

IN HARMONY WITH NATURE

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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. Any disharmony 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, 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 phenomena of the physical world collectively, including plants, animals, the landscape, and other features and products of the earth, as opposed to humans or human creations. Nature is also the inherent features, character, or qualities of something; the inborn or hereditary characteristics as an influence on or determinant of personality.

Nature, guided by specific Natural Laws, has evolved over millions of years to perfect its ecosystems 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 gain (e.g., GMOs, geoengineering, etc.) 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*) exists independently of the positive law of a given political order, society, or nation-state. The Laws of Nature are objective and universal. Natural Law has been around since the beginning of time. They control the vast harmonics of the Universe to the tiniest cell frequency. The concept of Natural Law was documented in ancient Greek philosophy, including Aristotle, and

referred to in Roman philosophy by Cicero. Modern Natural Law theories were 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 the era of the American Revolution.

Throughout history, Natural Law has been exploited, hijacked, distorted, and manipulated by just about every culture, religion, corporation, 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 dictated every aspect of our lives with an agenda that benefits themselves and their interests. The corporate 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/>. Fortunately, we still can think and use our economic power. So, we must make good use of this in every way possible.

To restore harmony, we can no longer ignore the causes. In addition to thinking for ourselves (meditation enhances this) and using our economic power, there are 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, 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, work, and lifestyle you expose yourself to. How often do you connect with Nature? When the human body is 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. Thus, there is no need to medicate. Offspring 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 were doing or exposed to was not in harmony with Nature.
2. Is your home interior and exterior environment in harmony with Nature? Is the exterior attractive? Are the grounds free of chemical sprays (herbicides, insecticides, etc.)? Do you have pretty and edible gardens? Is the interior of your home calming, clean, and pleasing to the eye? Is the air fresh and the lighting healthy (full spectrum during the day and amber at night)? Is it quiet and free of irritating sounds or depressing colors? Are the building materials and furniture free of toxic fumes and clutter? Do the electronics and appliances give off harmful EMFs and frequencies? Do you use ethernet instead of wifi? Is the Feng Shui

harmonious? If not, identify the problem areas and how to correct them. There are many good online sites or books on this topic that you can get from your local library. Always work with Nature.

3. Is the food you are consuming in harmony with Nature? Is it fresh, organic, and wholesome? NOTE: Good health begins in the soil. Organic Regenerative Agriculture, including biodynamic, is the best form of 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 your children and the liquids you drink are free of harmful ingredients, toxic chemicals or metals, GMOs, endocrine disruptors, refined sugar, damaged oils, addictive substances, and not from factory farms. AVOID most packaged and processed foods containing sugar, additives, damaged oils, GMOs, and toxic chemicals that cause havoc with one's hormones and immune system.
4. Is the water you use to 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 the 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 (fluoride) 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, and bathing water must be clean, pure, structured, and free from all medical/dental treatments.
5. Are medical treatments en mass 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 gene-altering ingredients 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. Where is the freedom all those wars were fought for? 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 mandate treatments or take away parental rights for their child's health care. This is a big election issue! Parental rights for medical freedom and control of their child's/ children's health care must be restored and respected. Health decisions must not be by 'bought' government bureaucrats, and payments to politicians from the pharmaceutical industry or 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. Get well-informed, link up with others, stay focused, and become environmentally active in your community. Demand your local government or

HOA to stop the pollution and remind them that they will be held accountable for harm done (e.g., a recent lawsuit against Bayer/Monsanto in CA, USA). Notify business polluters that you will no longer buy their products until they stop polluting the air, water, soil, or food supply and clean up their act. Teach your children about the connection between their inner and outer environments, the value of a clean, safe environment, thinking for themselves, 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 exposed to environmental pollutants, toxic metals and chemicals, endocrine disruptors, and/or neurotoxins from monopolistic industries (e.g., power, CSG, mining, petrochemical/pharmaceutical, military-industrial complex, water providers, and communications)? If so, pressure 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 neurotoxins. Let them know their actions are unacceptable, and they will be held accountable!
8. Identify which organizations and businesses are in harmony with Nature. Support and learn from the people and organizations who are working tirelessly on our behalf to restore Nature's harmony. There is strength in numbers. Global Energy Parliament, Masters of Health Magazine (MOH), Nexus NewsFeed, The NZ Journal of Natural Medicine, Principia Scientific International, Dr. Michelle Perro, MD DHom, Dr. Stephanie Seneff, PhD, Dr. Lawrence B. Palevsky, MD, Dr. Sam Bailey, MD, Dr. Russell Blaylock, MD, Moms Across America, Children's Health Defense, The Highwire/Del Bigtree, ICAN, TNT Radio, Alliance for Natural Health, Stand For Health Freedom, National Health Freedom Action, Fluoride Action Network, Fluoride Free Australia, Dr. Vandana Shiva, Navdanya, Organic Consumer's Assoc., Regenerative International, Center For Food Safety, IRT, GMO/Toxin FREE, A Voice For Choice, World Beyond War.
9. Is your state and federal government governing in harmony with Nature? Or are they ignoring the poisoning of your environment with toxic, cancer-causing chemicals? Email your Representatives and Senators on vital issues and let them know your concern is an important election issue for 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, tell them you want real finance reform to 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. Demand an end to foreign aid and funding of immoral wars.

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 science. "Unfortunately, corporate and military interests have hijacked science research. They drip-feed think tanks and selected educational institutions with cherry-picked data for economic and geopolitical

agendas - very few of which have the long-term welfare of humans in mind." Duncan Roads, Editor of Nexus magazine.

Mother Nature is the best guide for knowledge and wisdom when planning a pregnancy. Learn about the human body's basic needs, consider biological individuality and your environment, and nourish your body, mind, and spirit well. This means avoiding anything 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 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, Mother Nature and mother's instinct are supreme. Four sources supporting this are Moms Across America, Children's Health Defense, GMOScience, and The Blaylock Wellness Report.

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. Their panacea for everything is pharma's vaccines and drugs. 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 have evolved since the beginning of time. Two 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 disease, distress, physical or mental ill health, and overwhelmed about what to do — meditate, listen to calming music, and connect with Nature.

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

Living in harmony with Nature is not easy in our stressful world because of overcrowded cities with too many people, cars, and clashes of cultures; constantly increasing, high cost of taxes and necessities; corporate monopolies or oligopolies; overreaching government regulations and loss of liberties; increasing crime and poverty; sickness care industries exploiting the masses; pollution and weather geoengineering chaos; rapidly disappearing forests, habitats, and wildlife; earthquakes, volcanic eruptions, floods, and droughts - to name a few. Worse, our highly paid elected officials are not addressing these issues with integrity or common sense, nor do they govern in harmony with Nature.

For the longest time, people thought survival depended on being the fittest. However, recent studies reveal that survival depends more on the ability to **adapt**, which is challenging because stability helps maintain harmony. And, the older one gets, the

more stressful and discomforting change becomes. Nevertheless, change is inevitable in our rapidly changing world, so we must adapt to survive!

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; meditate; and remember: Crisis = Opportunity to make changes you would not usually make. Also, remember, there is a reason for dramatic events, though not always initially visible.

Adapting to changes is a significant part of modern science. Nobel Laureate Hans Selye, MD, defines stress as an adaptation to change and states, "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 its available energy. When the body cannot produce enough energy to overcome the stress, it automatically reacts in three stages: *Alarm*, *Resistance*, and *Exhaustion*. Prolonged stress forces the body to pass through all three. Each stage has a particular biochemistry and specific conditions.

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

The *Resistance* second stage attempts to contain the stress it cannot eliminate in the acute *Alarm* stage, which 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 or contain the stress. Symptoms include fatigue, depression, apathy, despair, constipation, dry skin and hair, adrenal exhaustion, and less-than-optimal thyroid activity. When burned out, the body activates the *Parasympathetic Nervous* system.

The causes involved (e.g., environmental pollution, exposure to harmful chemicals 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 employment issues, financial hardships and poverty, loneliness, etc.) need to be addressed instead of masking symptoms with drugs or medications. To prevent disease, address the cause, repair the damage, and restore harmony.

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

Nature thinks of everything!

Quality music provides a beautiful array of sound frequencies that can instill harmony into your life and, in some cases, prevent and reverse dis-ease. But be selective about what kind of music you listen to. Some frequencies, such as heavy metal and EMFs, can be harmful.

Did you know you can rebalance your chakras by singing and chanting various sounds? Learn about the power of music and “*Chakra Chants*” from sound healing pioneer Jonathan Goldman.

You can learn how harmonious, inharmonious, or deficient your body is through voice analysis on the Sound Health Portal at the Institute of BioAcoustic Biology & Sound Health. Even more remarkable, you can reverse these ‘dis-eases’ or the disharmony in your body by nourishing it with musical frequencies that are deficient or imbalanced. Study this fascinating science with pioneer Sharry Edwards, MEd.

Learn how vocal sound positively affects every cell in your body and the cells of everyone in your proximity by John Stuart Reid, Acoustic-Physics Scientists, and CymaScope inventor.

Also, explore the pioneering work of Dr. John Beaulieu, PhD, who uses specific tuning fork frequencies to harmonize and rebalance the body.

Learn the value of music, alleviate stress, and beautifully balance and relax your body and mind with Steve Rees, Ret. RN, Harpist. <https://calmingharp.com/the-value-of-music-in-life-applications/>

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

To learn about the many uses of essential oils and buy doTerra products, connect with Monique in TX.

For the most beautiful Chakra balancing EO sprays, go to Magnesium via Skin.

Karen Atkins provides quick and easy Chi exercises to regenerate and harmonize your life.

The Global Energy Parliament is one of the best organizations working to restore harmony in Nature, our environment, and every aspect of life globally. <https://www.facebook.com/GlobalEnergyParliament/>

You can also read about most of these harmony restorative methods in Masters of Health magazine.

In business, at home, or in your personal life, use three criteria questions to help guide you toward 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 your decision is in harmony with Nature. If the answer to these questions is no, re-evaluate what you are doing, producing, designing, or your path, and reconnect with Nature. Nature, with its wisdom, is the best guide of all. Nature rules supreme!

One of the best examples of education in harmony with Nature is the *Education for Total Consciousness* (ETC) program at the Isa Viswa Vidyalayam School in Trivandrum, Kerala, India. Meditation is an essential part of their education program.

On a political level, the Prime Minister of Iceland, Katrin Jakobsdottir, urges governments to prioritize sustainability and family time over obsessing about economic growth — as most developed nations seem to do. PM Jakobsdottir has called for “an alternative future based on well-being and inclusive growth. Women in government usually have different priorities than men.

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

- (D) Producing agriculture and factory farms with toxic chemicals to increase profits for chemical corporations over the well-being of people and the environment.
- (H) Convert to organic regenerative 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 for deficiencies, imbalances, and 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.

“Creativity is Intelligence having fun.” ~ A. Einstein

- (D) Reporting news/information or producing biased or nonfactual media programs. Propaganda and social engineering with an agenda.
- (H) Good journalism reports news/information and programs from an unbiased perspective that presents all sides of an issue. Avoid special interest propaganda or agenda programs.

- (D) Playing/singing musical or displaying art, giving off mentally or physically harmful frequencies.
- (H) Play/sing music and create art that gives off healing frequencies in harmony with Nature. Brain MRIs confirm the benefits.

- (D) Designing architecture and building structures that assault 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 businesses that produce products causing harm to people, animals, or the environment (e.g., GMOs, tobacco, toxic chemicals).
- (H) Conduct business to produce environmentally friendly products conducive to good health and pleasing to the eye.
- (D) Militarize 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) Demilitarize; 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. [Join World Beyond War](#).
- (D) Govern for corporate interests as in 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 actually uncovering what Nature already knows. All the so-called 'discovered' knowledge has always existed. Thus, when searching for solutions and guidance, Nature rules supreme. Living in harmony with Nature will always guide you in the right direction and win.

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