

# JUST ADD WATER

EASY TECHNIQUES & EVERYDAY IDEAS  
FOR INSPIRING FLOWER ARRANGEMENTS



CYNTHIA GAYLIN BIGONY

PHOTOGRAPHS BY VIVIAN JOHNSON









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To Randy, Kendell, Courtney, Taylor, and pups Charlie & Lola  
You are my everything.









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 walk on the beach, a good book before bed, or fresh flowers in my home. A great life isn't about great huge things; it's about small things that make a big difference.

Working with flowers is very nurturing. It transports me to a zone of joy I don't want to leave.

I remember my first "aha" moment. It was a late afternoon and I had just finished unloading groceries. It had been a long day and I was tired. Looking over at the flowers I just purchased still made me smile, so I gathered my energy, picked up the blooms, and began prepping. I removed the leaves, carefully recut the stems, and placed each flower into a vase in a way that looked pretty to me.

How was this different from any other time? I became aware of the profound calm I felt as I worked with my hands. As I claimed this moment for myself, the noise of three young children playing with our dogs grew faint. I had found peaceful minutes of restorative joy, an active meditation that energized me!

I am grateful for these simple moments and appreciate them often. However, I also know that when it comes to real life and my hectic schedule, fast and easy flowers are a must. Of course, I love sitting down with an elaborate book showcasing over-the-top party ideas. However, this is not that book.

This is a book with beautiful yet simple designs that anyone can recreate in a pinch. It encourages you to set aside personal time to recharge your soul by working with your hands. Touching nature to nurture.

So many people I meet say, "I'm terrible at arranging flowers." This simply is not true! I wrote this book to demystify the process of creating professional-looking arrangements with ease. If you can hold a pair of scissors, I promise you can create beautiful flower arrangements. Keep in mind that when it comes to creativity, the number one rule is there are no rules. So with simple techniques to guide you and easy ideas to try, you can put your own spin on these, or just copy what you see and enjoy.

My goal for you is to open this book with *curiosity* and close it by saying, "*I can do that!*" Because it's the small things in life that really matter, and sometimes all you need to do is just add water!

XO









# GETTING STARTED





