

IN HARMONY WITH NATURE - Part 1

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Whether you are planning a pregnancy or raising a child; seeking better health, fitness, or medical treatments; planting a garden or producing agriculture; teaching or pursuing an education; starting or building a business; designing architecture, building or decorating a home; composing music or creating art; reporting news or producing media programs; training for wars or diplomacy; managing a corporation; or governing a country, one *modus operandi* is superior above all others. It is being “in harmony with Nature” because this will always produce the best outcome over the long-term. Anything that is not in harmony with Nature creates havoc, chaos, turbulence, and ill health. Disharmony is unsustainable, doomed for failure, and self destructs over time.

Harmony is the quality of forming a pleasing and consistent whole; the state of being in agreement or concord and at peace. It is the golden ratio, golden mean, or divine proportion in architecture; geometry/Vedic mathematics: <https://www.jain108.com/>; galaxies; nature; and the human body. In greek mythology, **Harmonia** is the immortal goddess of harmony and concord. Her Roman counterpart is **Concordia**. Her Greek opposite is Eris, whose Roman counterpart is Discordia.

Statue of **Harmonia** in the Harmony Society
Gardens in Old Economy village, Pennsylvania

Nature is the physical force regarded as causing and regulating the phenomena of the world. In other words, it is the phenomena of the physical world collectively, including humans, plants, animals, the landscape, and other features and products of the earth. Nature is also the basic or inherent features, character, or qualities of something; the inborn or hereditary characteristics as an influence on or determinant of personality.



Nature is guided by specific Natural Laws and has evolved over millions of years to perfect its eco systems for reproduction, survival, and adaptation. For man, woman, or any corporate entity to think that they know better and can control, improve, or change Nature for its/their own gain, (e.g. GMOs, geo-engineering) reveals the height of ignorance. Or worse, criminality for the generations of harm produced. In Nature, every little thing makes a big difference.

Natural Law, (Latin: *ius naturale, lex naturalis*) is law that is held to exist independently of the positive law of a given political order, society, or nation-state.

It is determined by Nature. The law of Nature is implied to be objective and universal. It has been around since the beginning of time and governs the the vast harmonics of the whole Universe to the smallest frequency of a cell. The concept of Natural Law was

documented in ancient Greek philosophy, including Aristotle, and was referred to in Roman philosophy by Cicero. Modern Natural Law theories were greatly developed in the Age of Enlightenment (Europe's 18th century of Philosophy), combining inspiration from Roman law with philosophies like contract theory. Cicero influenced the discussion of natural law for many centuries to come up through the era of the American Revolution.

Throughout history, Natural Law has been exploited, hijacked, distorted, and/or manipulated by just about every culture, religion, and government to seize control of others for power and gain. Hence, people everywhere often feel helpless, stressed, and overwhelmed because they are in disharmony with Nature and losing control of their lives. Most governments no longer govern for the people, by the people; nor, are they accountable to the people. They have invaded and dictate every aspect of our lives with an agenda that benefits themselves and their special interests. The pied piper of greed and fear has led the global masses down a path to the pathetic state we are in today; and our health, environment, and liberties have severely suffered in the process. An interesting article on this topic is: <https://blog.nomorefakenews.com/2019/11/29/secret-societies-revisit/>

However, we still have the ability to think and our economic power. So, we need to make good use of this in every way possible.

To restore harmony, we can no longer ignore the causes of the disharmony. In addition to thinking for ourselves (meditation enhances this), and using our economic power, there are several other things we can do to help restore and maintain harmony in the world around us. One doesn't have to be an expert to determine if something is in harmony with Nature or creating disharmony. But, in order to get back to Nature and protect our children and future generations, we must address the political factors and their flaws, which now control so much of our lives. Below are some tips:

1. The first place to start is within yourself. Are you properly nourishing yourself and your children with the basics of life that are in harmony with Nature, or do addictions and bad habits dictate your life? Observe the kind of TV, movies, music, friends, hobbies, at work, and lifestyle you are being exposed to. How often do you connect with Nature? When the human body is being physically, mentally, and spiritually well nourished in harmony with Nature, it is healthy, beautiful, strong, mentally clear, happy, and productive. Physical and mental illnesses and birth defects are nonexistent; and thus, there is no need to medicate. Off spring produced are also healthy, beautiful, strong, mentally balanced, happy, and productive. If you or your children have a health/mental problem, it is because something you are doing or were exposed to was/is not in harmony with Nature.
2. Is your home interior and exterior environment in harmony with Nature? (e.g. cleanliness, air, lighting, sound/noise, building and furniture materials, design, Feng Shui, clutter, EMF exposure, etc.). If not, identify the problem areas and how to best correct them. There are many good online sites or books on this topic that can be obtained from your local library. Always work with Nature.
3. Is the food you are consuming in harmony with Nature? Is it fresh, organic, and as close to nature as possible? NOTE: Good health begins in the soil and biodynamic is the best

form of organic agriculture. Read the small ingredients section of everything you consume. Buy and consume only organic foods/products from reputable markets, brands or sources, and ethical producers. Don't hesitate to call producers and ask questions or for a copy of their independent testing. Ensure that the food you eat and feed to your children and the liquids you drink are free of contamination, harmful ingredients, toxic chemicals, GMOs, endocrine disruptors, refined sugar, damaged oils, addictive substances, and not from factory farms. AVOID most packaged and processed foods that contain sugar, additives, damaged oils, and toxic chemicals that play havoc with one's hormones and immune system.

4. Is the water you bathe in, drink, and cook with in harmony with Nature? Only bathe in, drink, and cook with clean, pure (non-fluoridated), structured water. Water is vital for life and hydration of all your cells and organs. It is the medium that enables the cells to communicate with each other. Treating the masses with an industrial waste, under the guise of public health through our water supply, is not only highly unethical, it is harmful, very costly, and certainly not in harmony with Nature. To learn more go to: <https://www.dancingwithwater.com/>, <http://fluoridealert.org>, and <https://fluoridefreeaustralia.org/>. Our drinking, cooking, bathing water needs to be clean, pure, structured, and free from all medical/dental treatments.
5. Are medical treatments en mass being mandated for you or your children without your consent or consideration for individual medical issues or biochemical individuality? Mandating injections (vaccines) containing toxic metals (e.g. mercury, aluminum) and viruses into babies and pregnant or nursing mothers and denying medical freedom to parents under the guise of public health is highly unethical and medical tyranny at its worst. Isn't this freedom what all those wars were fought for? All medical or dental treatments should be between a patient and their doctor. It is unacceptable in a free society for government bureaucrats who receive large amounts of money from industry (conflicts of interest), to take away parental rights for their child's health care. This is a big election issues! Parental rights for medical freedom and control of their child's/children's health care must be restored and respected. Health decisions need to be removed from 'bought' government bureaucrats and payments to politicians from the pharmaceutical industry and other special interest groups need to be outlawed.
6. Is life and the environment (air, water, soil, food) where you live in harmony with Nature? Or, are you and your family being poisoned with cancer-causing chemicals (e.g. herbicides, pesticides)? HOAs and local Councils are some of the worst offenders. Identify the problems, who is responsible, and stay well informed as best you can on important issues. Link up with others, focus, and become environmentally active in your local community. Demand your local government or HOA stop the pollution and remind them that they will be held accountable for harm done. (e.g. Recent law suit against Bayer/Monsanto in CA, USA). Also, notify business polluters that you will no longer buy their products until they stop polluting the air, water, soil, and/or food supply and clean up their act. Teach your children about the connection between their inner and outer environment; the value of a clean, safe environment; thinking for them self; and using their economic power to ensure they are in harmony with Nature. Apathy or ignoring these issues will only create more disharmony down the line for you and future generations.

7. Are you and your family being exposed to environmental pollutants, toxic metals and chemicals, endocrine disruptors, and/o neurotoxins from monopolistic industries (e.g. power, CSG, mining, petrochemical/pharmaceutical, military industrial complex, water providers, and communications)? If so, pressure needs to be put on government and regulatory agencies to be transparent and strictly enforce laws that protect consumers, our children, wildlife, and the environment from pollutants, toxic chemicals, endocrine disruptors, and/or neurotoxins. Let them know that this is unacceptable and they too will be held accountable!

8. Identify which organizations and businesses are in harmony with Nature. Support and learn from the organizations that are working tirelessly on our behalf to restore harmony back into our world. There is strength in numbers. You can learn more about these wonderful organizations in *Masters of Health Magazine* (MOH):
<http://MastersOfHealthMag.com>, *Nexus NewsFeed*: <https://nexusnewsfeed.com/>; *The NZ Journal of Natural Medicine*: <https://www.naturalmedicine.net.nz>, and elsewhere.
Organizations working to protect our harmony with Nature are: Moms Across America: <https://www.momsacrossamerica.com/>; Children's Health Defense: <https://childrenshealthdefense.org/>; Fluoride Action Network: <http://fluoridealert.org/>; Fluoride Free Australia: <https://fluoridefreeaustralia.org/>; Dr. Vandana Shiva: <http://www.vandanashiva.com/>; Navdanya: <http://www.navdanya.org/site/>; Organic Consumer's Assoc.: <https://www.organicconsumers.org/>; Global Energy Parliament: <https://www.global-energy-parliament.net/>; World Beyond War: <https://worldbeyondwar.org/>). Also, learn from their contributors.

9. Is your state and federal government governing in harmony with Nature? Or, are they turning a blind eye to the poisoning of your environment with toxic, cancer causing chemicals? Email your Reps. and Senators on important issues and let them know the issue you are contacting them about is an important election issue to you and your family. Some of them do listen and if enough people did this, it would make a strong impact and a big difference. Also, demand election reform that guarantees fair (not computer rigged) Democratic elections with paper ballots that can verify the results. Also, let them know that you want real finance reform, which will get PAC money out of politics. In other words, you want them to govern in harmony with Nature, for the people, by the people, and accountable to the people. This was the intent of the American Constitution.

When industry implants in government talk about 'the science,' be aware that currently, there are two types of science. Corporate science (industry financed with a controlled outcome) and independent, real science. "Unfortunately, for humankind, corporate and military interests have hijacked science research. They drip-feed think tanks and selected educational institutions with cherry-picked data for purposes of economic geopolitical agendas - very few of which have the long-term welfare of humans in mind." Duncan Roads, Editor of Nexus Magazine.

When planning a pregnancy, the best guide for knowledge and wisdom to learn from is Mother Nature. Learn what the basic needs of the human body are, consider biological individuality and your environment, and nourish well. This means avoiding anything that is not in harmony with Nature, including junk food, drugs, endocrine disruptors, neurotoxins,

GMOs, harmful chemicals, pharmaceuticals, and other pollutants. When parents live in harmony with Nature, and provide all the basics of life that are needed to create and grow a healthy baby, the outcome is immensely rewarding. To learn more go to:
<http://www.NourishingBasics.com>.

When it comes to raising children and making important decisions, including medical decisions, no one knows that better than a mother. And, the organizations that best exhibit this are: **Moms Across America:** <https://www.momsacrossamerica.com/books> and **Children's Health Defense:** <https://childrenshealthdefense.org/>.

Unfortunately and too often, the controlled media and Hollywood movies disparage mothers and the value of motherhood. Notice how government bureaucrats treat mothers like idiots and motherhood as insignificant and in need of government oversight, along with big pharma's vaccines and/or drugs as the panacea for everything. In fact, a healthy mother, with good nutrition and her instinct, knows better than anyone about what is best for her child. Don't ever underestimate a mother's intuition and instinct, which has evolved since the beginning of time. See Zen Honeycutt's book: UNSTOPPABLE!
<https://www.momsacrossamerica.com/books>. Several other informative sites to explore are: <https://www.naturalchild.org/> and https://www.naturalchild.org/articles/peter_cook/

Remember....

If you and your children are suffering from dis-ease, distress, physical or mental ill health, and overwhelmed about what to do; meditate and reconnect with Nature.

When raising a child or trying to improve your physical and mental health and/or environment, always ask: "Is this in harmony with Nature?"

For more tips on living **In Harmony With Nature**, see Part 2 in the next issue of Masters of Health Magazine.

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IN HARMONY WITH NATURE - Part 2

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Living in harmony with Nature is not easy in today's stressful world. Over crowded cities with too many people, cars, and clashes of cultures; constantly increasing high cost of taxes and the necessities; corporate monopolies or oligopolies; over reaching government regulations and loss of liberties; increasing crime and poverty; sickness care industries exploiting the masses; pollution and weather chaos; rapidly disappearing forests, habitats, and wildlife; earthquakes, volcanic eruptions, floods, droughts - to name a few. Why aren't our highly paid elected officials addressing these important issues? Why don't they govern in harmony with Nature?

For the longest time, it was thought that survival depended on being the fittest. However, recent studies now reveal that survival depends on **adaption**. We know that stability is an

important part of maintaining harmony. Plus, the older one gets, the more stressful and discomforting change becomes. None the less, change is the only permanent thing we can count on in our rapidly changing world. So, adapt you must!

The best way to alleviate the stress involved in change is to mentally and emotionally plan for, or at least think about, possible changes (plan B & C) that may occur in the future; learn how to meditate; and remember: Crisis = Opportunity to make changes you normally would not make. Also, remember that there is always a reason for major events, though not always initially visible.

In fact, the need to plan and adapt to changing life situations is very much a part of modern science. Hans Selye, MD, who was awarded the Nobel Prize, defines stress as adaptation to change and stated, “When we fail to adapt to life’s changes, we create increasing levels of distress in our lives. Those who adapt to change will experience the same stress, but as euphoric stress.”

According to Dr. Selye, the body reacts to stress by mobilizing all of its available energy. If the body cannot produce enough energy to overcome the stress, the body automatically reacts to in three stages: *Alarm*, *Resistance*, and *Exhaustion*. Prolonged stress forces the body to pass through all three stages. Each stage has a particular biochemistry and specific conditions.

The *Alarm* first stage activates the *Sympathetic Nervous* system. Symptoms include: fast oxidation, high blood pressure and sugar, higher body temperature, and more frequent bowel movements. The body releases adrenal and thyroid hormones, which mobilizes the body’s energy to meet and overcome the stress.

The *Resistance* second stage attempts to contain the stress as it is unable to eliminate it in the acute *Alarm* stage. This goes on for as long as the energy holds out.

The *Exhaustion* third stage occurs when the body has exhausted all its energy levels to eliminate and contain the stress. Symptoms include fatigue, depressive, apathy, despair, constipation, dry skin and hair, adrenal exhaustion, and less than optimal thyroid activity. When the body is burned out, the *Parasympathetic Nervous* system is activated.

The causes (e.g. environmental pollution, chemical and toxic/heavy metal exposure, junk food diet, dietary deficiencies, drugs and medications, unhealthy lighting or sounds, EMFs, bad/unhappy marriage or relationships, violence, work or employments issues, financial hardships and poverty, loneliness etc.) involved need to be addressed instead of masking the symptoms with drugs or medications. If these stresses are not eliminated and major steps are not taken to address the causes, repair the damage, and restore harmony, degenerative diseases and eventually death are the consequences.

The 5 elements (ether, air, fire, water, Earth) are integral to both Western and Eastern healing traditions. Too much, too little, or an imbalance of anyone of these elements can cause disharmony. Meditating and improving your diet, supplementation, environment, and relationships are the best ways to balance these elements.

Nature thinks of everything!

Quality music provides a wonderful array of sound frequencies that can instil harmony into your life and in some cases actually prevent and reverse dis-ease. But, be selective about what kind of music you listen to. The wrong frequencies can be very harmful.

Did you know that you can rebalance your chakras by singing and chanting various sounds? To learn more about the power of music and “*Chakra Chants*” by sound healing pioneer Jonathan Goldman go to: <https://www.healingsounds.com/>

In fact, you can learn just how harmonious or inharmonious or deficient your body is through your own voice? And what is even more remarkable, you can correct these ‘diseases’ or the disharmony in your body by nourishing it with the musical frequencies that are deficient or imbalanced. To learn more about this amazing science by pioneer Sharry Edwards, go to the *Sound Health Portal* at the *Institute of BioAcoustic Biology & Sound Health*: <https://soundhealthportal.com/>

Also, explore the pioneering work of Dr. John Beaulieu, PhD who uses specific tuning fork frequencies to harmonize and rebalance the body. <https://biosonics.com/>

To learn how to alleviate stress and beautifully balance and relax your body and mind, go to the website of Harpist and retired RN, Steve Rees:

<https://calmingharp.com/>

<https://calmingharp.com/the-value-of-music-in-life-applications/>

Essential oils, yoga, Tai Chi, dancing, swimming, singing are all very effective, safe, natural methods that can help harmonize your body and environment.

To learn more about the many uses of essential oils go to:

Monique in CA: <https://www.doterra.com/US/en/site/nourishingbasics>

Sabina in FL: <https://www.doterra.com/US/en/site/mastersofhealth>

Karen Atkins provides quick and easy Chi exercises to regenerate and harmonize your life at: <https://www.karenatkins.com/vital-qi-tv/>

The *Global Energy Parliament* is one of the best organizations working to restore harmony in Nature, our environment, and every aspect of life on a global scale.

<https://www.global-energy-parliament.net/>

<https://www.facebook.com/GlobalEnergyParliament/>

In fact, you can also read about most of these harmony restorative methods in *Masters of Health* magazine: <http://MastersOfHealthMag.com>

In business, use three criteria questions to help guide you towards a successful outcome:

1. Is it environmentally friendly?
2. Is it conducive to good health?
3. Is it pleasing to the eye?

If the answer to all three is yes, then you can be sure that what you are doing is in harmony with Nature.

If the answer is no to any one of these questions, then you need to re-evaluate what you are doing, producing, designing, or the path you are on and reconnect with Nature. Nature, with her wisdom, is the best guide of all.

One of the best examples of education in harmony with Nature, is the *Education for Total Consciousness* (ETC) pilot program, at the **Isa Viswa Vidyalayam School** in Trivandrum, Kerala India: <https://www.global-energy-parliament.net/educationandresearch>. Meditation is an important part of their education.

On a political level: The Prime Minister of Iceland, Katrin Jakobsdottir is now urging governments to prioritize sustainability and family time over obsessing about economic growth — as most developed nations seem to do. Scottish First Minister Nicola Sturgeon and New Zealand's Prime Minister Jacinda Ardern have teamed up with Iceland's PM to promote an agenda focused on "well-being." Jakobsdottir has called for "an alternative future based on well-being and inclusive growth. Women in government obviously have different priorities.

Below are disharmony (D) issues and restorative harmony (H) solutions:

- (D) Producing agriculture and factory farms with the use of toxic chemicals to increase profits for chemical corporations over the wellbeing of people and the environment.
- (H) Convert to organic agriculture and eliminate factory farms. Support local organic family farms and organic farmer's markets.
- (D) Treating mental and physical illnesses with drugs instead of addressing the root causes, nutritional deficiencies, or imbalances.
- (H) Revamp school curriculums and medical education and the focus of doctors to address the causes of an illness. First treat with nutrition and natural remedies to correct deficiencies, imbalances, and removal of toxins. Remove the profit factor in medicine.
- (D) Industry or corporate financial influence of politicians and political parties.
- (H) Implement campaign finance reform to make it illegal for industries or corporations to finance or influence politicians or political parties.
- (D) Programming students with an industry biased education agenda and hindering free thought, creativity, and consciousness.
- (H) Educate subjectively instead of objectively and teach total consciousness in schools. Encourage and promote free thought and creativity.
- (D) Reporting news/information or producing media programs that are biased or not factual. Propaganda and social engineering with an agenda.
- (H) Good journalism reports news/information and programs from an unbiased perspective that presents all sides in an issue. Avoid special interest's propaganda or agendas programs.
- (D) Playing/singing musical or displaying art, which gives off mentally or physically harmful frequencies.
- (H) Play/sing music and create art that gives off healing frequencies, in harmony with Nature. This can be proven with MRIs on the brain.

- (D) Designing architecture and building structures that are an assault on the human physiology. (e.g. Most modern architecture with only straight, sharp lines and angles).
- (H) Designing architecture and building structures that are in harmony with Nature. (e.g. using the golden mean and other sacred geometry methods). Straight lines are masculine and curved lines are feminine. Classical architecture has a balance of both.

<http://robertbarnesassociates.com/Vibrational.htm> &

<http://www.todesignwellbeing.com/index.php?id cms=6&controller=cms&id lang=1>

- (D) Conduct business that produce products causing harm to people, animals, and/or the environment. (e.g. GMOs, tobacco, toxic chemicals).
- (H) Conduct business to produce products that are environmentally friendly, conducive to good health, and pleasing to the eye.
- (D) Militarise a country; finance secret covert operations that harm others or pollute; trade in arms and WMD; and train soldiers to indulge in warfare and kill others. Avoid scrutiny under the guise of national security.
- (H) Demilitarise; implement oversight, checks and balances, and transparency; end all arms dealing; train for and practice the art of diplomacy. Finance programs that promote peace and collaboration instead of competition. Provide full transparency and communication for a better understanding. www.worldbeyondwar.org
- (D) Govern for corporate interests. Corporatocracy!
- (H) Govern for the people, by the people, and being accountable to the people.

Getting back to Nature involves being in tune with Nature. When someone claims to have discovered something, they are in fact, only uncovering what Nature already knows. All the knowledge that has been ‘discovered,’ has always been in existence. Thus, when looking for knowledge, education, guidance, and answers, look to Nature. Being in harmony with Nature will always guide you in the right direction and win out in the end.

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