

The Healing Power of Water Gardens

 by: Scott Kiser, DDS If you experienced a day filled with running from one place to the next, one errand to the next, one meeting to the next, imagine a place where all your troubles can melt away. A place where the stressors of the day are nonexistent. A place where peace and tranquility are norm. Seem impossible? Incredibly, something such as this can exist right within your own home or office. It can be accomplished with something as simple as a tabletop or indoor fountain. An increasingly popular way to create balance in a busy life, the soothing sounds of gently tricking water is something that virtually anyone will enjoy. These are the sounds that melt away the pressures of the day. To add a sense of relaxation and serenity to any room in your home or office you can utilize the healing powers of indoor water gardens. Whether you choose a pre-made fountain or design one to your own unique tastes and needs, the healing powers of an indoor fountain have been long utilized in many cultures. The range of styles and prices varies as much as the people who have them. From a small, inexpensive plastic model, to a very elaborate rock and exotic plant custom made water garden, the healing properties can be as effective. You can easily accessories your fountains with stones, rocks, Bonsai trees and special lighting. Indoor water gardens and fountains are a place where young and old alike can find a safe place. A place to connect with their innermost self. Within seconds of allowing your soul to absorb the beauty of the water and the joyous sounds you will find your troubles melt away. In order to fully enjoy the wonders of the water, have comfortable chairs or pillows placed throughout the fountain area. Although some people enjoy listening to the gentle sound of music, you can derive much pleasure from the simple sounds of the trickling water. Allow yourself to drift to another time, another place. A place where life is simple. A place where you imagination is free to roam. A place where you connect with the very core of your spirit. Enjoy the sounds of silence in between to sounds of the water. The sounds that are there to heal your spirit. Water is one of the most life affirming substances we have. It allows for a cleansing in a way nothing else can. We all need beauty surrounding us. An indoor water garden or fountain is one such way to accomplish this. Copyright: © 2004 by Dr. Scott Kiser

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About the Author

As one of the top rated cosmetic dentists in the state of Utah by Consumer Research Council of America, Dr. Kiser is also known as the Pond Doctor within the Water garden and Koi Community in Utah. Dr. Kiser is a member of the Utah KOI Club and the Utah Water Garden Society. Visit www.greatsmilesutah.com to sign up for a FREE monthly online newsletter or for more information on Dr. Kiser and all of his services.

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