

GARDEN IN OUR HEARTS

by:

Jhepart N. Casinto

Teacher III, Carbon Elemenatry School

How are you? Are you okay? How are you coping?

These are just some of the questions we usually hear in our everyday dealings. What are our common answers to these? We tend to answer it positively although we were not okay.

As a teacher for years, I must say that life is never easy. We oftentimes encounter different people who challenge our professionalism. With that, we indeed need to know how to regulate our emotions. Nonetheless, from the book I read before, it is also vital to stabilize our minds to overcome such confronts. As a result, when I saw the book of Shona Innes, "Your Mind is Like a Garden," I got interested in reading it and I must say I made the right decision.

One of the lines/statements I admire and inspired me was, "Sometimes, it's lovely to just sit back and watch the garden in our mind – to sit still and close our eyes and listen to the noises in our mind and hear what our mind says to us." For me, this expresses how important it is to reflect.

Being a teacher takes a lot of self-control and courage to continue in spite and despite whatever. More so, you must face the class and all the rest of the people anywhere and everywhere with composure and grace for it is expected of you.

How about you? Have you taken time to listen to your mind, your heart, and yourself? If one's mind is similar to a garden as mentioned by Innes (2017), personally, I think, the garden for teachers is their hearts. Why and how? It is simply because we

always plant and cultivate various emotions into it to fully understand our learners. We are always adjusting to fully nurture them. However, whenever we felt unappreciated, we felt pain and they were like thorns in the garden that continuously prick our hearts.

With that, I believe we can continue in this field with a braver and stronger heart if we only let seeds of positivity grow. Forget and refrain from taking things too personally for you to move forward with a brighter countenance and perspective.

References:

Innes, Shona. (2017). Your Mind is like a Garden. Bonnier Publishing Australia.