

Chapter 3

Nature, healing & balance

Nature is forever giving and oftentimes when we feel a bit agitated or cross it is enough to go out for a little walk, breathe the fresh air, look at some beautiful flowers or watch some animals to regain balance. The beauty and harmony of nature has an immediate and timeless effect on us and can teach us a lot about balance and healing. The Taoist symbol of Yin & Yang is an expression of that balance between the two poles of dualistic existence. It shows that this balance is not a static or fixed condition but a constant flow or change according to the Tao, the way or law of harmony.

Whatever is created has also an opposite pole to it that makes it balanced and whole. Any force creates an opposite force, no high without low, no weak without strong, no winner without loser, no light without dark. If we push very strong in one direction from somewhere that force will return to us. Extreme behaviour or action creates opposition and extreme reactions. For this reason the wise people of all ages told us to find the noble middle path in order to manifest balance throughout our life. Nature and human beings exist on many dimensions or different levels of life. We are like a symphony of many octaves of vibration, a whole orchestra of players and singers, instruments of all kind that are all tuned to each other in perfect harmony, at least when we are healthy. Health is a condition of harmony or balance of all the different functions of our body, mind and soul.

We can picture our body as a vibrating being or living sound with a certain key note and tuning and every impression from the outside world being a certain tone that effects our fundamental tune and harmony. Receiving tones from our surrounding that are not in tune with our inner music creates dissonance and makes us feel uncomfortable. We experience difficulty that we are either able to integrate or it might lead to suffering, sickness and pain. A situation like this asks for change and transformation and this is what healing is all about, to bring us back into our original state of wholeness and balance. Sickness is the reaction of our body and mind to vibrations causing dissonance in our system and always a wake up call to change something in order to regain balance.

Everything we eat or drink, all the impressions we receive, whatever is spoken to us and especially the vibrations of our own thoughts have a lasting effect on our health and wellbeing. Healing happens by the phenomena of resonance. Vibrations carry the information of their source, for example of certain medical plants, and transmit those qualities into the vibratory field of our body. Being in the presence of harmony like in nature or music or with a beloved friend is resonating within us and definitely a kind of healing.

Every moment our body is naturally adjusting itself to the momentary situation and trying to establish a new balance, tune in and stay healthy. The same thing we find all throughout nature; a perfect balance and harmony of atoms, electrons, molecules, micro organisms, minerals, elements, plants and animals and a certain ability to integrate destruction or pollution and regulate itself, restore balance.

Take for example a polluted river. If suddenly all the sources of pollution are closed, that river will become alive again, the foam and pollution will disappear, organic life

and fish will come back and the water will be clear again. If we are not doing it, nature will make the move to bring back balance and harmony to the planet and it is already happening, we are in that process of new adjustment through environmental and climatic changes.

Usually animals in the wilderness don't get sick easily because they are one with nature and tuned in. There is an instinctive knowing of danger or healing and once they are old and weak they simply go to die. Nature knows, the animals know and also we know, if we keep in tune with nature and the universe. Simplicity of life in some ways keeps the instincts awake and I met many people in very simple living conditions with a great health and spirit, open heart and real smile.

Healing is connected to wholeness and a process concerning individuals, groups, nations and all mankind. On some level we are all evolving together, expanding with our consciousness towards a more universal level of harmony, realizing that we are all children of the universe, doing the same journey of life, one being waking up to its true potential. We can attain a certain level of harmony independent from the collective but at a certain stage only the care and true compassion for others and the world will bring us further, learning to love, care and resonate with all beings.

Ignorance and pride are like two strings of an instrument, one tuned to low and the other one tuned to high. There is an exact tuning for us as individuals as well as for mankind and true happiness comes from that proper tuning to the keynote of our being and the right rhythm of our life.

What gives the power to our breathing is the right rhythm and balance, a constant and harmonious flow of life force. What gives the power to our words is the right rhythm, tone and intention behind them, the music we give to them. What gives us strength and stability is the proper rhythm of our daily activities as well as the rhythm of our monthly and seasonal activities. Nature's cycles are perfectly balanced and the turning of earth, moon and the planets are the primal rhythms determining our lives. Life asks from us balance of mind and feeling, activity and rest, give and take, speak and listen, learn and teach, love and be loved.

Music is speaking the language of harmony and based on that principle of balance in rhythm, tone and harmony. It can teach us the way to balance ourselves and bring us back into a place of wholeness and peace, balancing our heartbeat and pulse, body, mind and soul. People of different stages of evolution will respond to different kind of music but beyond those differences we are all longing for the same thing; harmony, beauty, balance and finally peace.

The use of music and sound for healing and balancing ourselves is very natural because we are music ourselves, made out of that same substance of vibratory energy which is connecting and holding the whole universe in manifestation. By the means of music we can create harmonious energy fields that support healing and transformation on an individual and collective level. One of the biggest tragedies of modern urban life is the absence of silence and music and sound finally lead us to silence and can fulfil that deepest longing of our soul for peace. Through music universal codes of harmony can enter here and resonate with the world and people.

At some stage of our journey all of us lived a natural and simple life; out there on the open grasslands, along the rivers or in the mountains, in the deserts or on the shores, taking care of our animals, riding horses under the wide open sky, living in tents and

simple huts, making food on the fire, drinking from pure springs, waking up with the sound of the nearby river stream, resting in the woods, fishing, hunting or picking berries, living life moment by moment, simple and fulfilled. Somewhere we all know and remember those times, we are those ancient people and we can bring back the wisdom of grandmother nature and the medicine people, of the native cultures and tribes to balance ourselves and help humanity in its transition into a period of new energy and alignment with the universe.

The village in the Himalayas

For a few years I was based in a small village in the foothills of the Himalayas. Life was very simple but great and I had my little hobbit house with walls of clay, small windows, a chimney and a terrace facing the majestic Himalayas in the distance. The days were going by with drinking chai(tea), making fire, cooking, playing music, meeting friends or walking along the mystic hills and forests.

On top of the nearby hill was a Siva temple with a magnificent view and one could watch the eagles and vultures soaring over the hills and sometimes passing by so close that one could look into their eyes. The land was vibrating with peace and by walking along those hills there was space in all directions until the white and powerful peaks in the distance. Sometimes only hilltops would stick out like islands out of an ocean of fog and mist.

Every day was a blessing in its simplicity and purity without electricity, TV, computer or mobile phone, with no comforts at all but a lot of time, time to be. The villagers were masters in the art of being. Bim Singh, the old man from the nearby chai shop was as simple and timeless like all the surrounding. Everyday he would follow the exactly same routine, live the same rhythm and greet me with the same kind of smile. He would sit in a yoga posture next to his fire place, making chai, smoking his pipe, serving and welcoming everybody and somehow knowing it all. His smile was coming from his sparkling eyes and he would never talk much, like most of the villagers, but watch and observe it all. He knew who you are, how you feel and how things are going, but it was not the knowledge of the learned man but the wisdom of nature and life itself, that reflected from his wrinkles, eyes and smile. I truly loved him and sat in his chai shop at least once a day. There was an atmosphere of truth and spirituality around him, more than from many religious people, the timeless and universal art of living and being. He was not the only one; in general most of the villagers had that kind of calmness and inner peace, clarity about life and their place in it. There was that cowherd that became a really good friend of mine. Nobody including himself knew his age but everyone loved him for his character and shining personality. Every day he would pass by with his cows and stop for a cigarette and have some philosophic- mystical chat with whoever was around. All the people listened to him and some truly considered him a holy man. It was not only once that I found him sitting somewhere alone in the forest, watching over his cows and chanting the sacred scriptures, singing and praying with full devotion and love, completely dissolved into happiness and bliss, one with all. Of course he was a materially poor man, a cowherd, but his face showed clearly that he possessed all the wealth of life in his heart.