

# Gardening Your Mind

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This booklet sprouted from a seed idea planted when I sent the following email message to some friends. Here is that message.

### Gardening tips for the day

The mind is a fertile garden ready, willing and able to grow whatever is planted there. We must consciously plant thoughts in our garden which will bring us the harvest we desire. We must take care of our mind garden so that what we plant grows to maturity. Since the garden of our mind is ready, willing and able to grow whatever is planted, or takes root there, if we do not consciously plant positive life supporting thoughts there, then something else **MUST** and **WILL** grow there. Whatever that "something" is will be dependent on the winds of time and circumstance that blow its thought seeds into the fertile soil of our mind. So, that "something" could be good or bad, since we haven't made a conscious effort to cultivate our mind garden, any kind of weed thought seed **MUST** and **WILL** grow there. That's because it, the mind garden, needs to grow something and it doesn't care what it is. It's the nature of the mind garden to grow things.

A wise person is ever mindful of the thought seeds that blow into his mind garden, uprooting the unwanted weed thoughts before they come to maturity and taking care to nurture those thought seeds that will bring the harvest he desires. A wise person cares for them so they bloom into the abundant harvest he desires.

A foolish person takes no care of the mind garden or the thought seeds that blow into his mind, thus letting whatever thought seeds that may come, to take root and eventually reaps the harvest that only weeds can bring. Then he wails in woe of his fortune in life wondering why God has done this to him. Thus a foolish person experiences random ups and downs, good and bad only swayed by the

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tendencies of the wind that predisposes him to receive certain types of weed seeds, never really knowing what or why he reaps the harvests he does.

We all have a green thumb, if only we will realize it's our responsibility to be the Master Gardener of our mind. Then will we reap the bountiful harvest made in heaven, awaiting our acceptance of it.

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Why did I write that message and why did I send it to my friends? Well, I was listening to what some of them were saying, which often reflects the thoughts that flow through their minds. In listening, I realized that they may not realize they were planting seeds that would manifest fruit in due course, that they were possibly ignorant of what they were doing to themselves by unknowingly planting such seeds. I think they all know me well enough and understand my philosophy enough to grasp the principles the message is based on. Since you probably don't know me and may not know these principles or Truths, I will state them briefly.

### TRUTHS:

The TRUTH and principles I speak of and make reference to throughout this writing are self-existent. Their existence is not dependent on anyone's belief in them. They always were and will always be True. They're not dependent on any condition or circumstance, rather all conditions and circumstances are dependent on them.

1. The point of power is in the now moment. Only in the now moment can the work be done.
2. We manifest our life experience, therefore we must assume full responsibility for our life experience if we are to be able to choose what that life experience is.
3. There is only one Being. Each of us is a manifestation of that one Being. We all exist within IT. We are made of it, and have all of Its attributes. There is no difference between It and each one of us.
4. We are here to bring forth or awaken the TRUTH of our being, to experience all the things this life has to offer us. By these experiences, we grow into a realization of being more than we thought we were before.
5. The TRUTH of our being is that each one of us is a divinely perfect, beautiful, all-powerful, all-knowing, loving and creative being because we are one with the Being who is all those attributes.
6. We have taken on this challenge, come into this manifestation and form by "falling into darkness" as the shroud of ignorance was drawn over the knowledge and remembrance of our true state and being, so that we could experience duality and all that springs from that concept.
7. We have taken on this challenge, having purposely lost our awareness of our true identity, so we could eventually reawaken and thus return to the awareness, to the realization and expression of our true being.
8. We are at the stage in our evolution where many are awakening to this truth, and by so doing, open the door, lead the way, and shed the light so that all may know and follow.

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9. Since there is only one Being, (duality is an illusion created in the realm of relativity) what you do to others, you are doing to yourself. Thus the saying, "Do unto others as you would have them do unto you." The good you do to and for others is the good you do to and for yourself. The harm you do to others is the harm you do to yourself. There is no escaping this principle because of the Oneness of being. It is one thing to harm another while in the state of ignorance. It is quite another, to willfully harm another once the dawning and realization of your power and ability begins. In the state of ignorance, one can easily be forgiven those trespasses. Not so, after the dawning.

10. There is only One Being. That being is divinely complete and perfect in Being, in Power (ability) and in Knowledge. Therefore there is only One power. The manifestation of relativity or duality contains polarities of good and evil. Since these polarities exist within the one being, they share the same creative ability which springs from the oneness of being. The polarities are the opposite sides of the same coin. One could not exist without the other, therefore good is just as dependent on evil as evil is dependent on good.

11. It is the inherent ability of our divinity which has bound us and which will free us from bondage.

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I have found that using gardening as an analogy for the process of manifestation is very useful. Many of the concepts of gardening can be applied to the manifestation process very nicely, thus giving a real world reference to concepts that may be otherwise abstract.

I hope you will take the time to read through this material and by doing so, find the understanding and principles which will develop your own mind garden, cultivating all the abundance, fulfillment and joy you desire. If you just read this, you will intellectually have a better understanding of the manifestation process. Only by applying the principles in your everyday life experience will you experience the truth of the principles.

So, as we begin this journey together, I'd like to take this opportunity to plant a seed.

### **Plant this seed and it WILL grow.**

There is a place within me that  
Already knows this information.  
Not only knows it, but understands it  
And enables me to freely use it  
For my own betterment,  
For the betterment of my  
Family, friends and loved ones.  
I always turn to That inner knowing  
For guidance in applying the principles  
Expressed here.  
I grow in the garden of Paradise,  
Fulfilled in the bounty of the Divine.

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### **WHERE DO I BEGIN?**

The point of power is in the now moment. This is the eternal starting point, the place where we begin. The now moment is where we are at in our development or lack thereof. It's the place we begin anew or consciously proceed from upon our path of life, of being. In this moment, we must face that which it presents to us, work with the tools and abilities we currently have, and proceed from here. We must be ever consciously focused in the now moment to become the Master Gardener of our mind.

The great thing about the Garden of the Mind is the planting, caring and harvest all happen in the NOW moment.

There are a few things you need in order to have a garden. First of all, you have to want to have a garden. Then a plot of land well suited to plant your seeds and care for them until they ripen into the harvest you desire. You also need tools to break the soil and prepare it, and enrich it so that once you have planted the seeds, they will easily find the sustenance to allow them to grow.

You need some sort of protection for your seedlings so that they will not be eaten or trod into the ground or overtaken by weeds, thus not reaping the fruit you desire. And of course, you need seeds. Having provided these things, continued nourishment and care is necessary to insure a successful harvest.

There have been many books of religion, philosophy, spirituality and self realization written. They are, for the most part, wonderful and one can gain inspiration and understanding by reading them. My experience with reading some such books, in the search for my advancement and development in understanding and being, have left me wanting, either because I didn't "get it" when I was reading them or because the way they were presented was too ambiguous. I hope to present information here that will actually enable you to know and understand your own growth process. If you apply these principles as presented here, with confidence, enduring in the knowledge that once you plant these seeds and take care of them, by the law of manifestation they MUST grow, you will be a Master Gardener of your mind.

### **THOUGHT, WORD AND DEED**

Just reading and thinking about this information, hoping and wishing that you will make progress in cultivating your garden is not enough. You must take an active part in the process by not only thinking about the garden, but also speaking the words and doing the necessary work. The intent, desire and determination to bring the thought seeds to maturity are fundamental requirements of the gardening process. The thoughts, words and deeds must be in harmony in order to successfully come to the harvest you desire. It's not magic which brings a gardener the abundant harvest at the end of the season, but rather it is attention to the proper and constant loving care of the garden which brings the harvest he desires.

### **SEEDS**

Thoughts are the seeds we plant in the fertile soil of our mind garden. We've been doing it so long, all our lives as a matter of fact, that we hardly pay any attention to the thoughts that come flowing through our mind. For many people the concept that they can control the thoughts that occupy

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their mind is really a foreign concept. Where do thoughts come from? Do they well up from the depths of our being, or are they energies that flow around us and through us from one person to another? Are the thoughts that occupy our minds really "our" thoughts? I ask these questions, not because I am going to give you answers to them, but rather I ask you to seek the answers for yourself, in your own quiet times of contemplation.

There is that saying, "Know Thy Self". If you believe that you are just the physical body holding this material in your hands reading this, then you are limited in your self knowledge. The "Self" to get to know, is much more than just the physical body and its senses. It is also the consciousness that motivates and moves the body to action. The consciousness that inhabits the body can build the body up, and fill one with the greatest joy. It can also cause the body to fall into illness, and all sorts of suffering and sorrow. And what is it that has this great power? What is contained in consciousness that either makes us or breaks us? The thoughts that inhabit our minds. Thoughts make up our consciousness. These are the seeds we plant in the garden of our mind, that bloom and bring us the harvest according to the pattern contained within them.

When you look at a seed, do you see the fulfillment of that seed? When you look at an Oak seed, do you see the great and noble Oak tree with its branches reaching up to the sky, and its roots clinging deeply in the soil of the earth? Do you see the many leaves that spring from the branches and fall again to the earth in the fall to be returned to the soil they sprang from? If you were the sort of person to study such things, you may answer yes to these questions. You may even go further in your understanding and knowledge of the growth process which enables the tiny seed to manifest such a great tree.

The pattern for the tree is contained within the seed, yet not every detail of the tree is predictable by looking at the seed. Not every bend of a branch, or number of leaves is contained in the seed, yet these things spring up from the pattern.

So it is with thought seeds. Each thought contains a pattern that forms the skeleton or basic structural pattern for the energies to bind to. These energies manifest according to the pattern contained within the thought seed, but not every detail of the manifest form is predictable or uniform from one seed to the next.

Each Oak tree is very similar to the next, yet they have their individuality, their own expression of being an Oak tree. No two Oak trees are exactly alike. So too, even though you and I may hold the same thought and bring it into manifestation, the manifestation we each bring forth will be unique to each of us, yet very much according to the pattern of the thought seed they originated from.

In consciousness there are elements of a thought which express the character of the thought. These elements are what causes the seed shell to burst allowing the pattern within to reach out and begin to take form. These elements are the energy which propel the seed into manifestation, they are the force or energy that enlivens the seed and brings its fruit into outward expression.

What are the elements then that can do this? The emotional elements of a thought are the fuel and power behind the thought, within the thought that drives it into manifestation. A thought with no emotional content, has no energy to manifest, nothing to push the seed into manifestation, therefore thoughts without emotional content are sterile. The most powerful thought seeds are those that are charged with great emotional energy.

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This emotional energy spurs us into action, causes us to speak the words that follow the pattern contained in the thought seed. By our words and actions, we begin to outwardly manifest the thought seed contained within our mind. Because of the emotional content of some thoughts they become deeply rooted within our minds and some of them form the foundation of our repeated successes and our repeated failures.

Once a seed is planted in the garden, it needs nourishment to grow. The emotional content of the thought seed is at least a part of that nourishment which enables the seed to grow. Just as with a seed planted in the ground, the energy contained within the seed is limited, it must seek energy outside of itself to build itself into the full plant according to the pattern contained therein. If one depends solely on the emotional content of the thought seed to bring the full harvest of the seed to season, it can't possibly happen. That energy is a short burst of energy and quickly dissipated. That's why some "great ideas" never come to fruition, because once the seed was planted, it was not given support to grow to maturity.

What is needed then to bring the plant to harvest so that we reap the fruit it was intended to bare? Just as in a garden once the seed is planted, it needs loving care and attention to allow it to gain the strength which will allow it to proceed on its own to draw its own energy from the earth. Just as with a seedling, being very delicate and vulnerable to external forces, so are our thought seedlings. When they are in the seedling stage, they are at their most vulnerable stage of existence. When a thought is in its earliest formative stages, it can easily be picked apart or ground into the soil of the mind, therefore dying before it had much of a chance to succeed.

What would these forces be that could kill off the thought seedlings at this stage of development? Doubts, fears, apprehension, confusion. These things can spring up from within us or come from others in our community, family, friends, etc. by their doubts, fears, apprehensions, etc. that we accept as our own and steal the energy of the thought seed, killing it.

How often have you come up with an idea, and were really emotionally charged with the idea feeling it was sure to be a great success? Then shortly thereafter, you considered it more, after the initial emotional content had faded, and doubts and fears crept in and uprooted the thought before it had a chance to take root. How often have you shared your excitement about an idea with someone you know, only to have the idea deflated by them draining you and your idea of its strength to survive?

What's the lesson here? When a seed thought is in its beginning stages, it is in its most vulnerable stage, therefore needs special care to insure it is allowed to take root and begin to grow. What sort of care is needed then? Care that your own doubts, and the doubts and fears of others does not drain your idea of its power to grow. The care of your seedling thought is enhanced by not sharing it with anyone. By hiding it from the doubts and fears of others, we at least cut the resistance to its manifestation in half. The other half is a little more difficult to deal with. That half is our own doubts and fears we have about the idea we've planted. Doubts and fears are the insects and creatures that love to devour seedling thoughts, therefore we must take care and not allow doubts and fears to set in. How do we do that? Well, being a beginner gardener, its easy not to have faith in the garden we plant, its easy to fail because we have little experience at consciously planting a garden. We have little confidence that the seeds will grow. What do beginning gardeners do then? They look to someone who has had success at planting the garden. What does that someone have that

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they don't? Confidence, faith in the process and knowledge that proper care will bring forth the harvest they desire. Just as the doubts and fears of others can kill our seedlings, our own faith, knowledge and confidence, as well as that of others, can lend protection to the seedlings, allowing them to gain the strength to grow.

So, if you choose to share your thought seed ideas with others it is of the utmost importance that you know and have confidence they will be supportive and lend energy to their growth.

At first it takes a "leap of faith" on your part to take the chance to allow the seeds to grow. Knowing that others have been successful at planting the same such seeds, lends confidence to the process. They did it, so can you. Every one of the gardeners of their minds had to take that first step. They succeeded and so can you. The first step is the hardest in that leap of faith, but once taken, we must proceed with confidence. Confidence allows the innate ability of the process to unfold.

Now that we've gotten the seedling to take root, and watered it with our confidence and faith, lets take a break from the process for a moment to consider the type of seeds we can plant in the garden of our mind.

### SEED TYPES

As in the gardening world, there are a multitude of seeds to choose from. Some of them we may really want and seek after, others we may shy away from. Weed seeds are amongst the multitude of seeds available to us. Why are there such seeds? Because if we don't consciously plant something in the garden of our minds, something must and will grow there. That's where the weed seeds come in. What makes a weed a weed? Generally, it may be a beautiful plant, but its not something that we want, it's out of place in the garden of our mind, therefore it's considered a weed. So, those thoughts that come blowing through our mind that don't add to the harvest we desire, are the weed seeds we must take care not to allow to take root. (We uproot such weeds by removing the emotion which enables their growth.)

Why are weeds of such concern? Because they have the innate ability to grow anywhere with the least amount of attention or care. Wouldn't it be great if the seeds we wished to plant were so capable and self sustaining as the weed seeds are? Some people consider a garden full of weeds is not so bad. They may think you might get lucky and have a decent harvest of something good, and you didn't have to do anything to plant it or have it grow to maturity. And there is the chance that something good could come from those weed seeds. The problem with such an attitude is that such weed seeds, once they've taken root, are extremely difficult to get rid of. When the gardener grows tired or weary of the harvest weeds provide, and decided to take charge and begin to consciously select the seeds to plant in the garden of his mind, he has a daunting task ahead in preparing the soil, removing the weeds enough to allow those things he wishes to grow to grow.

How does one prepare the soil of a garden to receive the seeds he wishes to plant? Turn the soil. The first thing any gardener does is dig into the soil, breaking it up, turning it and by so doing, uprooting the plants that may already be growing there. Also, the uprooted plants that grew there can be helpful in fertilizing the soil, becoming the compost which enriches the soil.

How do I turn the soil of my mind then? Turning the soil of the mind is breaking up the ideas that are currently there, turning them over, and allowing the energy (emotion) that is contained in them to

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enrich the soil of the mind. You may say, Gee, that means that I got to dump all the ideas in my mind. What if some of the stuff there you really want there? It's growing well and giving you the harvest you desire. A gardener who destroys those plants that bare the fruit he desires is not very wise, therefore, he would certainly take care not to turn such plants under. He would take care as he churns the soil to determine if those plants he is coming upon are ones he wishes to keep or ones he wishes to get rid of. So that means one has to take the time to inventory those thoughts within his mind, to see which ones he wants to turn under, allowing them to enrich those that he decides he does want.

The time to inventory the garden of the mind is sometimes called meditation. It is a time when we can devote a period to our mind garden, setting quietly in witness of the thoughts that reside there.

Try it now for a minute or so. Stop reading this. Close your eyes, take a deep breath and relax. Continue to relax and just witness the thoughts that make themselves known to you now for this minute or so of this experiment.

That was a small glimpse at what is in the garden of your mind. As you sit in witness of the thoughts in the garden of your mind for a longer period of time, and at repeated sittings, you may notice a tendency for your thoughts to follow certain patterns or trends. You may notice that some of these patterns or trends are good, healthy and useful for your advancement and betterment while others are not. The time inventorying the garden of your mind is time well spent. It's a practice that should be undertaken regularly. How else can you come to know the weeds that return or come anew to root in your garden? How else can you know if the plants you want to grow are doing well and growing nicely?

So we see, turning the soil is not only a beginning process, but a continuing one in the care and nurturing of the garden of our mind.

### **SELECTING THE SEEDS**

Selecting the seeds to plant in the garden of your mind is a very personal thing. Each of us have our own concepts, ideas and thoughts about what our life should be. The garden I plant may be wonderful, beautiful and fulfilling to me, but not to you. Therefore you must make the decisions of which seeds you want to consciously plant in the garden of your mind.

Accompanying this booklet are 50 thought seeds you can plant in your garden if you so choose. You may choose to plant one, you may choose to plant any number of them or even all of them, or you may choose not to plant any of them. That is totally up to you. It's your garden, plant in it as you see fit. Each of these seeds is rich with potential, but sterile and lacking in emotional content as writing on a piece of paper. They come to life when filled with emotion and reveal their energy as they are planted in your mind. Some of them may trigger an emotional response by reading them. Some may require some contemplation for their emotional content to be developed and realized. Therefore, in reading these thought seeds, if you wish them to grow, you must be open to and invest positive emotion, as well as confidence and faith they will grow. It may help to speak the words, investing them with love and confidence, thus allowing them to be actively planted in the garden of your mind.



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You will notice in reviewing the thought seeds that they are thought seeds of the highest nature. They speak to the divinity within us, to the Truth of our being.

When you are ready to open the door to the fulfillment these seeds have the potential to bring, the door will swing wide open and the energy for their manifestation will come rushing to you for the fulfillment they contain by design and pattern.

When you consider and embody the oneness of being, you will be greeted with divine love, compassion and fulfillment. The emotion of love is the greatest creative force there is. When I speak of love, I am not speaking of sexual love or lust, I am speaking of that pure emotion a mother has for her child, the caring we have for one another. It's the emotion that enriches our lives and lightens the burdens of our daily undertakings. It is the feeling that tingles and make you want to laugh with joy. It's the feeling of closeness that can't be described in words, only experienced and ultimately unspoken. In Truth, it is the eternal expression of our being. It is the True expression of our being.

To invest our thought seeds with any other emotion can only lead to disaster and destruction. Therefore plant wisely the seeds within your mind. For the harvest, be it good or bad will surely come to you. The seeds you plant with love and caring will reap such fruit as you have only dreamed of. Seeds planted with anger, hatred, fear and the like, will bear thorns of pain for your harvest. Remember, the harm you do to others by planting such seeds is the harm you do to yourself.

In planting your garden, and choosing your seed thoughts, I recommend taking care of your own garden first. Getting your garden in order, reaping the harvest awaiting you as a beautiful divine being, will better enable you to be the master gardener the beginner will look up to. By your example you will be a leader. By your expression of the divine in your everyday living, you will show others it is possible, it can be done, so they realize they can do it too.

It's a wonderful thing when one begins to reap the harvest divine! The beginner is so full of excitement and joy at the harvest received, he will certainly want to share it with all. Realizing that you will be filled with such enthusiasm now may allow you to temper that enthusiasm so that you do not tread beyond the boundaries appropriate to those around you. That is, allow those around you their freedom to grow the gardens they choose, even though that may not be the garden you chose to grow. By experiencing their own garden each person grows and eventually avails himself to the garden divine.

You may offer the thought seeds with love and kindness. Realize that those who are ready will receive them gratefully, those who are not, will not. You can't force anyone to grow the divine garden, but you can let them know that such a thing exists by your example. When they are ready they will ask, then you can offer the thought seeds to them lovingly.

As you live and experience the divine life, you open the way for others to know and follow. Your awakening fills you with the knowledge and experience that enables you to assist others on the path to their own awakening. So if you truly want to help others, attain your own awakening and realization of your divinity. By doing so you will help a multitude rather than a few.

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### HARVEST

How long does it take from the time of planting to the harvest? Why is it that some things seem to manifest very quickly and some things seem to take forever to manifest? The short answer to the first questions is this: It takes however long it takes. For a person who wants instant gratification, that answer may not be acceptable, but that is how long it takes. The answer to the second question is related to the answer to the first question. There are conditions of consciousness which create resistance or obstacles to a manifestation coming forth. The primary element contributing to instantaneous manifestation is one's identity with the source, the ONE. We manifest according to the extent we are consciously united with our True being. As we are totally united with our True being, we instantaneously manifest those things we desire. The manifestation is always available in potential form. There is no time in the realm where this potential resides, so it doesn't have to develop in the same way a physical plant seed must develop and grow, although some manifestations may follow a similar growth process to come to harvest. That is, a thought seed may need to go through stages of development before its time for harvest. This booklet is a very good example of that. When I first sat down and began writing this material, I felt comfortable with the content that had grown to 20 pages (the number of pages stated here are referring to the booklet format) and was ready to let it be done there. Upon further review of the material, I could see that some things could be added and so it grew to 24 pages. Yet after further meditation and review, it has grown even more. So, as this booklet is an example of the growth process and unfolding of an idea into its full glory, I could have let it only mature to the beginning stage of 20 pages and been satisfied. I was open to its growth into the fullness of its potential so that openness has allowed its growth beyond what I personally thought was its conclusion. In the same way, we must be open to the manifestation exceeding our expectations of it. The cup is not returned to us filled to the brim, but rather running over. So it is with the Glory, Love, Abundance and Fulfillment that is ours by Divine right.

So, some things develop over time because their development comes through our consciousness, our experience and understanding. Some things develop over time because we must mow down (remove their emotional content) of the weeds in our garden which choke out and hinder the growth of those things we truly want. Some things may also be delayed in the manifestation process by our progressing towards the fulfillment of our desire, then taking steps backward by doubting or any of the other obstacles I spoke of before.

If you want to consistently manifest your heart's desires instantly, then you must make it your primary goal to break down the barriers that hinders the instant manifestation. Generally, the barrier which most hinders the attainment of this goal, is the identification of oneself with separation in duality. What your specific barriers are, are unique to you. How you choose to deal with them is up to you. In order to crumble them, you must become consciously aware of them. They reveal themselves to you in your everyday experience. Every time we deny our oneness of being, our true being, we reinforce a barrier. At every opportunity to see and know our oneness of being, consciously accepting that Truth crumbles the barriers around our consciousness. Some people are comfortable with some of those barriers. They have protected us many times and they have served us well as they will continue to do until such time that we realize we don't need them anymore. When that time comes, we can easily let them go and be grateful for the service they provided us.

Who determines how long it will take to manifest your heart's desire? You do by your willingness to become aware of those barriers and break them down, or by your lack of willingness to do so. Its

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your garden. Its your life experience. Its your Heaven and its your Hell. How long you reside in any of these manifestations is your choice.

### **HEAVEN**

Heaven is not really a place so much as it is a state of mind and being. Heaven could be said to be the perfect mind garden, infinitely beautiful, divinely complete and ever fulfilling. Where all things are in their place according to divine plan and the instant a seed is planted, it blooms into full harvest. That is, there is no season of toiling and waiting for the harvest unless we choose to make it so.

Planting your garden with thoughts that will bring you the divine experience, and lovingly caring for them, is the only way to have that bountiful harvest. The love, desire, dedication and determination to bring it forth can only succeed if you allow it to.

We don't MAKE the garden grow, we take care of it and LET it grow. As the Master Gardener we let nature do the work, we are just the care takers who guide its growth by our loving attention.

### **HOW TO USE THE THOUGHT SEED CARDS:**

How you decide to use these cards is really up to you. I will suggest a way to use them, then you can do as I suggest, or adopt a method that works best for you.

### **PICK A CARD, ANY CARD:**

Its a wonderful way to start the day as you awaken in the morning, the first thing you do is to randomly or selectively pick a card and make it your seed for the day. First read it silently then out loud. Envision the thought it presents as being your current reality, your current experience. Fill the thought seed with loving emotion. Accept it as already being so and invest the thought with love and gratitude.

These thoughts are awakening the TRUTH of your being, so what an appropriate way to awaken to the new day.

You may choose to carry the card with you throughout the day, occasionally taking a moment to read it again and give thanks that is so.

Act in accordance with the thought seed throughout the day. Being in harmony in thought word and deed with it hastens it into being.

### **LEARNING MORE**

If you would like to learn more about conscious awareness and self realization, you may go to your local book store or surf the World Wide Web for bookstores which carry this sort of literature. You will certainly find a wonderful selection of writings that will lift your spirits and expand your awareness and knowledge. You may also find all the answers to all your questions by not spending a penny. You can do that by entering the silent place within, where all the answers reside. Posing your questions to

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your divinity, you are sure to get the best answers that mean the most to you and are easily understandable.

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This publication was converted from the paper booklet form, therefore it is the same in content as the paper booklet, only slightly revised in format and content.

If you would like to send me an email with your comments regarding my booklet, you may address your email to: [jdecham@pacbell.net](mailto:jdecham@pacbell.net)

I do not ask for anything in making this publication available to you, yet I know there may be some of you who appreciate it enough to make a monetary offering as a gift of appreciation. You may contact me via the email address above for my postal address information if you wish to send a monetary gift (in US Dollars) to me .

Thank You.

### THOUGHT SEEDS

As mentioned previously, originally, the Thought Seeds were presented as separate cards that you could pick from. For convenience and easy of availability, I've included them here in a lists. Actually, the list might be better, because it gives you the opportunity to jot the Thought Seed down on a piece of paper and then carry that around with you during the day. Writing it down is an active part in planting the seed and could reinforce it in the garden of your mind.

#### **Plant these seeds & they WILL grow.**

I am always Divinely inspired to say and do the right thing.

The Fruits of my words and actions are always perfectly Divine.

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I am always ready, willing and able to help advance God's Divine Plan.

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I am an invincible Light Being.

I am united with the source of Light and Being.

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I am Compassion.

I find joy and fulfillment in aiding those in need.

## GARDENING YOUR MIND

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I am Divine Wisdom.

I make the right decisions quickly and easily.

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I am Divinely Blessed. I have the greatest fortune.

Opportunities for my fulfillment come to me quickly and easily.

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I am Energy.

I am filled with vitality and energy.

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I am eternally grateful for the TRUTH of my Being.

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I am eternally youthful and Divinely beautiful.

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I am here for a purpose. I know my purpose.

I carry out my purpose with the greatest joy.

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I am Humbly grateful for all the good in my life.

I joyfully give thanks.

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I am Life, Love Wisdom and Knowledge.

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I am one with all being, therefore I am known and know everyone and everything intimately.

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## GARDENING YOUR MIND

I am one with TRUTH and Being, therefore all fears, sorrows and despair vanish into nothingness

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I am Peace on Earth. I am Good Will to All.

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I am perfectly healthy.

Every cell of my body vibrates with Divine Energy and is eternally vital and alive.

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I am ready, willing and able to share the abundance which is now and eternally available to me.

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I am spirit manifesting in Physical form.

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I am the Light of TRUTH which dispels the shadows of darkness.

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I am the perfect expression of Divine Ability.

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I awaken into this new day greeting it with an open heart filled with bliss and expectation.

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I delight in being good. Being loving fills me with Divine Bliss.

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I delight in the company of all God's children. Harmony abounds.

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I lift my body, mind and spirit into the Heavenly realm of Divine thoughts where I express Divinity freely and openly, and this expression is always received with great joy.

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## GARDENING YOUR MIND

I express Love, Joy and Abundance just for the fun of it.

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I express the TRUTH in thought word and deed so others may know, see and follow.

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I realize the light of my being helps lift others into the realization of the light of their being.

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I love everyone and every living thing, and they all love me.

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I am always Divinely inspired to say and do the right thing.

The Fruits of my words and actions are always perfectly Divine.

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I shine the light of God from every cell of my body and being.

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Infinite love fills my mind, and thrills my body with its perfect life.

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My relationships are according to the Divine Plan therefore are perfect expressions of Harmony and Bliss.

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Of myself, I can do nothing. It is God within me that does the work.

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Only Divinely inspired Thoughts reside in my mind.

I bring them forth in perfect Bliss.

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The light of TRUTH casts away all fear and illusion.

## GARDENING YOUR MIND

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The TRUTH of my Being is revealed in my expressing it.

I always express Truly.

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The TRUTH sets me free, lifts my burdens and makes the rough roads smooth on the journey of my life.

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There is only ONE Being. That Being is Divine. I am one with that Being.

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Whenever I have a question, I ask God within for the answer.

I always receive the perfect answer to every question.

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Divine Grace expresses through me at every opportunity.

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Duality is an illusion like the 2 sides of a coin. I see clearly the TRUTH Of my being.

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Each moment of my life is filled with Bliss and Fulfillment.

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Every cell of my body is filled with the perfect Life and Light of God.

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Everyone I meet is a Divine expression of God's purity and perfection according to the Divine Plan.

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I always do the right thing at the right time in the perfect way.

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I am That I AM.



## GARDENING YOUR MIND

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I am a perfect Manifestation of God.

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I am abundance, therefore all I could ever want or need is ever available to me just for the asking.

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