



The Catalyst™

Catalyst - noun - pronounced (kat-l-ist):
A person or thing that precipitates an event or change.

A Monthly Inspirational Newsletter

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You CAN Make A Difference™

www.DavidLarrickSmith.com

Weed Control

I absolutely love the spring. It is simply a wonderful time of year! During the winter, I lose track of my neighbors as daylight savings time makes it dark around 5:00 p.m. so I never see anyone on the block. My wife and I leave for work in the dark, and come home from work in the dark. But right after the winter hibernation we “spring forward” and there is life anew! There is vitality in the brisk clean life giving air of the spring. The sun and people have both come back, and there is life abundant all over as the trees and flowers bloom. Everything is thriving right in front of you, and so are the weeds in your yard. As you can see, these suckers were trying to take over my backyard!

As I was out pulling weeds I thought to myself: “Weeds are amazing and resilient!” Weeds flourish with no food or water, and propagate all over your yard or garden all by themselves. Negative thoughts in your mind are just like weeds in your yard. Negative thoughts survive and grow on their own. Once they are implanted in the subconscious mind they grow and flourish until your whole mind is overrun with negativity and limited thinking. Weeds of the mind are caused by low self-concept, F.E.A.R., and short-term failure.



When we feel inadequate in a certain area, allow F.E.A.R. (**F**alse **E**vidence **A**ppearing **R**ead) or fall short of our goals, the seeds of negativity, uncertainty, and doubt are blown all over the yard of our minds. Over time, they germinate and begin to spread until all we can see are weeds or the problems in life. Unless you deliberately and systematically address the roots and causes, negative thoughts will find a way to coming back and haunt you. You will suffer from a mind full of weeds.

The best mental weed killer you can use is positive affirmation! Affirmations are statement that claim, reinforce, and affirm the results you want in life. They can be both positive and negative statements about yourself and your life, so make sure you are always positive! They should be spoken and written several times a day.

You must consciously affirm and re-affirm the results you want, in every area of your life, everyday in order to choke out the weeds of negativity, doubt, and F.E.A.R.

Examples:

"I am a best-selling author!"

"I expect the best in life!"

"I am a magnet for the people and resources I need to achieve my goals!"

Two (2) Steps That Will Keep Your Mind Weed Free:**1. Use Pre-Emergents**

Stop by your local bookstore or library and pick of some pre-emergents. There are hundreds of self help titles that you can choose from that will do a great job of helping you to keep the lawn of your mind healthy and weed free. Healthy grass will choke out weeds, and a positive healthy mind will choke out negative thoughts.

2. Affirm Yourself and Your Life Daily!

Speak your affirmations with certainty, power, and passion. You must speak in faith! The **Principle of Manifestation** states that your thoughts determine how you feel, your feelings will determine how you respond/act, and your response/actions will determine your results. Just as GOD spoke the world into creation, as children of GOD, we have the exact same power to create with our thoughts and words! Be careful of what you ask for!

Remember... You **CAN** Make A Difference!™

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