

AS WE HEAL OURSELVES, WE HEAL THE EARTH AS WE HEAL THE EARTH, WE HEAL OURSELVES

By Dianne Elizabeth Conner

Jai Bhagwan. Namaste. These are two Southeast Asian salutations that mean “I bow to the Divine in you.” While writing this article, I wrestled with two major themes, separate yet related, and both in urgent need of discussion. I will do my best to link them cohesively. An eternal truth is that we are one with Source, with each other and with the universe. Just as the great masters have taught this, the scientific world of quantum physics proves it and becomes quantum theology.

With that brief, somewhat spiritual introduction, think about how big business not only pollutes our planet while exploiting women, minorities and children; think about how it has convinced many of us to do the same in our own microcosmic spaces. How many of us have applied toxic chemicals to our landscapes to rid ourselves of 'pests'? Consider how we might be poisoning any living being that comes in contact with these poisons. How many of us poison ourselves and our families with junk food, chlorinated water, toxic cleaning products and toxic fumes from household products, formaldehyde and other toxins from new carpeting and furniture and even from our clothing? Most significant to me, we can also poison ourselves by allowing 'silver' amalgam fillings to be put in our teeth. Children and fragile adults are especially vulnerable to these assaults. It is no wonder so many people have allergies, Attention Deficit Disorder, Candida, Chronic Fatigue, Chemical Sensitivities and Environmental Illness.

I was a sensitive, fragile child and grew into a fragile adult with ADD, Candida and EI. Eventually hypersensitive to almost everything, my body began to shut down. I had always eaten wholesome food but I had soft teeth, which required many fillings. Now banned or restricted in some countries, amalgam fillings were the standard and still are in most of the USA. These fillings are actually composed of fifty-percent mercury, a known poison. Its vapors can permeate every tissue of our bodies when we chew, drink warm liquids and grind our teeth, lowering our immune systems in the process. The American Dental Association is trying to take away the license of any dentist who makes negative references to the amalgams. Such is the case of my dentist, Dr. Mark Breiner, who practices Whole Body Dentistry. He is now fighting the Connecticut Department of Health and the State Dental Board and needs more of us to contact our state representatives to tell them that our freedom of choice and our health are being threatened. (Dr. Breiner is a pioneer in holistic dentistry and has written his first book, *Whole Body Dentistry*, which contains information everyone needs to know about new dental paradigms including mercury fillings, root canals and fluoride.)

I realized I could not heal until the mercury was removed from my body after many years of allopathic treatments that only worked on my symptoms. More helpful tests and treatment from alternative practitioners confirmed high toxic levels of mercury in my system through hair, blood and urine testing followed by chelation therapy after my fillings were replaced. The cost, the effort and the time were well worth it and I have recovered.

In my long journey to wellness I came upon Book One of *The Essene Gospel of Peace*, a book transcribed from an ancient manuscript concerned with illness and Mother Earth. The manuscript describes how Jesus told his sick and lame followers about their deep connection to our planet. "...I tell you truly you are one with the Earthly Mother; she is in you, and you in her. Of her were you born, in her do you live and to her shall you return again. Keep, therefore, her laws for none can live long, neither be happy, but he who honors his Earthly Mother and does her laws."

After instructing the sick to pray the Lord's Prayer to their heavenly Father, Jesus tells them in this same manner to also pray to their earthly Mother: "Our Mother which art upon earth, hallowed be thy name. Thy kingdom come, and thy will be done in us, as it is in thee. As thou sendest every day thy angels, send them to us also. Forgive us our sins, as we atone all our sins against thee. And lead us not into sickness, but deliver from all evil, for thine is the earth, the body, and the health. Amen."

Now it is time for us to take action for our selves, our brothers and sisters, and for Gaia, our Mother Earth. Her fragile air and water supplies are in special need, as are many of her children. Please join with those of us who send blessings and healing light daily to Gaia and all her inhabitants. It's actually easy to do. Intention works. We simply pray or better yet, visualize our Earth in healing light as we send thoughts of love, compassion and gratitude. Visualize Her and all Her children being healthy, happy, and prosperous. If enough of us do this, we can form a critical mass that will make a difference.

There are many other ways to take action. Most are easy and inexpensive: Become an aware consumer; pay attention to how you and others treat and react to your environment; recycle as much as possible – it costs nothing except a little effort; pick up litter wherever possible. (I bring a used plastic shopping bag on my walks and pick up trash as I go along; the visible results are instantly rewarding.)

If possible, support at least one organization working to protect the environment, the underprivileged and/or peace. I recommend joining 20/20VISION. Every month this national organization sends monthly postcards identifying the most important upcoming issues and gives all the tools needed to become an effective advocate in only 20 minutes a month. I also recommend CO-OP AMERICA, an organization that lists thousands of all-natural and sweatshop-free products in its National Green Pages. And finally, I recommend buying *Clean and Green: The Complete Guide to Nontoxic and Environmentally Safe Housekeeping*, by Annie Bertold-Bond. (\$8.95)

When we are not part of the solution, we are part of the problem. Each of us can make a difference. We are One. *Jai Bhagwan. Namaste.*

Dianne's healing journey led her to become a Kripalu-certified Holistic Health Teacher, an interfaith minister under the Universal Brotherhood Movement, and a graduate of the Women's Leadership Institute of the Hartford Seminary. She is currently a staff writer for the Natural Networker and is a board member of the Greater Hartford Holistic Health Association and the New England Women Ministers Association.

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The editor/publisher called it my soapbox article. It was also