



**CULTIVATING THE SEEDS OF CHANGE ©**  
**Renée Canali, Life Coach Vol.3, Issue 1 January 2006**  
**Planting the Seeds**

I am a gardener at heart. I love to walk outside, identify trees and plants. I love to look at the similarities and differences in the plants as I stroll by. I love to plants seedlings or seeds and watch as they grow and transform.

In gardening, I sometimes look at a plant and have to determine what it needs. It grows slowly, has a pale color, and hasn't bloomed. It's the same with people. Sometimes we need supplemental strength, encouragement in order to grow better and stronger. Sometimes we lose our way and we need someone to again show us the light.

I have often thought about how each of us plants seeds every day: we share ideas, disappointments, concerns, frustrations. We also receive seeds from others in the form of comments, suggestions, and sometimes criticism.

Recently, I realized that sometimes I planted "weeds" instead of seeds unknowingly. Fortunately, my love of gardening has brought me to this place. Many times, I thought I was nurturing my kids, making them stronger. Instead, I sometimes fed them too much in the way of criticism, scolding, negative comments and sometimes I found myself walking past my little flowers without seeing them as they were-seeking shelter, needing a warm, caring heart to hold them until they found the inner strength to stand on their own. There were times I protected them too much from the weather. They couldn't develop the strength to weather the storm. I prevented them from developing their own "root" system.

Relating to people reminds me of a 7<sup>th</sup> grade science experiment where we had to take 5 similar plants. We put one in sunlight with no water, one in darkness with no water, one in sunlight with water, one in darkness with water and one in a stable environment with sunlight, darkness, water and fertilizer. We studied the effects of the different environments on the health of the plant. We recorded our observations every day for two weeks. At the end of the 2 weeks, we had to draw conclusions about the effects of the environment on these plants. Some of the plants survived despite the sometimes harsh or infertile environments but were weakened and ripe for disease. The one that received a variety of nurturing was the healthiest. The more conscious we are about what seeds we sow, the better results we can expect.

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## GARDENER'S ACTION PLAN FOR JANUARY 2006 ©

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Life, like gardening, can produce beautiful results in spite of our efforts. Sometimes it is difficult to see the beauty of what we have sown until late in the season. Here are seeds of wisdom I have gathered:

*Who speaks, sows; who listens, reaps.* Argentine Proverb

*The greatest and most important problems in life are all in a certain sense insoluble. They can never be solved, but only outgrown.* Carl Jung

*Science, or para-science, tells us that geraniums bloom better if they are spoken to. But a kind word every now and then is really quite enough. Too much attention, like too much feeding, and weeding and hoeing, inhibits and embarrasses them.* Victoria Glendinning

*Nurture your mind with great thoughts; to believe in the heroic makes heroes.* Benjamin Disraeli

*There are two primary choices in life; to accept conditions as they exist, or accept the responsibility for changing them.* Denis Waitley

*Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.* Dale Carnegie

*Gardening requires lots of water - most of it in the form of perspiration.* Lou Erickson

*My green thumb came only as a result of the mistakes I made while learning to see things from the plant's point of view.* H. Fred Ale

*I think the true gardener is a lover of his flowers, not a critic of them. I think the true gardener is the reverent servant of Nature, not her truculent, wife-beating master. I think the true gardener, the older he grows, should more and more develop a humble, grateful and uncertain spirit.* Reginald Farrer, In a Yorkshire Garden, 1909

*A healthy garden is a reflection of a healthy soul.* Anonymous

For things to be different you have to cultivate change. If you are ready to change your habits and be more productive and satisfied and would like support, you may send an email to [Renee@landofpossibility.com](mailto:Renee@landofpossibility.com) or call (301) 279-2363. All rights reserved. This may be reproduced with copyright statement and credits intact.



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