

THOUGHTS

Thoughts are powerful seeds that determine how your “garden of life” looks. Plant the right seeds, water your garden well, weed out the weeds regularly and admire the fruits of your labour.

New garden of possibility - the mind-body connection

We are entering a new paradigm that is taking us away from a very mechanical, physical, compartmental way of looking at our health and our body where mind and body are separate and spirit may well not exist, body parts are distinct from each other, DNA governs the show and determines what happens to us, and responsibility is handed over to a doctor, drug or surgery to cure our disease, ill-health or unhappiness. Instead many people are moving from the outside-in, quick fix-it approach and opening up to the possibility of a more holistic, inside-out approach knowing that mind, body and spirit are one interdependent body in itself, that me and you are intricately connected as parts of a bigger body and that thought – being a form of energy – has a vital part to play in our health, confidence, success and well-being.

Be your own gardener

Thoughts powerfully create (or desecrate) the state of your health – be it physical, emotional, relationship, intellectual, social, financial, sexual or spiritual health – which are all interconnected.

In the movie “The Living Matrix” an experiment was carried out, whereby researchers compared people who went to the gym to build up a certain muscle versus someone sitting on the couch at home putting intentional thought into building that same muscle. Results were very comparable. That is not a suggestion to blob out and avoid exercise completely, but demonstrates the power of the mind.

It also showed the powerful influence of the placebo. Patients who actually went to surgery, but who actually unbeknown to them didn’t have surgery performed on them, recovered in similar fashion to those who had full-blown surgery.

How powerful too then is the nocebo, where people or situations give you the “thumbs down”? “You can’t get better, you’re too old, such and such won’t fix that, you have 6 weeks to live, alternative medicine is a load of croc...” Hook into this, and see what you manifest! Create your own rules of thumb, I mean “rules of thought”. You are the gardener of your own life.

Thoughts and your garden (your body)

Have you ever been on the motorway and a policeman has turned on his siren behind you? Your immediate thoughts manifest as hot sweaty palms, possibly a racing heart beat and perhaps a little shortness of breath!

You may think your thoughts are private, but your body is vigilantly listening and responding to them. Festering thoughts can create festering conditions in your body. Angry and irritating thoughts can manifest as “angry” conditions – rashes, allergies, intolerances. Thoughts of doom and gloom depress you and your body responds by being lethargic, and

the immune system itself also gets ‘depressed’ potentially bringing with that a whole host of health issues. Thinking restrictive thoughts can influence “tightness” in the body. On the other hand, loving thoughts can really manifest some lovely juicy body responses – that warm fuzzy feeling, light-headedness, increased libido perhaps or an extra dose of adrenaline to urge you into action!

Keep up to date with your gardening efforts – eliminating weeds and growing flowers

Start noticing what occurs in your body when you have certain thoughts. eg. nausea, lethargy, screwed up face, neck tightness, racing heartbeat.

Notice what activities you do when you have certain thoughts. eg. leaping into action when you are thinking confidently, having another cigarette or chocolate biscuit when you are anxious, procrastinating when you are not thinking or feeling “good enough”.

I am a visual person, so I visually see a stop sign in my head when I notice a disempowering thought enter my head. I change the thought to a more positive and affirming one (being careful to word it in the positive and focus on what I desire) and then I proceed about my daily business with this new thought in place. To fit the gardening analogy, you might want to imagine herbicide (hopefully an organic one) being used to curb the weeds and adding fertiliser to help the flowers grow.

Visual learners also benefit from putting up notices, signs, memos or reminders of these positive thoughts. You may wish to carry these notices where you see them often. eg. in your purse, above where you clean your teeth, on the fridge, at your computer.

Private thoughts with a public face - align your spoken word with your thoughts

People who talk to their plants probably do so in the privacy of their own room or garden rather than out in public. These words and good nurturing thoughts however have been known to improve the health of the plant, so start speaking more kindly to yourself as if you were nurturing your own plant, or being your “own best friend”.

Align your spoken word with your thoughts and speak your new thoughts out loud. Notice your tone and volume and any hesitancy (or conviction) you have. Say your new affirmations and thoughts with gusto and fervour. Don’t just use your voice to say them, use your whole body by moving it to reinforce the intensity of your new thought. Tell others your new way of thinking. Ask them to catch you if you go back to some of your old ways of thinking. You may also want to listen only to music and lyrics and news that is empowering. Buy or borrow personal and spiritual development CD’s or watch more life-affirming movies – in fact anything that supports you thinking better of yourself and others.

Getting your hands dirty – thought + aligned action

Imagine having a garden, thinking about it, planning where you will plant certain flowers or shrubs, admiring the garden but never getting your hands dirty and expecting the garden to stay in good condition. Behave in alignment and congruence with your chosen thoughts. Pray but start walking! Or with our garden analogy, don’t just look at your garden, get your hands dirty!

If you want to think and grow rich, don't just go around repeating the mantra, "I am rich, I am rich." Find meaningful activities and value your service by accepting good money for what you do. Rather than complaining about bills, be grateful for them when they arrive, knowing that you can pay for them. Become discerning as to how you spend your money based on your values. Put aside money consistently to reach your financial goals.

If you believe you can heal yourself of your cancer or depression, choose support people and health professionals who share the same conviction and are on your wavelength. Indulge yourself in great nourishment. Bathe yourself in stillness every day. Find activities that lift your spirits and your immune system.

If you would like a new relationship, don't just stay at home, associate only in men's / groups or refuse the invitation to go out on a date because you think "He/she might not be the one."

Same garden, different gardeners – thoughts from a different perspective

Have you ever noticed that people might be in the identical situation but their thoughts and perception of that situation are poles apart? Take for example an elderly person is dying. One person might think, "Oh well, they have had a great life. I'm glad that they have been reasonably healthy to the end." Another person might think, "Life is not fair. How could God take my mother / friend / grandmother?" Each thought will evoke different emotions – be it relief, gratitude, sorrow or perhaps regret. Monitoring your thoughts and subsequent reaction to something will definitely have an impact on how successful you will navigate yourself through change, transition, loss or whatever difficulties you are experiencing. What may help is to start looking outside of your own "plot" and consider a different perspective.

Cross pollination – flow on effect

Another experiment shown in "The Living Matrix" movie showed a person, who was in an entirely different room, putting intentional thought into their loved one who had cancer. The person who was sick demonstrated physiological responses at the same time as the intentional thought. It is not only your own thoughts that can govern your own body's physiological reaction and experience of life, but others who you surround yourself with (and their thoughts) also can have a significant impact on your experience of life.

Notice also that when you start changing your thoughts about yourself, something occurs for the others around you – almost like osmosis. You will become noticed. A new job may arrive. A relationship might bud or blossom. A pay rise might be offered to you.

Start noticing the synchronicities and miracles that occur when you change your thoughts to potent, powerful ones. Life takes on more potency, vibrancy and power and your garden of life looks a whole lot prettier.