



Cultivating an Energetic Garden

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Allowing

There is a luxury to growing a garden and simply allowing yourself a small space; a space to be ... even if only for a few quiet moments. Silence is the space in which one awakens, and the chattermind is the space in which one remains away. If your mind continues chattering, you are away. Sitting silently, if the mind disappears and you can hear the chirping birds and no mind inside, a silence...this whistle of the bird, the chirping, and no mind functioning in your head, utter silence...then awareness wells up in you. It does not come from the outside, it arises in you, it grows in you.

Allowing ...

a reduced awareness of the self as an entity separate from what is going on, a feeling of being part of something greater, and an experience of being carried along with the harmony of it all.

The person who is truly happy is one that is so focused on what they're doing that they don't have time to think about whether they're happy or not. Every morning when they wake

up, they think they have something to contribute to the world and they work at doing it.

Each garden is a uniquely living breathing entity. It may be small with a few or large with many varieties of living organisms - those vibratory signatures create an ever present shifting kaleidoscope of harmonious living energy. Much like the trillions and trillions of cells that have come together to effortlessly maintain and reform our bodies. In which each cell is continuously growing, dividing, withering, and dying. Constantly in movement and constantly being created anew. Likewise each plant is an ever changing being in a constant ebb and flow of incredible orchestration. €

