



## **Mind Your Garden**

Tony Taylor

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# Mind Your Garden

*The seeds you plant today  
become the realities of tomorrow*



## Coach Tony

illustrated by Sonia Carbonell



I dedicate this to the dreamers, the  
creators, and the influencers of  
the past who inspired me to be the  
contribution that I came here to be!

To my amazing husband: thank you for  
playing this crazy game of life with  
me. I am honored to have you as my  
partner, teacher, and safe spot in life.

I would also like to honor all of the  
adversities in life. Without them,  
none of this would be possible.



# Preface

I remember growing up wishing I had a guidebook to life. I had so many questions and perceived limitations around finding the answers. I remember when I was in third grade, I asked a Sunday school teacher, “how did Jesus move that huge stone from his tomb?” Her reply was not to ask questions and just have faith.

In retrospect, I find it humorous that my childhood questioning was around “moving a stone” and not the resurrection? Nonetheless, despite the request of my teacher to “live in faith,” I continued to ask questions and challenge my status quo.

After years of studying psychology, ontology, and spirituality, I have been able to create a story to serve as a guidebook for others who may be seeking answers to the same questions that had stopped me in the past. There is not one path or book that will work for everyone; however, I believe this five-story series will provide something for everyone. My heartfelt request is for you to “try on” the coaching highlighted in the story. If it fits, great! If not, I want to thank you for “trying it on!”

Life does not have to be hard. Life can be anything that we choose it to be. Similar to our mindset around going of the gym, if we hop on the treadmill with dread and gloom, the run is going to reflect that. However, if we hop on the treadmill with zeal and enthusiasm, the run is going to reflect that as well!

The point here is that we are responsible for how we view and live our lives. You can choose to feel stuck and become a victim, or you can choose to be the example of what life has the potential of being.

Typically, self-development books are 250+ pages of inspiring words, with no color or illustration. There are thousands of them on the market. I wanted to create something different, something easier to understand with fewer words and more color. I believe all of our lives could use a little more color.

I encourage you to have fun with this story, try-on taking your life less seriously and becoming more playful. After all, at the end of this “game of life,” when the sun goes down for the final time, who is to say who has “won” and who has “lost?” Ultimately, all of the pieces get put back in the box — you get put in a hole in the ground and they throw dirt in your face.

**Words in bold** are discussed further in the Glossary at the back of this book.



# Introduction

**HI!** My name is Daniel and I want to talk to you about something that could not only change your life, but potentially change the entire planet. However, before we get into all of that, I need to tell you a little bit about myself.

I am a lot of “things.” However, average has never been one of them. I am the only child born from my mother and father; they were never married and I was the souvenir of a 3-year love affair. My mother had four previous children and my father had six that I am aware of. My father left when I was still a baby and I didn’t see him again until 32 years later, when I peered down on him in his casket.

I grew up as the youngest child, with my mom and her four children. Some would say I was spoiled, but from my perspective, I could barely survive in my own skin. My earliest memory is being sexually molested by a neighbor, and when I confided this to my mother, I was punished. I struggled with other stuff too, such as fear of failure, financial struggle, depression, organized religion, sexual orientation, bullying, and identity issues. I even failed at trying to commit suicide, twice.

I spent more time talking to strangers than I did my own family. I discovered what going crazy felt like, through a period of panic disorder. This eventually led me to **meditation** — it was a **choice** between feeling like my heart was going to explode, or to **meditate**. I chose **meditation** and years later I am now able to sit down without numbing the pain of my past. **Meditation** is a daily part of my **self-care** regime.

Today I have found peace. I've found myself and my expression of **contribution**. I am here to make a difference and that difference is *you* getting the life that *you* desire. What I'm really trying to say is this: my start wasn't very fun, nor did it feel easy. My beginning in life was a series of against-the-grain events and actions that led me to the powerful Truth that I am now. It is in the deepest pain that the seed of your grandest achievement is planted.

For the **purpose** of **contribution**, I feel a calling to share my story. If you can connect with something that I present, take it on and change your life. *That is enough!* I want nothing more in life than to express my truth and assist others in expressing theirs! It has taken my entire life to unfold my current truth. It continues to unfold more and more — faster and faster — every second of every day!

I really hope you enjoy my story about how I used my **adversity** as an opportunity versus as an **upset!**

# Mind Your Garden

As you can imagine Daniel's Mind Garden was filled with bad, unmotivating, and sometimes abusive thoughts. This led to bad, unmotivating, and sometimes abusive actions. He created hurt, shame, and chaos.

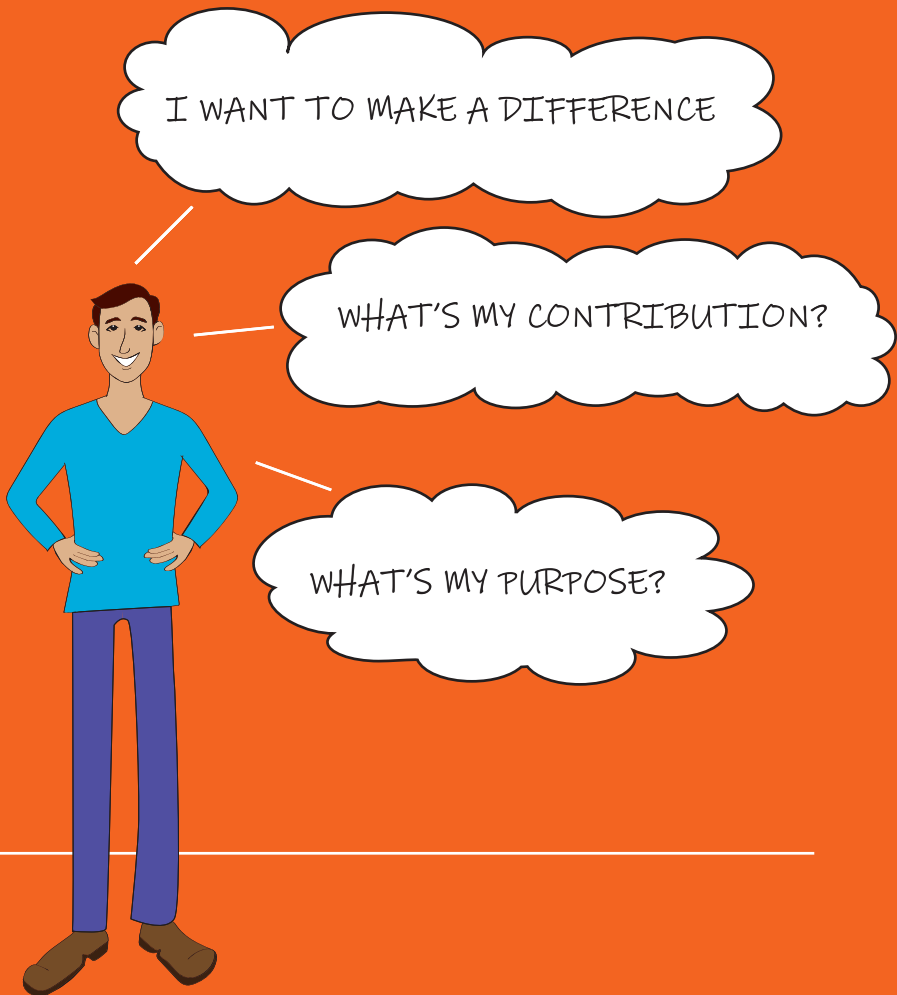


## Coaching Moment

This made Daniel very confused. His intentions were to be a good, motivating, and accepting person. Once Daniel realized that he could change his thoughts and break the cycle of his actions, he saw that it began to change his outcomes! He realized that with different actions, he could create anything in life. He'd been creating chaos when he didn't have to. He could create anything!



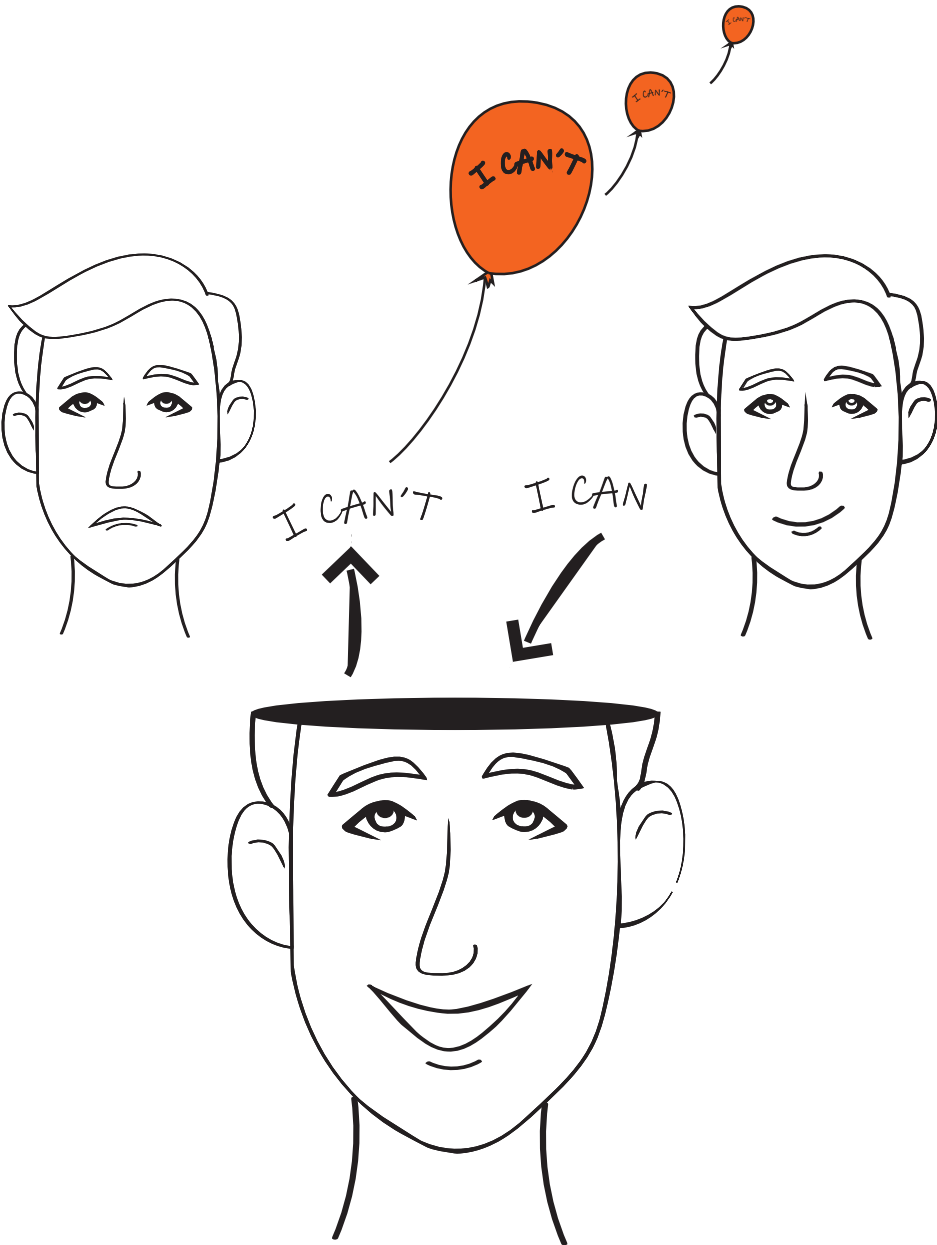
Daniel began to know that *anything* was **possible**. He could even make a difference in the world! All he needed was actions of **contribution**.



Daniel was inspired to understand his **purpose**! He became committed to discovering his purpose and making a difference in the world.



When Daniel noticed a thought that he didn't want to continue, he released it and replaced it with a thought that *does* align with who and what he is in the world!





## Coaching Moment

If you just asked, “What if I don’t know *who* or *what* I am in the world?” Now is your time to discover that for yourself — *IF* you want to be in forward-action.



Daniel realized that understanding his **purpose** was a *must*, and the discovery (or rediscovery, because he already knew it) is what he called, the **Stew of WHY**. His “why” or **contribution**, is deep within; it has been simmering and deepening the flavor of his life.

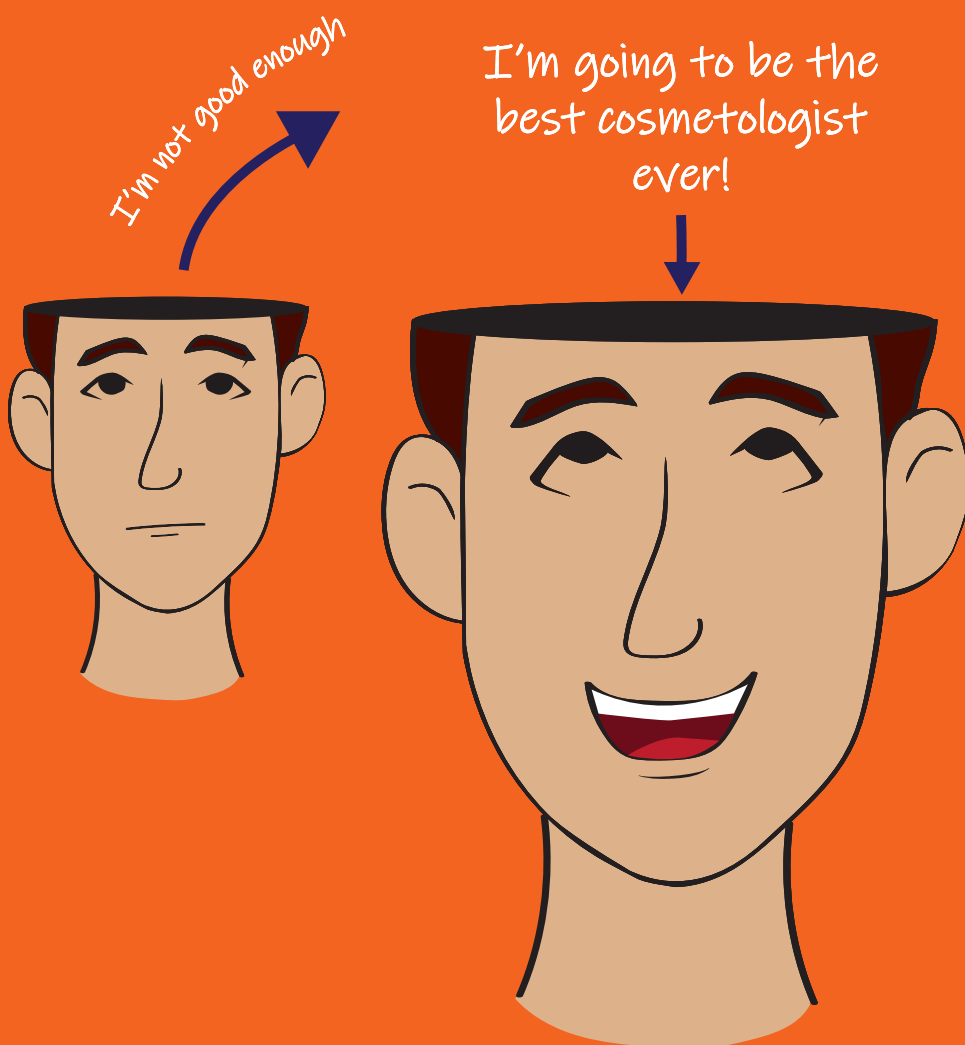


## Coaching Moment

The key is **contribution** — your **purpose** is something that only *you* can do as **contribution**. You already know it — just be still and let it float to the top.



Now it takes something — Daniel had to slow down and pay attention to his thoughts if he wanted to observe them. When he observed them, he got to **choose** if he wanted to keep them in his **Mind Garden** or weed them out and replace them with a new thought; one that aligns with his purpose.



## Coaching Moment

The point is you and only you get to **choose** your thoughts. The more you can observe your thoughts, the more you get to **choose** them! Your goal is that *all* of your thoughts align with your **purpose**!



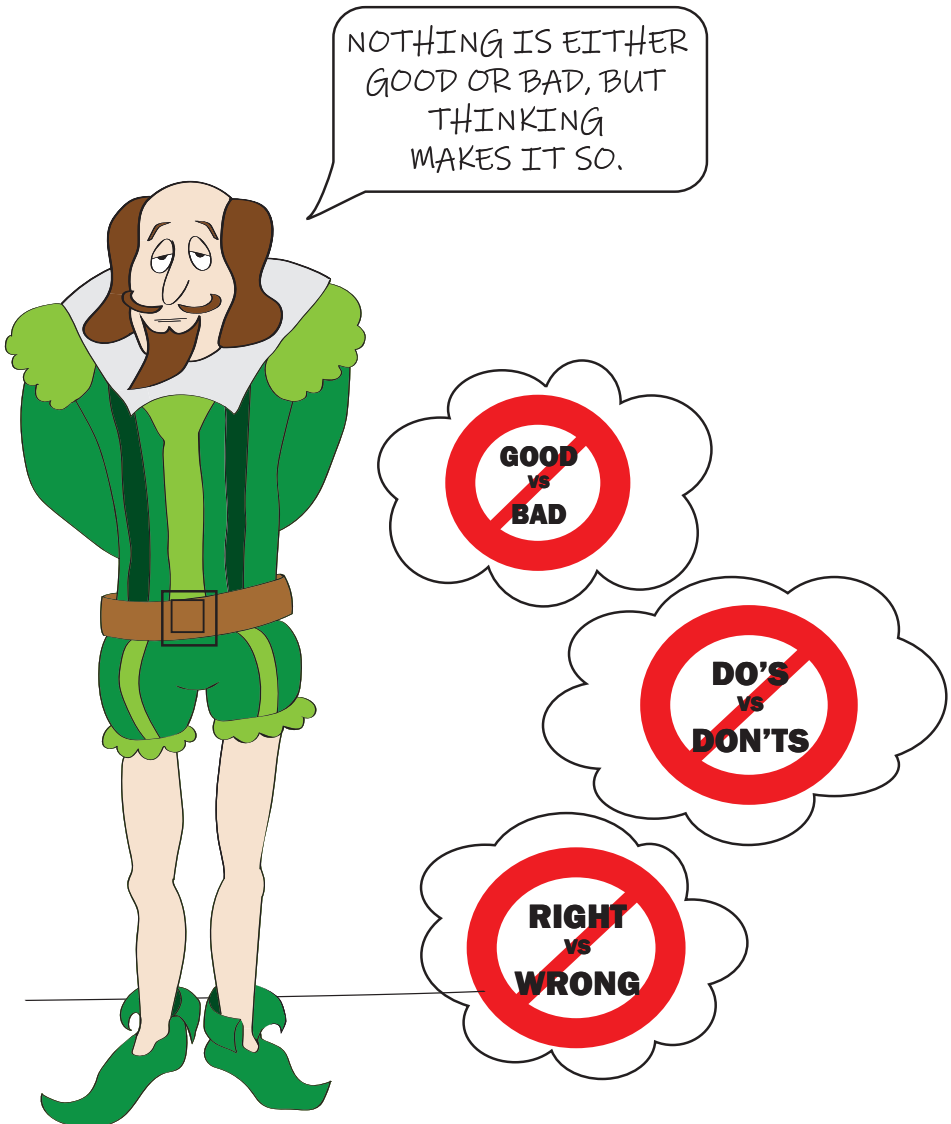
## Coaching Moment

RuPaul, master of self-expression extraordinaire, said, “We’re all born naked, the rest is drag.” We *get to* express as only we can express! **Self-expression** is the *flair* of your **purpose**! True **self-expression** is always authentic. Expressing yourself authentically may seem scary or uncomfortable, especially in the beginning. Just pretend like nobody’s watching; sadly, people are so consumed with their own **fears** and **looking good**, they’ve stopped listening. Just BE yourself.



## Coaching Moment

Shakespeare, the wise wordsmith, said, “Nothing is either good or bad, but thinking makes it so.” We are the ones who create the *Good vs. Bad*, *Right vs. Wrong*, *Do’s vs. Don’ts*. It’s all made-up. There is **only what is so**.



## Coaching Moment

Freedom is living in the realm of **what is so**. Let go of the meaning and the story you've made up and ask yourself, **what is so**? Only then will you find access to actions that align with creating whatever it is that you want in life!







## Coaching Moment

The concept of a **Mind Garden** is to paint a picture of how to be in a practice of replacing your thoughts because it *seems* impossible. Tend to your **Mind Garden** just as you would a vegetable garden — if you plant squash and do not like squash, replace it with a vegetable you *do* like. Just like a perfectly manicured, flourishing garden, it takes time! No matter where *your* garden is, it is perfect.



Below are the steps to creating a perfectly manicured, flourishing **Mind Garden**:

- 1) Mind YOUR Garden (the story you are reading right now)
- 2) Simmer in your Stew of WHY (2nd story)
- 3) Slow Down and Become the Observer of Your Life (3rd story)
- 4) BE the Expression of Your Purpose, as Contribution (4th story)
- 5) Wash, Rinse and REPEAT (5th & Final)



## Coaching Moment

Anything in life is possible! If you are willing and ready to do the work, step through your **fear** and really utilize the time that you have on this planet. Align your life to be such a **contribution**; the planet and universe will never be the same!



That is what I am up to. There is a new den for Daniel.





# Glossary of Terms

*(According to Daniel)*

**ADVERSITY:** perceived difficulties or challenges in life.

**Coaching moment:** it is *through* this perceived difficulty or challenge that allows you to seek the seed of your grandest achievement.

**CHOOSE/CHOICE:** dominion or power to grant what is wanted between two or more possibilities.

**Coaching moment:** there is *always* more than one option.

**CONTRIBUTION:** an intentional act or gift that is vulnerably and authentically given, outside of self.

**Coaching moment:** the key here is *outside of self*.

**EMPATH:** a person who can feel the feelings of others. Empaths are emotional sponges who absorb both the stress and joy of the world. Empaths feel everything, often to an extreme.

**Coaching moment:** it is of the upmost importance that Empaths have a strict self-care regime.

**FEAR:** an illusion that paralyzes mental and/or physical action. We live as though fear is a tall and mighty wall that is impossible to break through.

Luckily for us, fear is an illusion that only *looks* like a wall. It is easier to pass through than you could ever imagine. Feel the fear and do it anyway.

**Coaching moment:** breaking the illusion is as easy as “feeling the fear” and being in action regardless.

**LEAVING THE LIFE LOOP:** taking a *new* thought, aligning the thought with a new action and creating what you want in life. From a place of nothing — there only is what there is — you can create a foundation of freedom and self-expression to take new actions that lead to what *you* are committed to. New actions *always* create new results; not better or worse, just new results.

**Coaching moment:** *if* the actions you’re taking do not lead to what you are committed to in life, *take a new action* that aligns with “said commitment.”

**LOOKING GOOD:** a human portrayal of a perfect life. Social media is a great example where you can see “looking good” in action. Only perfect moments and sunsets are portrayed, painting a picture of perfection.

**Coaching moment:** it is okay to be vulnerable — it is okay *not* to be *okay*! You are whole, complete, and perfect, just as you are.

**MEDITATION:** a time of silence and observation; accepting things as they are right now.

**Coaching moment:** meditation is not all about “silencing the mind,” as that takes time. There are



many different meditation practices available. I would highly recommend the book *Meditation for Dummies* by Stephan Bodian. *\*If you are an **EMPATH**, meditation is a must.*

**MIND GARDEN:** the infinite rows of thoughts in mind.

**Coaching moment:** you get to choose what thoughts are in your mind garden, and what thoughts are not. Remember — what you *think* about, you *bring* about.

**POSSIBILITY:** infinite options without limitation.

Anything is possible!

**Coaching moment:** consider your mindset around what you deem possible in your life. Are you truly open to infinite options? You get to choose! If you can think it, you can create it!

**PURPOSE:** why you are here on this planet, at this time.

**Coaching moment:** purpose is your access to live your life in contribution.

**SELF-CARE:** what you eat, watch, listen to, read, and the people you hang-out with!

**Coaching moment:** be mindful of what you put into or around your body emotionally, spiritually and physically. It is what you will become!

**SELF-EXPRESSION:** authentically sharing your perfect, unique, divine self with the world.

**Coaching moment:** dance, sing and live like no one is watching! It's none of your business what other people think of you.

**STEW OF WHY:** we all have a purpose of *why* we're here. It may seem unknown in the moment and if you allow yourself to simmer in the "Stew of Why," it will be revealed to you.

**Coaching moment:** you already know your *why*. Reflect and connect the moments in your life that you were the most joy-filled. Ask yourself, "What could I never retire from doing?" *That* is where your *why* lives.

**UPSET:** the result of an unfulfilled expectation.

**Coaching moment:** the coolest thing about an upset is they are completely avoidable! There cannot be an upset if an expectation is not present. Remove all expectations and you've removed any chance of upset.

**WHAT IS SO:** the reality of here and now, without adding meaning or justification, a filter-free lens of inside the molecular moment of the here and now. No meaning or justification, just what is so.

**Coaching moment:** we're constantly collapsing reality with our interpretation of reality. When you can drop the meaning and justification around a situation, you see "what is so."

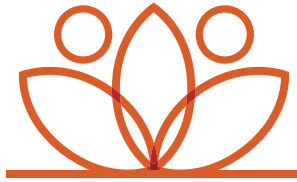
# About the Author



**COACH TONY** is a passionate student of wonder. He has studied Psychology, Clinical Counseling, Ontology, Spirituality, is a certified Gallup Strengths Coach and has a Master's in Business Administration. He is committed to making a difference in the lives of others. He believes transformation is available to anyone that is willing to do the work. For more information on Coach Tony or to book an appointment or speaking engagement with him, please visit his website:

[\*\*www.CoachTony.life\*\*](http://www.CoachTony.life)





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