2022

Contributed by Nancy Laplante

“PLANT SEED, PULL WEED: NURTURING the GARDEN of YOUR LIFE”



Life sometimes gives you exactly what you need! In 2008 I came across a book that focused on humor, gardening, faith, and healing. I always found peace in both reading and gardening so when I stumbled upon this book I knew I had found something special.

The author, Geri Larkin, is funny and light hearted and not afraid to tell stories of her garden fails along with garden insights she developed. As a newer gardener back in 2008 I related to the tale of pulling out plants before really knowing what they were and of the joy found in successful plantings. You can purchase the book on Amazon Smile where you also find this nice summary:

https://smile.amazon.com/Plant-Seed-Pull-Weed-Nurturing/dp/0061349046/ref=sr_1_1?crid=1URIZPPP3S8OX&keywords=plant+seed+pull+weed+larkin&qid=1657631775&s=books&sprefix=plant+seed+pull+weed%2Cstripbooks%2C56&sr=1-1

Gardens have often been used as metaphors for spiritual nurturing and growth. Zen rock gardens, monastery rose gardens, even your grandmother's vegetable garden all have been described as places of refuge and reflection. Drawing on her experience working at Seattle's premier gardening center, Zen teacher Geri Larkin shows how the act of gardening can help you uncover your inner creativity, enthusiasm, vigilance, and joy. As your garden grows, so will your spirit.

I've purchased this book a number of times to give as gifts to family and friends who needed a little humor in their life. I keep a few copies on hand always and have read the book myself several times over the years. It is an uplifting summer read, and the garden metaphors will surely draw you in. The author's journey to become a Buddhist is an integral part of this book and one that made me reflect further on my own faith.





Each chapter has a theme (e.g. generosity, enthusiasm, anger, joy) and begins with an appropriate quote.

The Prologue of the book has one of my favorite quotes, and for me sums up garden experiences but also can be a metaphor for life in general:

“Gardening is full of mistakes, almost all of them pleasant and some of them actually instructive” ~Henry Mitchell