

Nature Well-being

by Egbert Brons and Marjorie Pennings

During a training weekend that we attended with Marieke de Vrij, we, Marjorie and Egbert spoke about our activities within Obod. Marieke told us that there would come a channelling intended for the Obod network. Marieke de Vrij is since 1980 on a daily basis inspired by the spirit world in order to stimulate individual and social development. She has exceptionally bright fine-sensory perception abilities and by means of her channellings her guides give answers to questions which are of individual and social significance. Marieke is able to sense the individual and collective field of consciousness and the multifaceted potential lying in it. She inspires many to come to an expansion of their existing knowledge and skills. She does this by giving talks, lectures, workshops, gatherings and theme related consultations. Sitting together with Marieke we received the following message from the other world.

"In towns more emotional depletion takes place, with the result that the general collective field in the towns suffers from exhaustion. The surrounding nature around cities suffers exceptionally from this. Normally nature not only surrounds the towns, but nature is able to fan its enchantment out into the town too. Now, the town heaves over the surrounding nature with an extra heavy energy field pressing onto the natural life in and around the town. The immaterial guides have urgently requested to pay attention to the assistance and restoration of the energetic value of nature and to help expand nature around cities. This is in the interest of the people and all that lives and the ongoing processes in towns. Everyone can grant his heart to this in their own way. Nature organizations and landscape architects too could be called upon as well as groups who can work energetically with nature.

In the light of current developments such as expansion of cities, industrial estates, motorways and the increase of restlessness in the cities, this does not come as a surprise, however it touched us deeply.

In a follow up session that we had with Marieke we received a lot more information from the other world. Two hours of channelled text followed. So much that we have decided to continue working on an article for all members of Obod and to create a website with additional information.

We have among other things received information about how nature can contribute to reversing the above process and what kind of energetic actions could be taken to revitalize ourselves and nature.

Let us take one of the central virtues of Druidry in mind: Druids feel responsible for their environment and they take action. Druids are environmentally conscious. They know that everything is connected to everything, and that it therefore is important that we are careful with all that feeds us, provides us with air and quenches our thirst. Druidry helps us to get back in touch with nature and our deep connection with nature can also invite us to be active in the field of nature conservation. Caring for nature and the planet is a central theme in our thinking.

What kind of influence does nature have on people? Fortunately, almost all people find that nature has a healthy and soothing effect, according to a survey carried out by a health insurer. Thus, it is thought that a visit to nature helps with psychological problems. And eight out of ten people think that treatments in nature have an added value compared to treatment indoors. The Japanese have even coined a new word for the health benefits associated with the time we spend in nature: *shinrinyoky*, or wood bathing. Research indicates that nature invites us to be in the Here and Now. This increases our attention and interest, as well as our self-confidence and enjoyment of life. Contact with nature is doing something with our brains because the constant inner chatter can be quieted and the nervous system can relax. Trials in hospitals and prisons show that patients who had a view of nature healed faster and that prisoners who were looking out on nature were sick less often. Even office workers working in a green area, have demonstrably less stress. So it seems beyond doubt that the experience of being in nature has a calming effect that reduces stress. Something we already believed long since within Obod, but what becomes ever more known and confirmed in wider circles.

Even the animal kingdom contributes to our well-being. Each animal has natural core values. We all have a subconscious that reflects something of animals. Previously we looked up to the birds, they could do the impossible. We looked up to the animals that could develop incredible speed and those that possessed great strength. And when we were sick, herbs from nature brought the solution. Thunder, lightning and rain were experienced as part of the overwhelming power of nature. In this time this feeling fades because we 'can do everything much better', and many shield themselves from nature. Restoring the appreciation of nature is about remembering the natural healing value of nature. Not in an outer, but on an inner level. To get to know nature, you should really

open your heart to animals and plants. For all living things. It is valuable for everyone to re-learn to relate to nature and re-learn to connect with nature.

A new development in this connection with nature is acoustic agriculture. Emoto, a Japanese researcher, has shown how music has a significant effect on the molecular structure of water. Korean research points in the direction of the effect of sound and music on the growing- power of plants. And Cleve Baxter noted during experimental research that plants even respond to the thoughts of people present in the room where the plants are. So it seems that research is finding evidence for the concepts that have been practiced in the spiritual centre Findhorn long since. We can strengthen plant growth with sound, awareness and attention, and energy. All this points in the direction of the greater intelligence of the natural world.

So healthy nature brings a lot. From the other realms there are, through the channelling of Marieke, put forward as many as 36 concrete points in which nature supports us. Here are some that appealed to us:

- The self-healing capacity in humans is enhanced.
- Unnatural urge to control is eradicated.
- Our true nature is more consciously experienced by the vibrations of the natural life of plants, trees and animals.
- The intuitive skills of people in relation to each other is increased.
- The memory strength increases about essential matters.
- Being carefree is accelerated when you are surrounded by nature.
- Burden of proof in order to be different than who we are, is lacking in nature.
- Limited thinking cannot be maintained in a natural environment.
- Taking responsibility for our calling is emphasized in a natural environment. Many are guided by impulses from third parties or social standards. Nature puts these down.
- Nature promotes natural thinking and natural feeling.

So there are a lot more valuable points put forward from the other world. If you want to read more go to the website www.urbannaturemovement.org.

That nature brings us very much is clear, but what is currently going on with the nature surrounding cities?

In the channellings of Marieke it is worded as follows: "City life scours as it were increasingly against nature. Bounding plots to cities are often used, for example for drainage systems, and other networks to serve the city. What makes the underground energy systems as well as those above the ground become increasingly disturbed."

"Apart from that, I perceive that children, especially young children, who were previously embedded in innocence and knew natural playful behaviour, are becoming more alert, and behave less from a natural life flow. Children have become more alert, more sensitive, but less grounded and less embedded in rest. Where previously children were able to help adults rebalance by their playful behaviour, this method of rebalancing is less available. That makes that the air element of thought, is stretching city residents more towards an attitude of pretence, than under more natural circumstances. It also makes the handling of matters, including the handling of nature, little grounded and aware in people. Whoever devalues anything of value ruins the energies that are flowing widely in support of humanity. Similarly, natural foods are insufficiently valued and are extremely wasted. It has to do with the natural manners like showing respect for the material realm. And if you do not value matter as condensed energy, you are no longer pure in what you leave behind with your actions. This excessively restless behaviour has an impact on nature." It puts a strain on the water resources, it overtaxes the condition of the land on which they live and it overburdens the mental abilities of people who do not become happier as a result.

What can we do to help rebalance nature?

Through the practice of Druidry we hope to become firmer and easier in contact with Awen: honouring Awen as our life energy and the divine spark that animates all life, is central to the meditations and rituals. And that this life-stream is perpetual in motion, we soon learn when we have experienced several full-year cycles, with the changing seasons. One summer wet and erratic, with a ruined harvest, the next year hot and dry. We do not only feed ourselves with the inspiration of the Awen, but keep the flow moving, inside and outside of us, by passing it on through our creativity and creative power.

The information provided by Marieke calls us to reflect consciously and explicitly on the principle of reciprocity or Ayni, as it is called in the Andean tradition. Ayni is a way of "doing and being", and many people in the Andes live according to this principle. In personal terms it means that you are always aware that you are in a constant state of exchange with the field of pure energy in which we live. In social terms, it means that a

lot of work in the community is being undertaken jointly and services and favours are exchanged back and forth. Ayni is also seen as the creative principle in the natural world. And from this point, it is therefore very similar to the Awen. According to the Andean tradition, we live in a constant exchange between our own energy fields and the energy of the greater whole. Reciprocity means awareness of the continuing pattern of giving and receiving of this energy, both with the natural world and with others around us. Mother Earth receives many blessings in ceremonies that take place in her honour in Peru.

The message from the other world contains an invitation to perhaps once again consider how we can be in service to nature. It is quite tempting to enjoy nature and our connection to the wheel of the year and as a druid to find healing through the light and the vitality that Nwyfre gives us. When we respect nature, we recognize that nature is older, wiser and much stronger than us. And in these times in which nature has a difficult time on our earth, it means that we can choose for what Tom Cowan, an Irish-Celtic shaman, calls "acts of inconvenience and discomfort". In different ways we can allow minor or major inconveniences in our lives, and thereby give a mark of respect for nature. Taking a walk more often, instead of taking the car, hanging the washing to dry on the line, turning the central heating down a couple of degrees. But these are, of course, all things that we as druids are aware of.

If we want to revitalize nature around the cities once again so that nature can breathe out over the city and city dwellers to refresh them, we can pick up a few things.

What we have learned as druids we can apply to the ecology of our cities. "As above, so below, as without, so within". By being connected to the light ourselves, we give our gentle footprint on the earth where we walk. But we can even more consciously use our abilities of focused thinking and creative manifestation to actively imagine how a clean, healed ecology of a city might look like, how you would experience, what you would feel, smell, taste and hear. You can, for example, alone or with others do a meditation in which you visualize as good as you can, a clean city, a green city, a natural city. With all the trimmings. As if it has already been materialized in the Now. It is important, to have a clear image in advance about the qualities being reflected by this natural city. Balance, vitality, naturalness, purity? What would happen in a city like that with the faces of the people, how would they walk and interact with each other? How would nature in such a city look like? What would you experience in this area, how would you feel in such an ecological city? If you have visualized it as specific as possible, you do it one more time in meditation. As specific as if you can see it, hear it, feel it and taste it.

You can for example bless a place. Giving a blessing means you are aware that you are alive and that Awen flows through you. If you connect with this and you pass this consciousness on to your surroundings, everything around you will receive a huge flow of Awen. By blessing with an open heart everything around you will be touched by the festive, loving and vibrant energy of the blessings that you give. This way you can with an open heart and light body, reach your arms and open your hands to give your blessing to a place in a city or in the countryside. You might say: "I give you joy and love. May anyone that comes here, be blessed with joy, abundance and well-being."

If you live in a city, you can consciously do a meditation to connect with the spirit of a neighbourhood or district. When you have made contact with the Spirit or Guardian of a particular area, you could ask what it needs to become vital and flowing. Start with the preparation that you are used to do prior to a meditation. You can activate your light body, move, sing or drum to come to your appropriate meditative state. Then ask the place where you are, to reveal the Spirit of the place, or the other beings that reside there. Accept the information that comes through and thank the Spirit. If at all possible, carry out the suggestions and requests from the spirit of the place. You can bring an offer for the place anyway. You can also give your positive intentions for nature from your heart, through the soles of your feet (as if you have symbolic root system under the soles of the feet), to the roots of plants and trees as a personal shower of kindness and care.

You can also connect with nature projects, start a project yourself, even just help with a nature clean-up day or support nature conservation with a donation. In addition, you can perform energy work as described above, to rebalance nature that is surrounding our cities. On our website you will find more suggestions to do so. In the Netherlands projects as urban gardening or collectively meditating in the City Lights project are winning in strength and popularity.

The energetic work you are doing causes the magnetic field of the Earth to manifest itself stronger than before. So if people connect powerful and energetic to the earth and live with a healthy relationship to the earth, the earth can support them and they support the earth. It is a mutual encounter.

For more information and links to various initiatives, please visit:

www.urbannaturemovement.org.