~~When weather permits, I like to work outside just to make myself happy, healthier and relatively stress free, simply by a change in routine and setting.~~

~~Consider a change in workspace. Put aside the office and routine desk scenario. Change your surroundings to one of pleasure, beauty and joy.~~

~~More and more people are choosing to work from home. In fact, more than 2 million people work from home and that figure could easily grow as more people swap the real deal office life for working at home. The ease and convenience of telecommuting comes with some drawbacks. There's that feeling of never really "leaving work". Although I study at home and work at home as an independent, I have the occasional opportunity to work outside.~~

~~Consider the alternative of the garden office. Create for yourself a dedicated work space in your garden, home, yet away from home life and all of its distractions.~~

~~A high-end garden office, however, requires building a space. Such a plan could b expensive and involve city planners, architects, designers contractors, and even homeowner association restrictions.~~

~~Believe me, I am all low-tech: a folding table, overhead umbrella, a portable insect screen, garden rug, a power strip, fly swatter and a liter water bottle. My space immediately becomes comfortable and functional.~~

~~<blockquote>  
<p>“Let yourself go. Pull out from the depths those thoughts that you do not understand, and spread them out in the sunlight and know the meaning of them.” E.M. Forster, A Room with a View.</p>  
</blockquote>~~

Feng Shui

~~Feng Shui should be considered when you set up your home work space.~~

~~Just as your bed is the most important piece of furniture in your bedroom, Feng Shui is critical to the correct placement of your desk in your workspace.~~

~~Feng Shui is said to put you in charge of your business life, allows you to identify and invite in new business opportunities, puts you at ease as you work, and more importantly, Feng Shui prevents your thoughts and business Chi from floating out the window toward a distant view.~~

~~More importantly Feng Shiu helps one avoid a sense of feeling confronted or having your creatively blocked by a solid wall in front of you.~~

[~~http://openspacesfengshui.com/feng-shui-tips/2013/02/office-feng-shui-place-desk-command-position/~~](http://openspacesfengshui.com/feng-shui-tips/2013/02/office-feng-shui-place-desk-command-position/)

~~I saw a fun article on Buzz Feed written by Alejandro Alba entitled "26 Zen Gardens To Help You Find Inner Peace At Work" (July 7, 2014).~~

~~Mr. Alba shows images of portable gardening scenes that you can place on your desk to bring to enjoy an outdoor scene as you work.~~

~~images sidebyside~~

Sanctuary

To me, the garden is a place of repose, reflection, beauty, and enjoyment. <p>Here, I am surrounded by colorful roses in full bloom in season, and in this winter period, there are tulips and daffodils emerging. In the blooming period that lasts through fall, there are so many varieties of color that it makes it difficult for the eye to settle on any one spot.

There have been times when I would have settled with pampering myself. Chillaxing with a favored tea, some chocolates, a magazine I've been waiting to read, some lovely blossoms to accentuate the mood of pending relaxation. Why not work in this type of atmosphere?

images/relax.jpg" class="fullWidth" alt="tray with tea cup in wooden tray, pink carnations">

But, because of everyday stresses and the push to complete deadlines, I find that I don't need more frequent breaks, but instead, wish for a deeper relaxation period that includes beauty and tranquility to rebuild inner strength and refresh my creative process.

Thus, my need to work in my sanctuary, a simple means of restoring my creative process.

image: Colorful showy rose blooms.

zzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzz

Change your view with climbing roses. These garden classics can add structure and beauty at the same time. Create your own natural pillars or columns, borders or decorate a wall using your own garden roses. I've let them cover a fence naturally and pruned them over the years to get a shape I want. You can use this growing technique on your own to develop a private pillar or wall covering just for you!

As your roses twine their way up pillars or the edge of a fence, they tend to weave their way through fences, or simply sprawl out across any garden structure; you will end up with a lovely display!

Climbing roses are known for blooming out masses of flowers mainly because of their growth habit of holding their blossoms up high for all to see. Most prominently displayed is color, and the second bonus is a spread of fragrance. Plant a combination of colors to make a stunning display.

xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx

The lily is another stunner, I love them because of their regal beauty. Mine bloom year-after-year. I divide them every year or so to improve their blooming periods. They make popular gifts and bouquets and make great gifts. Their bulbs can be planted in your garden, chosen for potted plants to be given as gifts or placed in a room to brighten a table or a corner of a room. They are excellent choices for bouquets.

Most lilies are quite fragrant, and are often used in perfumes. Their colors have significant meanings: White lilies symbolize purity and virtue. Pink (stargazer) lilies are said to represent prosperity and abundance. Red lilies symbolize passion. The orange or tiger lily symbolize confidence, pride, and wealth. Yellow lilies symbolizes thankfulness and desire for enjoyment.

In the garden they make excellent beds and border plants, and even as a shrub border. I've seen some of the smaller varies that fit perfectly in alpine rock gardens, stunning in red and yellow or gold.

An interesting use of lillies is for skin care products for those with sensitive skin. The oil extracted from lilies has healing and softening properties. Lily oils are used for massage, as a bath oil, after bath lotions, great for babies soft skins, are used to heal dry cuticles and elbows, as facial moisturizers, and as under-eye oil and hot-oil treatments.

zzzzzzzzzzzzzzzzzzzzzz

Ferns are as attractive as colorful blooms. Most often when we think of a garden, what comes to mind is colorful blooming flowers. But, don't forget the beauty of foliage.

What adds to their beauty is that their foliage comes in an abundance of colours, shapes and sizes.

Ferns are graceful and add a frothy exotic splendor, even mystery. To me they resemble seahorses drifting on on a gentle current. But they also bring to mind an open primeval foress. They are excellent for decorating with a open wooded view in mind, for making a decorative woodland-appearing border, for example, or filling a shady corner.

Although they may look frail, most garden ferns can be grown year round because they can withstand both the winter cold and summer hea.

Planting a fern garden outdoors requires takes minimal care and attention. They simply need nothing more than regular mulching and water during very dry periods.

Their true beauty is simply enjoying them as you take a moment of tranquility or a break from the routine.