

## Heal the Soil of the Garden, and You Can Heal Yourself

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Let's focus more directly on the putting of plants into the earth for in the introduction of a plant, not so much the planting of the seed in the soil, you see, but the working with the hands and the face, particularly in the transplanting of the young starts into the earth and the watering of these, in a sense this is a participation in a birth or a first breath or a refreshing breath of a plant and releases a burst of oxygen into the self and the face. If we could describe it, it is more than that. It is participation with the plant in its work and its purpose, its life purpose, if you will. You see, for there is the symbiotic relationship between the human and the plant and in your healing of it and the soil, the soil and the plant in turn heal the self, body, and even the breathing. For the symbiotic relationship depends a great deal upon your breathing upon the plant as you put it into the soil, giving forth the carbon dioxide, to put it in simple terms.

But more effectively perhaps, the breathing of your attitude upon the plant in introducing it to life and opportunity for expression. In this moment of tenderness between the planter and the planted, there is exchange of vital energies for the healing of both, but in opposite directions. As you give forth that which is released from your body and which stimulates the life of the plant, so the life of the plant in turn gives forth its access in oxygen, if you will, but more appropriately, in the full breath returning to the human that which is given in love from one to the other and is the most vital of the healing processes.

Heal the soil and heal yourself. Heal the earth and heal the body which comes from the earth and which was born, which was created from the earth with the natural interdependence of the life which springs from it.

It is your purpose in being placed in this garden that you participate with it and that it heals you, and is the most appropriate and most effective means for the healing of the self in this moment. Not only working with the garden, with planting, with the nurturing of the plants, but in the most literal sense, the healing of the soil itself. For the life of the plant is a participation with the earth, but it is with the earth itself and healing the relationship with the earth, even to the extent that the attitude of mankind has developed over these last few periods or centuries to a tendency within the individuals to think of the soil as dirt and dirty. What a symptom of man's losing of his relationship of appreciation with the earth, and those then who restore the appreciation to the soil and to the earth and to the healing vitality and the ability of the earth's immune system to correct the dreadful influences being released into the atmosphere, the greatest means that one has for restoring this balance is to assure the earth itself of a small portion that the caring for one for the healing of that portion....

(Understand that) the tendency of the body in response to exposures of radiation, whether from the concentrated machine processes as applied to this body or the releases that have come from that accident in Eastern Europe which wash upon your shores and in your soil, even in your animal life, in this island, and from so many other sources, some of which are not even recognized as sources of radiation, even in the types of over-amplified music as are put out and

so bombarded upon the atmosphere and the consciousness of those about it, your projection screens. From so many sources you are getting waves of energy too little understood in the present, and if seen so literally for what they are, would be a little startling or even horrifying by those who or to those who study such things.

Yet your heart has perceived a principle here that is gratifying in the manner that you have seen it -- that there is both in the earth and the human body and in the process of nature as a natural gift of the Source of God, giving to these life systems an ability to attempt at least to build immunity to that which is introduced into his system and into the life processes about. Now these in proper understanding take some time for the body to build such immune systems, resistances, tolerances to these things, so that it is often difficult for an individual in a single lifetime to sufficiently immune the self, that is that the immunity must be built through homeopathic or very small exposures over time to allow the body this building process of creating the immunity.

Yet it is true and a fact that as you take materials from the sea and from the land, allow these to go through the natural processes of breaking down and renewing themselves, understand, it is difficult. It is not quite tolerable on the body to take directly contaminated plants. That is to say, avoid taking living plants exposed to doses of radiation as came recently from that reaction and eating plants directly. However, though your soil has been so affected, the planting within it, the composting, and then the reintroduction of life from it, in the second growth of the plant, will be then the immunity factor, the transmutation that will allow your body to build the immunity that you seek or speak of.

And then to say that further in this manner, the use of composted materials, whether of straw and grass and such, even if these have been exposed to presences of radiation, the introduction of these to the composting cycle, allows for the transmutation, the alchemy that has virtually happened in your own body and life and mind.

Use as an example that exposed to the danger that could have caused death of body, mind, and soul. For you see, you've progressed, didn't you, from the threat to the body, to the threat to the emotions, and to consciousness, to the cycling of guilt and fear and regret. These following one upon the heels of the other as this concentrated requirement for initiation to put your body, mind, life, in due perspective and begin a new life which is brought to a point that seems in some ways a soul exhaustion and the rebirth and renewal, the necessity to return to the land and to feel harmony and to feel peace with self that you might grow and go out and do the work that you know you must do.

After this period of renewal to harmony with home and land, with garden, with self, and the completion of the healing and the bringing forth of new life within you, you've understood the principle here. And this principle that has taken destruction forces, cycled them through you to life or alchemy, so this process is present in the ocean, in the earth, and particularly in man's symbiotic relationship with these. The participation of the turning of the cycle of death into life, for it is that we refer to in the composting.

The chemical analysis in discussion of such is not so vital in the understanding this process as it is to understand that you take living through its decomposition and death, incubate it in the earth and bring it to a new cycle of life. And as this new life springs, so ultimate healing is present in those new shoots that come forth from the earth, an ability to cleanse virtually anything in its springing forth into new life.

Those who participate directly in the process without in the meantime in the attempting to force the growth, introducing further death factors as chemical processes and such, but those who participate in the death/life cycle of the earth, these are healed by the earth and strengthened and given the ability to speak forth, to go forth and to give to the atmosphere and to others the life that will allow the body to build an immune system, even in the presence of bombardment of radio-active energy and microwave forces and the influences of disturbing vibration in the atmosphere, whether of sound or chemical and of radiation from the sun. All these things thought to be such threat can be overcome through the building processes of the body and what you're calling the building of immunity, really the evolution of the body and the responses to the threat of the environment process that has ever taken place on the earth....

..... You are beginning to become in harmony with life, the soil, and the earth. Oh, you've yet to sufficiently appreciate the ability of the earth to protect those in harmony with her, and if each could learn that lesson, those wherever they are about the face of the earth, those even in zones which are so subject to violence of the earth changes, those who build a sufficient symbiotic relationship with the earth on which they live, that they heal here are protected by her even in her times of disruption that are the result of the scarring of the introduction of disease to her skin, and her surface and her systems, yet her own immune system protects itself and those who participate in the building of it and even in the most dramatic times of change.

Then make of your life and your harmony with the earth such that you become sufficient on your land, that you build a harmony with that and an ability to live on that which you produce. Become less dependent upon economic systems that reach out beyond your relationship with the land, but let yourself form a harmony with it that gives you an independence from the artificial systems out there, and so be prepared in your relationship to survive those times when others have suffered from their dependence upon taking all things, food and shelter and clothing and economic exchange from beyond that place upon which they live. Those who live in harmony find themselves not so subject to the difficulties of those changes which cut off the people who have no relationship with their soil and no participation in the provision for the survival of their own lives because of a direct relationship with the harmony of the earth. That is the most protection that anyone can have.

And while there are changes as come which affect this island, and it is subject to some of the devastation that comes both in the changes of climatic conditions as

you've already seen and changes in weather systems. Still it is true that those who form healing relationship with it their environment are protected by and are lifted up as others are cut off and

subjected to the changes. This is the best that you can do, the highest, the most healing and the most protective of self and family.

Does well as well as you come to the graduating of this phase, this phase of completion of your healing and your harmony with the land, the bringing to peace and balance, there is also a time for the communicating, even the writing of your experience. So important for the sharing of your experience of transmutation of what would have been and was to many tragedy, the alchemy of that into such a positive step of growth in your own life, this is inspiring the instructive, and should be given or shared and not kept to the self, but given to those who also need such a process, such an experience of alchemy and transformation from that threat that comes into their life.

Then as you are able and feel that it must flow forth from you, allow yourself that process even as you move into healing of others as that time comes for the giving of

the healing process. This quickly comes then in your own building and renewal, your time of rest and then going forth again in the natural cycle, the rhythm, that which is come upon you. Now that is sufficient to this study as we see the record for this one. We are through with this process.

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