

MIND GARDEN

The Natural Religion



by

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Welcome

I have three questions for you...

1. Who are you?

2. Where are you going?

3. How will you get there?

...the three most important questions you will ever be asked!

By tapping into the greatest Master of Success this planet has ever known, the Mind Garden paradigm shows you how to find solid answers to these questions.

Have you ever noticed how grass always manages to grow through cracks in concrete and abandoned houses always become home to wildlife and plants?

The fury of volcanoes and the ferocity of oceans and wild jungles have been sung about and deified throughout history. Nature has brought us moving art, medicines and amazing technologies and it continues to mystify us with its efficiency and strength.

As Albert Einstein said, "Look deep into nature, and then you will understand everything better."

You are a part of nature, and when you consciously interact with other elements of nature, the results can be awe-inspiring.

But Mind Gardening isn't about digging up soil in your backyard and planting petunias...

Far from it!



Mind Gardening focuses on the manipulation of the most powerful manifestation of nature in existence and this book will show you how it's done.

However, before we begin, you may have a question for me...

Can Benjamin Right be trusted when he says that this unlimited power source will show me the way to financial freedom, true love and anything else I desire?

The answer is simple.

It's a strong and unequivocal 'yes'.

Even if trusting a stranger isn't your style, the information that follows will speak for itself (in a very deep, commanding voice).

This book will show you how your Mind Garden is responsible for your happiness, financial success, relationship harmony and, if you see things the way I do, *absolutely everything else*. This book could quite possibly be the most important you will ever read.

I'm glad it found you.

So, before we go past the point of no return, I am obliged to present yet another small disclaimer:

Viewing your mind as a prize garden and learning how your Mind Garden works will **significantly alter the course of your life**, so **do not read on** if you are content with your current situation or wish for it never to change.



However, if you are willing to learn about Mind Gardening, there is one last question I have for you:

Do you believe you have the ability to choose the direction your life?

Most people will answer yes to this question, but in those moments between stimulus and action, they behave as if they are completely controlled by a mysterious force.

Mind Gardening is about learning what this mysterious force looks like and converting it from an oppressive bully into a liberating ally.

One last thing: before you plant any of this book's Thought Seeds, you must appreciate that this gardening metaphor is much more than a device for memorably explaining how your mind functions.

Right now, take a *very close look* at a real tree or plant.

It is important that you actually do this because an enormous revelation depends on it. Though, unfortunately, I can't tell you what this epiphany involves. You need to experience it yourself to appreciate it.

But I do promise you that if you read this book, it will come.

So without further ado, welcome to your Mind Garden!





MG Overview

Mind Gardening describes the life-cycle of thoughts.

Your Mind Garden (“MG”) houses your thoughts and controls how they branch into reality (I guarantee that the relationship between your thoughts and reality is stronger than you may think).

The first principle of the MG thought life-cycle is that the MG strives to make itself known in the outside world.



INSIDE → OUT

I can't remember the last time I was sick...

Sickness is terrible...

Oh, I remember what it felt like...

Yeah that felt awful... I hope that doesn't happen to me again...

I hate sickness...

I can remember being stuck in bed so vividly – I

hated that...

I don't feel so good...

The MG's internal world is also highly susceptible to the external world.

OUTSIDE → IN

You're always sick.

You... you can't do anything right.

You're ugly, you're stupid and everyone hates you,
trust me, they tell me all the time how they just wish
you'd disappear.

But dad...

Shut up – listen to me – I know best – you're
worthless – just like your mother.

I'm worthless ☹



The 'outside world' and the 'inside world' cause each other and affect each other, and the reason for this is, quite simply, they *are* each other.

Strategies like Feng Shui and maintaining good personal grooming habits to clean up your external life are *just as important* as thinking exercises and positive affirmations as both plug into the Cycle of Reality discussed shortly.

Firstly though, let's have a quick tour of the MG itself.



Lightning Tour of the MG

All living inhabitants in the MG can be collectively referred to as Neuroplants (NPs) and include (amongst other things) Idea Seedlings, Belief Trees and Id Trees.

NPs are your thoughts and just as thoughts have differing levels of influence over your life, NPs come in different sizes.

If a particular thought is clear and occurs regularly, the thought may be a Belief Tree. If the thought occurs sporadically, it is most likely an Idea Seedling, or a very small NP.

To actually see the size of a particular NP, calculate how often you are conscious of it and how regularly you act in accordance with it (more thought = bigger NP).

Central to Mind Gardening are the phenomena of consciousness & unconsciousness. The Gardener of the MG has been conscious of all NPs, and is unconscious of almost everything else.

It is proven that everything we smell, see, touch, taste and hear is stored in our brain. However, we are only aware of a tiny fraction of what we sense (conscious). The rest gets stored without us knowing (unconscious).

The Gardener, who is the awareness you have of thoughts in your mind, is unaware of Thought Seeds sitting under the MG's surface, but the moment the Gardener becomes aware of a Thought Seed, it germinates and bursts through the Soil of the MG to become conscious.

To raise this new Idea Seedling to adulthood, the Gardener must contend with the Sensory Wind as well as the searing gaze of the Sun and the mysterious utterances

of the Water. The Gardener will also be teased by the venomous beckoning of Emotion Fruit and be forced to endure decades of hacking through dense Concept Vines to find clarity.

It's exhausting work, but seldom can the Gardener truly rest.

Even during sleep, the Gardener is awake.

The nocturnal Dream Vine draws its life force from the Soil of the personal unconscious and the Waters of the collective unconscious and always shows the Gardener the truth.

If the Gardener pays attention to dreams and acts on their true meanings, the MG will constantly move towards health and equilibrium, but if the Gardener scoffs at the Dream Vine's warnings and laughs at their apparent irrelevance, the MG will suffer sorrow and agony until met with an untimely death.

Though, if the MG is fortunate enough to have a wise Gardener, complete balance may be experienced. This balance is incredibly difficult to reach, due primarily to the sometimes malevolent influence of Emotion Fruit.

Emotion Fruit deliver excitement and vitality to the Gardener but they can also give the Gardener an exceptionally hard time. If the Gardener is not aware of the true nature of Emotion Fruit addiction, depression or suicide may result.

The story of the masochistic unrequited lover is commonly told, and almost universally experienced. It is one of the strongest examples of how the MG can bring the Gardener to grief.

You are the Gardener.



Your role is to care for the MG and grow it as only you can. Such is your MG's uniqueness that it has potential to go down in history as a famous tourist destination for other Gardeners (now and into the distant future). Your MG also shares traits with every other MG, many of which are explained in the pages of this book. Read on and you will learn how to look at your individuality as a chance to bloom.

Your similarity with others will become an opportunity to reach basic balance in your MG through reference to other, healthier MGs.

Also remember that as you delay in growing your MG properly, Mind Weeds continue to spread out of control causing your system to deteriorate.

Are you willing to move away from being a lethargic groundskeeper to a lethal Gardener? If so, you should orientate yourself...

Where is your MG?

You may be surprised to hear that apart from being in your skull, your MG exists in the centre of the universe.

Consider the concept of 'infinity'... if an enormous brick wall was erected somewhere in the distant reaches of space, what would be on the other side of that wall?

More space.

Common sense suggests that the universe extends forever in all directions.

Your MG's position at the centre of the universe is similar to finding the centre of a circle. The middle of a circle is the point at which the distance to the border of the circle from that point is the same in every direction.



Therefore, the middle of the universe is the point at which the distance to the edge of the universe from that point is the same in every direction. But wait... the universe doesn't have an edge – it goes on for eternity in every direction.

So... any and every point in the universe is the centre of the universe.

Your MG is no different.

Conclusion: You are smack bang in the centre of your reality and the universe really does revolve around you.

Despite being in the middle of the universe, your MG can also be located in terms of spatiotemporality.

I know that my MG is growing approximately 1.5 metres away from yours when we are standing next to each other talking, and I know that my MG is growing later in history than that of my deceased great-grandmother.

For the initial purposes of understanding MGs as they appear on the surface, distance and time are immensely valuable. Sometimes you will need to find your way to other MGs and the directions you need to take may be across the chasms of time as well as the journeys of distance.



MG & Reality

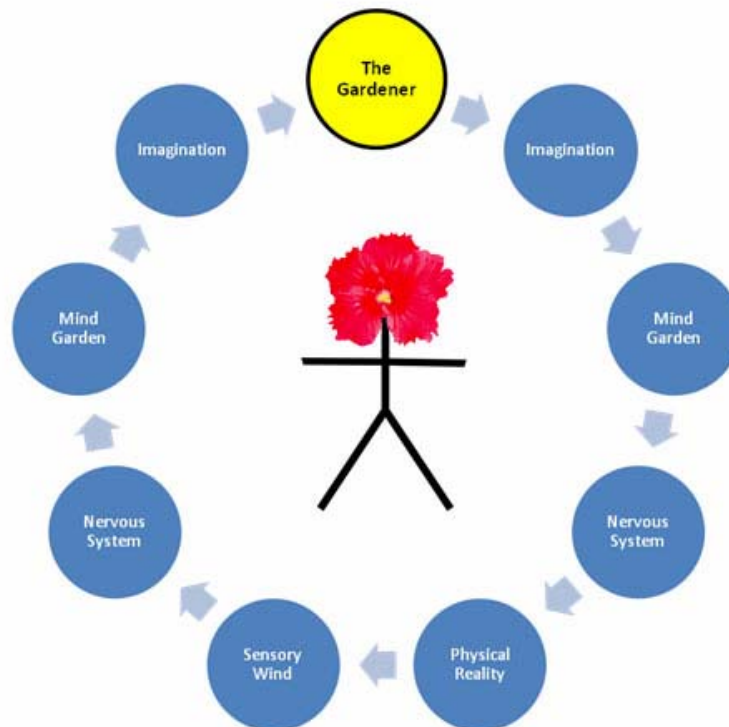
Your MG exists in your mind, which is a collection of thoughts. Your mind is also a function of the physical brain.

So why do people so often refer to 'mind, body and spirit'? These are arbitrary distinctions, and shouldn't exist.

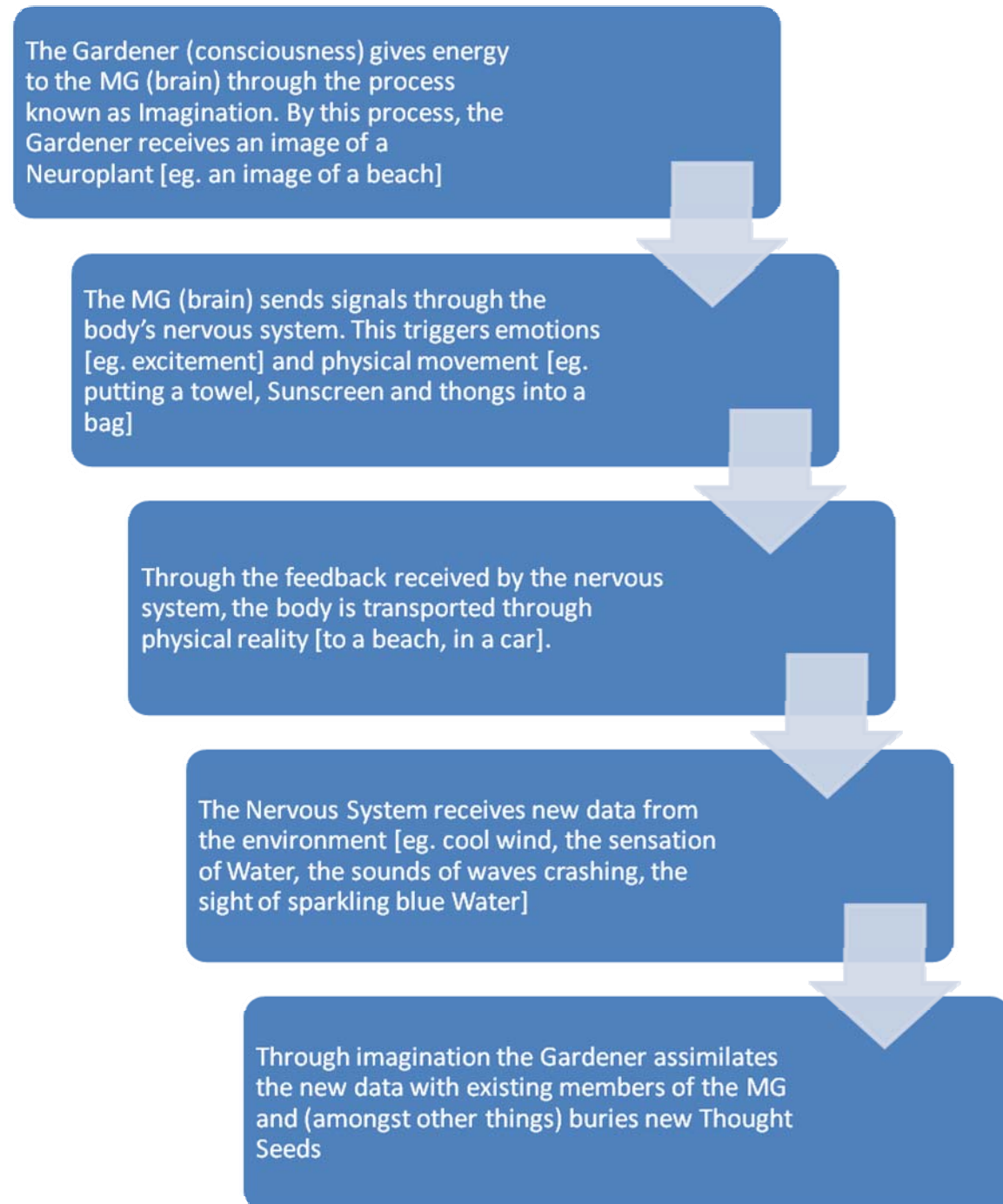
The mind is physical.

The brain is an element of the physical body, meaning that the body and brain are two parts of the *same system*, which need each other to operate. As a result, the mind, and thus the MG cannot be separated from your body.

This is the Cycle of Reality:



The flow chart below shows how the Cycle of Reality works:



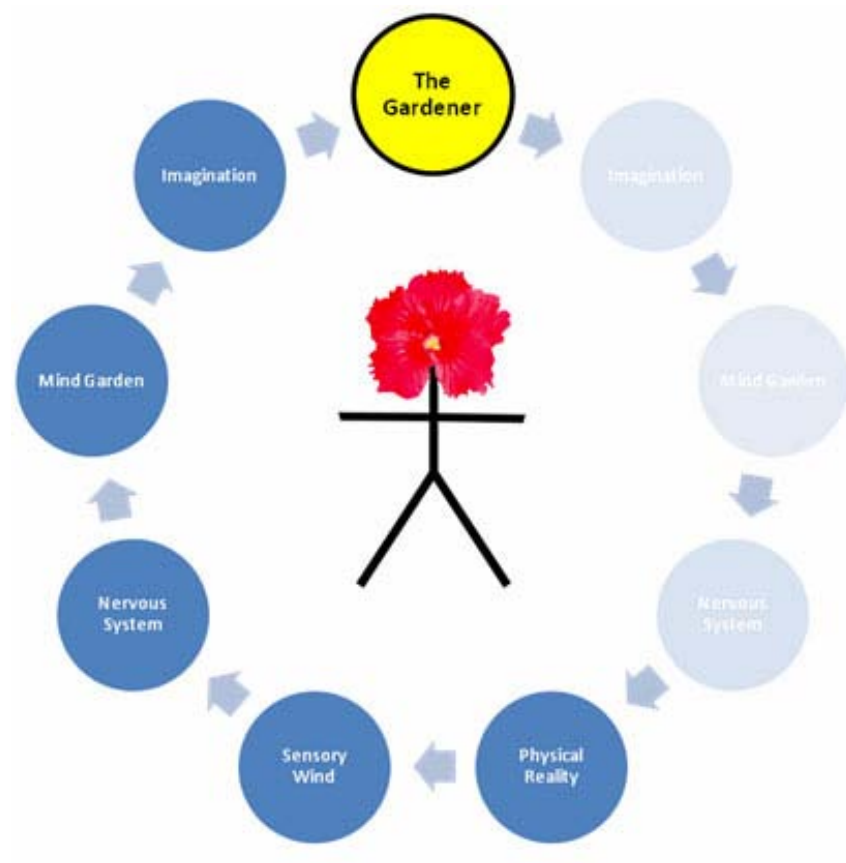
The Cycle of Reality does not end for a person until death

-- The MG strives to make the outside (the world) mirror the inside (MG) --



This means that, without realising it, people are constantly trying to build the conditions of their mind in their physical environment.

This is very bad news for those who don't have full control over their MG and fantastic news for those who do.



Due to fear, most people forget (or never were told) that their very thoughts precede physical reality in the Cycle of Reality. As a result of this, these people assume that the things they sense in the 'real world' are independently 'real'. This leads to a disproportionate and unwarranted significance being placed on 'things' and an ignorance of the value of the thought.

Before I go on, I would like to share a personal journey of mine. This experience helped me realise the truth of Mind Gardening, and it began at a time when I believed I had no chance with members of the opposite sex.

This is *only* because I was not seeing the whole Cycle of Reality. Indeed, I might be so bold as to say that *every* problem is *completely* a result of misconceptions of the Cycle of Reality.

Nonetheless, I was seeing girls rejecting my affections constantly. It's actually a miracle I was strong/confident/arrogant enough to continue trying, now that I look back on it (the rejections really were that numerous).

I heard statements from girls like "sorry I'm too busy" or "I have a boyfriend" or "I think we should just be friends" all the time, and from that Sensory Wind input, the process continued along my nervous system to grow some really unhelpful Belief Trees. Every time I was rejected, the Belief Tree called "you suck with women" grew another powerful limb.

For some reason though, maybe complete chance, if such a thing exists, I realised that I was only living part of the Cycle of Reality. Instead of taking my physical reality as gospel truth, I began visualising reality as being in my mind.

Now my nervous system was actively seeking (or is that creating?) evidence that the landscaping of my MG matched the physical world. New Neuroplants such as "even James Bond is inferior to you in the high-stakes game of seduction" were flourishing, and they were desperately searching for real-world validation.



This is what the MG does! Its whole purpose is to make the outside the same as the inside.

So to begin with, I had to be quite creative to validate this new Neuroplant's existence and grow it with the data blowing in on the Sensory Wind at the time.

For example, I took "I'm busy" to mean "You're so honourable and sexy that I wouldn't want to give you only part of my attention – I don't want to talk to you unless I can give you my *whole self* baby". In hindsight this is probably not what she actually was saying, but I had to believe it at the time or my beloved 007 Neuroplant would not have grown.

Eventually after a good year of nurturing, this Neuroplant was large enough to start significantly influencing other inhabitants of the MG and a powerful skill-set was developing within me – and spreading tentacles outside my body.

After many years and countless experiences, I don't have to be so creative to match what my sensory perceptions with my beliefs.

It's a process, and to expect physical reality to totally consolidate your MG over night is ignorant and unreasonable. But, truly, you can choose your beliefs.

If I had continued simply doing as I was told by what my senses saw, I would never have moved away from being a *total* romantic failure.

All change begins in your MG, so let's learn exactly how the MG reaches into reality and make some changes!

The Power of Thoughts

The Body

The most obvious way your MG influences your world is by interacting with your body through your body's nervous system.

For example, if you think certain things about an upcoming exam, your body will produce chemicals to make you feel uncomfortable.

How do your thoughts impact the world at large?

Through interaction with the MG, the body impacts the world and receives feedback accordingly. This feedback grows the MG.

The MG's NPs branch out through the body via the nervous system to manipulate 'physical reality'.

Take the example of a student struggling through study one night before a significant exam. The student will most likely be wondering "how am I [my body, including my brain, and the function of my brain known as 'mind'] going to pass this exam tomorrow morning?"

If the thought that 'there is no way that the exam is passable' is focused upon, the body will respond and the exam will be failed. The exam will not be passed because the student will not bother continuing to study and will go to sleep, or drink alone, or play the computer, or chat on the internet.

However if the inspiring thought of "Maybe I'm a genius and with only two hours study I can get top marks in this easy exam" is harnessed, the exam may well be passed.



This thought will certainly lead the student to create the physical reality of actually studying, which at least increases the chances of passing.

If the student does pass the exam, then the physical reality of passing was created, simply by holding a particular set of thoughts.

Law of Attraction

What takes far more effort to accept is what has become popularly known as ‘the Law of Attraction’. Knowing about this is not a prerequisite for being able to use the MG at all, but if you consider the possible implications of this Law of Attraction, you may find yourself far more enthused.

The ‘Law of Attraction’ hinges on the idea that thoughts create reality.

The Law of Attraction believer (sometimes with arguments based on quantum physics) will tell you that our thoughts send ‘vibrations’ into the universe that deliver us *exactly* what we want. It seems that the word “attraction” is slightly misleading though, and this concept would be better described as “The Law of Creation”. Nonetheless, here’s how it works:

The thought “I want a new car” will send out enigmatic vibrations and manifest itself in physical reality not as a new car, but as a constant *desire* for a new car. The physical reality created by that thought is a series of chemicals triggering emotions of desperation at not yet having a car.



However, according to the Law of Attraction, when repeated enough and believed in, the thought “I have a new car” will physically grant you a new car, just like a genie, or a prayer to a benevolent and immensely generous god.

There is at least one complication though.

If your desires aren’t clear, then you may end up attracting something entirely different into your life. The Law of Attraction gurus claim that in this situation you are still receiving what you wished for, but that you were not aware of what you were wishing for, so the result seems like an accident.

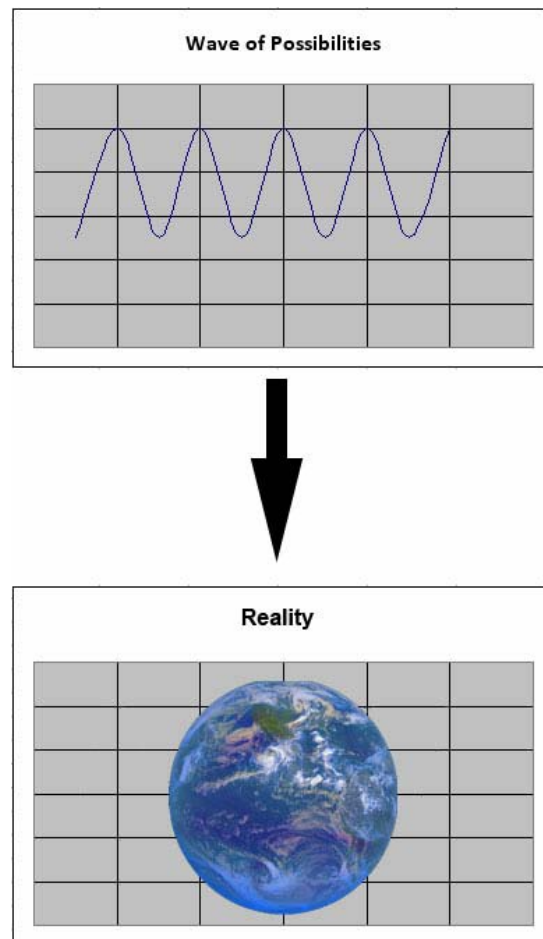
How exactly ‘the universe’ manages to deliver our thoughts to us like this (100% of the time, as claimed by many of those who subscribe to the Law of Attraction) is not yet scientifically understood. Indeed, it is obvious that some of our thoughts are not physically manifested.

If I held the belief (as distinct from a thought or a hope) that I will be the Chess Grandmaster by the end of this year, I may well be accused of being deluded. Delusion is ignoring the fact that there are other MGs in operation at the same time as our own. MGs compete for precedence.

When two or more Gardeners believe in the *same* exclusive future, only one can come out on top. Still, someone has to win and someone always does, so the question must be asked – how did they do it?

Quantum physics is hinting that maybe, because the basis of the universe appears to be waves of potentiality, rather than physical matter, the very act of thinking converts these waves into particles. If you believe in something, you are physically

creating that something – i.e. bringing it into existence from the waves of possibility at the “unified field level”.



So, in addition to your mind (a collection of thoughts) obviously influencing (and in some senses, creating) reality, the Law of Attraction states that the mind *totally* creates reality. Perhaps visualise the MG growing vines and NPs out of your head and wrapping around your real life.



Every NP you have in your MG helps to collapse the wave function of possibilities to bring about a certain physical state of affairs. Of course, not every NP you have actually brings about its desired physical reality.

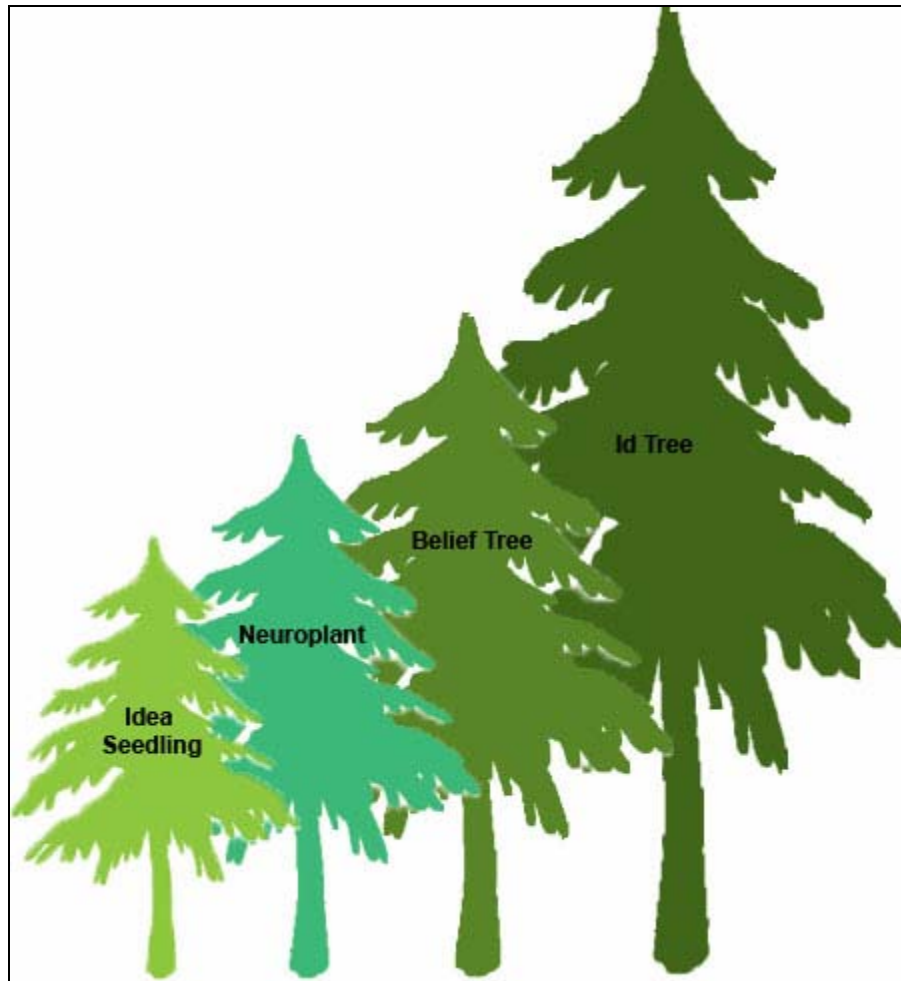
Just as with two athletes attempting to manifest the same reality of winning a race, NPs within an individual MG compete for precedence and if no agreement as to 'reality sharing' can be reached between them, only one will come out on top.

Size is Power

The interaction of NPs is a mysterious process, but one thing is for sure – the larger an NP, the greater its influence on your reality. It seems to surprise us every time our realities don't match what we consciously expect, but if we could see the NPs fighting for dominance behind the scenes in our MGs, things would be much clearer.

An NP's desire will always trump that of an Idea Seedling, and a Belief Tree will dominate both if an Id Tree's commands aren't involved.





It is next to useless to offer a single thought to your financial success when you have an imposing Belief Tree dedicated to remaining poor for the rest of your life.

Passing thoughts are as insignificant as a grain of sand colliding with a pyramid – but if thousands of grains of sand collide every day for thousands of years, changes begin to occur. The millennia of determination of the sand have caused The Great Pyramid at Giza to lose its sharp edges and flat surfaces.

Who can be bothered focussing thousands of thoughts on one subject though?



Have you ever thought to yourself: *What good will it do when it's never worked in the past? Let's face it, I'm a loser and I'll remain that way forever. I'll never be a famous singer because someone laughed at me that time at karaoke. Oh my god I'm so fat.*

If you have, fortunately for your future, and unfortunately for the pessimistic Belief Trees that seem to be overshadowing your MG, there is hope. With some basic knowledge and a close look at yourself, you will soon see in your mind what the blockages are to new thought.

To create the reality you really desire, you *must* understand how NPs interact, and how the other parts of the MG can work for and against their growth.

When you do, you will have gained control of your MG.

But what does an NP even look like?

Three Prerequisites

To reach ultimate success in your life, you must understand your MG and to do this, you must be able to look at your NPs (particularly Belief Trees) directly.

But how do you see a belief or a thought?



It really is as simple as reflecting on your own life situation.

Simple?!

The human brain is widely touted as being the most complicated structure in the known universe, and the MG lives predominantly in the brain. Add to this the fact that all beliefs are intimately interconnected and tangled and the task of identifying singular beliefs begins to seem like an epic saga.

How are you expected to see the trees in the forest when you can't see the forest for the trees?

The answer lies in introspection... having a good long talk with yourself.

Why do you do the things you do? All around you right now are products of your beliefs. Why is your hair style the way it is, why are you wearing this shirt instead of another? Why is/isn't your room air conditioned?

Start anywhere, and keep asking the question "Why?" but to get the most out of this process you must be honest with yourself, courageous and have faith that you're moving in the right direction.

Honesty

To see your Belief Trees, you will need to be honest with yourself.



When taking a survey of your MG, dishonesty will be immensely counterproductive. If you misunderstand the nature of a Belief Tree you cannot possibly comprehend the effect it has on your MG.

In other words, if you don't know what is causing something, how can you change it?

So remember that when you come to planning the future of your MG, the health of this future ecosystem will be enormously compromised by unidentified and misunderstood Belief Trees.

Stay honest and get smart.

Courage

To be honest, especially with yourself, you must be brave.

Belief Trees hold the power balance of the MG. Despite this fact, they are often relegated to pulling the strings from behind the scenes, such is the effect they have on the Gardener when viewed directly.

Surely I'm not really like that?

There's no way that the reason I fall in love so easily is because I can't love myself!

It's hard to face beliefs.



In the absence of courage, an honest viewing of a Belief Tree can be very challenging. The true reasons behind our behaviour often extend back to childhood, so this survey is not easy, and having to wade through a sequence of painful revelations to gaze upon a Belief Tree is not uncommon.

Faith

As the old adage goes: the truth will set you free.

It's an adage for a reason! It's a time-proven truth. You can safely trust it.

Even if your material circumstances take a hit when you genuinely understand an aspect of yourself for the first time, have faith that you are taking a step in the right direction.

With any good recipe, vigorous stirring of something is usually in order.

The truth hurts.

Often, Gardeners who start with the right intentions and make sincere declarations to enhance their MG end up freaking out at the first sign of discomfort. For many, living out the rest of their lives in boring stability is preferable to facing the truth.

Understanding yourself is critical to the health of the MG, and since everything in your entire life depends on the MG's health, self-assessment really is your first port of call.

So what might you find along the way?



Belief Trees

Belief Trees are large Neuroplants.

A Neuroplant can become a Belief Tree either through many years of mild attention or a short period of intense concentration.

The Gardener should be wary of which Neuroplants are allowed to become Belief Trees though, as they wield enormous power over the MG and accordingly, over a person's life.

Some Belief Trees are so large that you will not even be able to visualise their forms in the MG, yet an outsider will be able to see their effects immediately. Belief Trees like this have almost fully entered the outside world and to observe them, you will have to move away from introspection and towards analysing (amongst other things) your physical surroundings, behaviours and relationships.

The largest of the Belief Trees create the foundation of all human experience and should be treated with the respect and awe that they deserve.

Id Trees

After millions of years of evolution, the Id Trees have become the biggest and most powerful inhabitants of the MG.

Their trunks are thick enough to give the illusion of immovable mountains, but the truth is that they are just very old and deeply ingrained thoughts.





Some of the Id Trees include:

- The Libido Tree
- The 'Flight or Fight' Tree
- The Walking Tree

The Id Trees are the only Belief Trees that cannot be landscaped. They were planted in your MG by genetics and not through communication during early childhood or by yourself consciously.

Many religions teach that abstaining from sex or fighting is healthy, but this is strictly at odds with MG philosophy. It is true that with higher consciousness sex and fighting become unnecessary, but trees demanding such behaviours are valid and enormous inhabitants of the MG.



It is likely that any feelings of discontent you are currently experiencing can be traced back to your reality failing to mirror the demands of your Id Trees.

If you wish to abstain from sex, your Id Tree must be blanketed from view by superior Belief Trees that do not involve sex as being part of your life. Growing such a grove of Belief Trees is an enormous task, but it is possible.

However, to succeed in shrouding an Id Tree from the Gardener's view, all elements of the MG need to be understood and working together in harmony.

To further understand Belief Trees, a further classification can be made. Belief Trees fall into two categories: Life Trees and Mortality Trees.

A Mortality Tree is a Belief Tree that compels a person to avoid death and a Life Tree aims to maximise a person's vivacity.

Life Trees & Mortality Trees

Here are three Mortality Trees growing in many of the world's MGs:

- It is easier to have a boring job than to work for myself
- It's easier to hide my feelings than to risk being hurt
- I'm too old to learn how to use a computer



Their roots are naturally very deep as most of our *strongest* beliefs are to do with death. Most of us are afraid of it and fear is a powerful motivator (indeed some psychologists suggest that all fear is derived from a fear of death).

Without realising what exactly they're doing, many people behave in ways designed to limit their exposure to death. This is a negative mind-set, but since it is so prevalent, the most obvious Belief Trees growing in your Mind Garden will most likely be Mortality Trees.

The strange truth, though, is that Belief Trees that *maximise exposure to life* (as opposed to those that minimise possibilities of death) are far more effective at enhancing a person's life.

Looking for what is possible, rather than for how to hide from what you think isn't possible is a much more effective way to live life.

The difference between Mortality Trees and Life Trees, aside from their diametric opposition, is that Mortality Trees are in plague proportions and Life Trees are scarce.

These three Life Trees often lead to a richer life experience:

- I believe I am sexy
- I believe when I talk, people value what I say
- I believe I am a great success

Value is a symptom of scarcity, and Life Trees are extremely rare!



Not only are they few and far between, but they're vulnerable. Life Trees consist of ideas that are constantly challenged by the far more numerous Mortality Trees. Just like life, they are always at risk of being consumed by the lethargy of death.

So why choose Life Trees over Mortality Trees when Mortality Trees seem much easier to get along with?

Once again the answer is simple:

You are alive.

Self Discovery

Finding what you actually believe can be a life long process, but don't let this put you off. Discovering the major driving forces of your life, i.e. the largest of the Belief Trees, can be a relatively swift undertaking.

An effective way of beginning this journey is by asking some questions of yourself.

The questions below are vague, and they are designed for you to take them to the extreme. When you arrive at an answer you feel comfortable with, stop, and ask yourself the question 'why?' You should be able to go at least one level deeper. Eventually you won't be able to go to any further, and this could be a Belief Tree itself blocking your way! If this happens, you will have reached your goal: viewing your own Belief Trees.



Remember to answer honestly and courageously and you may just learn something about yourself.



If you won \$100,000,000 in a lottery, what would you do?



If you were offered the opportunity to open a major international fashion show by modelling a new but revealing outfit, would you?



If you had two months left to live because of an incurable terminal illness, what would you do?



Do you love someone? If so, imagine you are flying and both of your plane's engines explode. For some reason, there are only two parachutes available and including the pilot, there are three people on board. The pilot says there is no way he is going down with the plane, so a decision must be made as to who gets the remaining parachute. Assuming your lover is silent, do you save him or her, or do you take the parachute for yourself?



If you could quit your job and spend every day at home, whilst being provided with enough money for a reasonably comfortable lifestyle by a mysterious benefactor, would you?

Think long and *hard* about what your answer to each of these questions means, and the Belief Trees in your MG will move from being dark silhouettes to vivid vestiges of truth.



Create your own questions and always be examining your life for clues as to what *really* motivates you. Slowly but surely (often much faster than you expect) the Belief Trees will begin to take form. You will begin to see what your MG actually looks like and from here, plotting the future will be much easier.

The Belief Trees form the skeleton of the MG's identity. However, understanding the MG is only half the equation. In one sense, it is true that the MG is 'you', but in another deeper sense, the MG is only a part of you.

The remainder of your identity is to be found in the Gardener, but before the Gardener is introduced, another layer of distraction needs to be peeled away.

Visualising a thought is one thing, but what if you *feel* very strongly about an idea?

Emotions are often a good indicator of an NP's authority in the MG, but they can also disguise an NP's true nature.



Emotion Fruit

Every Neuroplant in the MG is capable of producing Emotion Fruit, but not every NP does. There is a difference between thinking and feeling and in the MG this difference is between simply observing an NP and actually eating an NP's Emotion Fruit.

Emotion Fruit are produced by an NP predominantly for the NPs reproduction (as Emotion Fruit contain Thought Seeds) so it pays to remember that an NP's primary goal is to turn you into an Emotion Fruit addict.

Flavour

All emotions are a result of the Gardener tasting an Emotion Fruit. Eating fruit can be an immensely pleasurable experience or nauseating.

The general rule is this:

Whether an Emotion Fruit is known to the Gardener as tasting good or bad depends entirely upon whether the NP growing it supports or is working against the direction of the MG at the time of tasting. Whether an NP is assisting or resisting the MG's status quo will determine its Emotion Fruit's flavour.

- An Emotion Fruit will taste good if the NP growing it protects the status quo (or desired destination) of the MG.
- An Emotion Fruit will taste bad if the NP growing it threatens the status quo (or desired destination) of the MG.



Emotion Fruit can change flavour with time if the constituency of the MG changes. This is why people can happily do things now they could never have done before, and why others can no longer derive pleasure from once adored pastimes or people.

A threat to the status quo of the MG also includes situations where a person is not performing effectively in a situation. Commonly referred to as 'insecurity' or 'lack of confidence', the horrible emotion associated with these words is the Emotion Fruit of a lone Belief Tree that contradicts the beliefs that form the rest of the MG.

Pain is an indication that something urgently needs to be attended to. This pain is like any other, and in this case it's this frail Belief Tree screaming out for help to grow against the current of the bulk of the MG.

If you tread on a thumbtack you don't just ignore the painful stinging. You pull the thumbtack out and disinfect the wound if it's severe enough.

If you feel uncomfortable speaking in public you shouldn't ignore this sensation either. This insecurity is pain that needs healing – it's a hole that needs filling! Filling by what? By information! By knowledge! Go to the rescue of the tiny Belief Tree shivering on the battle's front line. Plant a Neuroplant or two (or fifty) in the gaping hole you can feel and the knowledge you receive as a result of this learning process will bring about an end to your suffering.

In this way you will gradually change the majority vote in the MG and effectively become an influential leader rather than a sycophantic lobbyist.

Consciously Eating Emotion Fruit

When the Gardener bites into an Emotion Fruit, the taste may be a real and profound physical experience. Emotion Fruit create the Gardener's physical experience of the MG, and so understanding their workings is of paramount importance.

Neuroplants are inherently selfish beings that care only for their own well-being. They will do *anything* to stay alive, no matter how the MG is affected by their actions. NPs *only* desire to survive, just as grass only wants to grow. Fortunately the MG itself has safe-guards to ensure your entire life isn't hijacked by a new cavalier NP.

Taste is only *good* or *bad* because of the Gardener's prior experiences of Emotion Fruit. After eating a particular variety of Emotion Fruit for many years, the Gardener will have developed a refined taste. Any Emotion Fruit that clashes with this palette will taste bad if the NP growing it threatens the continuation of the MG as it is, and good if it keeps the status quo.

An Emotion Fruit that tastes appalling to begin with, though, may soon be considered delicious. If an NP appears to threaten the balance of the MG ecosystem, its Emotion Fruit will initially taste bad – but if the MG is improved or retains/regains balance as a result of this NP's presence, the Gardener will acquire the taste of the Emotion Fruit in question – like a bitter beer or blue vine cheese tasted for the first time.

Emotion Fruit taste better and better as their host NPs continue to prove their worth in the MG.



Id Tree Arbitration

The Id Trees are particularly important for the Gardener's split-second assessment of whether or not an NP is good for the MG. If an NP is at odds with an Id Tree, the NP's Emotion Fruit *will* taste disgusting, or at best unpleasant. This does not mean that the NP *is* bad for the MG's health, but that the Id Tree (a significantly powerful long-standing member of the MG) considers the NP to be unwelcome.

Consider suggesting to a fundamentalist Christian that the Book of Genesis was metaphor rather than a literal account of history. This outlook on life could quite feasibly enhance their quality of life and deepen their capacity for thought, but the idea will most likely taste repulsive. This is because the Id Tree of fundamentalist Christianity (growing since birth in most instances) is far more powerful than this new weak Neuroplant.

The ultimate say in any dispute between an Id Tree and a Neuroplant goes to the Gardener, though, who can draw on information from other MGs to determine whether the criticised NP is going to be a beneficial addition to the MG or not.

However Id Trees are gargantuan and tower over the MG, so for the Gardener to assume the role of Great Arbiter in making such decisions, an extreme level of enlightenment must be reached.



The Gardener, as the Great Arbiter of what should belong in one's MG should use the taste of Emotion Fruit as a guide only. If the taste is bad, it's a signal that the MG, as it stands, is not comfortable with the Neuroplant. This does not mean the emotion should be ignored because, as you know, bad feelings are almost always part of the process of change.

From the MG's perspective, if you are balanced and comfortable, nestled in a warm nest of neurons and protected by a hard bone shield, you would not want to change anything. Be prepared not only to resist yourself, but to resist the resistance.

In fact, Emotion Fruit are the greatest distraction you will face in your life as a human-being. No one is immune from their charms, which can be both enormously positive and devastatingly negative. Understanding that the feeling you experience is *not the whole story* is a crucial step in your evolution as a Gardener. Don't be naïve and think that the "Deep-fried potato chips are good" NP is a benevolent entity that only has your best interests at heart. It is wise to remember, when you drool with anticipation, that just because something feels good *does not mean that it is making your MG healthier.*

The furniture salesman who offers you three years interest free terms is not being compassionate to your financial situation. The question that always must be asked is: "what is this inherently selfish entity trying to do to guarantee its survival?"

So what is it that NPs want?

The NP hopes, more than anything else, that the Gardener will pay more attention to it. If the taste of the Emotion Fruit is fantastic, the Gardener will naturally

tend to the NP from which it came (to guarantee a continued supply of fruit) and the consequence of more attention is more growth for the NP.

Similarly, if the taste of the Emotion Fruit was horrible the Gardener may still pay more attention to the tree from which the fruit came, perhaps in the form of trying to ensure the fruit never grows again by plotting to destroy the tree.

In the MG, this very plan of action against the undesirable fruit will spur its growth, as all attention leads to growth.

Be careful what Emotion Fruit you are eating, because the more you eat, the higher the NP or Belief Tree will grow and the more fruit it will produce. Exponential fruit eating leads to exponential NP growth. This is extremely dangerous to the health of the MG.

Only eat Emotion Fruit that come from NPs you want to grow. If you don't know why you are experiencing a particular emotion, search for the source in the MG – you will find it eventually (don't give up until you have). This is how you can be certain that you are not growing an undesirable NP or Belief Tree masquerading as a delicious fruity experience.

However, a far more common situation is when people feel an emotion they did not set out to experience.

Unconsciously Eating Emotion Fruit



An astoundingly good feeling may be experienced every time a Gardener climbs a Belief Tree. This is because Emotion Fruit on such a tree are so easily accessible and tangy that the Gardener simply cannot help eating them.

Have you ever started feeling *fantastic* when a particular song came on the radio? You may not have even considered what the song reminded you of, but just sang along loudly and felt great for it.

Without realising it, you were gorging on the Emotion Fruit of a Belief Tree, furthering its dominion over your MG.

Don't despair if you aren't happy with this arrangement though. With careful observation of your own behaviour and feelings you can ensure that *you* are controlling the MG – not the other way around.

Consciously realising the link between the pleasant (or repulsive) taste of an Emotion Fruit and the host NP will allow the effective Gardener to grow more of the same pleasant tasting NPs and take steps to limit the growth and reproduction of the ones that don't taste so good.

In reality, this corresponds to a person understanding what thoughts lead to particular feelings and taking control of emotions.

Furthermore, it can mean changing the taste of the Emotion Fruit by altering the majority vote in the MG.

NPs will do everything possible to hook the Gardener, so the Gardener is best advised to be always alert for new and creative strategies being adopted by NPs to do so.

To further complicate matters, an Emotion Fruit's taste can be caused by its very heritage.

One must understand the process of how Emotion Fruit grow in the first place to see how this occurs.

Pollination

Pollination in the MG describes the process by which Neuroplants develop Emotion Fruit.

Practically speaking, Pollination is what occurs directly after you observe a Neuroplant (whether consciously or unconsciously) and immediately before you eat its Emotion Fruit.

Generally, your emotions can be divided into two types: clear and confusing.

When you can quickly understand the source of an emotion, chances are the Emotion Fruit you are eating was created through the process of Self Pollination, whereas if an emotion confuses you, its Emotion Fruit was most likely grown by Cross Pollination.

Self Pollination

The same wind that brings in foreign Data Spores also disturbs the pollen of Neuroplants.



This pollen shake-up causes Emotion Fruit to develop, whose seeds germinate and grow more of the same species of NP.



Due to the resulting Emotion Fruit only having one parent, its taste will usually be easily identified, and the emotion itself will feel 'clear' and 'defined'. Such purebred Emotion Fruit are particularly addictive, so the parent NP's presence in the MG often rapidly multiplies.

Unfortunately, this Sensory Wind induced self-pollination process can allow some species of NPs to grow to plague proportions.

As usual, controlling the reproduction of NPs is the responsibility of the Gardener.



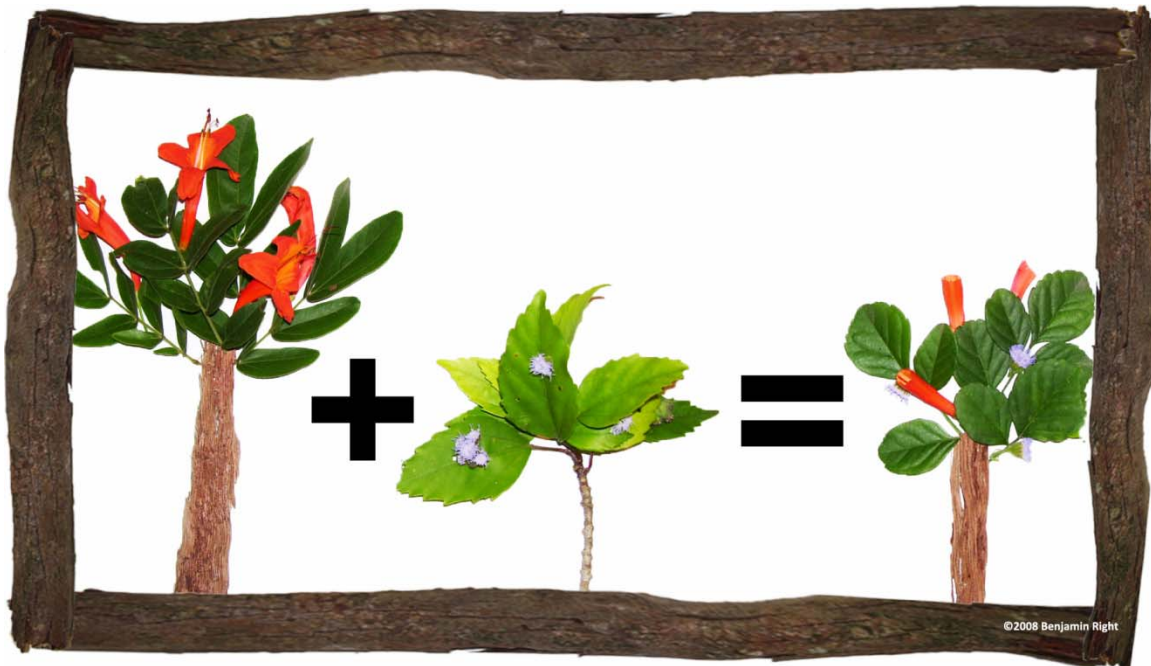


Cross Pollination

What happens though, when the Sensory Wind blows the pollen of one species of Neuroplant onto another species of Neuroplant?

Emotion Fruit implications aside (these are discussed shortly), a Thought Seed will be formed, and provided it falls to the ground and eventually comes to the notice of the Gardener, it will grow into a brand new hybrid species of NP.





Note: Concept Vines may Cross Pollinate with NPs and each other also. The effect is the same, and is responsible for the vast botanical variety of the MG.

Here's an example of Cross Pollination in action:

RELIGIOUS CROSS POLLINATION

When Christianity met with Germanic influences and Martin Luther in particular, Lutheran Christianity was born. Lutherans typically do not identify Lutheranism as a Concept Vine linking German history with Christianity, but instead see it as a Belief Tree of its own.



However, a Greek Orthodox Christian, looking from the outside of a Lutheran's MG to the inside, would no doubt look at Lutheranism as being a named Concept Vine.

The Greek Orthodox Christian can do this because of the luxuries of being immune from the overshadowing power of the Lutheran Belief Tree and not possessing a desire to grow the Lutheran Belief Tree as a discrete entity apart from the concepts that gave birth to it.

Atheists would look at both Lutheranism and Greek Orthodoxy as being baptised Concept Vines, not individual Belief Trees, and so on...

As far as the Lutheranism Belief Tree is concerned, it grows strong and tall in the Lutheran's MG. For the Lutheran, and legitimately so, Lutheranism is a discrete Belief Tree born by Cross Pollination.

The opinions of others do not change the nature of the inhabitants of the Lutheran's MG without the Lutheran's permission.

If a Cross Pollinated Emotion Fruit is eaten by the Gardener, the resulting emotion is almost certainly going to feel complicated and confusing.

If the Gardener tries to alleviate these sensations of puzzlement by attempting to track down the Neuroplant from which the Emotion Fruit came, the quest itself may further disorientate and amplify feelings of distress.



Unfortunately for the lazy Gardener, the process of discovering the multiple parents of confusing emotions is necessary for correctly surveying the MG.

But look on the bright side – when you do find an Emotion Fruit’s parents and understand the link to their child you will be able to consciously choose to experience another, deeper emotion.

Remember that it is the Gardener’s ignorance of a Cross Pollinated Emotion Fruit’s heritage that gives rise to such a bad taste, so as soon as the parents are recognised, the confusion lifts and a delightful sensation may present itself.

With this knowledge it becomes apparent that discovery of the natural origins of Emotion Fruit can alleviate even the foulest taste.

Function of Fruit

The purpose of fruit, as evident in nature, is to spread the seeds contained within by attracting birds and animals to eat the seeds, which then drop them some distance away.

Although there isn’t evidence of birds and animals existing in your MG, tasty Emotion Fruit in your MG certainly encourage visitors.

If your Emotion Fruit is attractive to another Mind Gardener, and the Emotion Fruit is consumed by this Gardener, it will almost certainly be sowed in that Gardener’s own MG.

The same goes for you when you allow someone else to cause you to feel particular emotions.



Remember that emotion Fruit *always* contain seeds, so be warned. What seems at the time like a casual fruit fling will have far reaching consequences for your MG.

Whenever you feel something, no matter what the source of this feeling, a new NP is being planted in your MG – which may very well turn out to be a Mind Weed.

This is the essence of communication in the MG.



Whether the Thought Seed from the consumed Emotion Fruit is planted purposefully by the Gardener or not, it still remains in the Soil of the personal unconscious ready for immediate or delayed germination.

If you eat an Emotion Fruit from someone else's MG, yours *will* have a new inhabitant in your own MG!



You are no different of course. You have the power to spread your NPs to other MGs, so use this power wisely.

Your MG is almost certainly home to at least one variety of interesting Emotion Fruit.

By using these intelligently, you can convey your ideas and ambitions to others indirectly through *making them feel something*. In this way you need not rely on rational and highly developed arguments to communicate. Simply give someone your Emotion Fruit and your NP will have spread to another MG.

As with everything though, there are dangers.

Dangers

Fruit Burglars

One hazard of having enough sumptuous Emotion Fruit dripping off your NPs to share with other Gardeners is familiar to most people.

Also colloquially known as ‘leeches’, ‘hangers-on’ and adjectivally as ‘clingy’ and ‘needy’, “Fruit Burglars” do not feed off a person’s blood, but rather sap their Emotion Fruit.

If you make a person feel good, you may have a friend for life, but if you make the wrong person feel good, you may also have a person who is anything but a friend hanging around you... for the rest of your life.



If you are not careful about to whom you grant access to your MG and subsequently give permission to eat your Emotion Fruit, you may find fat Gardeners sitting under the shade of your favourite Belief Tree stuffing their faces.

At first you may ask them politely to leave, but a Fruit Burglar will not go.

When you eventually yell your demand for them to vacate the premises, you may be surprised to see the Gardener apologise and walk away.

If the Gardener is a Fruit Burglar though, they will be back.

It won't be long until your Belief Tree is being raped of its beautiful Emotion Fruit again.

And again.

In extreme situations, you will become tentative (if not terrified) to feel anything, for fear of attracting the undesirable attention.

Eventually you will be forced to Fence off the Belief Tree and fight with the Fruit Burglar. Hopefully it doesn't get to this stage, as Fruit Burglars really know how to fight, and Fences do more damage than good.

Conflict with a Fruit Burglar is an undesirable position to be in, and can be prevented by assertion and awareness.

It is acceptable (and recommended) to share your Emotion Fruit, particularly if you are an educator or a parent, but *always* remember that those with whom you share

must grow their own healthy MG and ultimately it is in their best interests to depend on no one for their Emotion Fruit needs.

Ensuring your MG is Fruit Burglar free is also an act of caring towards Fruit Burglars. If a Gardener spends too much time in your MG, their home MG will be neglected.

As is the case with feeding native wildlife so much that they become dependent upon humans and forget how to hunt, sometimes a Gardener must be cruel to a Fruit Burglar to be kind.

Are you a Fruit Burglar?

Or worse still – are you a Fruit Burglar with indigestion?

Indigestion

If you're a *real man* or a *tough girl* you'll keep a stiff upper lip and hold those emotions in, right? This is one of the most dangerous activities a human can participate in.

If you start eating an Emotion Fruit (whether consciously or unconsciously), you better finish it all.

Feeling an emotion is eating an emotion fruit.

Digesting an emotion is displaying that emotion.



If you don't act out how you feel, indigestion is the inevitable result, and indigestion in the MG is repression in the real world.

Repression is ignorance of the true meaning of feelings. So if you do not fully digest the emotion, the emotion will surface again later to give you another chance at realising its meaning.

Basically, if you stop expressing and feeling an emotion before you have completely done so; the Emotion Fruit's seeds will not be digested and will eventually cause a new NP to grow. This new NP will be identical to the NP or Belief Tree from which the Emotion Fruit came, and so the NP's influence in the MG will be one NP stronger.

From now on, the emotion will surface in your life with more frequency. This process will continue until you have a mental breakdown... or until you fully experience the emotion.

Until you find the source of the emotion, and understand it *completely* by physically experiencing it in its entirety, you cannot shift your focus to other things and prevent this particular NP from dominating your MG.

The priest who toys with little boys is a prime example. Due to religious dogma, he fails to completely digest the Emotion Fruit of the Sex Tree (a very influential Id Tree) and so the Sex Tree spreads like a plague in his MG. Before long the priest's sexual desire is presenting itself at every opportunity, no matter how unsavoury.

And to think this could have been prevented by simply digesting the Emotion Fruit to begin with!



So be wary of those who don't show emotions. The MGs of such people are littered with half eaten Emotion Fruit which render them a ticking time bomb ready to express a repressed emotion at any second.

Addiction

Emotion Fruit can taste *extremely* good.

If a Gardener is not mindful of the true nature of Emotion Fruit (recall that they are reproductive organs of exclusively self-interested NPs) they can easily gain control of the Gardener's entire life. This is no exaggeration.

Addiction to emotion is a chemical addiction no different in substance than an addiction to heroin or cocaine. Have you ever met a sex addict? A person who eats enormous quantities of food and feels good doing it? What about a workaholic?

So what's the problem with an Emotion Fruit junkie?

If a Gardener is addicted to a narrow selection of Emotion Fruit the result will be the neglect of a large area of the MG.

The Gardener has a limited amount of time every day to grow Neuroplants, so any of that time spent gorging on Emotion Fruit, for no reason other than that the Emotion Fruit feels good, is time not being spent growing NPs.

In reality, most Gardeners are addicted to at least one emotion. Most people routinely do things that make them *feel good*, indeed most people live their entire lives seeking pleasure in the form of positive emotional stimulation. Others are caught in another habit where they constantly seek pain.



These people will wander around their MGs desperately trying to find enough Emotion Fruit to keep their habits going.

By the time their MGs are empty; they will have forgotten how to garden and will be forced to turn to someone else's MG for their Emotion Fruit needs.

This is seen regularly when a drug addict's MG spills over into 'the outside world'. When the addict's personal finances dry up, the need for the drug induced emotional fix is so strong that they turn to crime to feed the habit.

The way to overcome addiction to an Emotion Fruit is *not* to go cold turkey unless you have some other replacement Emotion Fruit ready to eat. If it was, rehabilitation centres would not be so common.

It takes less energy to shift focus away from the problem Emotion Fruit and direct attention instead on growing desired NPs. Aiming consciousness onto an NP will assist its growth thereby causing its Emotion Fruit to grow.

The MG will soon become home to a variety of Emotion Fruit from NPs that the Gardener understands and wishes to grow.

This is how you can feel good all the time!

Naturally, though, there is a danger that one or more of these new Emotion Fruit will become addictions.



To solve this, ensure that you consistently find new Emotion Fruit, and give yourself a balanced diet in this way.

With this balanced diet will come a clear head and the ability to see the Emotion Fruit for what they really are – reproductive organs of NPs. With this knowledge comes empowerment to say no to any Emotion Fruit and grow the MG in a direction of your choosing.

But what if you don't know of any other Emotion Fruit growing in your MG? This is a very common situation for addicted Gardeners, when after years of eating only one type of Emotion Fruit, the very existence of other Emotion Fruit is forgotten.

How can I go on living when all I know is this world of sorrow?

The answer to this is astonishingly simple.

Gradually eat less and less of the Emotion Fruit you are currently addicted to, while *always* replacing the foregone fruit by using strategy specified in this book. If you can't find something inspiring in this book, open another book. Log onto a website... search 'self-help' and read everything you can.

By replacing the time ordinarily spent eating an Emotion Fruit with an *activity* instead of a *void*, the MG will move towards healthy balance.

If you cry for four hours a day over the loss of a loved one, tomorrow cry for three hours and forty-five minutes. For the remaining fifteen-minutes, shine your

consciousness on a new Idea Seedling. It doesn't matter what the Idea Seedling is – as long as it looks like it may take you in a new direction.

Care for this Idea Seedling until it becomes a healthy strong NP, and by this stage aim to be crying for two hours per day. You now have enough time to plant another one, two or three Thought Seeds.

Easier said than done?

Of course, everything is easier said than done, but just believing that you have the ability to plant new Neuroplants to produce new Emotion Fruit means you have taken the first step. Congratulations.

Just don't be tempted to take the celebration too far...

Drugs & Alcohol

There are Emotion Fruit readily available outside of your MG and they are used and abused by almost everybody at some point in their lives.

Furthermore, some fluids and other substances that enter the MG through the blood stream cause the Gardener to behave in remarkable ways.

Two of the most common examples are people drinking alcohol and people taking drugs.

The situation of a man in the bar described below shows a common effect of alcohol on the Gardener.



When the man (let's call him Jack) first arrives at the bar, he is mildly excited about the potential events of the evening. However, this excitement is accompanied by an acute awareness that in his current state he isn't anywhere near confident enough to execute the miracles he is hoping for.

Jack's good friend, Liam, joins him after Jack has finished his first mid-strength beer. It's Liam's shout. They drink together, discussing troubles each is having with the lady in his life. Jack says Liam is lucky to be unmarried, but Liam says Jack is the luckier one because he doesn't have to worry about his wife cheating on him.

The conversation meanders its way through sports and eventually towards the group of girls standing on the other side of the pool table. There are three of them: one stunning brunette (tall and slim, with benign, yet warning eyes), another brunette (unremarkable looking, but pleasant nonetheless) and a short blonde who would command authority in the group (and the whole bar) if she was thirty centimetres taller. The girls had been at the bar since Jack first arrived. He had noticed them but paid no further attention for various reasons.

Jack looks at the girls and makes a comment to Liam: "she's checking you out." Liam agrees and suggests that *he's* out of *their* league, with a smug smile. Jack concurs, meaning something else entirely. They silently finish their beers (by this stage they have lost count of how many beers they were up to exactly) and Jack suggests that Liam should go over and speak to the girls and at least give them a chance to impress him.

Liam panics, and, becoming the Gardener in his mind, he looks around frantically.



The enormous Belief Tree had been there only an hour earlier!

The “I am not cool enough to pick up girls in a bar” Belief Tree has vanished and after looking around a bit more, an NP Liam had planted weeks before seems strangely bigger than it was when last he looked.

In fact, it is the biggest tree in the whole MG... bigger even than the NPs growing Liam’s paranoia about his lack of height and slightly higher than usual voice, which seems to him to have altogether disappeared after his fifth beer.

Only the day before, this new NP, of the genus “I am a *very* cool dude”, was a little larger than an Idea Seedling and had only a few Concept Vines clinging to it. The “I am not cool enough to pick up girls in a bar” Belief Tree is now hardly visible and the “I am a *very* cool dude” NP is a structure scraping the sky.

He struts across to the girls without hesitation and in a powerful voice (albeit higher than most other guys of his age) he announces his name and that they are “some seriously good looking girls”. Jack watches on with amazement as Liam uses eloquent hand gestures and doesn’t spill his beer on himself or anyone else. The girls laugh and Liam gets a phone number.

As Liam is being ‘charming’, Jack sees his boss walk into the bar. At work they never speak, except for criticisms levelled by the boss at Jack and requests for more money offered to the boss by Jack. Usually Jack sees his boss as being unintelligent and completely unreasonable, but tonight, all of a sudden, he feels unusual *warmth* towards his boss.



Without *thinking*, Jack approaches his boss, offers him a beer, and shakes his hand.

Alcohol and drugs have two effects in the MG.

These are known as Courage Mists and Delusion Mirages.

Courage Mist

When sober, Liam had a grove of NPs dedicated to reminding him that he was no good with women.

As he continued drinking, the alcohol entered his MG as an assortment of molecules which coalesced to form a dense mist, which grew thicker with every beer. As the mist obscured visibility in the MG, the Gardener lost sight of various NPs.

These NPs always stand for some solid aspects of a person's life, so as they are obscured, that person's sober identity dissolves. This is commonly referred to as 'losing inhibition', because elements of personality inhibit people from doing things at odds with that element of personality.

The MG blankets the small NPs, leaving only the largest Belief Trees visible to the Gardener. When the Courage Mist moves in, the Id Trees take control of the MG.

The NPs growing social institutions and conventions disappear from view causing the drunk to revert to instinctive behaviours.

Which instinctive behaviours will prevail though?



We all know both aggressive drunks and affectionate drunks, but what determines the difference?

The answer to this is simple:

At the most fundamental level of reality where beliefs don't exist, *everything* in the universe is not only connected, but is *one*.

Ironically, this world where beliefs don't exist is represented by a Belief Tree called the Unity Tree, and for most people this Unity Tree is the tallest in the grove of Belief Trees that are concerned with social conventions.

In the world of MGs, the Gardener's focus on one MG's separation from another is due to the *unbelievably enormous* Ego Tree – which is at odds with the aim of the Unity Tree.

Life is a constant war between the Ego Tree and the Unity Tree. Monks spend decades in isolation growing their Unity Tree and lawyers do the same for the Ego Tree, bolstering a need in life for adversarial interactions between people.

Because of its size and dominance over most MGs, the Ego Tree is immune to the Courage Mist.

If the MGs Ego Tree is larger than the Unity Tree, a person is likely to be aggressive when under the influence of a Courage Mist.

However, if the Unity Tree is larger than the Ego Tree, cuddling is often the result.



Often, without a powerful ego controlling events, a person begins to ignore their separateness with others. Enemies can become friends when it is realised, even briefly, that they are really no different.

Social barriers to communication, such as experienced by Liam in the example above are often shattered when the Ego Tree vanishes. The Courage Mist not only covers the tree itself, but also many of its attached Concept Vines.

Girls once *separated* from Liam by thick coils of Concept Vine and many other NPs and Belief Trees seemed more attainable under the Courage Mist.

The more someone ingests particular consciousness altering substances, the more inhabitants of the MG are hidden from visibility.

If this blanket covers the Ego Tree, even in part, a sensation of unity can be experienced.

This is why marijuana aficionados are often quoted as saying “I’m at one with the universe man”. Knowledge and real-time experience of unity leads to acts of bravery in against social conventions, and this is where the Courage Mist receives its name.

The problem with experiencing unity through drugs, though, is the inevitable transitory nature of the experience.

When the Courage Mist lifts and the Gardener sees the Ego Tree in all its magnificence again and can trace its Concept Vines to almost every other NP in the MG, the contrast with the brief glimpse of unity can be very painful.



Compounding this pain is the negative physiological effect of such substances: the hangover.

Furthermore, if you offer loving declarations to someone who is either not enlightened or is not experiencing a comparable level of togetherness there may be negative social ramifications.

Drinking heavily at work Christmas parties is not recommended.

People always come down from drug highs and drunken stupors (either by choice or by force), whereas conscious knowledge of the MG's workings leads to constant 'nirvana-on-tap' with only positive physiological spin-offs.

Knowledge of the workings of Courage Mist in *your* MG is best gained through actual experience, as the effect on each MG is markedly different. This isn't to say experience of Courage Mist is recommended – but if it seems unavoidable or desirable, be conscious of its workings and use this to your advantage on subsequent forays into the fog.

Delusion Mirage

Much of the excitement of drinking can also come from the phenomenon of the Delusion Mirage. If unity isn't experienced, chances are the drinker or drug taker will begin to visualise one or more Belief Trees or NPs that seem to have grown in size in an inordinately short period of time.



Liam's sudden confidence with the ladies was an example not of an Idea Seedling suddenly growing into a Belief Tree, but of a vivid Delusion Mirage spellbinding the Gardener.

It is nearly impossible for the Gardener to differentiate Delusion Mirages from Belief Trees when disoriented by the effects of the Courage Mist.

A computer geek can become a Casanova; a Casanova can become timid and shy; a pacifist can violently attack and a cool dude can become a total loser.

The type of alcohol or drug consumed; the layout of the MG; the physiology of the body and knowledge of the workings of mists and mirages all contribute to the experience of being drunk or high.

In reality, Courage Mist and Delusion Mirages are two versions of the same thing.

Each involves the Gardener seeing the MG not entirely as it is.

But what happens when the MG shrouds the true identity of the Gardener?

Who is the Gardener anyway?



The Gardener

Who is the Gardener?

“The Gardener” is the Controller of Consciousness.

The Gardener is your awareness and “the Gardener” is used interchangeably with the word “you”.

The Gardener also collaborates with the MG to react to and create your entire life.

Please note that although there is only one Gardener in the universe (this will make sense soon, I promise) – the plural “Gardeners” is used to refer to the fact that the one Gardener is represented countless times in separate MGs.

So, again, who is the Gardener?

You do not control the Gardener – rather, you *are* the Gardener. There is no separation between “you” and “the Gardener”. The one simply does what the one desires to do.

Is the Gardener your thoughts?

No.

Is the Gardener your emotions?

No.



The Gardener is the force that transcends almost everything you know to be true about your life and even current scientific understanding.

Are you your body? If you were to lose both arms and legs in a car accident, thereby losing a large percentage of your body, are you still 'you'?

Obviously, yes.

What if you lost every part of your body, except those organs that were vital for your survival, and a machine did the rest? Would you still be 'you'? Again, yes.

Following that logic, you are those organs that are necessary for your life.

But there's more to it than that!

I would describe one of my friends as being the following: funny, creative and tall. He has not always been tall though.

Yet I can still identify my friend as my friend.

Inside his mind, thoughts and beliefs are constantly changing, yet he still has an experience of 'being him'. His body has drastically changed in the past ten years, but he is the same person. In fact, every cell in his body has been replaced during that period... not one physical element of my friend is physically the same substance.

Even when our personality *and* entire body are replaced we *still* experience being *us*.

The reason for this is that the very core of our being is not physical in the typical sense of the word 'physical'.

The Gardener is the very core of yourself, and may even be described *as* your True Self.

So let's get to know the Gardener better...

The process by which the Gardener interacts with the MG is called *imagination*. The MG cannot be consciously affected except through imagination.

Right now, as you read these words, the Gardener is looking at NPs in the MG. The process of 'imagination' is simply the internal, perhaps creative, representation of anything we sense.

So who is being presented with these images by the imagination? You are.

The Gardener is.

If you do not understand this concept of *you being the Gardener*, you are most likely lost in a thick grove of plants in the MG.

But that's fine... this book is a map out of the jungle.

Trapped in the MG

The Gardener has probably been trying to find a way out into the open for quite some time. Once you are lost in the MG it is very difficult to escape. Dream Vines, Emotion Fruit and Concept Vines and the way these interact provide sufficient confusion to keep most of us trapped in the maze of our minds forever.



If you believe your thoughts define all of you, you have lost your identity, or you are using the word ‘you’ to encompass the entire MG. Regardless of your common heritage and destiny with them, *you* are not the Thought Seeds, Idea Seedlings or Belief Trees that grow in your MG... you are the Gardener.

The problem with forgetting who ‘you’ really are, and thereby not identifying with the Gardener, is that problems that may be easily solved in the MG, by the Gardener, must be forced out into the real world to even be seen.

The people who believe they are not worthy of love, and who do not identify with the Gardener, are constantly forced into practical demonstrations of their unworthiness. The girl who sabotages her love affairs, the boy who hits his girlfriends, the father who distances his children and the broken-hearted society that goes to war.

If we can’t see it inside the MG, we look for it in physical reality.

If we sense it in physical reality, we are forced to grow it in the MG.

The person who looks for their pain in the real world will find it, and is doomed to repeat this search and discovery campaign until death, unless the true root of the pain is isolated and dealt with.

The source of reality is *always* found in the MG, and accepting you have the power to manipulate the very source is the key to the Gardener’s tool shed.

At the risk of driving this book into new-age spirituality territory, the Gardener is “God”, and knowledge of the Gardener is your entry pass into the Kingdom of Heaven, the state of Nirvana and realisation of the Tao. You don’t need to accept or believe this,



but if you do, you may begin to treat the Gardener with the sanctity and respect that it deserves.

The Gardener is the 'Self' of psychology.

Most people will die without having even met the Self.

Indeed, the very goal of life seems to be to understand the Self. Contrary to popular belief, the Self is not the Ego. The Self is not the unconscious either. The Self is the middle of the entire human experience, and despite always existing through one's life, the challenge of finding the Self and consciously identifying with it can take a lifetime (or many, if you believe in reincarnation).

You must understand your Self and see that the beautiful garden of your mind is so shaped by the Gardener's influence and the Gardener's clothes are so covered with spurs from plants that the two are virtually indistinguishable. Be careful not to *become* indistinguishable though.

The Gardener is *not* the MG and the MG is *not* the Gardener.

Although both are made of the same energy and come from the same place, at any given point in time they can be distinguished.

The famous example often quoted is that of islands in the ocean. Each person is that part of an island which is visible above the water's surface. When we look across at other islands (at other people) they appear separate and independent, but when we look under the surface, we see that each island is connected by the ocean floor, so that there aren't separate entities at all – just one large clump of rock.



MGs are the island tops. They give the illusion that there are as many Gardeners as there are MGs.

But there is only one Gardener. The Gardener is the ocean floor.

The different manner in which people behave is not a result of one Gardener being different to other Gardeners because again, there is only one Gardener.

The behaviour of people is purely a result of the way the Gardener is filtered through each separate MG.

The Gardener is a singular source of energy, filtered by countless MGs. To some, this knowledge is the basis for a way of life, but others actively find ways to separate themselves from others.

The situation though, for almost all of us, is that we are highly involved in our affairs, and being asked to ignore our lives and immediately accept that 'we are all one' or 'I am the immortal God and wield ultimate power' is an unreasonable request.

These New-Age promises are accurate, but the leap of faith required to move from 'I am at the mercy of the world' to 'I *am* the entire universe and I am in total control' may be unrealistic and incompatible with the lifestyles of most.

Becoming a Master Gardener

Becoming an effective Gardener necessitates taking control of your mind.

Your mind controls your body and your life, so the in-control Gardener is also the master of his or her life.



More often than not, once life itself is being lived properly (with the Gardener and the MG interacting healthily) the big questions you have will be automatically addressed.

Who am I?

Where did I come from?

What is my purpose?

Learning to become a masterful Mind Gardener leads to gold class performance in life as you know it (career, relationships, finance etc) *and* to the spiritual satisfaction we all crave.

You can have it all – but not *right now*.

The NPs, Mind Weeds and Belief Trees currently growing in your MG do not want to be ignored, and why should they? The transition needs to be calm and gentle. Treat your Mind Weeds the way you would want to be treated in the same situation.

Be courteous to yourself, but also be vigilant. The number one roadblock to identification with the Gardener is over-identification with the MG.

Emotion Fruit compromise the Gardener's identity.

Belief Trees do the same.

Indeed, the most basic beliefs we have about ourselves, such as our gender, are examples of the MG stealing the Gardener's identity away.

This is because the Gardener has unlimited power, and no gender. Both of these facts can easily be forgotten (or never learnt) when the MG is too distracting.

Your sex is a product of your body and your gender is a culmination of thoughts.

To use a common stereotype, many Western parents teach their sons not to cry and to choose the colour blue over pink. Girls are taught to look their best and take an interest in dolls.

These lessons given to young humans by family and society create gender.

They also plant Thought Seeds by their thousands in children's MGs which, when constantly reinforced by family, friends and society, grow into strong groves of gender identity Id Trees.

The Gardener, who first entered the MG at the birth of the person (the establishment of the person's MG), has been surrounded by these sexual identity plants for so long (and has been looking at and tending to these plants for so long) that the Gardener sees itself as a *he* or a *she* or something else entirely.

The Gardener is consciousness and consciousness is gender neutral.

A human girl is conscious, but that does not mean her consciousness is female.

The Gardener is that which courses through absolutely everything.

The Gardener's Job

A famous experiment conducted by Cleve Backster in 1966 showed that paying attention to plants increases rates of growth.

Neuroplants are affected in this way by the conscious attention of the Gardener. All the Gardener needs to do to grow a particular NP is acknowledge its existence and turn consciousness towards it.

Though, growing healthy NPs is not as simple as just focusing on them.

An example of this is if a Gardener were to focus attention on only one NP for the majority of every day.

Let's assume this NP is of the type "I value my relationship with my lover more than anything in the entire world" (a common enough NP in the MGs of many individuals).

After a relatively short period of time, this NP will have become a dominating force in the MG. Other NPs are no longer growing as fast as they used to, if they are growing at all.

When the Sun rises each day as the Gardener awakens, consciousness and visibility are maximised, and the majority of the Gardener's focus lands on the lover-oriented NP.

Day by day, the other inhabitants of the MG are neglected, and as a grand finale, the lover decides to end the relationship... permanently.

Uh-oh.

The NP, which is by now easily classified as a Belief Tree, deteriorates and crashes to the ground of the MG. The MG is hurled into disarray and the Gardener has never felt worse.

This is because the inner world no longer matches the outer world.

When this process continues and many of the Gardener's perceptions have been invalidated, the Gardener will end up standing in a tiny grove of Belief Trees.



For this Gardener (who believes they *are* the MG) any sudden change in perceived reality is a small death.

In situations where the outside world is almost completely at odds with the inner world of the MG the Gardener must either adapt or die, for without an MG there is no perception and without perception there is no life.

It's enough to say though, that to avoid situations like this, understanding the MG's mechanics is crucial for the Gardener to effectively perform its goal.

The Gardener's only purpose in this universe is to make thought real. The Gardener will only be satisfied when it has the ability to choose what to create in physical reality, when to create it and the understanding that the Gardener itself is the creative force behind these acts.

And then, when the Gardener has created all the Gardener has set out to create in a particular MG, the MG dies.

Death

Logically, this section belongs at the end of the book. However, logic is not the ultimate thought process – it's merely the most common.

It is widely believed that all fear can be traced back to a fundamental aversion to death, so before the multitude of emotions and workings of the MG are explained, let's confront death itself.



The great world religions all attempt to explain the processes of life and death, and in most cases, life after death.

Throughout history they gained strangleholds over the majority of Earth's population through claiming that life will not necessarily end.

Of course, this was pleasant news to the ignorant populous who were more than happy to pay money for further updates about the situation in the hereafter.

So with the irresistible power of time mixed with political will and the forces of ego, today over 60% of the world's population identifies with only three religions.

The end of an MG is not a necessarily a romantic affair such as eternal life in the Kingdom of Heaven offered by most of Christianity, nor is it a harem of concubines as promised by Islam.

Nor, though, is the termination of an MG the non-eventful meaninglessness suggested by Atheism.

So what happens when the Mind Garden dies?

Life after MG

The MG lives predominantly in your brain.

When you die, your brain rots, burns or is cryogenically frozen (and will burn when the Sun eventually envelopes the Earth in billions of years— you can't escape). In these scenarios, the neurons and vast maze of garden pathways connecting them will be destroyed.

However, energy cannot be created nor destroyed. Energy can only be converted into other energy. The dead MG (the deceased brain) will be returned to the earth. The

rotting flesh of the brain may eventually become nutrients for plants and animals, and perhaps humans. If a human indirectly eats the nutrients of this dead MG, his or her own MG will grow as a result.

Physical life and death exist on a cycle.

So one of the most noble destinies you can wish for your physical MG is that its nutrients benefit someone else's MG.

This is not the end of the story though.

What happens to the Gardener?

The Gardener is not totally connected to the MG, so when the MG is destroyed, is the Gardener taken with it?

No.

The notion that some part of us survives death is found in almost every religion. To determine what this part likely is, let's first look at what is unlikely:

It is doubtful that personality survives after death, as suggested by religions like Christianity. The grieving relative is often consoled by such beliefs when given a reason to think that their loved one still lives on just as they did in life.

Personality is a result of Belief Trees and NPs observed by the Gardener. So when the MG is destroyed, so are these NPs causing a person's habits, beliefs, passions, fears and everything else that identifies them as a unique individual to be obliterated.

After death, the person you were in life is most likely lost forever.

The Immortal Gardener



With the body and personality annihilated, only the Gardener remains.

The Gardener is neither male nor female, as sex and gender are the results of Belief Trees, which have succumbed to death along with the MG.

The Gardener fears nothing, and loves nothing – for both fear and love are Emotion Fruit from particular NPs and Belief Trees.

The Gardener, to use the often unsatisfying yet solid cliché, simply *is*.

The choices the Gardener makes during the life of the MG, such as which NPs to nurture and which to define as Mind Weeds, are made by reference to existing NPs, so it is immensely difficult (if at all possible) to actually define what the Gardener can do alone.

Like the ice sculptor forced to live in the desert, the inevitable conclusion is that the Gardener can *do* nothing without the MG, as *doing* is gardening, which is only possible whilst the MG exists.

So the fundamental question is: when the MG disappears, does the Gardener remain?





The answer is yes.

Our minds are home to a roaring furnace of consciousness all the time, but only a useful receiver for this consciousness at certain times of the day.

It follows that if consciousness is always powerful, and the mind is what controls the opacity of the window through which it is allowed to shine, consciousness is separate from the mind, and the Gardener is separate from the MG.

Death is when the curtains of an MG are permanently closed.

So, if it is assumed that the Gardener, who is consciousness, survives after the death of the MG, where does consciousness go?

Consciousness goes nowhere – ever.



Every creature shares the same consciousness.

Nobody has a unique 'soul' – consciousness is not divided.

The sensation of awareness you experience is the *only* consciousness, and this same entity filters through the leaves of every other MG.

When you die, your MG shrivels away so that the Gardener loses one particular filter through which it experiences the universe.

When you are born, a new MG springs its stalks through the surface of its Soil and gives the Gardener a brand new life.

A brand new lens has been created for the Gardener to shine through.

With grief, take solace in the knowledge that it is only an MG that has passed away.

This MG may have been familiar to you, and have delivered sweet Emotion Fruit to you every day, indeed this MG may have been more home to you than your own MG.

Though be sure to realise that the energy core of your lost friend lives on and is as close to you as always.

Your loved one *is* you.

It's a simple idea complicated only by the complexity of the MGs you spend most of your time in, especially your own.

To constantly understand your true nature as the Universal Gardener is to choose to live in bliss, but even universal consciousness must be mindful of local differences.



Climate Warning

As you wander the world of MGs, it will become apparent that in different climates, certain species of NPs are more common.

One belief may lead to a life of prosperity in one country, but torture and execution in another.

By and large, thinking that you can succeed is ostensibly more difficult when living on the streets and constantly interacting with homeless people than in a class of entrepreneurs at a university. Imagine being Galileo arguing for the roundness of the Earth in a society of those who believed the Earth was flat.

When planning the future of your MG, turn your mind briefly to the society in which you live (your climate) and be aware of the effort that may be involved in raising a particular NP.

Don't let challenging circumstances dissuade you though, as any NP can successfully grow in any climate – the catalyst is always the endurance of the Gardener.

So the reason one should consider and appreciate climate is to effectively manage one's levels of motivation. If you know that the job you're setting out to do has been very difficult for others, set-backs won't seem like total road-blocks.

Similarly, knowing that others have 'been there and done that', can give you the motivation to get out of bed in the morning and begin a task.

Ask people what they think, read the newspaper, watch popular TV shows – it isn't hard to find the status quo of your society.



Once you've done that, you're ready to start the real work: sowing the seeds of your future.

Thought Seeds

All thoughts begin as seeds, and can only influence physical reality if they are nourished and become large NPs.

This is not all metaphor either...

Every apparently spontaneous or conscious thought we have finds its genesis in the seeds of *real* organic flora.

Without food energy, humans die. All food (of any nutritional value) is derived from living matter.

If you're a vegetarian or vegan then the vast majority of your food is plant matter that can easily be traced back to its seed origins.

All meat also begins at the same place. Cows eat grass; grass starts life as a seed. Of course that isn't to say that thoughts *are* seeds. Thoughts are thoughts, but everything is a product of its history.

If you don't have energy, you can't think, so it logically follows that thoughts are totally caused by the seeds from which the food you eat originates.

When wandering your MG, and manipulating your MG, *never ignore the process* that brought it into being.

The high and powerful cumulonimbus storm clouds are not only water vapour in the air. They are heat energy gleaned by the sky from the purring engines of millions of

cars around the world and condensation swept by a breeze off the glistening back of your lover. The clouds in the sky have been in the making for countless millennia, and more importantly, consist of innumerable events.

Any given seed is never an entirely new beginning.

A newly germinated Thought Seed is the newest form the *energy of everything* has chosen to take, but this Thought Seed is nothing without the history of the universe behind it.

Planting Thought Seeds

When you generate a new thought you are planting a ball of energy in your MG.

Did you just imagine a sphere of sparkling gold with tentacles of brilliant light being plunged in to dark brown moist soil? Did you hear the thud as the sphere took root and began to germinate?

You have now, and by doing so a Thought Seed has *actually* been planted in your MG. Did you feel your brain's neural network react?

To think, simply *open your eyes*. The things you see and the things you hear will shower your garden with Thought Seeds like a farmer throwing seeds onto a field from a tractor.

If a Thought Seed is planted in your MG consciously, you have chosen to take an idea (whether from someone else, yourself or nature) and germinate it. Remember, the very act of realising a Thought Seed exists causes it to germinate.



In Mind Gardening terms, another Gardener may offer you a Thought Seed.

This poses an interesting question. If being aware of its existence is enough for the Thought Seed to grow, how do we stop unwanted Thought Seeds from growing?

The solution is this: to prevent a Thought Seed someone offers you from growing, as is discussed at length throughout this book, simply don't pay attention to it.

To stop it from being planted in the first place, cover your ears up when people talk to you and sing very loudly.

The downside of this is that desirable Thought Seeds will be blocked off also, so the alternative is to focus on something and the new Thought Seeds will be deferred to your unconscious.

If you're too slow to cover your ears or you are sufficiently unfocussed so as to let the unwanted Thought Seed germinate, simply classify the new Idea Seedling as a Mind Weed and deal with it accordingly.

The many channels of communication between people provide for a torrent of unconscious Thought Seed Planting every time we speak with another human being.

Popular consensus says that at least 80% of communication is non-verbal. At any given time humans can only focus on a small amount of information, leaving the rest to be absorbed by our minds without our awareness.

If these Thought Seeds come to consciousness later, they will grow into NPs.



Growth

The concept of *plant consciousness* helps us to understand the processes of how an NP grows from a Thought Seed to a mighty Belief Tree.

In nature, real plants grow faster and become healthier when they are given positive attention by humans. Of course, if you regularly fertilise and water a plant it will grow faster, but *plant consciousness* refers to something far spookier and more profound than these obvious facts.

The notion that plants are sentient beings goes back as far as 1848 to Germany where Dr Gustav Theodor Fechner suggested that plants can feel emotions like humans and talking to plants affectionately might actually expedite growth.

The Indian scientist Sir Jagdish Chandra Bose agreed with Dr Fechner's idea that plants experience emotions, but extended this in 1900 by showing that pleasant music speeds up the growth of plants.

He also found that loud noise does the opposite.

Supporting these observations are the decades of experiments conducted by Cleve Backster, which resulted in this plant consciousness becoming known as 'Primary Perception'.



For many years Backster was the world's authority on polygraphs and in February 1966 he conducted a simple experiment in a small laboratory in New York that would begin a lifetime of investigation into plant consciousness and result in many compelling findings.

When Cleve Backster connected a galvanometer (a device that measures the electrical reactivity of surfaces) to a plant to measure how fast it could move water up its stalk, he was surprised to see that the device's results (measuring galvanic skin response) were more akin to a human's responses to lying than a plant's absorption of water.

With his suspicions sufficiently aroused Backster decided to treat the plant as an interrogator may treat a murder suspect. Polygraphs work on the assumption that when a person is lying, their body will react in certain ways – for instance their skin will start to sweat. Electrodes connected to the lie detector measure this sweat increase and determine the probability of a lie being told.

Usually, when a suspect lies, they fear being caught and this fear leads to sweating, so naturally Backster attempted to make the plant fear for its life.





After several failed attempts (for example putting a leaf from another plant in a cup of warm coffee) Backster unintentionally and spontaneously began imagining burning the plant. The lie detector's needle leapt off the chart and gave Backster the excitement every scientist dreams of.

It appeared that the plant was physically reacting to a mental image in Backster's head. He also found that the plant would only react in this way when he seriously aimed to burn it – the plant seemed to be able to determine the difference between feigning aggression and real malicious intent.

In an interview 31 years after Backster's first (accidental) experience with plant consciousness, his enthusiasm was undiminished.

The point: **plants outside the body are physically influenced by what we think.**

Positive thought leads to growth and negative thought leads to stagnation or worse.

Bear this in mind when tending to your NPs, where simply dwelling on a thought with a positive mindset will lead to its growth. There are other strategies that will speed an NP's growth even more, but loving an idea will cause it to sprout new branches and demand a larger share of the MG's resources. It is in your best interests to love the ideas you desire and ignore the ones you don't.

As concerns Primary Perception, it must be noted that the situation in the MG is slightly different to that in real life.

If you focus attention on an NP, it will grow even if the attention is entirely negative. The Gardener's attention, by virtue of the nature of the Gardener, is neither positive nor negative – it is simply consciousness. It is this consciousness that, when directed at an NP, causes growth.

Attention only becomes 'positive' or 'negative' *after* it has been directed at an NP and the Gardener has experienced a positive or negative emotion as a result.

Those NPs that grow the largest more quickly tend to attract the Gardener's focus more and more, and as a result they grow exponentially faster than other NPs.



Hating an idea for five hours a day will grow an NP at the same rate as loving an idea for five hours a day. The only difference is that love feels better.

The choice between love and hate is yours... or are your Neuroplants making the choice for you?

You may be very surprised by the answer.

Germination

The goal of *every* NP is to become huge.

Large NPs command the Gardener's attention when they catch the Sun's light and refuse to be ignored. Automatically, the Gardener gives them priority, just by virtue of their size.

So if you have an Idea Seedling you need to turn into a Belief Tree, it is of paramount importance that you understand how NPs are grown and not merely sit back and watch those already existing steal the Sunlight.

As every Gardener knows, the sight of a new Idea Seedling jutting through the Soil of the MG can be the most exhilarating experience a Gardener will have.

Note too that this excitement for a new Idea Seedling must be distinguished from eating Emotion Fruit, which evoke far more poignant tastes and scents than mere excitement.



Unlike the thoughts which germinated into Idea Seedlings, some Thought Seeds remain dormant forever. These are your untapped potential and needn't worry you, because you never knew they existed.

Just know that there are aspects of yourself that are waiting to be triggered – never believe you know it all or that you've reached a dead-end in life.

If you decide to unleash some of this potential energy, there are two ways a Thought Seed can be germinated.

The first is in the Soil and the second is out of the Soil.

Both follow the same basic rule – if the Gardener pays attention to a Thought Seed, it immediately germinates. Whether this happens outside the Soil like a mangrove tree or in the Soil depends on the origin of the thought.

Simply put, it can be a new thought or an old thought. New thoughts are Data Spores fresh from the Sensory Wind and old thoughts are offspring of existing Neuroplants.

Post-Germination

Thought Seeds are living entities, with an individual desire for survival. For this reason it is difficult to know if the Gardener is solely responsible for germinating Thought Seeds, or the Thought Seeds somehow solicit the Gardener's attention in the first place. Either way, the effect is the same.

It doesn't appear to matter if the chicken came before the egg, as long as we understand the nature of chickens and eggs.



To germinate a Thought Seed, all you need do is pay attention to it. The conscious energy you give to the seed will cause it to send a green extension of itself into the surface world of the MG.

When this occurs, the protective shell of the Thought Seed breaks apart and the embryonic root establishes the Idea Seedling in the MG's Soil. The Thought Seed is now having a very real attempt at growing into an NP.

This transition from Thought Seed to Idea Seedling is not to be taken for granted though. There are dangers involved with such a major change. Just as with human birth, the most precarious period in the life of a thought is its infancy.

When it makes the transition to an Idea Seedling and peers through the surface with its tender green leaves it risks being suffocated by Mind Weeds.

Another risk is that, even if the Thought Seed was planted purposefully by the Gardener, a morbid resentment may be directed towards the new Idea Seedling – a kind of post-natal depression.

Be sure to remember that although it is probable that a Neuroplant can never be murdered (as energy can neither be destroyed nor created – only converted), its effective destruction in the garden of the mind is best carried out by the Gardener's loving focus on other Neuroplants.

The MG's bed will most often be coated with a large variety of unidentifiable (and in most cases unwanted) Idea Seedlings and NPs. Planting many of them must have made sense at the time, but the Gardener is now at a loss to explain their significance.

The Gardener's job is to maximise the growth of thoughts seen as beneficial. What is 'beneficial' will change with time, so it is best to leave each and every Neuroplant in its place and in tact, just in case it is needed in the future.

Just as one person's trash is another person's treasure, today's Mind Weed may be tomorrow's prized flower.

Notwithstanding this, some Gardeners are overtaken by such fury towards particular thoughts that they take the sharp edge of a spade to an Idea Seedling's neck. As the Idea Seedling spurts out green blood, the Gardener will demonstrate relief that the unwanted NP is dead.

What the Gardener doesn't see, due to being distracted by other Neuroplants is that the maimed Idea Seedling continues to grow.

This violence towards Idea Seedlings usually occurs when the Thought Seed was planted (or even caused to germinate) by someone else, but violence in the MG is always self-harming.

Never try to injure a thought.

Do not attack NPs.

Sometimes the Gardener may think that because an Idea Seedling has only just poked its head through the surface that the rules of Mind Gardening do not apply.

Wrong.

All NPs live by the same rules and are victim to the same dangers.

Of course, then there are those Idea Seedlings which are desirable.

Given the low prospects of success for an Idea Seedling on the surface of the MG, it's no wonder that many brilliant Thought Seeds never even germinate.

The inherent difficulty in growing a new Thought Seed can lead the Gardener to shy away from Planting new Thought Seeds and simply sit in the shade of existing large Belief Trees.

The Gardener who chooses this lazy lifestyle is not to be condemned though, as the process of actually growing an NP is a time consuming and difficult one.

It is much easier to think what we are told to think and understand the world in terms of how things appear to be.

Looking closer at the universe tends to lead towards turbulence in the MG, so unless you can handle feeling unsettled, sit back and enjoy the shade of your favourite Belief Trees.

However, if you choose this lifestyle, ensure you realise your comparative ignorance and do not force your 'wisdom' upon others.

Have you ever met a person who felt compelled to explain *everything* instead of just listening? It is often true that the older people are, the more 'things' they know about 'the world' and as a result older people can often be referred to as 'wise'.

Although, there are also older people who are anything but wise. There are *millions* of people in this world who have been wandering around (mainly sitting) under a small number of Belief Trees for many decades. To them, the world never changes and their mode of understanding is the only way.

A warning:

It is true that most people have the best of intentions, but be wary of taking advice from someone you suspect may have been relaxing in the shade of a Belief Tree for too long.

Caring for Idea Seedlings

As with a human newborn, the most dangerous time of life for an Idea Seedling is immediately after birth. Should you sit and hope that your Idea Seedling will make it past the hazardous first weeks of its life?

A balance must be struck.

Too much concentration on this new Idea Seedling will cause other Idea Seedlings to be neglected.

Too little concentration on your new Idea Seedling will cause other NPs in your MG to grow into Belief Trees which will block out the Sun and reduce the chances of your new Idea Seedling finding success.

If you love your new Idea Seedling, in addition to giving it the necessities for growth, you must be vigilant of the MG in which it lives.

Carefully scrutinise each of the MG's elements, and keep a close eye on the Idea Seedling until it is large enough to fend for itself.

Do not be alarmed if you can't immediately find it though.

Neuroplants care as much for their survival as you do, so relax and eventually you will find it (or it will find you, like a lamb calling for its mother).



If you can remember a thought's contents without too much effort, then there's a healthy Idea Seedling in your MG and you know exactly where it is. If you have trouble remembering it or think of it only rarely, pay some more attention to it and your recall will speed up as the Idea Seedling grows and catches more Sunlight.

Conscious attention isn't the only fuel for Neuroplant growth though.

Information blasted into your MG on the Sensory Wind can be a super-fertilizer.

The Sensory Wind

The MG is constantly bombarded by a torrent of projectiles known as the Sensory Wind.

Some estimate that this wind contains around 400 billion pieces of information which make contact with the MG every second. Of these, the Gardener is only ever aware of around 2,000.

Every sound that hits your eardrums and every particle of light that contacts your retina enters your MG via the Sensory Wind.

Your five physical senses are the outside world's portals to the MG, and even while you sleep the Sensory Wind blows in.

If you close off a Sensory Portal, the Wind will increase its intensity through the remaining portals, though not proportionately.

Think of a blind person having extraordinary hearing rather than the increase in pressure of spa Water jets when you cover one with your hand. The hearing increase may be remarkable, but as compensation, it will not receive the same mammoth quantity of sensory input the missing sight would have.

The velocity of the Sensory Wind is measured not by the volume of stimuli outside the MG, but by the data that actually make it through the Sensory Portals.



Although it can fluctuate wildly in its intensity, as a general rule, the Sensory Wind is at its highest velocity (i.e. carrying the most stimuli) when the Sun is at its zenith in the sky of the MG.

That is to say, the brain is receiving the most information from the human body's five senses when it is most awake. When the Gardener is at the deepest point of sleep, the Sun is completely out of sight; when the Gardener has just awakened the Sun is a soft orb on the horizon and when the Gardener is fully awake the Sun is a blazing fire in the sky allowing the Gardener to see NPs with clarity.

Though, even when the Sun is down, the Sensory Wind continues to enter the MG.

A relatively common study technique is recording information and playing it back during asleep. Your ears continue to function so the information continues to enter your MG.

The Thought Seeds blown into the MG by the Sensory Wind are an NP's major source of growth, and are referred to as Data Spores.

The Gardener stands in the MG attempting to catch some of the enormous range of Data Spores being hurled at the MG by the Sensory Wind. The multitude of Data Spores not caught by the Gardener clump together to form the Soil of the MG, otherwise known as the personal unconscious.

Rarely do they damage anything as the Data Spores are very small and mostly end up lying on the Soil of the MG. However a small number is caught by the Gardener who immediately distributes them for the purposes of growing NPs.



Most people work on autopilot, so watch what the Gardener does with new Data Spores... you may be surprised to see where they end up!

Planting & Grafting

There are two ways a Gardener can deal with Data Spores caught out of the Sensory Wind: Planting and Grafting.

The choice between these depends on the Data Spore's relationship with the current inhabitants of the MG and are well described by the considering *first impressions*.

You usually plant a new NP to represent someone you've just met. If you're not prone to acute stereotyping, as you learn things about this person you will grow new Neuroplants, linked by Concept Vines to the person's original NP.

As you hear and see this person more and you repeatedly receive *the same* information, you may begin to Graft Data Spores to the side of the original NP.

Generally, Planting Data Spores should only occur with new subject matter and Grafting should be reserved for topics you are well acquainted with.

Planting Data Spores

If the Gardener catches a Thought Seed that isn't already growing in the MG, it will be planted immediately to grow as a new and distinct Neuroplant.



The resulting Idea Seedling will be victim (or beneficiary) to the same conditions as every other NP in the MG. The majority of Data Spores planted in this way, though, will never grow past Idea Seedling size, due to the competing interests of larger NPs.

Data Spores of this type are also extremely rare. Gardeners usually assume that Data Spores will grow into NPs highly similar to NPs already growing in the MG and side with Grafting instead of Planting. For this reason, even if a Data Spore is new to the MG, chances are it will be incorrectly classified as 'common' and assimilated with an incompatible Neuroplant through Grafting.

Grafting Data Spores

If the Gardener determines that the Data Spore is similar to an NP already growing in the MG, the Data Spore will be pushed firmly into the side of the trunk of that NP. As a result, the NP will grow another branch and shoot out more leaves. The energy gleaned from these new leaves will cause the NP to grow higher and broader – moving closer to the status of Belief Tree.

Of course, when matching new Data Spores to old NPs, the Gardener's assumption of compatibility is often wrong. If the Data Spore is not identical with the NP it is Grafted onto, the branch that grows will be of a different type to the main trunk



of the NP. This mutation will make true understanding of the NP or eventual Belief Tree much more difficult.

So much confusion in life is a result of the Gardener's mistake in classifying new Data Spores and Grafting them to incongruent Neuroplants.

This usually occurs because of the Gardener's overwhelming desire to grow a particular NP at all costs.

Grafting leads to *real* and *immediate* growth, but this growth is often *really* damaging despite being immediately satisfying.



The safest way to grow NPs is to pay them attention, but if you insist on Grafting Data Spores to an NP's trunk, be aware of the ever present danger of mutation.

But how can you tell if a Data Spore has been incorrectly Grafted, to assess the current damage of the MG?

Reflect on a thought you have held about yourself for long enough that you have been seeing ‘the same thing’ over and over again. Does this *really* make sense, or does something about it seem asymmetrical?

A gut-feeling that a thought doesn’t seem quite right can often be an indication of negligent or accidental Grafting.

Is the fact that your partner slept with someone else *really* proof of the idea that you’re unattractive to everybody in the whole world?

Linked concepts ought to be treated as linked concepts, but instead, two very separate ideas are often combined into one just because of their sequence of observation.

Grafted ideas are much harder to separate from one another than linked ideas, and during your survey of the MG, a surplus of Grafted ideas will make the process of unravelling your mysteries significantly harder.

There is no escaping the hard work involved in understanding these ideas, but you can make some changes now to ensure the efficiency of future surveys.

If the question of whether to Graft or plant a Data Spore confuses you don’t stress.

There is a compromise between Grafting and Planting, and it comes in the form of the Concept Vine.



The Concept Vine

Combining is making two things into one thing. In the MG combining is only achieved through Grafting and you should only Graft a Data Spore to an NP if they are *the same species*.

This is because the goal of NPs in the MG is to represent uniform thoughts. To combine different species is to create a mutated limb. The mutated limb will perplex the Gardener, which inevitably leads to inefficiency in self-analysis and subsequent pain.

On the other hand, Concept Vines are amazingly useful and grow very quickly.

In fact, the MG is covered with them.

They are often referred to as neural nets and have as their sole function the linking (not combining) of separate thoughts. As a rule, the more Concept Vines the better.

So, if you aren't sure whether a Data Spore should be Grafted to an existing NP or planted to become a new NP, err on the side of caution and plant the Data Spore. After germination, you can grow a Concept Vine and the new information will be connected to the existing NP but not necessarily forever and you will not be risking the creation of a mutant branch!

A Concept Vine is a green tentacle that connects different NPs to one another by attaching directly to their trunks.



When the Gardener finds something in common between two or more NPs, a Concept Vine's seed is immediately planted in the side of the NP first looked at by the Gardener and green strings of the vine instantaneously shoot out to the next NP considered.

One Concept Vine may link two NPs or 2,000. There are no limits.

As an example, this is what part of Capitalism's Concept Vine may look like:

CAPITALISM CONCEPT VINE

The Concept Vine sticks onto the side of the 'People are inherently selfish' Belief Tree and is then linked to the 'People will do the least amount of work possible to get the most amount of money possible' NP and then projects through the air to connect onto the 'Individual people create society' Belief Tree.



The growth of Concept Vines in the MG is mirrored in the physical world by the wiring of neurons in the brain. When ideas are linked together conceptually, neural networks are formed.

The phrase “neurons that wire together, fire together” sums up the operation of the Concept Vine perfectly – if you look at a Concept Vine, your gaze will be led along the vine to look at the NPs attached to it.

A Concept Vine does not have roots in the Soil, contrary to other vines growing in the MG, and so can only gain energy to grow when the Gardener looks at it, which would never happen if it wasn't for the attention-grabbing NPs hosting it. The whole Concept Vine must be nourished, or the links it has with adjoining NPs will shrivel and fall off.

In the true sense of the word, the Concept Vine is a parasite, but this is not to be taken in a negative sense. The relationship it shares with its hosts is mutually beneficial.

Symbiosis:

The thicker a Concept Vines becomes, the more attention is paid to the attached NPs. As the connected NPs grow from this increased attention, the chances of the Concept Vine being looked at again (and thus receive growth-giving attention) increases.



Severability:

The Concept Vine grows thicker when the Gardener pays attention to it and becomes thinner when it is ignored. When it is ignored for long enough, it disconnects from its host NPs and falls to the ground to be absorbed by the Soil.

This is useful when you are surveying your MG, as unlike Grafted limbs, old outdated conceptual links will not confuse you... as they won't exist.

She may have cheated on you, but that is not the same as you being unworthy to ever be in a relationship again. In this situation, being able to separate the 'cheated on' NP from the 'unworthiness' Belief Tree is vitally important to healing. If these are Grafted to one another, though, a life of loneliness may easily follow (and regularly does).

The expert Gardener does not shy away from the challenges in discerning between Grafting, Planting and growing Concept Vines and endeavours at all times to avoid the temptation of simply hiding from the world and dwelling on the past.



The Fence

Everybody has a Fence around their MG.

Some Fences are maximum security perimeters; others are rickety picket Fences there mainly to give the appearance of protection.



All Fences, no matter what their style, function as barriers to prevent information coming into the MG and to ensure sensitive information remains inside.



To perform as a human, a level of shrewdness and discernment is necessary, and choices must be made to live life effectively. Fences in the MG are your personal boundaries in real life.

A strong personal boundary enhances the health of the MG and a weak personal boundary does the opposite.

We can't act on *all* information *all* the time, but what we can do is allow as much information as possible into our MGs and deal with the resulting data accordingly.

However, most people take their MG's Fence to the extreme.

Some common ways of doing this are:

- not actually listening to what other people have to say, usually about ideas we already have firm opinions about
- not experiencing a wide range of sensory input (never leaving the house)
- not paying attention to dreams by assuming that all dreams are ludicrous fantasy

Gardeners often build Fences to protect the NPs growing inside their MG.

It is true that if no new information contrary to a particular belief can enter a person's mind, the particular belief is likely to survive. *If it ain't broke, why fix it?*

So, armed with this knowledge, you can theoretically protect any Belief Tree you wish to remain prominent in the MG. Simply don't leave the house or watch the news.



Fundamentalist ideologies are the prime examples of maximum security perimeters in the MG.

Fundamentalist Fences

The Jehovah's Witnesses (JWs) are an international cult with more than 6 million followers. Seldom has an organisation been so successful, for so long, at keeping Fences up in *so many* MGs.

The JW belief system involves highly controversial and life threatening dogma, such as denying blood transfusions to believers (children included) and not participating in any form of 'worldly' government (democracy included).

To the outside observer, the beliefs of the JWs can be seen as nonsensical and unintelligent, resulting in a widely held view that JWs are brainwashed.

The JW organisation has managed to grow to such an enormous size through one major Mind Gardening technique.

Followers are told that the *only* sources of truth are the Bible (a version 'translated' by JWs) and publications distributed by the Watchtower Society, based in the United States. If information differs from either of these sources, the information must be wrong.

In this way, the JW leadership has been able to consciously choose what information is allowed to enter the MGs of believers by forcing them to put up Fences.



In most JW gardens, this Fence is high and strong.

These Fundamentalists Fences also have astonishing longevity.

For a Gardener to pull one down necessitates the person being *disfellowshipped*, which is a procedure whereby the person is permanently ignored by their entire family and the whole JW congregation, forever.

As a result of the constant fear of disfellowshipping, most JWs remain JWs for life.

A strong Fence can deliver a sense of strength, as the world is no longer as big as it once was for the JW (the one-eyed man is king in the land of the blind).

Though, despite the undoubted benefits of doing so, the problem with barricading NPs and Belief Trees inside barbed wire is that the MG's system will become vulnerable.

Healthy Competition

MGs need interaction with other MGs to remain competitive.

Fences prevent interaction.

If an MG stays out of the game for too long, when it comes back into the ring it will be out of touch. If an MG has been surrounded by a Fence for years, what will happen when the Fence comes down?

A powerful example of Fences preventing competition is the phenomenon of 'technophobia'. Many people, particular senior citizens, refuse to learn how to use a computer. As a result of technophobes' obstinacy, younger generations have a much



greater advantage over them than should be the case. If new technology was embraced rather than suppressed, senior citizens would certainly enjoy improved lifestyles.

While Fences are standing, MGs outside will be adapting to changing world circumstances and their Neuroplants will be growing stronger as a result, and strength in the world of Mind Gardens leads to the ability to dominate.

Seeing treasured Belief Trees suffocated by intruding Neuroplants is a painful process.

Of course, this situation is avoidable, so avoid it by regularly engaging other MGs.

As an added bonus, this form of Natural Selection is one of the best ways for your MG to strengthen and flourish.

So clearly, Fences can cause problems, but keeping contradictory information out can also safeguard the growth of new Neuroplants.

A further benefit of having a strong Fence in your MG is its ability to keep sensitive information in.

The old saying 'loose lips sink ships' is appropriate to mention here – not all NPs are appropriate to share in all situations. It is in the Gardener's best interests to consider what information is best kept private, and erect a Fence accordingly.

This is as simple as concentrating on the need for confidentiality regarding a particular topic and discerning peoples' trustworthiness and familiarising yourself with non-disclosure statements and other legal apparatus to guarantee privacy.

Wind Breaks

To prevent the Sensory Wind from inducing pollination, the Gardener can plant trees known as Wind Breaks.

These behave as a type of Fence, and their operation is simply to prevent the Sensory Wind from reaching certain NPs.

Typical Wind Breaks are Belief Trees such as the “All men are evil” and “The entire history and future of the universe and my purpose here on Earth is contained literally in the words of the Bible”.

When such Belief Trees sit on the edge of the MG, they are very effective at ensuring information contrary to their genus is prevented from coming to the Gardener’s attention.

Assess whether a Belief Tree is acting as a Wind Break, and if it is, do you want it to be?

Wind Breaks, like Fences, cannot be quickly removed.

Though to begin the process of reducing the power of a Wind Break, pay less and less attention to the Wind Break and focus more and more attention on growing Neuroplants near the edge of your MG that will force the Wind Breaks’ foliage apart to permit a wider variety of information to blow in.

Holidays



Aside from catching the Sensory Wind, and provided they don't have a Fence preventing their exit, Gardeners can take a leave of absence from their MG and visit other MGs.

Throughout history libraries have been the most popular gateway for Gardeners to enter other MGs, but now the Internet has taken the lead.

As with any holiday though, prudence is advised.

When you are in another person's MG it is crucial to remember that it has a history different to your own. There is no way to fully understand its makeup, just as it is nearly impossible to have *total* appreciation of your own MG.

Maintain respect for its complexity and an open mind as to how its NPs would grow in *your* MG.

In other MGs, the Sensory Wind will continue to blow and the same processes as usual will remain in force, but you will be able to do something you can't do when you are in your own MG.

When you see an NP that you like in someone else's MG, you may (depending on the necessity of doing so) ask permission to take a cutting.

Contrary to Thought Seeds, which can possibly be cross-pollinated to create a new NP which is a combination of separate ideas, a cutting is guaranteed to be identical to the NP it was taken from.



If you like the way someone manages their money, you can plant the exact same strategy in your MG by cutting off a branch and simply pushing it into the Soil.

Some Gardeners don't take kindly to this though and label it as plagiarism. Always ask first just to be sure, or if you don't care about the laws of copyright and intellectual property be prepared for possible consequences (expulsion, legal action etc).

But how do you ask for permission?

How to communicate with other Gardeners is an extremely important skill to learn.



Communication

When you communicate with someone else, at least two MGs directly interact and both are changed forever.

The Mind Gardening process during which communication occurs is nothing more than the Gardener being exposed to the Sensory Wind in another MG, or to put it another way, visiting another MG.

We can very rarely (if ever) see another person's thought in its entirety, but we can move towards a clear picture of it through better communication.

The more effectively another Gardener describes a Neuroplant growing in their MG, the closer the receiver can replicate the Neuroplant in question.

Poor communication leads to a series of Data Spores being combined to create a hybrid emulation of the original Neuroplant, whereas high quality communication is more akin to a cutting being offered by one Gardener to another.

It's hard to know if you're dealing with a collection of Data Spores or a cutting in the moment, but with further communication the similarities become more visible.

For all intents and purposes, when you speak, you are projecting Neuroplants you are growing to someone else, and when they reply they are doing the same for you.

However this process isn't simply show and tell.



Depending upon the existence and type of Fence growing in your MG, communication almost always results in new Thought Seeds being sown. After all, how often does someone tell you something you already know, *exactly* as you know it?

People usually have a new angle to offer us.

Something that guy said on the train got me thinking...

This book is full of examples of other MGs spreading into our own (the very act of you reading this book is the prime example) and most of the time they are positive scenarios, but communication can also be dangerous.

Dangerous Communication

There are as many negative scenarios as there are positive when it comes to communication.

You're a waste of space. You disappoint mum and I. Every time we give you a chance you blow it. You think you're going to succeed? You're a failure. Forget it. I don't know what we did to deserve you.

How can this apparently poisonous information be *growing* the child's MG? It's obvious that hearing each sentence would hurt (unless numbness or indifference to the father's opinion has set in):



You're a waste of space...

STING

I don't know what mum and I did to deserve you...

TIGHTNESS IN CHEST AND THROAT

The question is can this be construed as positive in any way?

Can the Gardener turn *any* Data Spores into nourishment for the MG?

The philosopher Nietzsche said that what doesn't kill us only makes us stronger.

With the wrong mental attitude though, venomous information that doesn't kill you will certainly make you weaker.

If the child in the above example was to dwell on this constantly reinforced information as most children can't help but do, the actual effects could be catastrophic.





Humpty Dumpty fell off a wall and even with the best medical assistance in the kingdom he could not be saved.



Three disabled mice are permanently disfigured by the wife of a farmer.



Rose coloured rings appear on the skin, fits of coughing ensue and everybody falls down dead.



A baby is being rocked to sleep in the top of a tree until the branch supporting the cradle snaps and the baby plummets to the ground.

However, what if the child used the experience and wisdom gained from the emotional abuse to assist other children going through similar situations? Charitable acts such as this will inevitably lead to an *increase* in self-esteem, and an *enhancement* in the health of humanity's collective MGs.

Of course, even though later in life the MG may grow again as a result of the healthy effects gained by helping others, the emotional abuse has still damaged the child's MG.



Simplistically, the MG may not be as healthy as it would have been in the absence of the parental emotion abuse.

But even though the MG returns to growth in later life in this example, the growth itself remains dependent on the earlier trauma. It may well be the case that the quality of growth experienced by this individual through assisting others is far superior to the growth he or she would have experienced in a 'normal' life.

The emotional abuse may have actually given this person a better life.

But maybe not...

One thing is for sure though: since everything *now* depends on everything *then* and everything is connected, we ought to thank our pain for everything good in our lives.

No Pain No Gain?

The 'no pain, no gain' issue deserves more analysis.

Using the above example, the question is: did this poor treatment (which didn't kill the child) make the child stronger, and stronger than whom?

Stronger than another child who wasn't emotionally abused? Stronger than the same child if not mistreated? Ruminating on our own *what ifs* and *if only that hadn't happened* situations is *only* useful if we are planning for a better future.

Don't waste energy trying to undo the past. Thinking about it constantly only grows the Neuroplants that harbour the painful memories. The more you feel the



sorrow of history the more addicted you become to certain Emotion Fruit. All you need do is realise why you feel the way you do, and use this wisdom to grow Neuroplants you *desire*.

All we ever have in the MG of relevance to ourselves are the Neuroplants presently growing within. It's what we choose to do *from now on* that matters.

If we were bombarded by negative communication in the past, it's what spin we choose to put on it now that will either kill us or make us stronger.

So, if we accept that potentially damaging information will blow into our MGs on the Sensory Wind from time to time (or all the time), the best strategy is to *always* be looking for ways the information can be used to grow the MG, even if the new information injures it temporarily.

Being skilled in turning any information into *beneficial* Data Spores, consciously growing new Belief Trees will become increasingly easier.

Respect the Wind

Don't ever think yourself immune to the Sensory Wind, regardless of how stubborn or self-controlled you believe yourself to be.

History is full of examples of tough-cookies being cracked just by hearing new information. Don't be fooled into thinking 'you've seen it all' either – the universe is a big place, and no matter how filled your mind becomes with the goings-on of Planet Earth or even the habits of the Milky Way, you've only considered one galaxy in a cluster of clusters (in a cluster of clusters (and on to infinity)).



True, if you speak to the same people or same society of people for too long, you may begin to feel as though no one can tell you anything new. If this is you, go online. You will find something new to think about.

The Sensory Wind will never let you down provided you open a window and let the breeze in.

Even if it knocks down a Belief Tree remember: no pain, no gain (because if you don't remember this, the pain will kill you).

In fact, Mind Gardening prowess hinges upon the ability to direct attention away from unwanted thoughts and towards growing preferred options.

Mind Weeds

A Mind Weed in the MG is a Neuroplant currently unwanted by the Gardener.

Even though an NP may be causing serious damage to the MG's balance, it will not be considered a Mind Weed by the Gardener until it is no longer wanted.

Many smokers aren't *actually* aware of the damage smoking is causing them, just as many obese people are peacefully ignorant of the dangers of fatty food.

As has already been stated, the Gardener has a propensity to become lost in the MG, and forget that the Gardener and the MG are separate entities.



If the MG is overgrown with Mind Weeds, the Gardener can assume the identity of a Mind Weed and live life accordingly. Thus the process of weeding out unwanted thoughts is not only crucial for the proliferation of the MG but to boost the Gardener's chances of achieving maximum potential.

The strategy isn't difficult in theory: at any given time the Gardener can ask of an NP, "Are you welcome in my Garden?"

If the answer is no, the NP is a Mind Weed, and the strategies below may apply.

As most people with a sibling will know, a common piece of advice from parents when faced with the brother or sister who 'teased me' is simply to 'just ignore'.

Confrontation has its benefits at times, but more often than not, this age-old parental wisdom is *exactly* the right thing to do when dealing with Mind Weeds.

An unfavourable view of your body or fears of public speaking are two common examples of Mind Weeds.

It is easy and convenient to label anything that makes us feel bad as a weed and assume that removing the thing will make us feel better. However, before weeding is discussed below, a very important point must be made:

The nature of reality depends *entirely* on the MG, and the MG is under the Gardener's control. Therefore, *you* determine if something is good or bad or cheap or expensive.

Here's a very common example:

The person suffering from a terror of public speaking will often assume that if the audience is removed, the terror will disappear. This is true, but it is also far more difficult than the Mind Gardening alternative.

The problem with someone's fear of public speaking is not with the audience but is with *their opinion of the audience*.

The speaker may be terrified that the audience will laugh at them or speak about them with ridicule when they've finished talking (or stuttering as the case may be).

They see the audience as being vicious, conniving, back-stabbing and influential people. As you sow these opinions of the audience, so shall you reap!

Of course you're scared by these evil people.

You've defined them as evil!

But what if you took an equally valid view of the audience as being mostly bored, self-centred, physically harmless blobs of flesh and bone who will forget your speech five minutes after you've given it?

You would probably relax.

Mind Gardening is a seriously efficient way of dealing with fears. Instead of spending hundreds of thousands of dollars and years of your life assassinating the members of the audience so you won't be scared of them anymore, why not deal with your own perspective of the audience instead?

You won't have to leave your house, or spend a cent. You won't even have to leave your head. How you do this comes next.



How to Weed

So why is the Gardener advised against taking a firm grip on the Mind Weed's stalk and ripping it out of the MG's Soil? In real gardens this is a very effective way of dealing with weeds, as is herbicide. Both methods are deadly.



In the MG, as well as in real gardens, keeping the growth power of the sun off weeds will kill them.

In a real garden, thick mulch can be piled upon weeds to starve them of the light that allows them to grow but in the MG, the only way an NP or Mind Weed can grow is by receiving the light of the Sun *and* the Gardener's conscious attention.

Not paying attention to a Mind Weed is tantamount to piling mulch on top of it. The Mind Weed will be starved of light at best, and at worst it will not be able to grow any further.



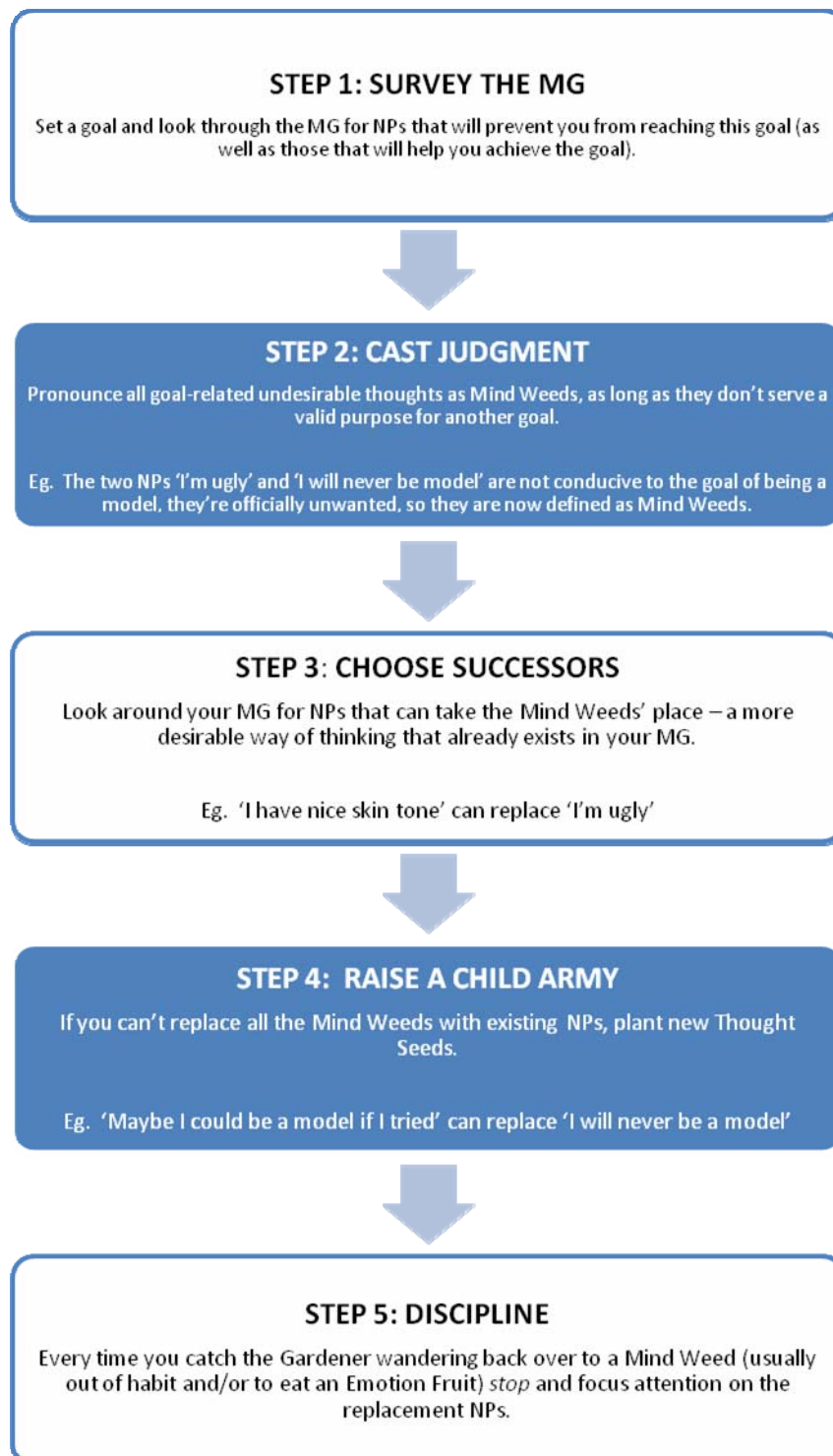
Whilst the Mind Weed is dying, desirable NPs are receiving sunlight and are growing.

But as with most MG strategies, to weed is easy in theory but difficult in practice.

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Weeding in Practice



Here's Mind Weeding in practice again:

A person is walking along the street and sees a large billboard, with a supermodel advertising a brand of perfume. The person starts feeling inferior and ugly.

Swiftly, the person stops and starts thinking about their pretty eyes, attractive fake tan and the possibility that they *might* one day be a model. The person starts to feel better – not great, and not even 'good' – just how they were feeling before they saw the billboard.

In time, with repetition, the newly favoured positive thinking NPs will grow high enough to demand first attention from the Gardener.

Mind Weeding diverts unwanted reactions. With focus on desired alternatives, Mind Weeds will no longer be considered and will stop growing.

This is great news for the person doing the weeding as the goal's chances of being achieved are *greatly* improved.

There are also those Gardeners who want a thought to disappear, permanently. This may be because the thought is far too painful for existence in any form, or because the Gardener desires an aesthetically pleasing MG in which this particular Mind Weed would be a scar on the landscape.

The same Mind Weeding advice holds true for these Gardeners.

Grow desired plants to stunt the Mind Weeds' growth, and the MG will move towards health.



It is doubtful whether any NP can be purposefully and totally removed, though the Gardener is welcome to investigate this further (but don't make a habit of this investigation or the weeding will certainly fail).

Identifying Weeds

In the MG, the NPs, Belief Trees and every other inhabitant, when viewed and understood together, show the direction in which the MG is growing.

If the Gardener can honestly declare happiness with this current direction then any NP hindering the MG's growth in this direction and not otherwise benefiting it is a Mind Weed.

To experience this happiness, the Gardener is recommended to go through a process of introspection and self-discovery. Indeed, as celebrated psychiatrists such as Jung believed, the very aim of life is to discover the self.

Traditional psychiatric health models can also be used.

If professional assistance in this regard is not available, a multitude of books are.

Generally, though, an 'ideal' state of mind should be identified, and the current state of the MG should be compared with this ideal. In this way, Mind Weeds can be identified as NPs that do not concord with this 'ideal' state of mind.

Be careful measuring oneself against a deity such as Jesus Christ, Buddha or Mohammad though. These men are known for setting benchmarks so distant from an



individual's current MG that the ideal ends up being forgotten and a life of mediocrity or depression results.

Keep it real.

Habit Weeds

Emotion Fruit can be addictive if the Gardener is not mindful of the source of the feelings being induced.

The girl who buys clothes every week probably does so because the clothes make her feel good.

There is probably a clothing oriented Belief Tree in her MG that grows Emotion Fruit she can't stop eating. The Belief Tree itself says to the girl, "New clothes each week will make you more socially acceptable," but the girl doesn't hear this, as she is totally distracted by the Emotion Fruit.

Her whole experience of this part of the MG is "clothes make me feel good – I need more clothes *now*." On closer inspection, the girl would no doubt see that this 'Belief Tree' is actually a Habit Weed. With a little more thought she would also see that there are other far more efficient and effective ways to be socially acceptable.

To further complicate life in the MG, there are Habit Weeds that are not Emotion Fruit.

Going to bed at 3.00am and sleeping in every morning until 11.00am can throw out your circadian rhythms and subsequently damage the MG. This sleeping routine may have begun as the indirect result of Emotion Fruit (for example, feeling good



staying up all night partying), though after some time it will become a Habit Weed in and of itself.

Understanding why exactly sleeping against the rhythms of the Sun and the mind's circadian rhythms damages the MG will shine light on the source of the problem and inspire change. This understanding is simply the Gardener seeing the Habit Weed for the first time, disapproving of it, and focussing upon another NP.

Most of the time a Habit Weed begins as an NP vital to the Gardener's goals and aspirations. As the MG changes and grows, this NP loses its utility to the Gardener and starts to work against the more mature Gardener's purposes.

Don't hate your Mind Weeds; rather thank them kindly for their assistance and move forward with life gracefully.

The Soil

The Soil is the foundation of the entire MG.

In real gardens, photosynthesis can only occur when light is shone on a plant's leaves.

In the MG, the link with photosynthesis remains in part because the Gardener can only consciously attend to the MG and cause NPs to grow when the Sun is in the sky. Furthermore, during the daylight hours the Sensory Wind is blowing at its strongest, offering Data Spores to NPs in a much higher quantity than at night.

What MG Soil has in common with real Soil is that it must be properly constituted for plants to grow properly, and it stores nutrients for absorption by plants.

Warm, moist, nutrient rich Soil is ideal for a healthy MG.

Firstly though, what *is* the Soil of the MG?

During consciousness, the human senses are exposed to countless stimuli per second.

When you watch a thunderstorm you can scarcely be expected to pay attention to every bolt of lightning, leaf movement, breeze, and raindrop that hits your skin you will only notice a tiny fraction of these. This excess information you are not aware of is blown into the MG on the Sensory Wind and lands in the MG to form its Soil.

The Soil of the MG is everything you have never been consciously aware of, and that information which you were aware of, but never will be again. If you are not currently watching an NP, the NP still exists – so information that is available for recall, such as existing NPs, must be distinguished from the Soil.

Whilst growing, NPs have the innate capability to be brought to the Gardener's attention at any time simply by being visible in the Sun, whereas the information stored in the Soil can only be viewed when metamorphosed into an NP.

The idea that our lives are largely controlled by a part of the mind we aren't aware of is a very old one. The unconscious mind has been discussed (though not in such words) as early as 2500BC in ancient Hindu texts.

More recently, Shakespeare, Schopenhauer, Leibniz, Spinoza and Nietzsche suggested the existence of this hidden mind function. However, it wasn't until the 19th

century that the concept of the unconscious mind was brought to the fore of Western thought by the psychiatrist Sigmund Freud.

Freud saw the unconscious mind as being a reservoir of thoughts and feelings that influenced the conscious mind. This storage area is the Soil of the MG – the place in which all our thoughts take root.

Carl Jung largely agreed with Freud's view of the unconscious, but deviated from his theory by delineating the unconscious mind in a different manner.

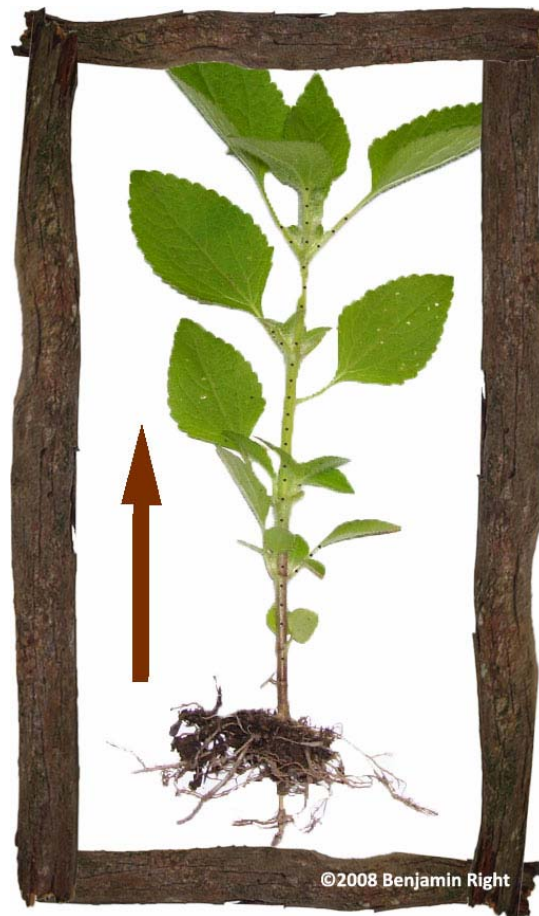
Jung saw the unconscious as consisting of the personal unconscious (where our own thoughts are stored) and the collective unconscious (the suppository for inherited thoughts). For the purposes of Mind Gardening, Jung's is the preferred division of the unconscious.

For a part of the Soil to be brought to consciousness, an NP must bring it to the Gardener's attention by absorbing it.

It will help to visualise the Soil as being at the bottom of the MG and lying down (unconscious, unaware), and the NPs as being at the top of the MG (conscious, aware).

To further assist, imagine unconscious information, in the form of nutrients gleaned from the Soil, being drawn up the stems of the NPs, to be made conscious.





Even though NPs seem so different to Soil (one is conscious and the other isn't) they both share a destiny. Indeed, an NP is only separated from the Soil by time.

Information stored in your brain that you have no idea exists today, may be the conscious source of a new direction in your life next week and all conscious thoughts will eventually deteriorate and return to the great unconscious.

Furthermore, even when you are not focussing attention on a Neuroplant, it may continue to grow in the background. This is why neuroses sometimes take a person completely by surprise!



Forgetting

Forgetting a thought is most often attributed to a particular NP being overgrown by other NPs. The NP is still there, but the Gardener cannot see it. To solve this problem the Gardener should pay more attention to this NP, grow it larger and bring it back to the forefront of the MG.

Strategies for improving memory recall are easy to find and are encouraged.

In the MG, NPs not paid attention to simply stop growing. When ignored, Concept Vines lose their connections with NPs and Belief Trees and fall to the ground to rot ('use it or lose it').

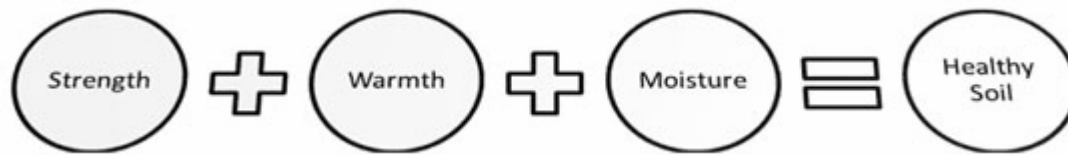
This is the extent of the damage that can be caused to the inhabitants of the MG through inattention though. Despite NPs and Belief Trees being reasonably resilient to any lasting damage, they are still vulnerable to death, usually from physical causes such as degenerative diseases like Alzheimer's, dementia and death itself.

It is an unavoidable fact that all NPs will vanish when the MG dies, though sometimes, some will die during the MG's life.

In real terms, this is when a thought completely disappears from the unconscious, and becomes entirely forgotten. This dead NP rots in the Soil so that only its fundamental energy remains.



Healthy Soil Formula



Strength

Since the Soil consists of unconscious thoughts, controlling the accumulation of these thoughts allows fine tuning of Soil consistency.

Unconscious thoughts are stimuli not paid attention to due to the limits of the brain in consciously processing stimuli, potential sensory overload.

These Data Spores blown in on the Sensory Wind pile upon one another and form the garden bed of the MG.

Logically, the more unconscious thoughts there are in your MG, the denser the Soil and provided the Soil does not become a brick, the denser the better.

Thick Soil gives a strong support for NPs.

So how do you add to the density of the Soil of the MG?

Get out more! The more stimuli your mind receives, the more Data Spores will coalesce to form a rich foundation for the plants of your MG.

People who travel internationally almost unanimously report having had their lives changed for the better. The different scenery, people, culture, technology and everything else jets into the MG and greatly enhances Soil density.



This increased Soil strength allows new ideas to be developed faster and with more universal applicability.

Warmth

The Sun is the sole source of heat in the MG.

While the Sun is in the sky, its heat is radiated onto the MG evenly. However, the broad foliage of Belief Trees can prevent other NPs from receiving a fair share of light. This is reality in the MG though, and reaching the Sun is a rite of passage for NPs.

Fortunately, the heat of the Sun reaches the Soil through the Belief Trees, so the actual height and power of the NPs in the MG will not directly compromise the heat of the Soil. What does affect the Soil's temperature, though, is the duration of day and night.

MGs experience day and night just as real gardens do. During the day, the Sun's energy is transferred to plants and subsequently to the Soil.

At night, when the Gardener is asleep, very little heat finds its way to the Soil in this way. So it stands to logic that the longer the MG is in the dark, the colder the Soil becomes.

If the MG is in the dark for too long each day, for too many days in a row, the Soil will become cold enough to compromise the growth of NPs.

The Gardener will become lethargic and have greater trouble performing simple tasks, such as growing new Idea Seedlings and noticing Mind Weeds.



Unless the Gardener realises what is happening, the days will continue to become shorter and the overall health of the MG will slip.

The cold Soil will make it difficult for new Idea Seedlings to become NPs and germinating new Thought Seeds will become a rarity.

If this life-giving temperature is not present in your MG's Soil, your entire being will stagnate and before you know it you will be in a hateful 9 to 5 job for the rest of your life.

Moisture

On the flipside, if the MG is baked by the Sun for too long, over time it will dry out and become a parched desert. Drying out happens when Water is evaporated and no replacement Water flows in – two things that are symptoms of long, hot, clear skied days.

In the MG, the dehydration of the Soil happens when a person does not sleep enough. During sleep, the Water of the collective unconscious soaks the Soil of the MG either by way of mist or rain.

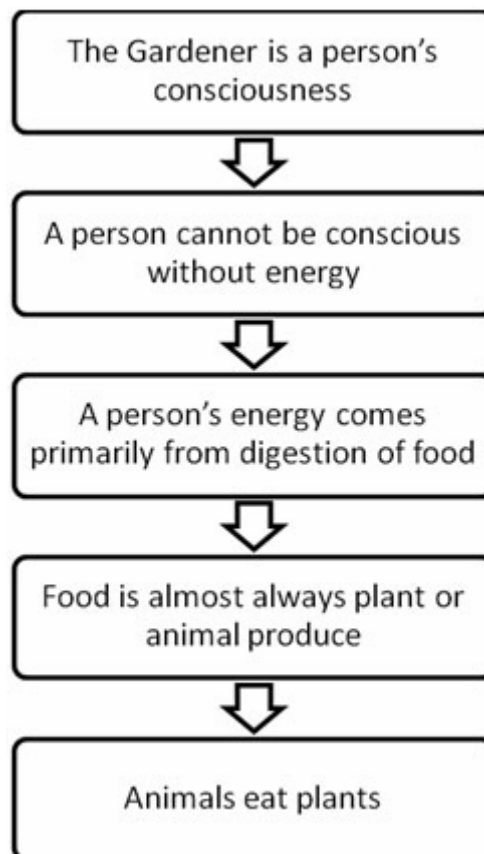
This Water provides NPs with life-giving sustenance, so every effort possible must be made to ensure the Soil remains hydrated.



The Sun

The sun of our solar system is the MG's source of energy, but is not to be confused with the Sun of the MG.

The energy from the solar system's sun finds its way into the MG in this way:



So that's the sun in the sky, but the MG's Sun describes a person's wakefulness.

This Sun is shining when you are awake, totally hidden from view when you're deep asleep and dim like twilight when you have just woken or are drifting off to sleep.



When the Sun first rises, and if the Gardener is running on autopilot, the largest Belief Trees are the first NPs to be seen. If the Gardener can see an NP, it may receive consciousness and grow. This is why an NP's size is important for the NP itself.

Also, when the Sun is high in the sky, growing new NPs is easier.

Have you tried learning something new whilst exhausted? It's much easier to do so when wide awake. Full wakefulness allows the Gardener to more skilfully see which NP a Data Spore ought to be Grafted to and which NPs to connect together with Concept Vines.

Your level of wakefulness is a critical factor in the prospects of a new Idea Seedling and is of paramount importance for the functioning of the MG.

Indeed, since the Sun provides opportunities for growth, when tall and broad Belief Trees steal light, the NPs underneath find it more difficult to grow. The shade makes it harder for the Gardener to see these shorter NPs so their chances of receiving life-giving attention from the Gardener are reduced.

In some MGs, Belief Trees have formed a thick canopy. In these MGs, the NPs trying to grow underneath the Belief Trees' canopy will receive almost no light. Their growth suffers accordingly, unless the Gardener develops and acts upon a yearning to make the darkness light.



The MG requires maximum Sunlight, regularly, to ensure Belief Trees and their canopies do not totally cause the MG to stagnate.

Controlling the Sun

The Gardener can control the duration and intensity of the Sun's voyage across the MG's sky.

Duration: how long you are awake

Intensity: how awake you are

When a person is as awake as possible, the attention paid to NPs will be far more valuable. In the Sunlight the Gardener can actually see individual leaves and sprouting branches. Thoughts are detailed and meaningful, instead of vague and useless.

An interesting characteristic of many highly self-actualised individuals (Buddhist monks, yogis and even some world leaders) is the short amount of time they sleep.

The world's champion Gardeners need less than half the sleep of the bulk of the population!

Think of the life you could lead if you only slept for four hours per night.

Day & Night

In a healthy MG, circadian rhythms govern the duration of day and night.

Derived from the Latin words *circa* (around) and *diem* (day), 'circadian rhythm' is another



term for the body clock. If a person sleeps for the same amount of time each day, his or her body becomes attuned to a 24 hour routine.

Many bodily functions are affected by this rhythm, and as the mind itself is a function of the brain (and thus of the body), circadian rhythm is a crucial component in mental health.

Mind and body perform best when exposed to light and dark in a predictable and repetitive manner, so it stands to reason that light and dark (often wakefulness and being asleep) are disrupted, health suffers.

Jet-lag sufferers and new parents have first-hand experience of the negative effects of disrupting the day/night cycle in the MG.

Balance between night and day in the MG should be maintained at all costs, but how do you determine how much of each is required?

During day in the MG, the Gardener can easily look around and see what plants are growing and what stage of growth they are at to offer care accordingly. In the middle of the day your brain activity is at its highest. You are able to catch and deal with more of the Data Spores blown in on the Sensory Wind and also make more meaningful use of your time fossicking through other MGs.

At night, this activity does not entirely cease, but the lack of light certainly limits the abilities of the Gardener to garden consciously. The Gardener is limited to visualising dim silhouettes of NPs made possible by the light of the luminescent Dream



Vine; though the insight the Gardener may gain from observing the mysterious Dream Vine itself may be more fruitful than an entire week of consciously Mind Gardening.

Every Gardener must realise that there is a balance to be struck between directed effort and letting the MG take care of itself.

Unfortunately, there is no universally applicable ideal sleep duration.

Simply test out different combinations and observe the effects on your life – it won't take you long to arrive at a healthy balance (unless of course you've reached rock bottom).

Depression

Depression has been referred to numerous times as *the* worst health crisis currently faced by Western society.

Most people will have experienced the coldness of being depressed at one point or another, even if only for a day or two. A distinction must be drawn between the sadness and the mental health condition known as 'depression', however.

Depression can last for years, and may not even release its freezing grip on the sufferer until life itself does whereas sadness is transitory.

Depression may even destroy a person's motivation to leave the house. Sometimes depression even prevents people getting out of bed except for unavoidable bodily needs.

Nurturing new ideas and concepts is unthinkable when you're in its grasp and you can forget that sensation called 'excitement' – you won't feel it for anything.

Sex may not even interest you.

So what is depression in the context of the MG?

Too Cold

When the clouds that form when too much Water is transpired linger for too long, the temperature in the MG begins to plummet as a result of the Sun being blocked out. This same temperature drop can be caused by night being longer than day for too long, or by other major system shocks, such as the loss of a beloved Belief Tree.

Soon after this process is initialised, NPs begin to freeze, making growth extremely difficult. The Gardener can still see many of the NPs (though not as many as if the Sun was out in full force) but will not feel able to do anything with them other than observe.

Emotion Fruit are frozen too, and even when a particularly tangy Emotion Fruit is eaten by the Gardener, its taste will be lost in the icicles.

The Gardener stands in the MG with frozen hands, unable to do anything with the lethargic Sensory Wind. The MG slows and eventually stops.

One of the only ways to get out of this situation, aside from an outside-in remedy such as anti-depressants, is to heat the MG up again.

Being awake for longer than you are asleep is a good start, but this strategy will not be sufficient on its own. The ice caused by the Season of Depression may slightly

thaw, loosening its hold on the NPs, but for the MG to regain healthy growth and return its cycles back to normal, the Gardener needs a good reason to continue gardening.

Even if the Sun is out for more hours of the day than not, the clouds may persist.

Generally, the best way to bring an end to the numbing winter is to restore the Sensory Wind to more than a chilled breeze to blow the clouds away. This will allow the Sun to shine through again and force the ice into a healthy phase change.

Too Much Sun

Of course, some of those people with depression are also known to suffer from insomnia. Too little sleep equates to the Sun being out for too long.

The MG operates in much the same way as an ecosystem: when it is exposed to too much Sunlight, it loses its vitality. Just as the biodiversity of the Great Barrier Reef is suffering through coral bleaching, a Sun-drenched MG must go without the benefits gifted by the nocturnal Dream Vine.

Without the inspiring images of the Dream Vine existence becomes numb and the MG enters a period of stasis.

Respect the Sun

As a general rule: early to bed, early to rise makes a person healthy, wealthy and wise.

Clearly, disrupting the circadian rhythms will cause damage to the MG.



The Gardener, although gifted with the ability to design and alter the MG, is still victim to forces of nature.

If you find yourself sleeping in more and more, this is a warning signal. Do something about it now.

Every day you delay in reaching circadian equilibrium will cost you several more days to get things back to where they should be.

Water

The Water of the MG is no different to that which flows in the world's rivers and city pipes. What you drink goes into your brain, and is a necessary ingredient for its survival.

In the MG, Water is the receptacle of what Carl Jung refers to as the collective unconscious, which is "common to all; it is the foundation of what the ancients call the 'sympathy of all things.'¹

Water injects the MG with ancient knowledge, revelations and a means for an individual to grow in line with the destiny of humankind. When a person is imbalanced, it is common for a dream to present itself with contents that could not possibly have been generated by the person's personal unconscious.

It comes as no surprise then that Water based dreams can project visions of the future and vivid experiences of things happening at the same time, but some distance away.

¹ Jung, C.G. 1961. 'Memories, Dreams, Reflections'. William Collins Sons & Co Ltd: Glasgow, p. 160.



Every NP contains Water (which is needed for survival and growth), but the Dream Vine's Watery form allows it to do more than exhibit small markings of the collective unconscious from time to time... it serves as a permanent wormhole.

To be in contact with the collective unconscious is to be gifted with timeless wisdom and a powerful tool capable of bringing balance to your life and a map to grow your MG in the direction of destiny.

So like a well maintained car, ensure that your MG remains topped up with Water to regulate your life in line with humanity.

Grief

The power of Water to regulate the MG system is exemplified through grief.

Grief is brought on by a sudden and massive change in a person's life that invalidates a large part of the MG.

Visualise a Belief Tree that's centred on someone you love.

Its trunk is wide and rotund and it looks as though its bark would bend even the hardest axe.

You are forced to look upward at an uncomfortable angle to see the top of this Belief Tree and the branch structure is impossible to follow, such is its density and complexity.

Your eyes wander outwards and you can see the Concept Vines joining this Belief Tree to the farthest corners of the MG. Not only is it imposingly large, but it has too many connections to other NPs to count.



Suddenly, the phone rings and the caller delivers a gust of the Sensory Wind at the Belief Tree of your loved one.

The tree creaks, the ground shakes and one by one the Concept Vines snap off the adjoining NPs.

Despite the stings of pain at being lashed by loose Concept Vines, you look at the beloved Belief Tree and sigh relief that it is still standing. There are loud noises everywhere and new turbulence in the MG, but the Belief Tree itself seems unharmed, so everything will be ok.

Eventually though, when the dead Belief Tree has no Concept Vine supports left, it will fall to the earth, crushing other NPs under its bulk.

The grief-stricken Gardener will try anything to get the Belief Tree back. Often a Delusion Mirage will give the impression that nothing has changed, and the Gardener can have a brief moment of solace.

Eventually, though, the Gardener will have to accept that the Belief Tree is gone, just as I had to accept that my pet dogs, conceptually connected to almost everything in my life in some way, were dead (and would remain so forever).

My mistake, though, in dealing with the passing of my pets, was not in entertaining ideas of the Belief Trees' continued existences, but in failing to shed a tear for a very long time.

I felt enormous sadness, but for some reason (probably social conditioning) I couldn't "let it out".

Crying

When a Belief Tree falls in the MG, its slowly decaying structure lies on the floor of the MG, pinning other NPs underneath it.

People who suffer grief often find it difficult to continue to grow particular NPs, and this is probably because the NPs in question are being forced down by the weight of the dead Belief Tree.

Some Gardeners, such as me, have left the dead Belief Tree lying there and attempted to get on with life regardless.

Psychologists call this repression, and it is never a healthy thing, though it is sometimes a useful thing in highly emotionally charged situations where a person doesn't have the time or ability to focus attention on dealing with grief (in a war zone, for instance).

I saw that there was a large chunk of sky now visible where my dogs' Belief Trees had stood, and I saw that thousands of Concept Vines were missing, but what I neglected to do was look carefully at the dead Belief Trees.

To do this takes enormous strength, which I lacked.

When a Gardener looks at a dead Belief Tree, and understands what has happened, tears inevitably follow.

Emotional tears are healthy – they actually make humans feel good. Emotion induced tears (as distinct from tears caused by irritation like peeling an onion) contain far more of certain hormones than their unemotional counterparts.



Chemicals are released during high stress situations and it is in the body's best interests to somehow flush them out.

The logical conclusion here is that if you don't cry, your body will be harmed by an excessive amount of these chemicals.

When you cry, the Waters of the MG cascade across the ground and wash the dead Belief Tree's trunk and broken branches away.

It is difficult to just 'think away' any NP, let alone a Belief Tree. You can't rehearse grief – no matter how much thinking you do on the topic or how enlightened you become, the destruction of a cherished Belief Tree will hurt you like very little else (physical pain included).

The only strategy to control grief is to plant NPs that deal with the topic, which can be consulted at your time of need. NPs focused on the true nature of the Gardener will be particularly useful during this trying period, though crying will always be necessary.

The Dalai Lama has been known to cry and Jesus cried when he heard Lazarus had died.

If it's okay for spiritual avatars to cry, it's probably ok for you.

What you shouldn't do is grow a Grief Tree.

Grief Trees, which are of the same genus as Hate Trees, are grown by individuals who cannot (or choose not to) courageously confront loss.

The Grief Tree represents self-pity, confusion and bitterness towards the cause of the loss. The Gardener who enjoys Planting Grief Trees also tends to enjoy picking up

the Concept Vines that were formerly attached to the deceased Belief Tree and connecting them to the Grief Tree.

A once happy memory of a loved one swimming at the beach becomes laced with hatred and sorrow, purely by virtue of being connected to the Grief Tree. The Emotion Fruit of the Grief Tree is highly addictive and has a taste very similar to that of the Hate Tree.

Water regulates the MG, so drink up, cry out and connect yourself to the destiny of your race at every opportunity.



The Dream Vine

Much of a person's life is spent sleeping, and a large percentage of this is dreaming.

If such a high proportion of life is experienced in dreams, why are dreams so often discounted as being unimportant and useless to even talk about?

Dreams are ignored for the same reasons as health warnings on cigarette packets. People don't know any better and are addicted to particular ways of living.

Just like giving up smoking, observing dreams can have *major* health benefits. This is not new knowledge and has been spoken of at length for thousands of years.

During the day, Belief Trees dominate the MG's landscape. These are tangled by Concept Vines and dotted with Emotion Fruit. The Sensory Wind roars past the Gardener and the Sun continually acts as a reminder of work that must be done.

With so many distractions, and lacking the necessary training, the average Gardener will never see the Dream Vine during the day.

At night though, its radiance can be so powerful that it may masquerade as the Sun.

Sadly though, most people give their dreams only a passing confused stare or amused giggle, when what dreams really need is serious attention and as much credibility as blood pressure or cholesterol levels.



The mind cannot be separated from the body, so to ignore dreams is to ignore a reliable and powerful indicator of overall health.

Most medical professionals agree, and in the modern era, no medical professional confronted the dream issue more passionately than Dr Carl Gustav Jung.

Jung's writings on dreams are extensive, but one of his most concise definitions of dreams is that they are, "...specifically the utterance of the unconscious. Just as the psyche has a diurnal side which we call consciousness, so also it has a nocturnal side: the unconscious psychic activity which we apprehend as dreamlike fantasy."²

The Dream Vine provides an oracle the Gardener may consult, and it often reveals powerful insights into the future of the MG.

The Life of the Dream Vine

The Dream Vine is a translucent structure that links together inhabitants of the MG in an often mysterious fashion.

In many cases it resembles an elaborate spider web draped over vast swathes of the MG (and when you consider how big the MG is, you will appreciate just how large this is!), but just as frequently it is simple and linear in presentation.

At night, when the NPs and Belief Trees are in darkness, the Dream Vine can be seen by the sleep walking Gardener glowing against the night sky. During the day the

² Jung, C.G. "Practical Use of Dream Analysis, The" (1934) in Collected Works 16: "The Practice of Psychotherapy" 1954/66.



Dream Vine prefers to remain hidden, so as not to interfere in real-time with conscious life, but at night it demands to be seen.

This is called dreaming.

During dreams, the Dream Vine lights up progressively, like a timed fireworks display. Pay close attention to how the Dream Vine illuminates itself, because your understanding of the grand finale of the show, the flower of the Dream Vine, depends upon it.

During the day the Dream Vine is not visible – though it is still present and continues to grow.

Perhaps you have seen this in action when you attempted to direct conscious thought at a dream immediately after waking up and the dream appeared to vanish.

Generally, you can not look at a Dream Vine when you are awake, so the best strategy for trying to understand a dream is to write it down immediately, and focus later on growing an NP to further discover the meaning of the dream.

The NP grows from the same Soil and drinks the same Water as the Dream Vine, so this procedure may very well lead you to understanding.

Even though the Dream Vine is made almost completely of Water, it requires no sturdy structure as it is supported by Concept Vines. In all MGs, the Dream Vine is the most evolved and trustworthy organic structure.



There are two reasons for this:

The first is that the Dream Vine's structure is created both of the Soil of the personal unconscious *and* the Water of the collective unconscious.

As a result of the Soil receiving most of the Data Spores blown in on the Sensory Wind, and the Dream Vine taking almost all of its energy from the Soil, it is richer and more trustworthy as a measure of 'the way things really are' in the MG than any NP or even Belief Tree.

As Jung put it:

That the prospective function of dreams is sometimes greatly superior to the combinations we can consciously foresee is not surprising, since a dream results from the fusion of subliminal elements and is thus a combination of all the perceptions, thoughts, and feelings which consciousness has not registered because of their feeble accentuation.³

Another reason for the MG's authority over the rest of the MG is its Water-based nature.

Water *is* the collective unconscious.

³ Jung, C.G. "General Aspects of Dream Psychology" (1916/1948) in Collected Works 8: "The Structure and Dynamics of the Psyche" 1960/1969.



Not only does the Dream Vine grow the information of the personal unconscious, but it pumps through its stem the unconscious information of the universe at large.

When the Dream Vine tells you something – listen.

Generally, the vine is wrapped around each Belief Tree, with its thickest coils around the oldest of the Belief Trees and the Id Trees.

The Id Trees have been growing ever since the MG was born and as a result, the Dream Vine's links with these Id Trees are strong.

Due to the strong connection the Dream Vine has with the Id Trees in the MG, dreams often link new experiences and new knowledge with these oldest inhabitants.

Any new NP will surely be compared with the Id Trees by the Gardener during waking hours and if this does not happen, it will occur through the visions and images projected by the Dream Vine at night.

The Dream Vine doesn't do this to punish your new NPs if a new NP is at odds with the older and larger Belief Trees, but highlights discrepancies to draw your attention to the real challenge of what you are trying to do – this is the main function of the Dream Vine.

Planting a desert dwelling cactus in a tropical rainforest will pose severe problems for the cactus, but as the saying goes, problems are only opportunities in work clothes.



To grow your MG responsibly, the Id Trees must sanction the growth process. The Dream Vine will indicate the Id Trees' approval or disapproval with your choices, so pay close heed.

Most of the time, though, the path of the Dream Vine will seem complicated and bizarre, cascading from the highest branches of a Belief Tree to wrap around a brand new Idea Seedling, only to bury itself under the Soil before climbing through the sky to another Belief Tree.

The Dream Vine can be immense and enormously complex in shape. When the Gardener dreams, the Dream Vine will choose which parts of itself to make visible. The Gardener will be shown how the MG is truly constituted in the most efficient manner the MG is capable of.

The path of the Dream Vine may be interesting for the Gardener to observe, and could even take hours to trace along Concept Vines, but the most striking element of the Dream Vine (and perhaps the MG itself) is its flower.



The Dream Flower

When the Dream Vine flowers, it always does so to alert the Gardener to a problem in the MG.

Remember that the Dream Vine clings to NPs and Belief Trees and joins these together by tracing the routes taken by Concept Vines.

The Dream Vine chooses which of its parts will be illuminated though, and so unless it selects certain concepts, these Concept Vines will be invisible during dreams.

When the Gardener sees the Dream Flower, it will be after the Dream Vine has illuminated its path in a certain fashion.

The Dream Flower always identifies a problem in the MG system, and that problem is always demonstrated by the particular inhabitants of the MG illuminated during the dream sequence.

Problems though, are *always* opportunities for change, and so every dream is an invitation for celebration in the waking hours and thankfulness that our unconscious has once again put our sleep to good use.

The bloom of the Dream Vine is so bright it demands the Gardener's attention above all else, and leaves such an impression that the Gardener may (and often does) plant a Thought Seed in its honour as soon as the Sun rises in the MG. NPs inspired by Dream Flowers have often led people to completely change their lives and encouraged rulers to change the direction of nations.



When powerful dreams are acted on by the conscious mind, the results far exceed the influence of consciously deduced thoughts. The beauty and majesty of the Dream Flower has a mysterious quality that influences the entire MG more so than even the most dominating Belief Tree.

Sometimes though, the Dream Flower is anything but beautiful.

Dream Flowers can also be terrifying.

The Dream Flower itself is neither good nor bad. Its nature is derived from the effect it has upon the Gardener, and this effect is a result of its contrast with the particular style of MG.

If the MG is largely peaceful and coloured green, a giant red flower with a powerful scent leaping out of the Dream Vine is likely to frighten the Gardener.

If particular Belief Trees have dominated the landscape, a Dream Vine flower that looks completely different to the Belief Trees' blooms will have a high impact on the Gardener.

A Dream Vine's flower will become truly terrifying when it alerts the Gardener that the style of Mind Gardening practiced is not sustainable. This is a nightmare.

The Dream Vine only flowers at night, and as such draws the energy for flowering from the Soil. The Dream Vine, more so than any other inhabitant of the MG, is a reflection on the state of the Personal Unconscious... it is a creature of the Soil.

The Dream Flower blooms in accordance with the way things really are down at ground level, where the conscious has little or no say.

If, when wandering through the garden of the mind at night, a Gardener is startled by a Dream Flower (whether a feeling of ecstasy or terror), upon the rising of the Sun the Gardener is best advised to write down as much as possible about the path the Dream Vine took in the dream and the position of the Dream Flower.

Of course, this may not be possible if the Gardener cannot remember the dream. If recall is possible though, the Gardener should plant a relevant Thought Seed immediately and grow the resulting NP as much as possible.

Dream Vines only flower in the middle of unsustainable groups of NPs and *always* tell the story of imbalance.

With conscious reflection, though, this tale of sorrow can become something else entirely.

Synchronicity

We know that when the flower of an NP cross-pollinates with another NP the result is a hybrid Idea Seedling.

The Dream Flower can also be pollinated and give birth to offspring.

The way a Dream Flower reproduces is truly incredible and still unexplained by science. It also happens to have been introduced to modern science by Jung, who coined the term 'synchronicity' to describe it.



A synchronicity is, to put it simply, when two or more events that happen at the same time or at similar times (thus the 'synchron' part of 'synchronicity') are meaningfully connected to a person and yet could not possibly have caused one another in terms of physics or the principle of cause and effect.

The most famous synchronicity used to describe the phenomenon occurred when Jung was in a therapy session with a client. The client was describing a vivid dream she had experienced, involving a scarab beetle. The client was also suffering from a high focus on *the material aspects of life* and as Jung saw it, she was imbalanced as a result of paying no attention to her spiritual self.

As Jung put it:

While she was telling me this dream I sat with my back to the closed window. Suddenly I heard a noise behind me, like a gentle tapping. I turned round and saw a flying insect knocking against the window-pane from outside. I opened the window and caught the creature in the air as it flew in. It was the nearest analogy to a golden scarab that one finds in our latitudes, a scarabaeid beetle, the common rose-chaffer (*Cetonia aurata*), which contrary to its usual habits had evidently felt an urge to get into a dark room at this particular moment.⁴

⁴ Jung, C.G., Collected Works 8: 'The Structure and Dynamics of the Psyche', 1960/1969, p 843.



After the scarab incident, the patient became highly emotionally affected and made her way to a complete psychological recovery.

Synchronicities such as this are documented in their thousands both scientifically and in the annals of history. They are not to be ignored.

In very special circumstances (and not uncommonly) through the peculiar traits of time and the so far inexplicable quirks of reality, the Dream Vine can spawn NPs directly and physically in *the real world* as well as in the MG.

It seems that this occurs most frequently when the Dream Flower is identifying a particularly important problem for the Gardener.

To maximise the chances of the Gardener actually acting on the revelation of the Dream Vine, it adds a real life event that cannot be readily dismissed by the Gardener as ‘ridiculous illogical nonsense’ or even as coincidence.

Conclusion

You have successfully traversed the first step towards having a healthy MG, but you have a long way to go. We all do.

Does wandering through the botanical gardens a few times qualify you to be the chief caretaker thereof?

Moving away from reacting to the influences of NPs, Belief Trees, Concept Vines and Emotion Fruit and towards consciously growing thoughts of your choice is a life long process.



It continues even while you sleep.

To move your mind closer to nature will feel strange, considering the years of travelling in the opposite direction, but this awkward sensation is a strong sign that *things are changing*.

If you trust the MG concept you will rejoice when you recognise the feeling of restoring balance to your mind.

You have reached the end of this book, but there is so much more to learn.

Be on the lookout for more Mind Gardening instructions.

Oh, and one last thing - did you end up having that revelation I mentioned at the start?

