



How does your mental garden grow?

By Reverend Sandy Jones

For many of us, we get lost in the quagmire of life, being bumped around and feeling victimized at times. We think we have no control, no power and no peace. We think we are rushed. We think we are stressed. Energy follows thought therefore we create what we experience with our every thought.

Be still and know. Peace is possible, and it only takes a second to change your mind. Take a moment to imagine your mind as a mental garden. It can be a beautiful place to spend time in, with peace filled thoughts, and wonderful path ways to explore.

You can choose serenity and feel the liquid pleasure of peace flowing through you like a river. When you are still and quiet your mind can be a place where you can go to for safety, you can use it to create and to imagine the limitless possibilities of your experience.

As the gardener of this place you get to choose what thoughts get to stay that will nurture the inner beauty of your mind, and you can choose to weed out the thoughts which can wreak havoc and bring forth chaos to both your inner and outer experience. If you invest in negative thoughts, they continue to grow and before you know it, the beautiful garden is over grown with weeds that strangle the beautiful flowers once planted there.

Pay attention to what thoughts come in as you awaken each day. Listen in and find out if you are thinking thoughts of resentment towards the alarm clock and having to go to work, or if you are thinking thoughts towards creating a day of magnificence.

Tune into your mental garden and take care of it as a wise gardener would. Fertilize it with nurturing thoughts of love, and peace. Breathe in deeply and allow the oxygen to flow through. Fill your thoughts with hope and happiness and keep your mind open to endless possibilities. You might be surprised as you do for life on the inside creates life on the outside.

You have all the tools you need to tend and nurture your mental garden. Recognize that your thoughts are a choice and you can choose how your mental garden will grow.

Sandy Jones is an ordained inter-faith minister who has worked as a designer, teacher, software specialist, and entrepreneur in the tech industry for the past twenty-five years. During that time she realized her passion and talent was in motivating others. This inspired her to create Soul Motivations, a ministry devoted to helping you remember. soulmotivations@cox.net 480-491-2464 www.soulmotivations.com

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