



The Seeds of Love: Growing Mindful Relationships

Jerry Braza Ph.D.

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Using the garden as metaphor, *The Seeds of Love* offers a process for creating mindfulness.

From a Buddhist perspective, everything affects our consciousness and enters metaphorically as a seed. Through the development of the practice of mindfulness, and using its tools to maintain a state of awareness and openness to self and others. Readers interested in Zen Buddhism will learn how to nurture such seeds as compassion, joy and generosity and to use personal challenges such as jealousy, anger and self doubt as a means of growth.

Using precepts from many faiths and traditions, *The Seeds of Love* fosters the practice of using simple, basic actions to reach the best within ourselves and share it with those around us. It will be an invaluable guide to anyone seeking deeper and more conscious relationships.

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