



## **HOW TO GROW YOUR LIFE'S GARDEN, or MY LIFE AS ART** *A Case for Psychotherapy in the New Age Through the Laws of Attraction*

**By Mordechai Mitnick**

When we consider our lives from the perspective of our deaths, we begin a process of reviewing our lives from the vantage of the witness; we're then able to notice patterns that were not generally available in our day-to-day awareness. By recognizing these patterns, we begin to see how certain occurrences have arisen throughout our lives as a result of these patterns of thinking. We believe what follows to be true and therefore operate in our relationships, private and public, personal and professional, with that understanding as a grounded reality.

Please consider that this is the way we create our reality and thereby the style and substance of our lives. Consequently, those of us who recognize this—and also those who don't—continue to hold our reality so. Also, those of us whose lives work, along with those in our midst whose lives don't work and perhaps haven't over many generations, continue to believe that ours is the hard and fast truth. Therefore, those people who have satisfying work and ample resources attract abundance and those folks who struggle with many levels and aspects of insufficiency also attract their reality of scarcity.

All this unfolds through our thoughts. Each of us operates within these Laws of Attraction by allowing thoughts we take for granted to be our reality. On this level, there is choice, which generally comes from relationship with a teacher/guide or an experienced psychotherapist who is skilled and knowledgeable about how these laws operate. The purpose of a healing relationship is to duplicate or parallel the family of origin relationships, which were the garden that presented the fertile ground for these thoughts and behaviors in the first place.

Well, to rearrange our gardens, which is a metaphor for our lives, we have to first understand and accept these Laws of Attraction. Then, if we are willing to do the hard work of reorganizing our gardens according to our present interests rather than from historic thought, memory, habitual behavior, or attachment to old ideas, there is reason to believe that we can choose what we will grow and where it will be placed. This, in a nutshell, is the process to be undertaken for personal growth in the New Age to have real and true meaning.

For example, if we have difficulty forming close intimate relationships that support and sustain us; if we consistently seem to get stuck in unsatisfying work situations; or if we are consistently experiencing accidents or illnesses, the underlying issue may indeed be our need to address the Laws of Attraction. The only way to approach this understanding so that it makes sense is to hold the view, without any fault or blame, that we all create our lives from within. Many of us, consciously or not, hold the belief that life is happening to us rather than from us. There are many psychological systems that play on these beliefs and “help” us to cope with aspects of our lives that seem intolerable, painful, and off center. These coping strategies work for a while and then everything reverts back to the beginning, because nothing has been done to alter the Laws of Attraction.

What we are looking at are core issues. Core issues govern each of us and hold us in place as if by magic hands. They cause us to suffer and despair throughout our lives according to patterns that go as far back as our experience in the womb and through our childhood socialization.

How do we open our eyes to the ultimate reality, live from our deepest knowing, and create our lives as if we were the artist, our lives the canvas, and the consequence, our work of art? As a professional psychotherapist for many years, I’ve had lots of occasion to work with people on how they create their circumstances.

Two examples come to mind of people who have worked and struggled with these thoughts. [I have markedly altered their descriptions so as to maintain their anonymity.] First is Deborah who was the eldest of three children in an academic family. Her mom and dad had a passive-aggressive relationship; that is, most of their communication was covert and full of deeply held need for control. Deborah had many beliefs that were counter to her being a full, complete, and balanced person. She believed that the world was a dire place where all persons would have to prove themselves to have worth and were unworthy otherwise. She also thought she was her feelings and her thoughts, and those thoughts and feelings were as real and solid as her living room table. As a result of these beliefs and many others, which confirmed the reasonableness of her constant and deeply held fears, she lived in a hellish world of ongoing anguish.

Second is Larry whose family emigrated from Lithuania about twenty years ago; he is the younger of two boys. His parents fought throughout the time of his growing, and his older brother entered into that confluence at an early age. When Larry came on the scene, he realized there was no room for him. He therefore went strategically inward and learned how to be very quiet. He believed that if he spoke up, he would be forced to behave just like his parents and older brother, which he felt would lead to his demise. He believed that people who love each other behave badly to the people they’re most intimate with, which was his experience. He also firmly believed that scarcity was an essential aspect of human existence and that the only way to change was through a strong act of will!

Both Deborah and Larry were absolutely correct, based on their experience that the world was an unfriendly, fierce, and untrustworthy place to live. Of course, within the Laws of Attraction, if that’s what we think then that’s what’s true—and we program our future

based on these thoughts. In each case, after working together with me until our intimacy allowed each of them to question their beliefs and ideas, both Deborah and Larry shifted their reality from how they were raised to what made most sense to them as individuals.

What interests and intrigues me personally and professionally is the idea that each us is capable of shifting our reality through becoming aware of our thinking. So long as I know that I have the power to transform my reality to the way I choose and that I'm not a victim of the conditions of my birth, I'm capable of creating my world along lines of my choice and letting go of all the limiting beliefs from my childhood.

I experience the world as a neutral place where anything is possible as long as I pay attention to where everything gets played out within myself. With this information and the awareness that I create reality through my thoughts, I can direct my life. If my thoughts are negative and expect shortcoming, my present and future will reflect that. However, if my thoughts are positive or neutral, anything is possible—and need not be connected to childhood conditioning, which is a relief.

In conclusion, the metaphor of life as a garden and life as art is significant for me. To think about what I want in my life and where to place it and what I want it to be is very new territory. I now choose to view my life from the perspective of my death and to conclude how I want to shift whatever beliefs or preset thoughts keep me in contraction and fear. I am finally willing to look intensely and directly at my life and my death as all about what exists within me and to see myself as the steward of my reality.

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