

Nurture Your Garden of Well-Being.

By Bob Wilson, BS, DTR

Use Your Power of Choice and the Law of *Sowing and Reaping* to Bring You Health!

Learn to become your own “personal lifestyle trainer” or a “gardener” for your own mind and life.

It seems that all of life is learning about how to use the power of choice responsibly. **In gardening**, if the conditions are right, what you plant is what you get. If you plant a tomato seed, you get a tomato. If you plant a dandelion seed, you get a dandelion. **In life**, if you plant seeds of well-being and nurture them, over time, you get well-being. If you plant seeds of dis-ease, over time, you get disease.

Whatever you cultivate, **over time**, is what you get. If you're overweight, you can look at the *seeds* you have been planting with your choices. And just like in gardening, you can uproot the plants that you don't want to keep. Being your own “personal trainer”, you figure out a plan that can work for you.



Notice the seeds you have been planting with your choices.

Do you want to make any changes?
What new seeds do you want to plant?

**Your life is your garden. Over time, what you plant is what you get.
Be a Gardener to Your Own Mind & Life. Choose to cultivate health.**



Prepare the soil, trim and weed.
Water, fertilize, provide “TLC”.....practice, perseverance, patience.....over time, your life changes.



Use the right tools.



Experience the garden of health.

Notice your choices and your motivation (seeds) →Thoughts→Actions→ Results (effects).
Learn to guide yourself towards choices that are more effective.

**Thought by thought,
word by word,
choice by choice,
action by action,**



You lift yourself to a new level of living! Ya-a-ay!

Ecosystem Weight Management

Notice The Causal Web—the Causes and Conditions Of Your Being Overweight



We—our lives—are an ecosystem. All of our different patterns interact and interconnect in an intricate web. Everything affects everything else. All patterns form a web, which will either support a healthy weight or gradually bring on increasing levels of disease.

- We are made up each day of the “nutrients” (choices) that we feed ourselves—on all levels of our life.
- The Law of Cause & Effect (sowing & reaping) operates at all levels of our being—1) physical, 2) emotional, 3) spiritual, 4) creating a balanced lifestyle, and 5) mental.

If we transform choices that have led to *disease*, we will gradually experience *well-being*.

The first step in changing is to **be aware of** the toxins and the healthful nutrients that you feed yourself each day—at all levels—they are interconnected, an ecosystem.

Practice dynamic self-care: Cultivate providing nurturing, healthful nutrients and eliminate toxins on all levels:

- Physical (foods, physical activity, patterns of daily choices)
- Emotional (listening to your inner self, nurturing activities, balance in life)
- Spiritual (taking quiet time, time for reflection and renewal)
- Social (contact with various levels of supportive relationships, being involved with life)
- Mental (thoughts, self talk and patterns of mental reactions)
- Right Livelihood (not just a job, but a way to express your talents and give your gifts to the world—one that provides joy, pleasure, and growth experiences)

Learn to tune within yourself and become your own “personal lifestyle trainer.” To find your own answers to challenges that you face, use the “Daily Personal Check-in” in the appendix section of this story.

Who or what we are, is *always* in flux.

- ❖ If you want to observe the *collective effects* of your PAST **choices**, look at your life today.
- ❖ If you want to see what your FUTURE will look like—observe **your choice** of thought patterns, **choices** of food and activity patterns, the ways **you choose** to nurture yourself and your values and goals. Consider using your *power of choice* to bring to yourself the future that you would love to create and to experience. Perhaps consider consuming less and reflecting more.

Your life is your ongoing *work of art!*

Invest in yourself to find the answers to the challenges you face.