

Health for Life Monthly

Monthly Newsletter●

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“And the day came when the wish to remain tight in a bud was more painful than the risk it took to blossom.” — Anais Nin

“As the plant springs from, and could not be without, the seed, so every act of man springs from the hidden seed of thought. Act is the blossom of thought, and joy and suffering are its fruit. Just as a gardener cultivates his plot of land and keeps it free from weeds while growing the flowers and fruits he desires, so should you tend to the garden of your mind, weeding out all wrong, useless, and undesirable thoughts while cultivating to perfection the flowers and fruit of right and useful, pure thoughts.”- James Allen

I have an immense love for cultivating life and one pursuit that embodies this is my interest in gardening. I’ve garnered so many lessons and insights from growing seeds into the harvest that arrives daily onto my kitchen table in the summer months. Each positive step forward has been paved by an imperfection or a slight but relevant modification in my technique. An area of study related to this has been learning how to sew and foster growth of a seed into a seedling. A crucial process in this is learning about seed dormancy and specifically how to break seed dormancy so that my seedlings would become strong plants. As I’m studying this topic a recurring theme occurs, **stress is the common denominator that releases the potential for growth.** For seeds, dormancy can be broken by the presence of water, cold or hot temperatures, and nicking the surface of the seed coat.

We humans have a whole milieu of circumstances that can break our dormancy. Most of us are hard-wired to roam the fence line of our comfort zone and mend those spaces that are weak. Others choose to take a more proactive stance and hazard their comfort for the opportunity of making life a riveting and satisfying adventure. It doesn’t matter how you are wired though as change will undoubtedly make its way into your life. As we move through our lives it’s common to develop an antagonistic relationship to one’s stressors. Namely the ones we don’t enjoy or create less ease for us. Often times it’s these stressors that invite us out of our comfort zone and into a different way of relating to the world around us. All that is necessary is to illicit a creative and willing way of engaging them.

Furthermore, I love gardening for its entwinement into the relationship between life and death and the many metaphorical insights I gain from cultivating the life of my creation. Each thought you have is a seed that you’re planting in the garden of your mind. This garden can be intelligently cultivated, or it can be allowed to run wild. If you want a particular type of plant or flower to grow there, then those are the seeds you need to sow and nourish. Every thought that you have blossoms into an action, that action creates a result, and that result brings you either joy or misery.