

## Spring is Now! So are We! *By Bob Taylor*

The season is spring, the month is April and the individuals we need to care for are you and me. We are our own caregivers.

Spring is the time of year for planting seeds, nurturing them and having faith that they will grow. This doesn't happen overnight. It takes a while for life to begin, whether it is in the womb, in fertile ground, or in the mind - yours or mine. Patience and encouragement are required to help all things blossom.

Our problem is that spring is short. So is life. Before we know it, we have procrastinated our way through spring with summer, fall and winter close behind. The opportunity to plant has faded until next year.

So, NOW is the best time to plant. NOW is offering each of us the opportunity to improve our lives. In spring almost everything grows, including toxic weeds. We need to be careful to keep our thought patterns free of toxic thought. And spring is NOW. We can use this opportunity wisely by eliminating certain thoughts and words from our vocabularies and thought banks. We can choose to eliminate words like hate, retaliation, resentment and envy from our speech because these words and thoughts create nothing good and are destructive to our well being. We can deposit words like love, forgiveness, understanding and encouragement in our thought banks - use these words when needed - and redeposit them immediately so they are always available.

Most of us, when we plant a seed, expect it to grow. We have faith that it will produce a beautiful flower, or some tasty fruit or vegetable. The growth begins in Mother Earth. We see nothing until the growth breaks through the soil into the sunshine. We have faith that this will happen. If we lose our faith and dig it up to see what's happening, we will lose the flower or fruit with our patience.

The same is true of the seeds we plant in our minds. Our minds need to be fed with thoughts of kindness and courtesy, with thoughts of harmony and peace, with feelings of love and happiness. If we remove the seeds of hate, resentment, worry and guilt - pull them out roots and all - and serenely wait for a crop of beauty and peace, then a new life may be born.

This is also true of other seeds planted in our minds. If I wish more love in my life, it is necessary to plant the seeds of love in my thoughts and commit random acts of kindness. Then we wait patiently for love to bloom. It happened to Jack Benny (he loved his Maxwell). It happened to me. It can happen to you, because life is for us, never against us. Life is not yesterday, nor is it tomorrow. Life is NOW and life is good. ""



