

The power of flowers



From early civilizations for centuries, flowers have been a part of everyday life. They have been grown, then cut and brought indoors to focus on and enjoy the beauty that nature provides.

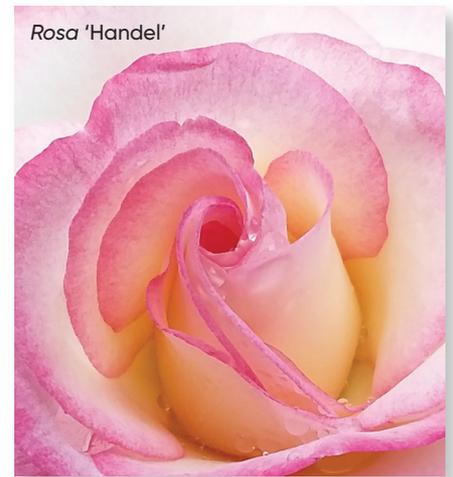
The time has come to recognise the powerful contribution flowers can make to our lives.

In the Japanese culture, through the art of Ikebana, firstly being the Buddhist 'Priest of Nature', we associate the art of flower arranging with contemplation and meditation. By cutting and taking only the minimal amount of 'live' plant materials one creates deep meaning and an inner peace.

A simple shoot that appears fragile and vulnerable produces spring beauty despite it's battle through the winter frosts and frozen earth. It is a constant reminder of life's trials, how as human beings we cope with this type of struggle, making our final flourish more poignant and beautiful.

Art has been recognised as a way of decreasing anxiety and depression and increases feelings of wellbeing. We know from working with flowers what an impact they have, particularly as they are living, and through that 'life' seem to have a greater presence than other inanimate objects.

Research shows that having flowers and plants in the home and the workplace can boost mental wellbeing and productivity.



Creating simple floral designs gives you time to admire the innate beauty of even a single flower and to wonder how all these layers unfold from something which was once merely a bud. By focusing on the detail of this amazing creation, we notice the details that nature herself has put together to design and create this thing of beauty.

We take in the colour and texture of the petals, along with the overall three-dimensional shape that has been created. We notice spacing of petals and sometimes the pattern of space between flowers. In assessing the design qualities of the flower, our minds are taken away from whatever is bothering us, escaping reality for a short time, but every time we pass the design, we remember what we have identified and appreciated.

Now we have taken in the visual detail of the flower, there are other values to take into account – for example perfume and how certain smells take us back to times, events and places in our lives. Do you remember where you were when you first smelt a rose or are there any flowers which bring back memories and take you back to that very place? Even a sad memory. A flower by it's perfume, can help to heal the heart, a souvenir of time and joy.



Jolly Jonquils

Do the flowers remain relatively static, or do they continue to grow towards the light? Does the bud you have chosen then open and flourish into a full-blown bloom? Even when the flowers are fading, do they lose a certain amount of their beauty? Are the falling petals just a mess on your smooth surfaces or for moments, another creation? We never fail to be delighted by carpets of fallen flowers below plants in a garden which create a carpet of colour. The transience of flowers adds a certain magic to their appeal.

Whenever you have bought or received flowers, they surely have brought a smile to your face. There is nothing quite like them for lifting the spirit, touching the heart, reaching the soul, stimulating the senses, giving tranquillity of mind – all this in such a fragile beauty.

National Association of Flower Arrangement Societies

As an organisation, we at the National Association of Flower Arrangement Societies (NAFAS) enable people to share their love of flowers through our many Flower Clubs, where flower lovers come together to be creative and enjoy a community feeling.

Through our Association and as an educational charity we wish to share our love of flowers and how by human touch to arrange them, one can enhance their natural beauty.

Visitors are welcome at all NAFAS Flower Clubs. For more information or to find a Club near you visit www.nafas.org.uk



Winter Orchids

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page 2 Jolly Jonquils
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page 2 Rosa 'Handel'
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page 3 Winter Orchids
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