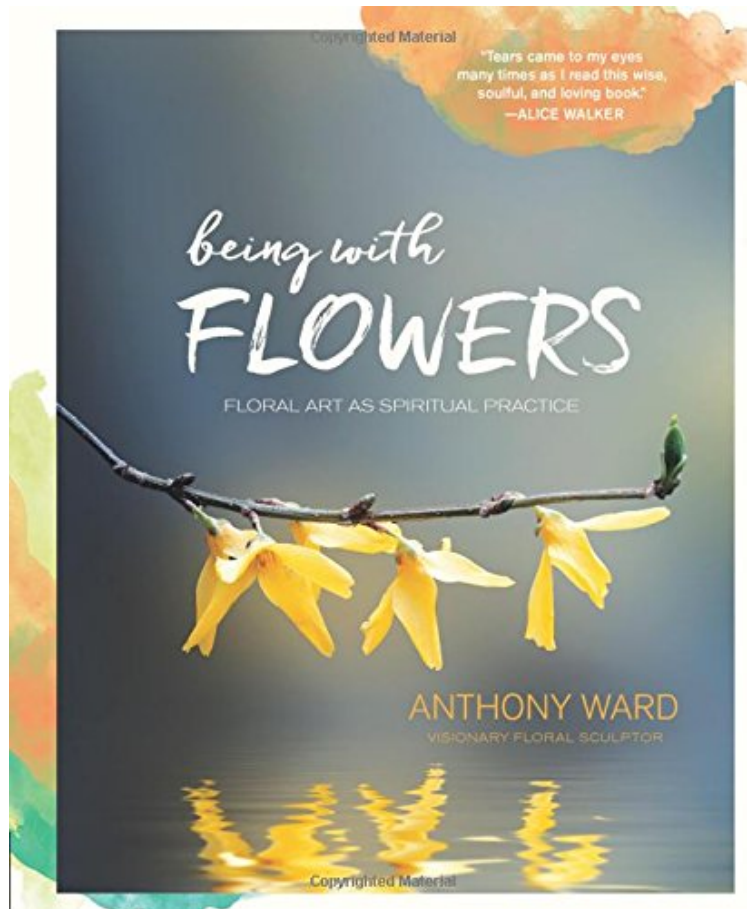


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Being with Flowers: Floral Art as Spiritual Practice - Meditations on Conscious Flower Arranging to Inspire Peace, Beauty and the Everyday Sacred

Anthony Ward

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Including creative exercises, guided meditations, and step-by-step flower arrangements, *Being with Flowers* will show you how to appreciate the natural art of each flower to create the perfect arrangement.