

People and Nature – A Better Relationship for the 21st Century



TFC Centre in Wales - New Ways Explored

For the Next Generations

As humankind sets out to deal with the many challenges that face us in the 21st century, from climate change ... to population growth to health and well-being, both spiritual and physical; it is becoming clear that one key aspect of any way forward for us as world citizens, is a much better understanding of, and sensitivity towards, our Planet and all the forms of life we share it with.

It is now widely accepted that no longer can we expect to unceasingly exploit the Planet's resources and damage the biodiversity of life and pass on a living Planet to the next generations.



Our Relationship with Nature

Cwmgyfeile, a TFC international centre, affectionately known as Cwm, is an historic farm in a beautiful old Welsh valley, abounding with native plants and wildlife.

It is also a new initiative in enhancing landscapes and designing gardens to help explore the eco-psychology of understanding our relationship with nature; and our sensory perception of nature's ways and wellbeing.



Harmonious Landscapes

Cwm is not planted as a classic garden but rather seeks to harmonise the existing hills, valleys, streams and woodlands with many new trees, shrubs and native bulbs; using themed gardens, vistas, walkways and stones and seats at places of special significance.

Cwm's new approach weaves many innovative aspects of design together with understandings of nature's laws and influences to create the overall gardens and landscapes.



Nature's Laws and Patterns

Throughout nature, laws and patterns can be found, that underlie the world that we see. For example, plants are one of two types, deciduous or evergreen; and soil acid or alkali. Four elements are needed for plant life, air, water, earth and fire (energy). The human body is formed in a five pointed pentagram. Light breaks into seven colours.

At the heart of the design at Cwm is the promotion of the use and understanding of these and other laws and principles, and the sensing of nature's influences that derive from them. The map sets out the detailed design, and each slide highlights one feature and where it can be found in the gardens.



Medieval pilgrim path to St. David's

Cwm – Wellbeing Gardens and Landscapes

Quick Garden Guide

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SAFETY FIRST

Cwm is also a working farm.
Look after children at all times.
Be sure to close all gates securely.
Please do not approach the animals.
Because of animals, no dogs please.
Visiting welcome, but at your own risk.

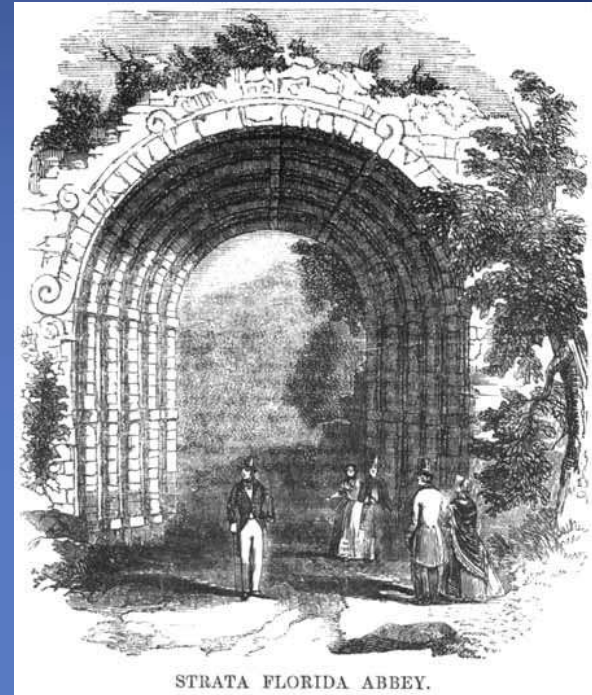
- KEY**
- Medieval pilgrim path
 - Pathways
 - Spectrum walks
 - Fences and gates
 - Bridges
 - Working farmyard
 - Farm fields
 - T Toilet
 - P Parking
 - S Seminar facility

An Historic Valley

Arriving in Cwm's sheltered sunny south facing valley, it is easy to pick up a sense of peace and contemplation ... and indeed there are it seems strong connections to monks and pilgrims of old. Local antiquarians state that the medieval pilgrim route from Strata Florida to St David's ran through Cwmgyfeile.



(c) John Edge 2008



When 'twice to St David's' equalled 'once to Rome,' and with Strata the Welsh equivalent to Westminster Abbey, this path through Cwm was one of the most important in Wales.

The Law of Two – Duality

So much in nature appears in pairs; plants are deciduous or evergreen, and use oxygen or CO₂, changing over from day to night, the examples are endless; found throughout Cwm too. A special feature, based on this **duality**, is also found in theme colours - of green and yellow, together traditionally connected to well being.

These colours are found throughout; in the buildings, to the thousands of spring daffodils, to the yellow and green garden (7), or the gold and silver planting (8).



The Four Elements

As science knows, nature's **fourfold** critical requirements for growth are air, water, earth and fire (energy) and these are also found in spring, summer, autumn and winter; cold, dry, wet, and warm



At Cwm, these are reflected in four gardens to promote a balance of Air of the wide skies (11); Fire of the sunny southerly banks(20); Water in the streams, pools and waterfalls (17); and Earth of the valley, woods and dells (22).



The Fivefold Star



The **fivefold** design as in the 'pentagram' form of the human body, and the shape of many flowers and leaves, is found in the garden of the five colour wellbeing system of green, yellow, blue red and white (10).



Seven Coloured Spectrum

There are three walks along the streams in the valley (14) and onwards) and others elevated behind the house (5,6) dedicated to nature's spectrum or **sevenfold** law of colour. Here you walk past specific shrubs and trees that are on the frequency of each of the seven colours in turn.



The Twelve Months and Zodiac Stars

The **twelve-fold** pattern of the months and the zodiac stars (amazingly clear here at Cwm) is found in the small stone circle (12) and the golden yew grove – which also brings Celtic connections (21).



Woodland Gardens

As you explore you will also find various paths through the woodland gardens (2,23); a living willow hedge surrounding a place for contemplation in the stream walks (16), and the special place hidden facing West in trees at the 'top of Cwm' (1) where the last of the sunset can be seen.



Seats for Contemplations

There are seats and benches throughout Cwm, but seven of the seats are placed specially to catch particular vistas, simply to enjoy, or when visited in sequence together offer a **sevenfold template** for the progress of any contemplation you may have in mind (9,13,18,24,19,4,3).

There will be a separate presentation about this process.

