

You are always giving your attention to something; pay attention to what that is; what you focus your mind on, *grows*.

If you had a garden, would you not be careful about the seeds you plant in the soil? Would you not choose beforehand which trees and plants you want to grow in your garden? You would not choose to plant stinging nettles and poison ivy... would you?

Whether we realize or not, we are planting stinging and poisonous thoughts every day in our minds. We let others tell us what to worry about, be afraid of, feel lack from, cry over, and stress about. And we allow the wrong seeds to take root and grow, watering them with more fear and worry.

Remember that what you focus your mind on, *grows*, so think about what kind of reality you are habitually cultivating in the "garden" of your mind.