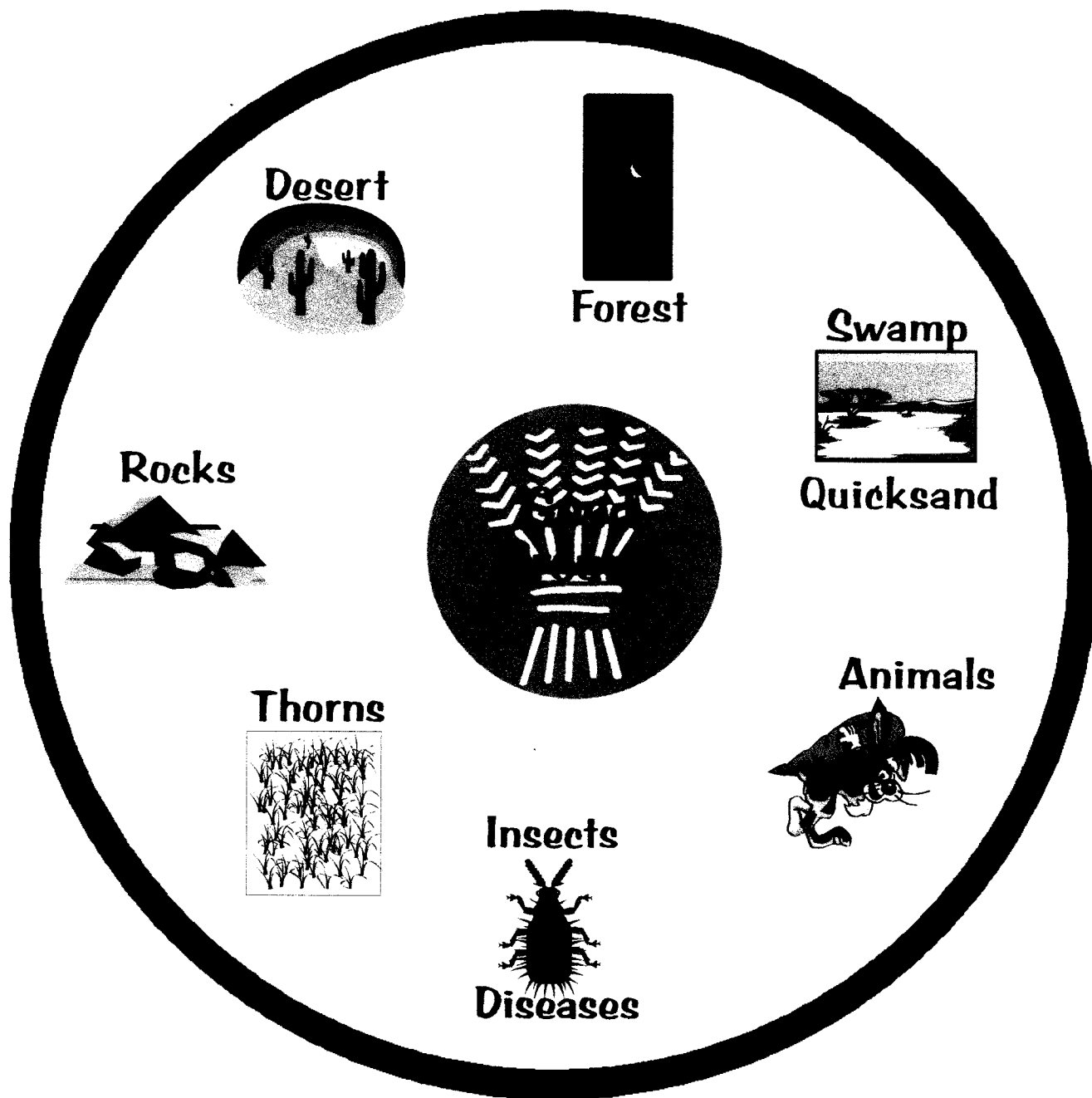


**Matthew 13:3-9:** Then he told them many things in parables, saying: "A farmer went out to sow his seed. As he was scattering the seed,, some fell along the path, and the birds came and ate it up. Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. But when the sun came up, the plants were scorched, and they withered because they had no root. Other seed fell among thorns, which grew up and choked the plants. Still other seed fell on good ground, where it produced a crop - a hundred, sixty or thirty times what was sown."



## **Seeds of Light: The Garden of the Mind**

# SEEDS OF LIGHT: The Garden of the Mind

September 15, 2005

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The diagram represents the "garden" of one's mind. Seeds of light are "miracle impulses" - instruction, wisdom, guidance, insight, realization, remembrance of God and our divine origin - that constantly flow from Holy Spirit. The outer circle and the symbols it contains represent various forms of ego resistance with which we unconsciously defend against the Light. The particular kinds of resistance are seen as important aspects of one's individuality. The "Good Ground" within is feared because it is shared by all, the Mind of Christ.

In the parable, some seed falls **beyond the circle** and is devoured by birds. This symbolizes a mind totally asleep and impervious to Light. This may suggest certain phases or years of one's life when the world of time and space has seemed to be real, and all that is real. Or it could be one's state of mind this morning when having an argument with a family member: the Spirit is excluded and the ego's judgment holds sway in the mind. The birds are beliefs, concepts, opinions, judgments about the world perceived through the senses.

Some seed falls on "**rocky places**" thinly covered by soil. The guidance or inspiration is received and springs up, but the plants cannot take root in the shallow soil and quickly die. These hard places in the mind have formed to cover over guilt. In certain areas of life one remains determinedly numb, insensitive, lacking eyes to see and ears to hear - because feeling what lies beneath is too terrifying. For example, one discovers *A Course in Miracles*, or a particular teacher of the Course, and is for awhile excited and enthusiastic. But the light of the teaching inevitably begins to expose the darkness within, and without realizing why, one finds excuses to put the book aside, forget to do the Workbook exercises, or have conflicting commitments on class nights.

**"Other seed fell among thorns, which grew up and choked the plants"**. Problems - thorns - are another major defense against the Spirit. Again, a teaching may be enthusiastically received at first, but fear will give rise to the brambles of problems and distractions that choke out the light. *"A long series of different problems seems to confront you, and as one is settled the next one and the next arise. 4 There seems to be no end to them. 5 There is no time in which you feel completely free of problems and at peace."* Where the rocky ground was insensitivity, the thorns represent hypersensitivity: hurt feelings, grievances, anger, irritation, anxiety, worry.

I have expanded the parable to include some symbols that seem representative of different ego states of mind designed to defend against the Light:

**Desert:** - *"Look at the desert--dry and unproductive, scorched and joyless--that makes up your little kingdom."* Dry, arid, boring, impoverished, unproductive, harsh mental landscape. Seeds must have the moisture of the miracle to thrive, but cannot do so in a wasteland. Why stay in such a state? *"All the images His Son appears to make . . . blow across his mind like wind-swept leaves that form a patterning an instant, break apart to group again, and scamper off. 6 Or like mirages seen above a desert, rising from the dust."* Desert heat is known to produce mirages, and one can spend a lot of one's life thinking: "If I just keep going a little farther, I will reach that green oasis."

**Forest:** - No one can grow a garden in a forest because there is not enough light. *"Eyes become used to darkness, and the light of brilliant day seems painful to the eyes grown long"*

*accustomed to the dim effects perceived at twilight. 2 And they turn away from sunlight and the clarity it brings to what they look upon. 3 Dimness seems better; easier to see, and better recognized." And without the sunlight as guide and nourisher, one easily loses the way. Feeling lost, one can also feel depressed, sad, wandering in the shadows of the forest. "Who dwells with shadows is alone indeed."*

**Swamp/Quicksand:** - In the swamp is too much water, a state of mind overwhelmed with heavy emotions. This can be outpictured in one's relationships, one's job, one's financial problems, one's addictions and cravings. The swamp is unstable and shifting; a seed of light may take root on a small hummock of solid ground, then be washed away. Areas of quicksand suck one down into the pain. Tears can become addictive. *"You have enslaved the world with all your fears, your doubts and miseries, your pain and tears; and all your sorrows press on it. . . There is no sound that does not speak of frailty within you and without; no breath you draw that does not seem to bring you nearer death; no hope you hold but will dissolve in tears."*

**Animals:** - In this area of your mind, there has been enough light, enough water, and no thorns or weeds to choke out the growing plants. But in the night, animals come and steal away your crop. Here is the victim state of mind: You try and try, do all the right things, and circumstances beyond your control come along to steal your peace. *"No one can waken from a dream the world is dreaming for him. 2 He becomes a part of someone else's dream. 3 He cannot choose to waken from a dream he did not make. 4 Helpless he stands, a victim to a dream conceived and cherished by a separate mind."*

**Insects/Diseases:** - Again the seeds of light take root, spring up and flourish for awhile, until insects - attack thoughts, defenses and judgments - come to devour one's miracles and peace. Painful memories of an unforgiven past begin to eat away at the flowers of joy. Every unhappy, unforgiving thought is a disease of the mind. For in this outer ring of the ego's "garden", failure - not beauty and nourishment - was the intent all along. *"The world was made as an attack on God. 2 It symbolizes fear. 3 And what is fear except love's absence? 4 Thus the world was meant to be a place where God could enter not, and where His Son could be apart from Him."*

The "good ground" of the parable is the holiness of Christ that we all share. In our joining do we receive the seeds of light and multiply them by giving them away - as miracles, blessings, helpfulness, compassion, encouragement, listening, forgiveness.

*"T-18.VIII.9. The Thought of God surrounds your little kingdom, waiting at the barrier you built to come inside and shine upon the barren ground. 2 See how life springs up everywhere! 3 The desert becomes a garden, green and deep and quiet, offering rest to those who lost their way and wander in the dust. 4 Give them a place of refuge, prepared by love for them where once a desert was. 5 And everyone you welcome will bring love with him from Heaven for you. 6 They enter one by one into this holy place, but they will not depart as they had come, alone. 7 The love they brought with them will stay with them, as it will stay with you. 8 And under its beneficence your little garden will expand, and reach out to everyone who thirsts for living water, but has grown too weary to go on alone."*

*T-18.VIII.10. Go out and find them, for they bring your Self with them. 2 And lead them gently to your quiet garden, and receive their blessing there. 3 So will it grow and stretch across the desert, leaving no lonely little kingdoms locked away from love, and leaving you inside. 4 And you will recognize yourself, and see your little garden gently transformed into the Kingdom of Heaven, with all the Love of its Creator shining upon it."*

*"W-p11.13.5. Miracles fall like drops of healing rain from Heaven on a dry and dusty world, where starved and thirsty creatures come to die. 2 Now they have water. 3 Now the world is green. 4 And everywhere the signs of life spring up, to show that what is born can never die, for what has life has immortality."*