

Protecting the Garden of Your Heart



Guard your heart

Once you've made a decision to make changes in your heart and life, engaging in the groundwork necessary to effect and manifest this change, protecting what you've invested is essential for continued growth and success.

A proverb comes to mind, "Guard your heart more than anything else, because the source of your life flows from it." Everything we aspire to be, whether consciously or not, flows from within us; what's within our hearts.

When you allow any and every thought to enter your mind and then your heart, you allow these thoughts to have free range. Negative thoughts intertwine and entangle your life, blocking the path of good that should be flowing freely into and through your life.

Ponder on the thoughts that you're engaged in on a regular basis;

How are they adding to or subtracting from your life?

How focused are you on these thoughts?

Have they become a part of your belief system which inhibits you from moving forward or have they become blockers of your good coming to you?

Take the time today to think about what your thought patterns are and compare your life to the way you're thinking.

Take Precautionary Measures

When you've started a garden, if precautionary measures are not taken, pests and bugs can attack and destroy it. Young plants in your garden need to be protected from the frost.

It is also essential to protect your heart from the elements, from pests and bugs, as well. Consider the following:

1) Bring tender plants indoors to protect them from freezing temperatures.

When you're faced with an unfavourable encounter, if possible, remove yourself from the situation in order to protect your heart from further hurt or insult.

2) Plants need to be watered to keep them from drying out, whether they're indoors or outdoors.

Continued watering of your heart with positive affirmations and connection with God keeps your heart tender and compassionate towards others.

3) Protect plants from being trampled on by pests by planting other plants to repel them.

Avoid engaging in negative conversations and disconnect yourself from negative associations. Negative influences destroy positive thinking and deprive you of healthy inner growth.

4) If blossoms of plants have been destroyed they may recover.

Assess the hurt that you may have suffered. Look for the positive outcome of that situation instead of focusing on the hurt or look for the lessons learned or perhaps use your situation to help someone who may be going through the same thing.

5) Practicing preventative measures to ensure your garden is protected would limit or eliminate destruction to ensure you have a good harvest.

Apart from avoiding negative events, pay attention to the thoughts you're focused on or even those that may casually pass across your mind. Replace them with a positive thought or outcome.

Keeping your heart protected from negative invaders allows the flow of good to continue to enter and enrich your life.

Eradicating weeds

In order for a garden to thrive, eradicating weeds is necessary to ensure proper plant growth.

What damage can weeds do to your garden?

Weeds strangle your plants and also compete with them for the nutrients in the soil.

Weeds of the heart

In the same way weeds are detrimental to your garden internal weeds are detrimental to your heart.

How do you identify the weeds of the heart?

Identify those internal and external issues that are draining your energy and sucking the life from you. What about those things that are making you depressed? Consider past hurts; are you rehashing them?

Take each issue and dig deep down to find the root cause of it. Ask as many questions necessary to find the answer.

Once you've identified the root, how could you eradicate it completely?

1) Make a decision that you would remove it from your life; whether it's an internal (heart issue) or external issue (environment or other people related issue).

2) If this issue could physically be removed or changed, then do so.

3) If it's an internal issue (i.e. a hurt, negative emotion), make a conscious shifting of your thought pattern. Stop feeding it with your dwelling on it. Begin to engage in more positive thoughts, finding the good out of bad situations or finding some other positive aspect of your life to focus on.

Regular inspection of the garden of your heart will keep weeds from overtaking it and allow you to grow to your fullest potential to enjoy life.

Note from the author:

I hope you enjoyed this report and will begin to apply the information to your life right away.

I had gone through some things in my first relationship and when the relationship had ended I was left feeling hurt and lonely. I never gave up on love because I had a lot of love in me to give and besides I believe in family.

I looked in my own heart, got clear about what I wanted for my life – have a happy relationship, someone who would truly love me and I could share my life and grow a family, start my own business and find a new home. Again, I asked the Spirit to help me and I expressed my gratitude knowing that my answer would show up. “Thank you, thank you, thank you.”

I learned how to attract my spiritual mate into my life, and now together we have built a strong relationship and have grown a family of 8 children, I attracted jobs that I wanted, started and grew two businesses, attracted money into my life, built my self-esteem and self-confidence and experienced a painless childbirth.

Now, I've put together these simple steps you can use right now to protect your heart from the hurt of the past and keep the weeds out of your life so you can attract the things and experiences you want, transform your life and experience more happiness and personal freedom.

And now, if you'd like to have a simplified step-by-step process to help you get unstuck, remove mental confusion and get you back on the path towards achieving your desires, I'd like you to check out the [Life-Changing Map](#)

Get the full details here => <http://www.changinginsideoutnow.com/Lifechangingmap/>

Enlightened in Love,

Alicia Isaacs

Changing Inside Out Now!