



## Things to Ponder

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## In The Garden

*By Judi Moreo*

This spring, you may be fortunate enough to have good weather, a small piece of earth and the energy, enthusiasm and inspiration to plant a garden. There is nothing better to shake off the boredom and dullness of winter than to dig in the earth, plant some seeds and watch them grow. A small garden can produce something extra fresh for dinner, flowers for the table and a feeling of accomplishment. It is work, but it is ever so rewarding.

What about your life garden? Just as a beautiful garden is a work in progress, so is the garden in your mind. It takes conscious effort, planning, constant nurturing and weeding to grow a garden. What have you planted – what have you allowed to take root? Is your life the out-picturing of a well laid out garden or a jumble of plants, trees and weeds whose seeds were blown your way and took root? We have all heard phrases like “sowing seeds of doubt”, or “seeds of discontent.” We can make a conscious choice whether to allow them to take root in our lives or cast them out of our garden. Negative energy and words, like weeds, will spread quickly if left unchecked. Find a good “weed killer” – a book, an inspirational story, positive affirmations—to help you get rid of the thoughts that detract from the beauty of your garden.

Plant as many seeds of joy and beauty as you can – in your own life and in the lives of the people with whom you live and work every day. Grow a gratitude garden, a peace garden and a dream garden. Tend them daily. If you give them time and energy you will have a rich harvest of success, happiness and peace of mind.

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