

Your Garden Of Life

July/August 2008

Summer time - and the living is easy! Or is it? Are you making your summer easy by floating on the winds of change - or are you entangled in the weeds, desperately clinging to them for fear of where you'll be blown if you let go? Sometimes we forget how much effort it takes to keep hanging on to where we are, and often it's a place we don't really want to be - like in the weeds. We also forget how much fun it is to ride the currents - the freedom, the abandonment of letting the breezes lift us and take us with them. But where are they taking us you ask dubiously? The breeze answers: "Would you prefer to stay entangled in the weeds? Besides, if you land someplace that doesn't suit you, you can always catch another breeze!"

Nature is a wonderful teacher. Take the time to watch your garden and see if you can learn from it. The flowers and vegetables grow so much better when they get the proper sun and water. Are you getting the proper sun and water? They perform at their optimum when the weeds are removed so they aren't draining away the necessary nutrients. Perhaps you need to look at your garden of life and do some weeding. Are you continuing relationships that are draining your energy, blocking out the light? When you think about your job, does a knot form in your stomach? Are you always trying to please others, relinquishing your own desires? How often do you take the time to participate in activities that make you laugh with total abandonment - and do you see a way to change that?

We still have plenty of time for the growing season. It's never too late to begin weeding, to remove the things in our lives that aren't working for us, or perhaps, in some cases, we simply need to see if they can work in a different way. Not every plant requires the same set of circumstances - some like full sun, some like shade, etc. In some cases, you only need to shift your own perspective, or look at the circumstances from a different place or in another way. Who decided that a dandelion is a weed and a pansy is a beautiful flower? And is that true for you, or are you being influenced by the opinions of others. Sometimes a shift can make a big difference. Other situations may require that you let go and move on. Weed, weed and weed some more.

Then, once you've cleaned up your space, look at what makes you smile, what brings you joy - and plant more of those things. Polish up what's right in your life so that it truly shines. Give more of your time to the want to's and let go of the have to's. Remember that responsibility means the ability to respond. If you can't respond from a place of love, let it go and find what you can respond to.

Let your heart lead the way, it knows the path to joy!

