



daily GOOD

I have walked through many lives,
some of them my own,
and I am not who I was,
though some principle of being
abides, from which I struggle
not to stray. --Stanley Kunitz

Drawn Into the Garden: An Artist's Journey

Take a stroll through Helen Stewart's enchanted garden, and discover the allure of living in creative relationship with soil and soul. Gardening is in Helen's blood. Her great grandfather ran the world's largest nursery of his time. Following in his footsteps, Helen, a former sheep farmer, turned artist, author and community weaver -- has gradually transformed the grounds of her heritage home in Victoria, Canada, into a place of wonder and quiet revolution. There is a combination of reverence, ecological wisdom, and whimsy to her approach. While all manner of creatures are nourished by her garden, Helen only plants things that she intends to draw, and she is guided by a conviction that gardens are meditative spaces. They deepen not just our contact with ourselves, but also our connection to the world, and give us new ways of seeing our place in it. This short film, that shares its title with Helen's latest book, is a sanctuary unto itself. Watch, and let a little bit of Helen's green, growing world spill into yours.

Be The Change:

For more inspiration, join a special virtual conversation with Helen this Friday. More details and RSVP info here.