

**Reconnecting
with Nature**

Natural Gardens for the Future – 2

Key Principles

1 - Nature's Harmonies & Laws



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Presenter**

The Harmony of Nature

As we look into Nature it becomes clear that there is extraordinary balance and harmony to be found throughout. It stretches from the Universe itself, to galaxies, to solar systems and planets like our earth.



Then to the design of life forms and humans, down to tiny insects, and to the very cells and elements from which all life arises

Nature's Living Laws are Everywhere

It is nature's laws that underlie and create this harmony and balance at all levels, as they blend and mix in endless, incredible combinations that we see around us all the days of our lives.

For example, our universe is comprised of energy and matter; the Earth's plants are one of two types, deciduous or evergreen; four elements are needed for plant life, air, water, earth and fire (energy); let's highlight some.



The Law of Duality

In our Universe all matter originates from two particles, one positive one negative, and all life has only two sexes; in humans there are two blood systems venal and arterial, with two blood cells, red and white and we have two nervous systems too.

On the Earth all plants breathe in and out two gases, oxygen and CO² – and it changes from day to night. Cwm also has a theme based on the two ancient balancing healing colours of green and yellow.



The Four Elements

The four ancient elements of air, water, earth and fire (energy) are now known to science as nature's four critical requirements for growth and these are also found in spring, summer, autumn and winter; cold, dry, wet, and warm



The Fivefold Design



The **fivefold** design is in the 'pentagram' form of the human body, the five major organs. Also in the structure of many flowers and leaves; it is found in the ancient five colour wellbeing system of green, yellow, blue red and white.



Seven Coloured Spectrum

The spectrum or **sevenfold** law is a fundamental principle of light and colour. It is of course found in the colours of flowers, in the universe and in the human too.




Using Nature's Laws in Our Own Gardens



So first it is from Nature's Laws and Harmonies that 'Natural Gardens' draws its inspiration, working with them to design and plant our smaller garden space or larger gardens and landscape that we may have.

But before we seek to apply Nature's Laws let's consider how intimately they are linked to our own health and wellbeing, and how their balance is critical to us.



“Gardening is an active participation in the deepest mysteries of the universe.”

Thomas Berry, philosopher, 1914 – 2009

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