

Digging Deep with Goddess Gardener, Cynthia Brian

Growing with gratitude

... continued from OH6

5. An awareness of our natural environment with its biodiversity and living organism interdependence helps us appreciate living on our beautiful planet.

6. Humans are uplifted by the sensory-rich visual impact of the shapes and textures found in nature.

MARK YOUR CALENDAR: Be the Star You Are!® charity volunteers will once again collaborate for Santa Day at 5A, Dec. 2 from 11 a.m. to 2 p.m., 5 A Rent-a-Space, 455 Moraga Rd. #F, Moraga. FREE crafts, holiday treats, plus a photo with Santa and his elf! Thanks to Mark Hoogs State Farm Insurance, www.TeamHoogs.com, for sponsoring BTSYA. More info: www.bethestaryouare.org/copy-of-events

7. A garden is a growing university of higher education. Nature offers a hands-on laboratory for learning about biology, ecology, geology, and all earth science.

8. Growing our groceries is an exercise in sustainable living. We don't need a green thumb to grow fresh produce, just patience and play.

9. Essential ecosystems such as pollination, air purification, and soil fertility maintain the biodiversity and balance of our natural world.

10. Gardens foster a sense of community. Community gardens provide opportunities to collaborate, share knowledge, and build relationships.

11. By absorbing carbon dioxide and releasing oxygen, trees and plants play a crucial role in mitigating climate change. Green spaces cool the environment.

12. Recreational activities abound in nature.

Birdwatching is a personal favorite as I attempt to learn more about our avian friends. Walking, picnicking, or just being outside in the fresh fall air offers a sense of satisfaction, relaxation, and enjoyment.

To achieve a fulfilling and balanced life, gratitude for all things is a necessary component. When we recognize the myriad ways that nature enhances our well-being, we begin to cultivate an attitude of gratitude that will permeate everything we do. Go into the garden and grow with gratitude. It is the fairest blossom of all.

Wishing you a healthy and happy day of thanks. Celebrate living with grace and gratitude.

Happy Gardening. Happy Growing. Happy Thanksgiving!



Cynthia Brian advocates to continue to deadhead roses through winter.

For more gardening advice for all seasons, check out Growing with the Goddess Gardener at <https://www.CynthiaBrian.com/books>. Raised in the vineyards of Napa County, Cynthia Brian is a New York Times best-selling author, actor, radio personality, speaker, media and writing coach as well as the Founder and Executive Director of Be the Star You Are!® 501 c3. Tune into Cynthia's StarStyle® Radio Broadcast at www.StarStyleRadio.com. Her newest children's picture book, Family Forever, from the series, Stella Bella's Barnyard Adventures is available now at <https://www.CynthiaBrian.com/online-store>. Hire Cynthia for writing projects, garden consults, and inspirational lectures. Cynthia@GoddessGardener.com <https://www.CynthiaBrian.com>

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