

Minding Your Garden

Watch what you plant.



by Bob Garner

WHEN IT COMES TO gardening, I don't have a green thumb.

However, I know that if I plant tomato seeds, I will end up with tomatoes, not cabbage or corn.

Your mind works just like a garden. Whatever you plant there will grow. If you plant seeds of negativity in your mind, you will eventually end up with a negative result. Conversely, if you plant seeds of success, you will eventually end up with a positive result.

It's the Universal Law of cause and effect, and every living thing abides by this law. Interestingly, most people don't believe that that Law applies to them. As James Allen wrote: "People understand this Law in the natural world, and work with it; but few understand it in the mental and moral world, and therefore, do not cooperate with it."

So, you need to understand and utilize the amazing powers of your mind and thoughts. When a conscious thought enters your mind, it goes through a reasoning process. The reasoning process is similar to self-talk. At the reasoning level, you will most likely encounter negativity or other feelings, which I call "mental obstacles."

Whatever is accepted as "your truth" about your thought is then sent to your subconscious. The subconscious mind does not judge or reason; it just does what it is told. Even though the subconscious mind is powerful, the conscious mind is more powerful in that it directs what the subconscious mind receives. It also heavily influences the reasoning process. So, what you put into your conscious mind affects your subconscious and, in due course, your reality.

Your subconscious mind will then go to work and eventually produce your conscious thought into some visible form because of the physics that support how your thoughts work. Your thoughts are waves of energy which are made up of millions of particles that are so small that you can't see them with the naked eye. These particles are made up of millions and zillions of sub-atom-

ic particles that are even smaller. Sub-atomic particles can be in two places at the same time, and one sub-atomic particle can influence another sub-atomic. When enough sub-atomic particles have been influenced, they will achieve "critical mass" and whatever achieves 'critical mass' becomes reality.

Whatever thought you plant in your mind, once it is accepted as "your truth," will be sent to your subconscious mind, where, through constant repetition, concentration, and reinforcement, your thought will eventually achieve critical mass and, therefore, become reality—be it good or not so good.

So, you must be careful what "seeds" you plant in the garden of your mind. Your thoughts shape the circumstances that direct your destiny. What

you think and how you think will ultimately determine who you become. It is imperative to your success, peace of mind, and well-being that you plant the seeds of prosperity, abundance, patience, and happiness in the garden of your mind. As Bruce Lee once said, "Treat negative thoughts as if they were weeds in your garden—pull them out and throw them away." You must be vigilant and pluck negativity and self-doubt out of the garden of your mind.

By reading this magazine, you are planting in your mind the seeds that will provide you with a rich crop of success, abundance, and happiness. PE

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ACTION: Plant good seeds.

Good Judgment

Make wise decisions.



by Paul Godfrey

WE OFTEN SPEAK OF PEOPLE who make sharp, insightful, and excellent

judgment calls as having "Solomon-like" wisdom.

A study of King Solomon's wisdom offers many lessons. His most notable decision concerns a case involving two women who had each given birth to a son at about the same time. One baby died, and both women claimed that the living son was theirs. Solomon ordered the child to be cut in half. The real mother implored the king to spare the child and give it to the other, while the imposter urged the king to divide the child. Solomon awarded the child to the woman wanting to spare the child.

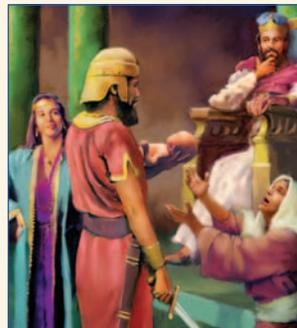
Solomon possessed four characteristics of good judgment:

1. Desire wisdom. Solomon implored God to give him an understanding heart. God blessed him with wisdom and good judgment. Desiring wisdom takes effort. You must seek learning from study, faith, and experience—with an eye to regularities, patterns of outcome, or underlying principles. Wisdom also comes through deep personal reflection, a sense of curiosity, and an attitude of humility.

2. Listen well to understand the situation. Before rendering his judgment,

Solomon repeated back to the women the crux of the issue. Listening first to understand means giving the issue our full attention, even in the face of distractions, actively listening, asking questions to clarify the issue, and controlling the impulse to "rush to judgment" and implement a solution. These things take practice.

3. Gain a deep understanding of the structure of the problem. Solomon's judgment shows that he understood the



nature of motherhood, which was at the core issue. He knew that most mothers love their children more than their own lives. This principle became the basis for his judgment. Many leaders violate time-tested principles in their decisions, believing that the context of the current situation

will somehow lead to an outcome different than that predicted by principles.

4. Involve others in the solution. Solomon crafted a solution that forced the two women to reveal which of them truly mothered the child and cared most deeply about its welfare. Solomon had to risk being horribly wrong (and killing an innocent child) in order to be truly right.

The best judgments often entertain risk of failure. The probability of making wise decisions increases when you think of creative ways to involve the parties in your decisions. Find ways to make people reveal their preferences or generate solutions instead of waiting for your judgments. PE

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ACTION: Seek wisdom in four ways.