

APPLIED META-PHYSICS:

FROM ET-ERNITY
THROUGH TIME AND SPACE
TO
ET-ERNITY

A COLLECTION OF ESSAYS

THIS ESSAY:

Lenten Season 2022: Day 03
Gardening the Mind.

(TO BE READ AUDIBLY)

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Lenten Season 2022: Day 03

Gardening the Mind.

Approximately: 20 min read.

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APPLIED META-PHYSICS, THE SCIENCE OF BE-ING AND KNOWING

ESSAY: Gardening the Mind

AS consciousness is a garden, everything we see in the manifest world is a 'growth' in the Garden.

A garden represents the principle of: PURE AND ABSOLUTE POTENTIAL.

We can take a piece of ground, till it, sow seeds, nurture them, cultivate the seedlings and nourish and care for them until they bear fruit and nourish and care for us.

We can produce anything in the garden, we sow the seed and nurture it and it grows. Likewise with our minds, they work on the exact same principle, the 'seeds'



being the ‘ideas’ we hold in mind and the words we speak.

An apple tree from an apple seed... not onions, or bananas or any other type of growth. The garden will ALWAYS reproduce the essence of the identity of the seed.

Likewise with our minds. They produce the growth of the *essence* of the ideas and thought-words we speak every day.

When we understand this, we have the KEY to ReGenerating the Garden of Consciousness, by doing the necessary work to eliminate the weed ideas, and cultivate and strengthen our highest ideals.

What is important to understand is that by the age of seven or so, our mind has been sown with the vast majority of the ideas, and thought-words, which



will bear fruit throughout our lives.

These seed ideas are sown into our young impressionable minds by parents, teachers, siblings, 'religious' figures, family, and friends, etc.

In other words, our minds are shaped by the ideas of which the Race Thought Atmosphere of our own locale is composed.

A language is seeded into our minds, and if we are fortunate, we will be able to learn two or more, or twelve or fifteen as is not uncommon here in Africa...although the modern 'educational' system severely limits our development in terms of the opportunities of learning multiple languages.

Traditionally in 'schools' we are taught one or two and then these languages form the basis of all

further intellectual and academic learning... the language we are taught itself LIMITS the way we think.

When we are born, we are all born and immersed into this Race Thought Atmosphere, which has greatly varied fruits, depending on the *cultures*, involved.

As we grow up, we are not taught that consciousness is a garden, we are not taught how to be the gardener of our minds, we are immersed in a system which seeks to shape us so we conform to the dictates of the status quo...the Race Thought Atmosphere.

Once we have a clear understanding of consciousness as a garden, we can look back as far as we can, through the mists of time, and see the process of sow-



ing and reaping continuing, and we can put it into perspective, and see the *Law of cause and effect reproducing and multiplying the seed ideas sown within us, from the dawn of this current human cycle.*

Then, we can take a step back within ourselves, and begin to examine the nature of these thoughts, these ideas, living within us, and which have formed our character.

An awareness of this ongoing process allows us to take charge of it.

Our duty is to look at our own garden, and accept full responsibility for its present condition. Then, identify the ideas and thought-words growing within us, and choose those we are going to eliminate or cultivate.



For this process of ‘Gardening the mind’ we have one main ‘tool’, we have the Power of the Spoken Word, which, when we speak to ourselves, when we say *no* to a destructive form of growth, it will begin to wither and die.

When we say *yes* to any form of growth, it increases, grows stronger and will, in time, bear its fruit—guaranteed, for that is the Law at work in and through us. As we ‘eat the fruit’ (act on the idea) it contains the seed for further propagation in our minds.

Cast your mind back through history, to a time when there were less people... and then use your imagination to see this process at work.

One of the most important aspects of looking at this process is



to observe how much ignorance there is relating to the Power of the Spoken Word to shape *all of life!*

So, throughout history, people spoke without fully understanding the power of the spoken word... they spoke (as many do today) carelessly, and this was the result of the seed ideas bearing fruit through them...and as they spoke they sowed the same error seeds into the Race Thought Atmosphere, and became even more entangled in their effects.

This process has continued throughout history, shaping the world.

To become a proficient gardener of your mind, requires looking at



the way you think. Looking at the ideas you uphold in your thinking, looking at the vocabulary you use... and being aware, acutely so, of the words others speak to you, for they too are potential seeds being sown into *your* mind.

The reality is that when we converse, we are either awakening each other by dissolving old erroneous ideas, or we are deepening the hypnosis by sustaining and reaffirming limiting ideas.

Our ‘attitude’ is formed by the majority of dominating thoughts and ideas growing within us.

Each idea or growth established in our minds is sustained and grows with our very own Spirit, whether we are aware of this or not.

Even if we are not aware of each particular idea, the fact it is



established in our garden, and has been for a number of years, means it will reproduce itself *with or without our conscious permission.*

Our body is the image of our garden, it is a living record of the fruit of every idea, and as such its condition is constantly teaching us the effects of our thinking, and we must judge every outcome and decide whether we are going to sustain the idea, or change it.

Whatever we are experiencing has its roots deep within our own minds, and exists with or without our conscious permission.

Our work is to examine ourselves and make that which is unconscious, conscious and then

choose to keep it or dissolve it. As we do so, we liberate ourselves from the effects of error/self-limiting thoughts, or ideas of ill-health, poverty, disharmony, anxiety and every other form of debilitating be-have-i-our.

We do this using the power of the Spoken word.

“Let your yes be yes, your no, no”.

As we identify the ideas we are living by, we say ‘yes’ if we are keeping them, and ‘no’ if we intend to dissolve them.

We do this audibly, and the power of the Word goes to the roots of those ideas we intend to dissolve, and dissolves them. Likewise when we say ‘yes’ to any idea, our Word nourishes it and it increases.

This is the simple method and principle behind ‘gardening the



mind' and as we live, life itself presents us with the fruit of past thinking, so we can consciously decide which ideas stay and which go.

This in a nutshell is the process of ReGenerating our thinking.

Choosing which ideas shall remain a part of us, and which we shall dissolve is analogous to 'fasting' - that is refusing to feed an idea, and 'prayer' which is nourishing an idea so it increases its character in our life and experiences.

As we diligently become the 'gardener of our minds', we go through our garden every day. We make decisions, and as we do we change. So, an idea, which was acceptable to us a week ago, and, which we decided to keep, we may decide to dissolve after

we have cleared other ideas away and so perceive the idea we retained differently.

This is an ongoing process, exactly like doing a garden outside one's house. It requires us to go into the garden each day, identify growths, then make decisions, and experience the fruit of those decisions as well as the fruit of the ideas sown within years ago, and through this process of self-observation and constant adjustments we are 'gardening the mind' and ReGenerating our thinking.

No one can do this on our behalf. Every person is totally responsible for their own life, and while this may be an intimidating idea when it first dawns on us, it is the most liberating idea of all.

We are, everyONE of us, living in our own garden, interacting



with others, and the results of our thinking builds our body, which, as a living record, is our 'book of Life', and more than this, it is the Garden of God.

We, by the breath of God, which animates us are to "dress the Garden and to KEEP it"

Genesis 2.15: The LORD God placed the man in the Garden of Eden to tend and watch over it.

...and put him into the *garden* of Eden to *dress* it and to **keep it**.

This body is the 'Garden of Eden', the Garden of 'delight' - the Garden of de-light, of light! Of LIGHT, and who and what we have become is on constant display to the world, and our health, mental and 'physical' is teaching us, where we need to reform ourselves.



The Lenten season is an opportunity to *train* our minds, *renew* our hearts, and *refine* our character, restoring *Self-control* by eliminating the error thoughts sown into our minds before we were old enough to conceptualise, formulate and express our own highest ideals.

As we participate in this process each day, we grow from strength to strength and gain more and more Self-control.

A well-kept garden bestows beauty and peace to the house (consciousness) and those who live there.

END



RESOURCES:

[King James Bible .pdf](#)

[Metaphysical Bible Dictionary .pdf](#)

[12 Lessons in Prosperity](#)

(Includes audio book links)

Master of Money

Freely you have received, freely share.



Applied Meta-Physics is the oldest Science in existence. It is the study of who we are and why we are here.

It is sometimes called 'The Science of Making the Ideal Real', because it identifies in concrete terms the abstract workings of the mind, and teaches the steps every eternal idea passes through in transition from the plane of the eternal spiritual world, to become manifest on the earth plane.

The sacred writings we have inherited are metaphysical in nature. This means they have been written through the inspiration of the Paraclete using words, which have varied meanings, interpreted accordingly, depending on which level of consciousness the reader has achieved.

The *art* of Applied Meta-Physics is to 'conceal, to reveal'. The Wisdom the writers concealed protects it from those who would destroy the writings, *and therefore destroy themselves*, until a time when the human family matured and awakened and realised its need.

The scriptures are like an offer to an addict deep in the throes of ad-diction, rejecting what they really need most, and lashing out, because they have lost control of their own minds. In the height of the loss of control the addict attacks those seeking to help them and would destroy them.



The parables, analogies, codes and koans in the Helios Biblia have preserved these writings, as the power of the Word concealed within them has worked in the hu-man consciousness to do exactly that.

Applied Meta-Physics is the Key opening the way to comprehending their riches and applying the Wisdom revealed in one's life and proving the truth thereof.

There is a simple fact of life:

We are all created equal, in that we are all the offspring of God, and we form our lives by the thoughts, words, deeds we think, speak and do. The equality is that the Divine Law is no respecter of personalities.

We are all held responsible for everything we do, and our body either regenerates or degenerates according to the motives of our hearts. If we seek to rule others, we are using the life we have been given to express ourselves contrary to the Divine Law, and this is slow and definite suicide.

If we submit to the will of another, this too is slow suicide and contrary to the Divine Law.

The LAW IS!

It is the Doorway to Everlasting Life.

PEACE.

