

## Gaia (re) Connection

A few thoughts about the Sounds of Nature  
by YIT, *Spiritual Growth Translator*

Long before we were human bodies, we were spirit bodies. So here we are – we have “progressed” from a state of all-knowing, to the material world of being dumb as a stump! Doesn’t sound like progress, does it? This is all part of the plan, however, since we must **disconnect** from the True Reality of the blissful state of conscious awareness as Spirit (what is referred to as “soul amnesia”), to allow us to discover it anew (through learning, growing, experiencing, and creating our transformation back by the enlightenment of the human mind). Many fortunate people have developed their conscious awareness enabling them to experience moments of gnosis as Spirit Beings (a true bliss state). Many unfortunate people (fast becoming the majority) are clueless about who they are, why they are here, and their fears saturate their existence (definitely an anti-bliss state).

The **connection** to Mother Nature, or **Gaia**, our foundational relationship with our true Source, enables us to “touch” the conductor of the life force. Even though earlier cultures utilized great healing energy by maintaining an **attachment** to nature’s creative forces, modern cultures have become **detached**. We cut down *our* trees, pollute *our* air with toxins and disquieting noises, poison *our* water, land, and food, and then express bafflement by *our* chronic illnesses and unexplainable patterns of diseases. We crowd into large artificial concrete jungles, emptying them of all naturalness, filling the resultant vacuum with fear-based negativity that is unnatural, energetically imbalanced, and actually quite deadly. We have not only created unhealthy environments, we now have shot ourselves in the foot! This can all be reversed.

One of the best and easiest ways to experience the rediscovery of one’s own Spirit Reality is by being **totally immersed in Real Nature**. Healthy natural living includes daily copious quantities of heavily oxygenated clean air, crystal clear water, “live” healthy foods, rebalancing of all of our energy systems, plenty of beneficial motion and rest, and tons of personal growth by “discovering thyself.” This is why so many of the enlightened beings in our society also seem to live in the woods, away from the unnatural sources of stress that are so prevalent in “modern city” life.

The best recovery solution is to go live in the woods, **get reconnected with Nature**, far from “civilization” and all of its interconnected unnaturalness. If you believe that this is unattainable for you at this time, then try the next best approach. If you can’t go to Nature, bring Nature to you. Fill your environment with oxygenating plants. Become skilled at proper Whole-body breathing techniques. Drink at least ½ gallon of “clean” water each day. Exercise your whole body. Eat less processed, more natural foods. “Know thyself.” Completely change, as much as possible, the stressful, energy-draining noise pollution that we habitually drown ourselves in.

For a while, turn off the sources of audio dissonance in your lives: the TVs, Radios, DVDs, CD players, iPods, and various Electronic Games, and then remove yourself from

the negativity-spewing jabber of your “friends” if possible. When it is as quiet as possible, cover up any remaining unnatural noises with soothing sounds of nature, using a tape or CD, wearing headphones or using loudspeakers or both; bathe yourself with refreshing and healing natural sounds. Ensure that there is no human-made music or other unnatural sounds mixed into your nature sounds, including synthesized music, to achieve the maximum rebalancing and re-grounding effects. ***Reconnect to Nature.***

You will feel the anxiety and tension of modern-living melt away as you sit, stuck in traffic among rage-filled co-travelers, totally peace-filled as the light rain and singing birds filling your vehicle washes away your worries, if only temporarily. The rebalancing peace that follows the suddenness of every thunderclap drains away built-up nervous tension as you relax in your tub, totally immersed in nature’s cleansing rainstorms. The bubbling water carries your little worries, all downstream one at a time, leaving you refreshed and rejuvenated. Take your mini-vacations; get away, from “normal” life, without the expense and the hustle-and-bustle of “normal” vacations, as often as you desire the peace and joy that come from Nature. Fill your office with the chorus of happily singing birds and gently blowing breezes that magically remove unnatural yet normal sources of strain and pressures.

Sound (*along with our other senses of touch, sight, taste, and smell*) is one of our means to connect our minds to “**All that Is**” (by conscious awareness). Listening to recordings of Nature transports us via mind, but the healing effects can be just as real as if we were “right there.” You are part Spirit and part Nature. ***Get reconnected to Nature***, and be surprised by your reconnection to Spirit. As always, it is entirely your choice. ***Gaia is*** always ready to serenely, and completely support you, when you are ready for a more peace-filled, and a more-joy-filled life. How do you choose?

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