

Living in Harmony with Mother Earth



Q. What is the deeper meaning of living in harmony with the Earth? It seems that mankind has become so far removed from the natural cycle of things that we will never get back in balance. Help!

Good Day we say to you. To answer this, we must first talk about the importance of the four seasons. We say to you, it is of the utmost importance to become as natural as you can, even if it's only in your heart at first. By that we mean, you are in a physical body and you dwell on a physical plane; therefore, you must align with that environment as best as you can, in order to be in balance with yourself then with the world. If you follow man's manipulations of nature; and for example, you eat man-made or genetically altered foods instead of natural ones, your body will be out of balance, resulting in an underlying unhealthy state of discontent and unhappiness.

natural patterns inherent in nature which you can learn about and follow once again. Find this path home to where you once were. Listen to the lesson of your native forefathers, for they hold the key to this path. They knew how to live in perfect harmony with the elements; and, so must you learn for that is where you will find ultimate balance and regain your happy heart.

Without a connection to nature, your lives are without real meaning. There can be no logic to your wanderings and that leads you into living an artificial life, which is the source of all unhappiness. Separation (from nature) is the key to loneliness. Your innate sense of loss stems from not being in the natural flow and rhythm of the life that surrounds you. You have forgotten the importance of living life within its natural cycles and seasons.

With this question being asked, we say it is time to call yourself home to your natural state of being. Establish a daily routine where you can quiet your mind and allow your heart to speak to you. In your meditation, ask for your Native Forefathers' spirits to come and connect with you. Ask for guidance in learning how to live in harmony with the land. Ask "What can I do to be more in tune with the natural, rhythmic cycles and stay in balance, even if I live in the midst of a concrete jungle?"

We say, many people ask, but few listen. We say, become still and listen for the response; and, let yourself be pleased with whom you connect, perhaps even surprised at what is revealed to you. Reacquaint yourself with the knowledge of the natural cycles of the Earth – the moon's phases and cycles, the sun, the planets and the stars – for they all hold deep meaning in your life. Study [astrology] and learn from it, for there is so much more for you to know about physical reality than you realize. Get back to living in connection with the Earth as much as you can, as quickly as you can; and, let all of the artificial stuff go, for those things only seek to complicate your life.

Make a conscious effort to align with nature, even if your contribution is just a silent prayer in your heart. Your thoughts are real in our greater world! Continually seek ways to reunite with nature, and live in balance and cooperation with these laws. This is where true happiness is.

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Excerpted from "Heaven Help Me! Answers from the Angels"- Coming soon to a Kindle near you! Watch this space for updates.