

## *Digging Deep with Goddess Gardener, Cynthia Brian*

### Sacred spaces



Utilize spaces that are often forgotten, such as the repurposed area below a deck.

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#### **Paths and Walls**

Whether you use gravel, bricks, decomposed granite, pavers, or flagstone, creating paths throughout the garden allows for interesting patterns and yard exploration. Because I believe in recycling, upcycling and repurposing, I always utilize whatever materials are available when I'm building stairs, paths or walls. A former built-in redwood bench is turned on its side to be reused as a retaining planter box. Used bricks add a separation element to the revamped below-deck walkway bordering the tangled wisteria forest.

#### **Pergolas, Gazebos, Decks**

A deck is always a great gathering spot. A gazebo or pavilion is a stately structure to sit, embrace the view, and offer gratitude for outdoor rooms. On my deck, under my grape, wisteria and bower vine-covered pergola, I unwind after a long day by soaking in the hot

tub. This is my prayer place as I gaze at the twinkling stars above.

#### **Plantings**

The selection of specific plants is critical to the overall color and scale of any garden. My goal is always to witness botanical interest 365 days a year through express attention to the trees, flowers, shrubs, bulbs, vegetables, herbs and bushes. Every season brings a change to the landscape. Roses bloom for nine or 10 months when regularly dead-headed. Perennial sweet peas flourish with their pretty purple pea heads from spring until autumn. Pink naked ladies pop up to smarten the summer soils when most other plants find it too hot to shine. Deciduous trees such a Japanese maple, pistache, crape myrtle, and liquid amber offer spectacular autumn colors.

When you think about creating your sacred spaces, make sure you are bringing the indoors out and the outdoors in. Expand your home environment by mimicking and mingling colors, patterns, themes, and shapes through both areas. Great design amplifies your emotional well-being. Rediscover forgotten or overlooked spots. Feel the vibes as you develop your scheme keeping comfort and safety at the forefront. Use your imagination to unearth the endless possibilities.

Mother Nature is the original church.

When we honor Her, we will attain a more balanced life with peace as a bonus gift, no matter what is happening around us. As this latest Delta variant spreads its dangerous virus tendrils, I urge everyone to talk with their physicians, listen to the science, and get vaccinated. Discover your sacred space, breathe, and spend as much time outdoors as possible.

A Be the Star You Are!® volunteer from Minnesota emailed me, "I go for walks on our nearby trail as often as I can because it's a way to escape to nature, and I know how you feel about that! So off I go."

Off you go!

#### **MARK YOUR CALENDARS!**

Saturday, Sept. 25, Be the Star You Are!® will participate in the first live event at the Pear and Wine Festival with a booth sponsored by the Lamorinda Weekly ([www.Lamorindaweekly.com](http://www.Lamorindaweekly.com)) and MB Jessee

painting ([www.MBJessee.com](http://www.MBJessee.com)). Wear your mask and visit us! Details at [www.bethestaryouare.org/copy-of-events](http://www.bethestaryouare.org/copy-of-events)

Happy Gardening. Happy Growing.



Perennial sweet peas spread throughout the hillside.



A close-up of the elegant Arizona rose.