

The Garden Of Mind



What type of Food do you feed your mind? What type of diet do you allow your mind to indulge?

Every day we are confronted, inundated and bombarded with things, items, probabilities and circumstances to ponder . . . to think about. This is not a bad thing, for that is the purpose of Mind. But, have you ever stop to examine the Nature or the Manner in which you think? Of course we do need very desperately to think. As a matter of fact, it is one of the most difficult of Life's tasks to not do so, to quiet One's Mind! But, more importantly, it is not how much we think, for we are well equipped to do so. The Mind is an AMAZING piece of equipment! What i wish to examine and bring to your attention via this article, is not the volume of thought, though that does have an impact on the quality of our life, But today i wish to focus in a finite sense the "Demeanor and Attitudes" of our thoughts. Thoughts are much more than simple information. Thoughts are the initiators of Action . . . or lack thereof. Our thoughts are the first Seeds of Creation in our lives. Now most of you who know me, you know by now that i love the Garden analogies . . . ha ha ha.

If we are to look at our life as a Garden, our thoughts would be the Seeds. The Soil would be our Lives. As a Gardener, we plant the seeds of the things we wish to grow such as Fruits and Vegetables. There are very few Gardeners i have encountered in my life time that make it a point of growing weeds. Weeds steal our "Soils" energy needed to grow a good crop and thereby yielding a bountiful and fruitful harvest for our efforts expended. Like wise, there are many Gardeners who have fences around their Gardens to keep Pests at bay, for again certain Pests are ravenous in a well kept Garden. After all, they are looking for "Food" also! . . . And then there are the variety of Bugs and Blight and all kinds of Raiders that wish to get at your inner Garden either to negate your efforts or just have a free meal! Again, take time to apply this analogy to your thoughts. There is always some external stimuli that wishes to get in and take root in your "Perfect" Garden. Yes, i did say "Perfect"! Why you may ask ? . . . Because "Potentially and Ultimately" we are! We are in control of what we allow in, the thoughts we chose to indulge in and how we manifest these thoughts.

Over the years there has been many Axioms and Cute little sayings about thinking positive and such. There are people every day writing books, Stories, Articles and giving speeches about thinking positive and the value of Positive Thought" But let me submit to you this small point of consideration . . . It matters not how Fair and Beautiful your Garden IS . . . if you allow the invasion of one Negative thought . Just like the Weed, Blight, Pest, etc. . . . they will see to it that your "Fair and Beautiful Garden" is one that "USED" to "BE" . . . just like the so many others "Negative Thought" has Ravaged. The safest thing one can do is "THINK LOVE"

Here are some words from Paul the Apostle. I call this my "8 Point Check List"

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.