

What Natural Livity Means To Me

Natural (adj) (1) What is normal or to be expected (2) Genuine or spontaneous (3) of, according to, existing in or produced by nature.

Livity (1) Lifestyle (2) The art and practice of living (most commonly used to refer to natural and spiritual lifestyles)

In essence Natural Livity is simple - it is about **living in harmony with Creation** - Mother Earth and nature whilst knowing and being in tune with our truest **inner nature** and **natural state of Divinity**, which is eternal, unlimited, peaceful, joyful, abundant, radiant, positive, energetic, calm, and balanced. It also involves awareness of and adherence to the **natural and spiritual laws** of the universe such as karma, cause and effect, reflection, responsibility, manifestation and oneness. It is a universal truth, which I choose to call **Onelove Livity**. Onelove is a term to describe the highest form of **unconditional love** that is graciously bestowed upon us by the Creator. In every moment of our existence we are given the privilege of life through the blessing of breath and as every living being inhales and exhales we are as One through the power of Love! Livity is the way we choose to **live in accordance** with this profound truth and show gratitude for this Divine Love by giving thanks and offering praise through our everyday lifestyle choices and actions.

Personally speaking, Onelove Livity is pleasure unrivalled by anything else. It is an ecstatic state of being in appreciation that the whole of **life is a miracle**. Miracles manifest everywhere in everyday, every moment of everyday! We are living on a planet that is suspended in an infinite universe, heated by the power of a **cosmic** star and we are exactly the right distance from our sun to sustain all life – wow! The Earth is in constant **rotation** - every 24 hours night is always followed by the dawning of a new day; each month the moon grows and recedes in specifically defined increments and every year the seasons change in the same order – amazing! These cycles have all happened for millions of years in **recurring, rhythmic motion** with exact precision timing that no expensive watch or machine could ever replicate – incredible! The work of **Creation** is calculated to the finest detail with mathematics, science, poetry and artistry that is a marvel to discover, a joy to behold and a privilege to live within. Through the power of breath, the sensory capacity of my human body, the gift of consciousness and the elixir of spirituality I am able to enjoy it all– oh yes life is a miracle!

Living on the 'Nature Island' of Dominica gives me the perfect opportunity to be constantly immersed in the **goodness and glory** of a natural environment. I am enlivened by hummingbirds collecting nectar from flowers, relaxed by clouds meandering across the bright blue sky, invigorated by the leaves of trees dancing in the wind, soothed by sun shadows on mountain faces, intrigued by patterns of the sea waves journeying to the shore, and calmed by the effortless flow of crystal clear river waters. To hear birds singing their sweet songs throughout the day is auditory **heaven**, which is then matched by the orchestra of crickets, and the light show of fireflies in the night. The joys of the sunrise, sunset or the colours of a rainbow cannot be surpassed by any artificial entertainment and there is no need to escape into virtual reality when the real thing offers so much pleasure. The iridescent dewdrops glistening on the morning grass and the bright stars shimmering in the night sky are my jewels – nature provides all the bling-bling I need!!

The most important and defining feature of Onelove Livity is the awareness of our complete **interconnectedness** with every part of the web of life and perception of all life as sacred. To truly live this way we shift the paradigm away from the dominant anthropocentric world-view, which places humans at the centre of all life on Earth, and settle into a more humble and respectful place within the entire network of life. With this perspective we are more able to act towards all of nature with reverence and awe. Delicately woven spiders webs, neatly crafted birds nests, complex and productive beehives and expansive and elaborate ant colonies are just as incredible and

worthy of admiration as the finest human architecture. The sounds of the cockerel crowing, birds singing and crickets humming, are viewed as nature's symphony, which produce melodies equal to the most superb orchestras. Onelove Livity appreciates all aspects of nature as original manifestations of the Creator; all is Divine and **intrinsically valuable**. I learn so much from **non-verbal exchange** and two-way communication with nature. I sit next to the trees and feel the essence of their nature - grounded, balanced, rooted, powerful, expansive and beautiful and realise the qualities I see in them are also within me. In a forest of trees all are different in some way and this observation enhances my love and respect for diversity and helps me to honour both others and myself, appreciating our uniqueness without comparison and remaining authentic in accordance with my individual nature. I watch how the natural world functions so harmoniously and desire to replicate this intelligence within my own daily existence by working in peaceful co-operation with all of nature, others and myself.

Within a Onelove Livity **holistic health** is viewed as the greatest **wealth** we can ever possess in this lifetime. Health is more than the absence of disease but a complete feeling of **vibrant vitality** and well-being on all levels. To be holistic means seeking the completeness of all levels of our being - mental, emotional, physical and spiritual integrated within our environmental place and space - a union and balance of our internal and external worlds. **Health is our natural state of being** and any kind of sickness is an unnatural disorder, which signals that we are out of balance with nature and must make adjustments to return to homeostatic **equilibrium**. There are many so natural methods to prevent ill health and an immense power of self-healing contained in every cell to restore our healthy status should it ever be disrupted. I am constantly amazed and intrigued by the intelligence of our design. Personally I cultivate and enhance my life force energy with practices such as live raw-foods nutrition, fasting, yoga, breath work, hiking, swimming, massage, herbs, prayer, meditations, gratitude, creativity, music, affirmative thinking, a positive optimistic attitude and a purposeful life mission and I intend to live a very long and healthy life! Onelove Livity is a **disciplined practice** and a lifetime work but the rewards are more than worth the effort. With optimum levels of health I enjoy a special and **boundless energy** flowing through my veins, a **heightened sensitivity** and a feeling of total aliveness! To live as nature intended, with full physical health, clear minds and pure intentions keeps us joyful, blissful and free to enjoy every minute of living!

I perceive myself as a spiritual being having a human experience and use the lessons of the physical material world for my spiritual enhancement. **Holism and Holiness are fruits from the same root** and the physical and spiritual are two complementary halves of the whole. For example I am compelled to maintain a healthy and pure physical body as the temple in which my spirit can dwell and flourish, as a tribute to my Creator and respectful honouring of the Divine within. True, holistic spiritual awareness and the application of its guiding principles produces deep moral and ethical consciousness, which ideally pervade and inform every part of life and thus every minute is a chance to worship and give thanks through thoughts, words and deeds. With the knowledge that I powerfully co-create my reality through my thoughts and beliefs and that everything I think, say and do has a consequence in my own life and the world around me it is vital that I *choose* to make all of these positive and sow seeds of optimism and love in order to reap a bountiful and joyful harvest.

I choose to celebrate with nature, honouring natural and seasonal cycles and aligning my own transitions with the Earth as it turns. **Solar** and **Moon** cycles affect both physical and metaphysical energy in a multitude of ways and I find it productive and beneficial to work in harmony with them. The moon has a particular allure, appearing mystical as it increases and decreases its visibility throughout the month. Its gravitational force has profound impact on water and the lunar phases alter the tides of the oceans and seas and influence the growth, behaviour, strength and energy of plants, animals and humans. Our human bodies are a microcosmic representation of the Earth as

both are composed of at least 70% water, so the moon directly affects both **people and planet**. I enjoy the full spectrum of the moon cycle especially the new moon and full moon, which I find are important times for prayer, meditation, focused visualisation for miracle manifestation and fun! Other especially significant times in the year are the Summer and Winter **Solstices**, which mark the longest and shortest days and the Spring and Autumn **Equinoxes**, which are balanced in night and day. These are important indicators for the changing seasons and useful times for assessing personal priorities and plans. I mark the dates with periods of fasting, meditation, introspection and reflection to achieve greater clarity for the period ahead.

On a very practical level towards creating and maintaining a natural way of life for myself and the generations to follow I am an active advocate, student and practitioner of **Permaculture**¹ – a design system based on the principles of Earth Care, People Care and Fair Share with the intention to regenerate, conserve and protect the Earth and all her species. Its primary emphasis is on **sustainable agriculture**, which forms the basis of sane and stable societies yet it also proposes alternative solutions for energy production, housing, monetary systems, education, social communities and many other aspects of our lifestyles as they relate to our ecological impact and future. Permaculture seeks to replicate the intelligence in natural systems, encourage ingenuity and inspire new ways of thinking that will enable us to solve our current ecological, social and spiritual crises with different mindsets than the ones which created the problems. It can be practised by anyone, anywhere and at present I am on a learning journey to enhance my knowledge and practical application of most ecologically friendly and fair techniques to grow foods, create shelter, produce energy and build community. I grow vegetables, fruits and herbs organically and have my hands in the soil everyday to stay grounded, connected to the earth and for the sheer fun of it! I do all I can to minimise my impact on the rest of nature through daily lifestyle choices, treading lightly and reducing my **'ecological footprint'**². I seek to educate and encourage others to do the same, firstly by being a positive example and also through words and activities. I believe in the concept of **right livelihood** and will only gain financial rewards from ethical, honest and fair business. Where possible I encourage exchanges and bartering to exclude money from local transactions and trade skills and services directly. At this point in time it is fundamental for our continued existence to engage in the process of fulfilling our basic needs and sustain ourselves through working with the Earth in ways that nourish and replenish us both.

The highest and fullest potentials of Onelove Livity are seldom achieved in isolation or as scattered individuals but can be more completely attained by unified, and cooperative collectives. **Intentional ecovillage communities**³ working towards environmental sustainability, social cohesion, self-development and holistic spirituality provide the ideal environment for this livity to be expressed, explored and enhanced. Intentional communities are beacons of light and hope in a troubled world and truly have the power to restore peace and harmony to people and the planet. They provide the opportunity to move forward and come full circle by returning to a simpler way of living whilst embracing and carrying the positive knowledge and technologies of modern times. Living within a community fulfils the inherent human need for mutual support and interdependence, which allows individuality to be celebrated and honoured rather than repressed. By living collectively, producing the majority of resources we need locally and sharing workloads we drastically reduce both energy consumption and the time we would have to spend to do these things individually. In community our lifestyles become more sustainable and we have the **time** to really appreciate ourselves and to recognise and develop our unique skills, talents and lifetime purpose. We are able to integrate all aspects of our lives, spend more time with our children and family and are provided with the space and support to explore creativity, pleasure, leisure and the fulfilment of our Divine mission. Working and living as a community we experience the **fullness of life** and a deep inner satisfaction – a wonderful alternative to being a cog in the wheel struggling for survival as part of an abstract and meaningless system. In **unity** we are strengthened and complete.

As I experience the joys and delights of a natural lifestyle and **organic mentality** it saddens me that the majority of people have moved so far away from the natural state of balance and harmony and are causing so much devastation to both the natural world *and* themselves. Since the majority of people spend 99.9% of their lives away from sensory connections with nature it is unsurprising that humans are so destructive towards their environment and each other. Having ceased to be in the presence of nature *and* in communication with its wonders people have forgotten their true roots and origins - nature is life giving, life affirming and replenishing and we become miserable, lifeless, depressed, disorderly and selfish when disconnected from her wisdom. Our continued neglect of our most basic senses has caused them to atrophy and waste away yet **there is still hope** as these natural senses are an inborn, eternal part of us and our true nature longs to be reconnected with its source. To assist in achieving this reunion I utilise the techniques of **Ecopsychology**⁴, which has the power to simultaneously heal both our psyche and the planet. With the right intention and guidance we can be reconnected and nurtured back to full health and restore the Earth as the paradise it is intended to be. Once we **appreciate the gifts of nature** we are more able to actively play a part in conserving them and we learn to be more responsible for the effects of all of our actions realising that whatever we do to nature we do to ourselves. It then becomes an imperative to live and act responsibly to all forms of life, not out of forced obligation but as the highest demonstration of love. This love enables us to live with greater equality, balance and integrity in all areas of our lives, seeking the highest amount of good for all in every situation. Nature is the greatest unifier because we all share the same planet, all breathe the same air and are all magnificent reflections of the Creator. Once we are able to recognise our commonality and unity we can also show respect for our incredible diversity and live a blissful co-existence of peace, pleasure and true prosperity.

Onelove Livity is the way I choose and I am taking the necessary steps to be in complete harmony with nature, affinity with natural law and an honourable reflection of the infinite glory and greatness of the Creator. I dedicate my life to the preservation and restoration of nature for the healing of the Earth and her people and I start this enormous task with myself - **being the change I want to see**. My life is a continuous learning process for alchemistic transformation, expansion and growth. I feel truly blessed to be given the privilege of this lifetime and seek to use it proactively in uplifting and unifying ways for the highest possible good. I am excited to be alive, grateful for every new day and joyfully enjoying the journey in a **Onelove Livity**.

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¹ Permaculture - <http://www.permaculture.org.uk/>, <http://www.permaculture.co.uk/>, <http://www.permaculture.net/>

² Ecological Footprint - <http://www.myfootprint.org/>

³ Ecovillages - <http://www.ecovillages.org/>, <http://www.ic.org/>

⁴ Ecopsychology - <http://www.ecopsychology.org/>, <http://www.ecopsych.com/>