**Elizabeth Murray – The Art of Living Life in Full Bloom**

Artist, author, gardener and photographer Elizabeth Murray lives on the edge of the beautiful Monterey Bay area of California in a delightful artist’s cottage set in a glorious garden.

She celebrates beauty daily, continually pursuing her own passion for nature by digging in the soil, which she acknowledges is integral to her soul and helps her to live her life in full bloom.

Elizabeth is living proof that we can all attain the goals we set for ourselves and want to achieve in life if we only believe that we can and make a plan to do so. She has also grown to understand, based on her own wealth of experience that if you are prepared to give back something to society good things happen.

During late 70’s and early 80’s Elizabeth was part of a thriving gardening business and took some time out to go travelling overseas viewing historical gardens. One encounter changed her life forever.

She visited the garden of French painter Claude Monet (1840 – 1926) one of the fathers of modernism, renowned for his horticultural wizardry. It had been the central motif of his creative life and was following years and years of neglect being restored.

An opportunity arose for her to be part of the restoration team and Elizabeth went straight home to America, sold up her possessions, and some would say her security, and went back to France to work in them.

It would be fair to say her family at the time did not understand her wanting to leave her comfortable horticulture job in California to work in exchange for only a room and board. However she says the decision once made meant she never looked back.

Now Elizabeth wants to help other people to discover what their own life calling is all about so they can follow their passion and take action to align their heart, skills and purpose with her new book Living Life in Full Bloom.

It’s all about having hope and purpose, inspiring imagination and vision and helping other people to identify and define their own purpose in life.

Living life in full bloom for Elizabeth Murray means living in a way that honors the earth, the spirit, and one another.

While she was in Giverny Elizabeth Murray was entirely seduced by Monet’s gardens and their luminous enchantment. She photographed them extensively, wanting to reveal the beauty, creativity, and inspiration the world famous artist had found in his garden.

She managed to do that with her best selling book Monet’s Passion. It was an account of working on the restoration and it also meant in the years that followed that her photographs would travel often with Monet’s paintings throughout America and visit many museums and galleries.

In 2012 they were integral to a landmark summer exhibition ‘Monet’s Garden’ at the New York Botanical Garden, which was all about the rhythm of nature refreshing the heart. Elizabeth Murray revived her book during that year for a 20th anniversary edition, and today it still continues to inspire others.

In her own lecture and workshop career in California today Elizabeth Murray encourages and nurtures each person to explore four personality attributes (Gardener, Artist, Lover, and Spirit Weaver).

She believes we can unleash our potential and embolden our communities when we learn through the power and pleasure of gardens to observe and grow; as artists, we can discover creativity and new possibilities; as lovers we can learn how to embrace the heart and to commit to things we’re passionate about; and as weavers in touch with our spirit, we can create rituals and express our gratitude.

The book will be accentuated throughout with her own exquisite nouveau vintage photography, as well as drawings she has taken great delight in doing. It’s all about helping others to define the purpose of their busy lives and help them remember who they really are.

Elizabeth is often invited to speak and teach and no doubt promotional opportunities surrounding this book will see many more people wanting to explore her insights into what empowers the creative spirit.

There is nothing that we cannot attempt in our imagination when viewing a garden, even one we don’t own.

It is beneficial to the mind and body and the most important freedom it offers is to help the viewer to allow his or her emotions to come into play, particularly dispersing grief and melancholy.

Monet’s friends Camille Pisarro, Alfred Sisley and Pierre Auguste Renoir and their followers were in their own day sneered at and snubbed by society and yet they literally starved for their art.

Their paintings were refused at all the fashionable Paris salons, however this only served to strengthen their determination to succeed.

Monet’s short sharp brush strokes completely beguiled the onlooker, as he plumbed the depths of his own emotions to provide an image of a living still life, one we would all relate to in some way or another.

He’s certainly still guiding Elizabeth’s hand, helping her to capture the illusionary mesmerizing momentary moments that original artists, and their [first](http://bit.ly/ruXINe%22%20%5Ct%20%22_blank) and [lasting](http://bit.ly/v1blEg%22%20%5Ct%20%22_blank) impressions so brilliantly convey

Monet claimed the ‘poor palettes’ of the painter could not capture fully the colour of flowers but in his own part of paradise in Normandy he explored new ways of interpreting the world as Ellizabeth Murray does in hers.

He left a legacy that today still makes a lasting impression on all who visit his magical home, that it was perhaps the creator himself that guided his imaginative genius, as well as his hand.

Seems to me the other thing he did without ever knowing it was to inspire Elizabeth Murray to take risks to explore what creativity is and to learn why it is important for us all to endeavour to pursue our passions in life, especially if we want to achieve both inner peace and fulfilment.

Carolyn McDowall, The Culture Concept Circle 2014

Living Life in Full Bloom by Elizabeth Murray

120 Daily Practices to Deepen your Passion, Creativity and Relationships

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