



The Art of Energy Gardening

by Sharyn Jordan Hathcock

Environmental Healer, Feng Shui Scholar, and Author

“Gardening is a labor full of tranquility and satisfaction natural and instructive, and as such, contributes to the most serious contemplation, experience, health and longevity.”

~ John Evelyn, 1666

The adage 'the only thing constant in life is change' applies to gardening. In fact, a garden is the perfect place to experience these predicatable changes, better known as transformations, in a pattern of tranquility, positivity, and wellness. Energy gardening is based on the sound principle of planting at the right time and in the right place.

To create the perfect garden that serves our every need, we can look to the Chinese, and even the Farmer's Almanac, who considered lunar cycles for the planting schedules best suited for vegetation, fruit trees, and flowers. First of all, consider where you will site your garden and **choose higher ground**, especially a place safe from run off during the monsoons.

In my book *The Home Whisperer*, the Feng Shui gardening chapter teaches how to begin:

Step 1. “A garden is a place to reflect, connect, project, and simply dig your hands into the soil and be one with Nature. There is a great sense of balance derived from gardening. To be certain that you will fulfill all of your gardening desires and needs, first **create a plan**.”

Step 2. Sketch your garden-to-be by sitting in the site and observing the sun and her shadows, the types of veggies you will grow, and the soil required to best support your plantings. And of course, know that the time you spend developing this garden will be returned back to you with fresh produce and a deep sense of accomplishment. On page 217, the reader is reminded that, “the tilling of the earth is an excellent exercise of new beginnings and making ready the rich soil of potentiality to bring forth blooms of wisdom and enrichment. When you begin this process, you will feel excitement bubble up in your belly. And if you are getting your back into it, you will also feel every muscle you have not felt in a very long while.” **Work your plan and be garden-fit.**

Step 3. “Do the dirt work and always build up the soil with organic nutrients.” Whether you are planting on acres of land or in containers, always remember to bless the soil. In the late sixties, I was fortunate to learn about the Findhorn Eco-Village located in Sweden. They did not intend to grow into such a gardening community, however, with their dedication to a spiritual path and growing their own food to support themselves, working with Nature's elements yielded extra large and nutritious produce. Forty-five years later, they continue to thrive by

acknowledging the 'divas' within the soil. Again, **bless the soil.**

Step 4 According to Anastasia, a remarkable Russian visionary, the garden you create will be your greatest legacy. Think of the years of maturation and how the apples, peaches, cherries, and/or pecans on your own tree will feed your body and your spirit. Project yourself into the future of your garden and see how it will yield plentiful amounts of truly nutritious foods that will actually speed up your thinking. Her insights set forth that thousands of years ago, there was a great conspiracy to devalue the food, so the people would become ill, dim witted and vague. Therefore, these people are easy to sway and manage. She wisely states, “In a muddle-headed society, look at what is happening. Someone consumes inferior produce and takes ill. The sick person falls into the arms of a system called 'health care'. This system has at its disposal a huge quantity of drugs, hospitals and clinics, and this has to be paid for somehow. Huge sums of money are continually being poured into it. We are told it is constantly improving. But note: according to statistics, the number of sick people is rising each year.” **A garden is essential to one's wellness!**

Step 5. In my book, the chapter titled The Healing Garden teaches, “The healing properties of a garden embody the same restorative abilities of a sanctuary. Its nurturing voice speaks wellness to the core of our being, soothing balm to our spirit, and transformation to our souls. We reflect on our challenges and know they are only in our path to serve as stepping-stones. In the refuge of the garden place, we find solace and wisdom. Within our heart, we silently bow and know there is a bridge from shadow to wholeness. **Creating a healing garden is the highest form of restoring and insuring health to body, mind and spirit.**”

Step 6. Honor the perma-culture, short for “permanent agriculture,” where one considers sustainable systems of food production, waste and resource management, water conservation, and of course biodiversity. The perma-culture movement supports locally grown food and produce via networking. Due to a Safe Food law that was just voted in, it is essential that you **collect heirloom seeds NOW.**

Live Abundantly & Live Well - Energy organizes itself around and through a garden bringing forth benevolent chi. Create a garden and a life blessed by Mr. Evelyn's wisdom, “...a labor full of tranquility and satisfaction, natural and instructive, and as such, contributes to the most serious contemplation, experience, health and longevity.”