



The Work of a Masterful Gardener

Greetings again! May this day find you living the life of your dreams. Just writing that feels so Good! Living the life of our dreams! Yet a part of my mind is yelling out loudly, "You can't do that, because..." And then thoughts of past negative experiences and failure fill in the blank, almost automatically. If only we could use some simple, easy-to-follow formula to change our lives from where we are today to where we feel fully aligned with what we are experiencing! *Dramatic music begins to play.*

Later this month, those living in the United States will witness the Earth shifting from its Winter slumber to the Spring awakening, a season of creation and rebirth. The philosophy of New Thought uses the process that Spring uses to create a beautiful garden as an analogy for a spiritual practice. The three-step process includes Seed, Soil, and Plant, with us as the gardener. In *Science of Mind*, Ernest Holmes likens every thought we think to a "seed" that we "plant" into the "soil" that is the Mind of the Divine Spirit.

The soil used for a garden accepts what it receives without judgment . It does not say to the gardener, "I do not want to grow tomatoes again" or "You didn't do this correctly last time, so I will not grow for you this time." Similarly, our thoughts are planted in an unconditionally loving and receptive Mind and these thoughts can only produce their own kind. In other words, whether we plant seeds of lack, greed, limitation, or of joy and compassion, by action of the Law of Mind, we will harvest the thoughts we planted. Master Gardeners are attentive and do their best only to plant seeds they want to harvest.

For a newly awakened gardener, it can feel tedious to consciously stand guard at the gateway of their mind. Still, eventually, the reward of a bountiful harvest inspires them to stand fast. There are times when we plant unconsciously, and the crops we receive make us feel that life is punishing or testing us. If we are mindfully tending, we can continue to be curious, then uproot and release the weeds, the negative ideas. The resulting benefit is feeling more positive and hopeful. We can even choose to be courageous and plant new thoughts in our minds, treating ourselves to living new and desired experiences.

Seed, soil, and plant are the steps and process of creation. This process is not limited to a year's season, but is a constant sacred cycle. Each person is a gardener who chooses the seeds they are planting and holding in their minds, directly impacting their own lives. What grows, and the level of love and care it receives, can only be determined by the one who planted the crop.

We are all master gardeners with Infinite Intelligence, Power, and Love. Even when we feel weak or not good enough, our garden soil awaits us without judgment and always says "Yes" to what we want to experience. Let us begin where we are, with what we have, and know it as Good.

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