

# The Garden of Life

When we are born, we are ready to take our place. We look around with interest and curiosity to see what it's like over here. They give us some seeds, tools, potions, and poisons, and they proceed to teach us good, bad, useful, and useless things. We have some time to learn how to make it all work out. Then we are faced with tasks so that we may grow and develop through our challenges. It's a trial-and-error kind of thing. Circumstances change, and we must stay flexible and lively. Occasionally it's necessary to adapt and adjust our ways. Some of us get overwhelmed and intimidated by it all – and begin to invest in resistance. If that happens, we can get stuck in generalized defiance, and things don't work out all that well.

Imagine your place like a garden, with unique characteristics and circumstances depending on your lot in life. Some of us are presented with a friendly and mild environment, while others are meant to survive a rough climate, struggle with harsh conditions, and thrive on stony ground. It is what it is. Know that your place requires consistent attendance for planting, fertilizing, and watering – it's on you to create the garden you like. Without your loving care, your life garden will deteriorate, even if you were endowed with the best potential. Some things will come easily and naturally; others cannot get established in spite of all your efforts. If you find yourself at the Bering Sea in Alaska, don't try to grow palm trees. Look into fishing...

Some people create the space they would like to inhabit – magnificent gardens with shade-giving fruit trees and colorful flowers. Others don't feel like looking after their own place and fantasize about faraway gardens, which would be better. They end up feeling dysfunctional, defeated, envious, and angry – more or less aware that they are not doing what they ought to be. In order to forget about their disappointment in themselves, they close their eyes to reality. After a while they feel ashamed, lose confidence, and act as though they don't care. From time to time, they may get some flowers from their neighbor's garden – and cry when these flowers wilt.

All that is alive grows – the good and the bad. Some weeds grow even more quickly than the plants you desire. If your garden has been neglected for a long time, it could have deteriorated into a wasteland by now, and you might not like to be in your place. Examine what's going on, and you will figure out what you can do about it. If you don't want the weeds to take over, you must remove them and make room for new sprigs and sprouts. All you need is the willingness to show up for today's work, with humility to learn how to do it right. Be reasonable with your expectations. Remember that things take their own time to mature. As long as you are active, productive, and creative, you will grow, prosper, and blossom along with all that you bring into life. Self-confidence comes as you master today's tasks, one at a time. Make yourself useful. The joy of life is found by nurturing life.