

The Garden of Life: Part 1, if we had to choose

Gardens can be big or small, for now, let's think about your Whole Life Garden as stretching out across your own personal world. Imagine that you could only care for parts of this Whole Life Garden and let others parts go. Just to be very, very clear, I am not asking you to give up on any area of life. But as a way to change our perspective, I ask that you imagine a world in which you had to choose to give up different areas in four steps. Pause and take six slow mindful breaths between each of the four steps.

First, imagine you had to let go of half of these areas. Put an X through half of the areas.

Eyes closed and Pause for Six Breaths on Purpose...

Second, imagine a world where you had to cross out half of the ones that are left. Cross out three more.

Eyes closed and Pause for six mindful breaths



Third, imagine a world where you had to cross out one more, leaving only two. Cross out one more.

Eyes closed and Pause for six mindful breaths...

Fourth, and finally, imagine you had to cross out one more, leaving only one. Cross out one more.

Eyes closed and Pause for six mindful breaths...

The Garden of Life: Part 2, sometimes we miss the choice

Thankfully we usually do not have to make the kind of choices we made on the last page, but sometimes life chooses for us when we are not looking. Or, we become so focused on one area that others fall away. Sometimes this falling away does not matter. But often parts of life fall away and in the process, our lives are diminished. Sometimes this happens very gradually and we do not even notice. Sometimes we do it voluntarily, thinking we "have to" or that we will "get back to it later." Sometimes we get mad and let go of areas because someone or some thing has hurt us or made us angry. No matter what the reasons, let's look at where we are pouring our lives right now.

Imagine that your life were like a pitcher of water. Each day, each month, each year, you pour out a certain portion of your life. Like watering a garden, it is worth taking a moment to review what has been watered and what has not been watered, or only watered a bit.

Looking back over the past year, make a note next to areas where you have poured a lot of you life or just a small amount. Don't let it be just time. Also consider attention, care, and effort.

Before you begin let your eyes go closed, pause for six mindful breaths, then write "less," "more," or "about right" in each area of living. You can qualify it by writing "a lot more," "a little more," "a little less," or "a lot less."

