"Our minds can become

veritable junk heaps

with dirty, cast-off ideas that

accumulate there little by little.

Years ago I put up some signs

in my mind.

They are very clearly printed

and simply read:

"No trespassing."

"No dumping allowed."

. . .I do not want my mind to be a dumping place for shabby ideas or

thoughts, for disappointments, bitterness, envy, shame, hatred, worry, grief, or jealousy."

Boyd K. Packer (Ensign, November 1977, page 59-60)