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Gardening as Meditation

KENNETT SQUARE, PA (September 2020) - In response to our fast-paced world and uncertain times, people all over the world are looking for a closer connection to the natural world. Referred to as Biophilia, an innate and genetically determined love for the natural world felt universally by humankind.

We have seen an enormous surge in gardening this year. While home gardeners might not need science to tell them it feels good to be outside with their hands in the soil, the research does confirm it. Science has shown that people who garden produce the same brainwaves as people in prayer or meditation. No wonder it's called 'grounding.'

Don't Wait Until Spring.

Now is the perfect time to plant spring-flowering bulbs. Use different bulbs to plant a mandala-inspired garden. Make a day of it, include the kids or close friends. Make some memories, and don't forget the hot apple cider. You could also share the love and plant some bulbs for someone that could use a visit and something to look forward to.

When you least expect it, your bulbs will start to grow, signaling the arrival of spring and a fresh new start. Talk about a bright future!

Flowerbulbs.com is a promotional agency for the flower bulb sector. Their goal is to educate and inspire new and experienced gardeners. They do not sell flower bulbs; they encourage consumers to visit their local independent garden centers. High-resolution images are available royalty-free when citing FlowerBulbs.com as the source.

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