

Reflections of the Garden

I love to garden. I acquired the love of gardening as part of my own recovery from the loss of many aspects of my life that seemed at the time to be my norm.

I found playing in the dirt to be quite therapeutic. There was something about the feel of the dirt in your hands, gently placing seeds, plants and flowers in the ground.

There was a magic that occurred over the entire landscape. To take a barren plot of land and transforming it into a beautiful tapestry of flowers, was magical. You then add the edging and mulch to give the yard a finished look.

The fun really begins when you commit to watering the plants to give them an opportunity to “take root” into the soil. Of course I talk to my “babies”, encouraging them to grow into their full beauty.

After a while the garden blossoms and you just have to keep up with the weeds that can choke them. Of course, some of the most beautiful “flowers” are actually weed. The Creator is so versatile, and puts beauty in all things, even weeds.

I see the gardening process as a metaphor of life. We start off as helpless babies, full of potential to develop into beautiful caring and loving human beings. We must nurture the babies and the children and gently give them those things they need to develop into physically, mentally and spiritually strong and beautiful people.

Just like the beauty of the flowers in their mature stage add value to the garden, as adults we strive to add value to the community of human kind. Yes, there will be “weeds” that may try to “choke” your growth. They are but “life lessons” along our path of growth and development. Lessons we cannot ignore at the risk of being consumed.

The grace is, we have the capacity to take those things that are choking our growth and overshadowing our beauty out of our lives. Sometimes we need the help of others to get to the root of the lesson, but that too is the grace and mercy of the Creator.

Journaling exercise....

Identify a “weed” in the garden of your life. What attempts have you made to get to the root of the issue? Identify one thing you will choose to do differently starting today to rid your garden of the “weed”.