

## Zen Gardening

I want you to know, (fill in your name), that I've ordered up another year for you. Think I'll call it 2010.

I'm going to put most of the same people of 2009 in it, since you all think so much alike. But there'll also be a few new, very cool cats coming to play - give them some time to grow up though.

And I'm going to have things start off pretty much exactly where they left off in 2009, for continuity's sake. Flips folks out too much when I don't.

All in all, 365 more days in paradise... and only one request of you:

**DREAM BIGGER. Let's do this! The Universe**

*Excerpts from Dan Liss' Blog with edits, including omissions and additions, by Rev. DebraRae*

This year, instead of resolutions, make revolutions. What's the difference? Instead of *talking* about things you would like to change, dig in and *do* them. Don't promise to do something because someone else wants you to. In the end, the only changes you'll stick with are the ones you choose because you really desire to make these changes.

It is far better to have one or two things on your list that you'll really do rather than make a list of ten things you won't do, which, ultimately, sets you up for disappointment and invalidation because you did not accomplish your goals.

If you focus your efforts and you're successful in making even one change, you will feel a sense of accomplishment and validation for what you have accomplished. When you actually make a change, you will have created a revolution in your life. By choosing only one thing that is heartfelt and for which you have a strong desire, you'll be much more motivated—and likely—to follow through.

If you want your life to change, *create revolutions*, don't make resolutions. Notice the difference and feel the joy that comes from taking action.

Creation and manifestation are often likened to a garden in that we must first “prepare” the ground for the seeds—in this case, we “prepare” to plant our manifestation seeds by becoming clear on what it is we wish to create. We are then ready to plant our seeds of intention.

Just as we would water and feed the seeds we plant in a garden, we feed our intention seeds with our thoughts, emotions and actions.

As we tend to our seeded garden, we don't wonder IF the seeds will sprout into plants. We just KNOW they will eventually become fully mature plants just like the ones from which they originally came. And, whether we believe it or not, they always will. Remember, “Just because you don't believe it, doesn't mean it's not true.” Always, the seeds grow into the plants from which they originally came. We don't question the outcome; we just know this to be true.

Likewise, as we nurture the seeds of our manifestations, it's imperative to KNOW our nurtured seeds of intention will grow into that which we desire to manifest—the very energy from which they were created. This is why it's so important to pay attention to our thoughts, our emotions and our actions as we nurture and cultivate our gardens of intention.

When plants break through the ground and spring forth, we continue to nurture them with food and water, and very early in their growth, we start “weeding out” anything that would hinder their healthy growth. Likewise, we “weed out” anything that would hinder the healthy manifestation of our seeds of intention, including negative thoughts, nay-sayers, doubt and victim energy.

Once plants are fully grown and bloom, we “harvest” them and reap the rewards. Once your seeds of intention are fully bloomed, you see the physical manifestation of your intentions and you reap the rewards.

In your garden, you would continue to nurture by feeding, watering, weeding, pruning, trimming and, when necessary, transplanting. Likewise, once your seeds of intention grow and manifest, you continue to nurture them by being consciously aware of that which you are attracting and that

which you have manifested. You can, at any time, tweak, trim, repot or transplant your plants to bring your manifestations into harmony with your intentions.

EVERY THING we attract—experience or person—is an opportunity for us to learn, heal and grow. That is not to say that everything and everyone we attract feels or is “healthy,” loving or even kind. It is to say that we can, from a state of Grace, give thanks and bless the experience and/or person for what they offer us, and then set our intention to learn that lesson in a different, more gentle and loving way. When we are “ready” to move away from trauma, drama, pain and suffering, we can transplant our seeds of intention into a more suitable planting ground of ease, peace and grace. We begin to cultivate a “Zen” garden.

Numerology, which is based on numbers one through nine, also follows the “gardening” analogy with, very generally, the number one being the preparing of the soil, two the planting of the seeds, three the watering and feeding, four the nurturing/weeding, five the cultivating, six through eight the growing period, and nine the harvesting or completion.

When “zero” appears within a number, it has no affect on the numerology total; however, it carries “God” force energy.

There are several ways to interpret 2010 in numerology. However, without going into a numerology class, I wanted to point out that, ending in the number “10,” 2010 represents new beginnings empowered with God force energy. And most of us are so very ready to “begin again in a higher energy.”

**I've got a feeling, (fill in your name), that 2010 is going to be your kind of year. That you'll be happier than you've ever been, laughing harder, smiling wider, standing taller, walking lighter, dancing crazier, hugging longer, living grander, loving louder, and if you want, selling the pictures to a tabloid to raise money for your new charity.**

**Can you feel it, too? The Universe**

Some intention-setting questions to ponder:

- What do you passionately desire?

- What do you want to look back on and be proud of accomplishing?
- In what ways do you want to "take a risk" in order to follow your life purpose?
- What old patterns or ways of being do you want to let go of?
- How do you want to express your authentic self in the world?
- How are you going to create your community?

## **WALK THEM THROUGH “MOCK-UP” MEDITATION for 2010**

### *Zen Gardens*

I have a gift to help remind you to “tend your intention garden” with your thoughts, emotions and actions. However, rather than a green garden—something to “take care of”—I offer you a Zen Rock Garden in which to play. May it serve to remind you just how simple creating is, and how filled with ease, peace and grace your reality can be. Enjoy!

### **BENEDICTION**

Today’s benediction is a *New Year World Intention Prayer*

I invite to you close your eyes and simply breathe into your heart, allowing Gratitude and appreciation to flow thru you. As I read this intentional prayer, allow this wave of gratitude and appreciation to roll beyond you, to the heart of the earth and to the heart of the Universe. Feel yourself being connected to our global family, to Source, to Love.

Let go of any thoughts, intentions, or distractions. Rather, allow yourself to BE the Great-Full-Ness of Life, fully present to the gift of this moment and to the power of Now.

*May this New Year be one of Joy, abundance, good-will, peaceful awakenings and graceful journeys. May we have courage to look for the blessing in every moment, and the audacity to celebrate it!*

*May compassion reign in our hearts and kindness ring through every word. May our waking dreams be filled with joy, creativity and passionate pursuits. May our hearts and minds be joined as One; unified within, so without.*

*May we remember we are all Children of the Earth: kindred spirits, brothers and sisters, members of the Great family of Love.*

*May we choose Love over fear; unity and harmony over separation and discord. May we have the strength to claim our authentic power; standing true in Word, action and deed, and with firm resolve BE the change we wish to see in the world.*

*May our children see the Light of Love in our eyes. May our elders be honored for the wisdom each bears. May every Heart trust they are Divinely endowed with the birth-right to thrive, and wake each day celebrating the Great-Full-Ness of life.*

*May we remember Heaven is within our Hearts, opening our eyes to the sacred in all things. May we breathe prayers of thanks into each moment, and with reverence honor the gift this Life brings.*

*This is our prayer. We give thanks it is so! And so it is!*