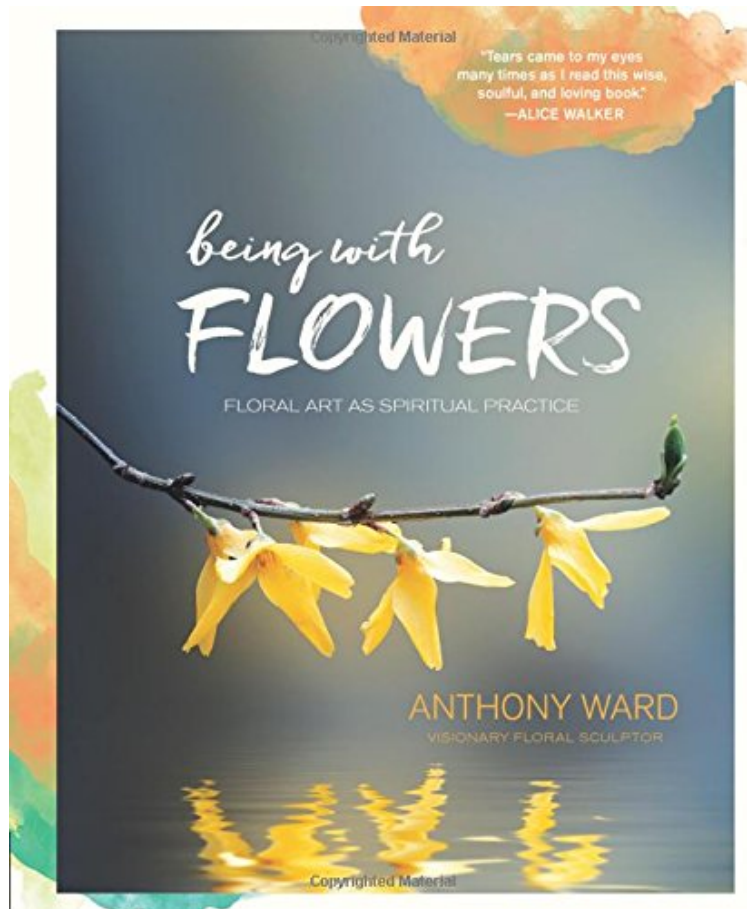


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## Being with Flowers: Floral Art as Spiritual Practice - Meditations on Conscious Flower Arranging to Inspire Peace, Beauty and the Everyday Sacred

Anthony Ward

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Learn to become one with nature and create beautiful flower arrangements with Being with Flowers.Floral arrangements are so much more than a decoration. They provide a way to connect to nature and the world around us.

Master floral sculptor, Anthony Ward, shows you how to work with flowers to bring more peace into your life. 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.