



"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)