

*“A man’s mind may be likened to a garden, which may be intelligently cultivated or allowed to*



*run wild; but whether cultivated or neglected, it must, and will, bring forth. If no useful seeds are put into it, then an abundance of useless weed seeds will fall therein, and will continue to produce their kind.”*

*— James Allen, “As a Man Thinketh”*

If the mind is indeed like a garden, as James Allen suggests, we can reflect on the types of seeds that are planted and growing in the garden of our mind and make adjustments as we see fit. A garden is objective. You can look at the garden and clearly identify what is a weed and what is a useful or beautiful plant.

Many, if not most seeds in the garden of our mind are planted purposefully; such as the positive things we are taught as children, the good habits and attitudes, thoughts about what is

required for success. Some seeds are a result of negative input from someone outside ourselves or a negative experience; any experience we interpret in a fearful or negative way.

The accidental, negative thoughts and experiences that are like weeds in our garden can be removed or pushed out. It can take effort, much like the effort it takes in reclaiming an old flower garden that has been invaded by weeds due to neglect. Some of the weeds in a garden can easily be removed by pulling them out with the roots. Other weeds, like dandelions, are more difficult; one must trace the dandelion to the tap root and eliminate all the runners and check back in the next days and weeks to come that the dandelions are eliminated for good.

The useful plants and flowers will likely need fertilizer and perhaps other attention such as dividing them up or giving the roots more room to spread out. Once the garden is cleaned up and the flowers and useful plants tended to, you can enjoy the beauty and all the good that the garden gives.

When you start out with a garden you usually make a map of where each plant will go, so staying with that metaphor, draw a large square on a sheet of paper as the map for the “garden of your mind.” In the square, make a list of the positive thoughts, attitudes and habits you would like to “grow in the garden of your mind,” and list any of the bad habits, negative thoughts and attitudes that you would like to eliminate outside the square. Just like if you pull weeds you put them outside the garden; so you put those old bad habits outside the garden of your mind where they can wither away.

Every day, look at the garden of your mind and “water” your positive thoughts, attitudes and habits, and remind yourself that the “weeds” are drying up and withering away. If you have a garden in your yard, whether a flower garden or vegetable garden, any time you water it, weed it or tend it in any way, remind yourself of how you are tending and caring for the positive in your mind, how your mind is fertile soil for all that is good and that your tending to the positive in your mind is going to yield positive experiences in your daily life. Tend your garden of your mind all spring and summer long, just like you do a flower or vegetable garden and you will find your thoughts, habits and attitudes changing beautifully as you reap the positive things and experiences it brings forth.

If you'd like some help beautifying the garden of your mind; [schedule an initial consultation](#) .