



# What Parts of Your Garden Are You Watering?

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Sometimes we have an idea in our head of what a beautiful garden will look like once we are finished planting, only to be disappointed with the lack of growth or the pesky weeds that take over. In the garden of life, this feeling of disappointment holds true as we become frustrated and defeated when the parts of our life that we want to thrive are not and the negativity is.

Like attracts like, yes? Therefore, when our focus is not on our true intentions, we give room for those weeds to break through and flourish. Sometimes it starts off with a single worry that becomes a day full of stress and feeling defeated by the time we go to sleep. We are often wrapped up in the growing weeds so much that we forget the beautiful flowers that deserve more attention than the weeds. Instead of feeling gratitude and positivity and growing those feelings by allowing them to stay present, we unknowingly contribute to the negative feelings with worries or gloom and scratch our heads when nothing seems to go right.

I am guilty of this at times, as many of us are. It might start off with a single worry before I go to sleep, and quickly quadruples, leading to a night of poor-quality sleep and being left with even more negativity the

next day because I have helped my weeds grow; I have unknowingly caused even more distress.

This pattern may also ring true for someone who starts the day in a bad mood and every single thing that happens throughout the day makes it worse. You become angry when you are cut off on the interstate. . . Your coworker gets on every nerve. . . You get in an argument with someone close to you. . .

That bad mood, the “weeds”, have spread because we have allowed them to; we did not shift our focus to the beauty and sweet aromas of the flowers, and because of this, they are not standing out as they should.

Troublesome issues arise that we may or may not have control over. Stress happens. But when we get wrapped up in the negativity of those circumstances, our intentions or broadcast to the universe might be saying, “Hey, give me some more of this annoying stuff!”

Instead, if we focus on the flowers — loved ones, hopes we have for the future or even the kindness of a smile to or from someone — we start attracting more of those beautiful things. . . the things we truly want to experience and have in our lives.



It is not always easy to catch, but if you can spot a negative loop or downward spiral in your thinking or mood, you can shift it to something positive that can easily turn things around.

If focusing on hopeful affirmations about the future seem like too much of a task when you have caught yourself in a very negative state, just start with the things in your present. Who or what are you thankful for now? What good things are happening in your life? What can you think about that makes you happy? Gratitude and happiness are wonderful feelings to focus on to shift your mood and broadcast to the universe.

What positive things you have you done today? What is something positive you can do now? Give smiling a try. Tell someone to have a great day and mean it. Give someone a compliment. How does it make you feel — good? Focus on that feeling.

When my troublesome thoughts begin to get the best of me and I catch it in the process, I immediately tell myself to leave that worry alone for now and focus on the positive — my flowers. I am thankful for this. I am thankful for that. If I hope to improve the situation I am stressed about, I express those hopes as if they are experiences that have already happened. Our home on the market has already sold. I already feel completely healthy and happy. I already am in a wonderful mood. We want to project to the world what we would like back instead of what we are worried or angry about, or what we do not want.

You want to water the parts of your life that already do or will make you happy and content; these are the parts you want to grow. Release the rest and find that the weeds start to struggle in bringing down that which you want to flourish the most. €



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