

**Reconnecting
with Nature**

Natural Gardens for the Future – 3

Key Principles

2 - Nature's Balance & Our Wellbeing

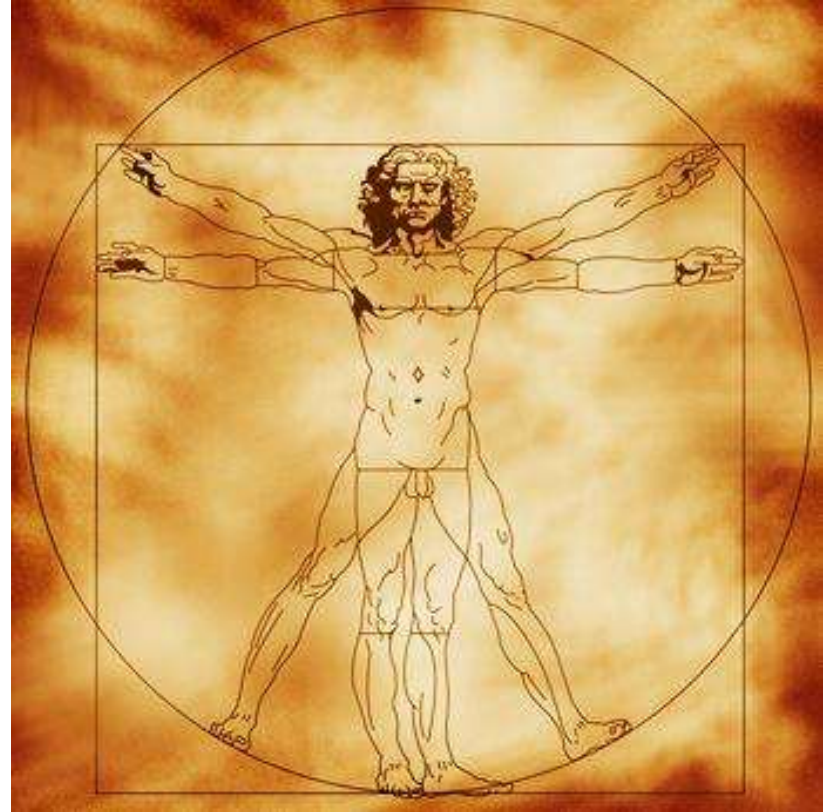


**John Edge
Presenter**

Natures Harmonies In Ourselves

Why are nature's harmonies and laws so valuable in the design of our garden spaces, and in the well-being they can generate for us as we spend time in and with them?

The first important point is that these laws not only underlie the universe and our planet Earth, they are also fundamental to our own human design, and are found throughout all our human systems.



The Balance of Health & Harmony in Ourselves

Let's take just one example from our gardens – Air, Fire, Water and Earth – fundamental to plant life. In us humans we also have four major 'chambers' that process four 'foods' that are vital to our lives too. From Water – our bowels; from Air – our lungs; from Earth (food) – our stomach; from Fire (thought impressions) – our brain.

Next, we all know that it is so important to keep our life in balance, from the foods we eat, to the air we breathe, to our physical activity and what and how we think, and these four elements are a critical part of this too.



The Balance of Harmony in Our Gardens

On our planet Earth these four influences are also in balance *in the greater plan and scale of the whole planet*. But locally where you live they may not be. The contrast between a desert and a tropical forest is obvious. A desert closer to fire and air – a rain forest to water and earth.

And in your own garden space these four elements may also be 'out of balance' to a lesser extent – perhaps a very exposed windy site; or a very dry sandy sunny one; or very wet; or dark and shady. And if this is the case do we not also often feel the imbalance in ourselves?



Rebalancing the Harmonies in Our Gardens

This is where the work of Natural Gardens gets its inspiration, to explore the smaller local garden space or landscape that we have and *bring to it a balance of nature's laws and influences by how we design and plant it – and thus support our own well-being, by the harmony between ourselves and our garden.*

Of course we all will have our own feelings and ideas of the harmonies and colours that we seek. Natural Gardens will help us bring nature's laws and harmonies to help and support all our own ideas as well.



A Famous Example From North Africa

In the south of Morocco, near the Atlas mountains is Marrakech, where the earth is sandy and the water scarce, and where the sun and the wind can dominate the landscapes and weather.

As humans we know the stress of this climate and indeed Islamic architecture has a focus on moderating this influence. Here too we find the Marjorelle Gardens




The Oasis of the Marjorelle Gardens

In Marrakech Jacques Marjorelle created the masterpiece of the gardens that bear his name. In these gardens instinctively he rebalanced the elements to bring in the influence of water and the earthy soils and shade.

People today crowd to this magic place, to experience the wonderful wellbeing created by the beauty and balance of nature's four elements found there.





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

Thomas Berry, philosopher, 1914 – 2009

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