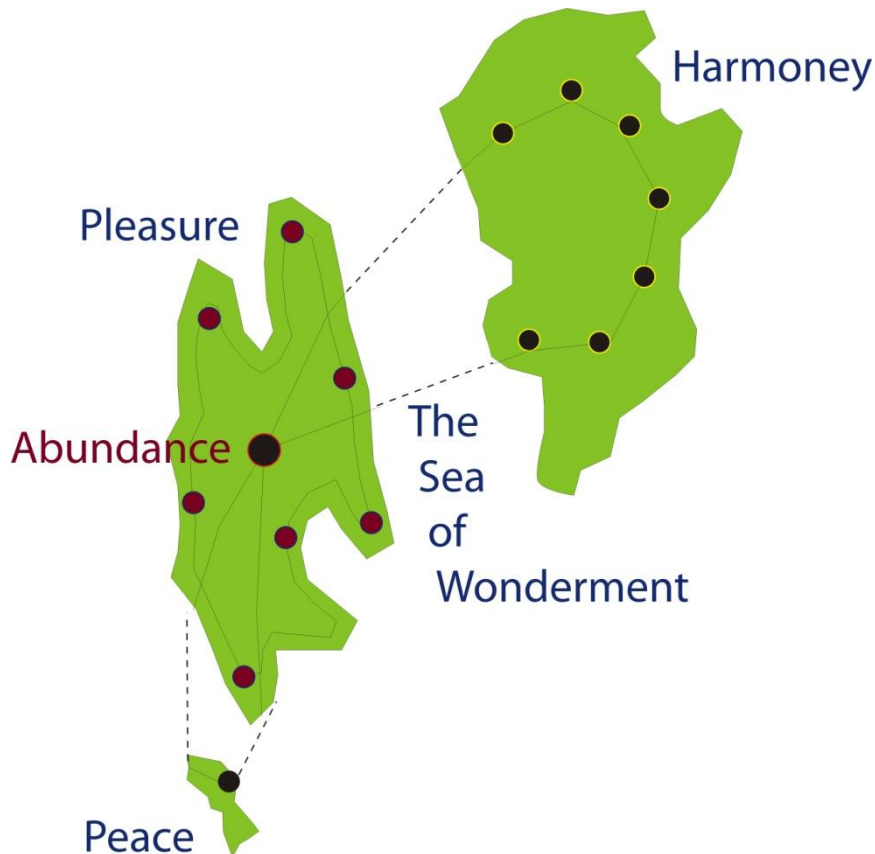


# Harmony, the fertile soil of all sustainable growth in Joy

By Esther Dageraad

This is a picture of the map of Joy:



In order to experience Joy fully, you've got to visit and explore each of the three islands regularly. Each of the islands have their own ambiance, their own speciality and richness. However, the whole of your being thrives if these riches are shared and distributed and put to good use.

Almost everybody knows about Pleasure Island and the Richness of Experiences through your activities, in relation with others. Whether it is in work or play or both, you'll gain experiences in the things you do in a social context.

Many people know about the island called Peace. Most people fancy Peace in their mind and if they upscale their dream: World Peace. But if you don't go there to experience Peace (be with your Mind at Peace) and then share it and apply it on Pleasure Island and Harmony... then Peace is only a vague notion of a distant place where you'll have little experience with.

Harmony is an island a lot of people don't visit, at all.

It's a pity, I would say. As you can tell, it is actually the largest island of the three!

Is there nothing of interest, on Harmony, that so many people don't pay much attention to what is going on there?

Well, the most fertile soil of Joy is on Harmony. Therefore it is the centre of Energy production and Growth. It is the rural area of Joy, where ideas are planted, nurtured, organically grown, harvested and prepared for distribution. It is where the cycle of the economy begins: we grow our values with our talents, re-using/ recycling our own experiences.

Our talents are not only capable of producing every year the same old seasonal products, in the same amounts. They also crossbreed ideas (in a natural way!) to create new varieties and they also run experiments to see what would suit the needs of everybody on Joy.

You can call this part the Research and Development Area.

Now, a small D-tour through your real life, your 3d Earthly reality. Just a few questions to shake your trees with the fruits that are growing on your current values....

Do you pay much interest in the origin of your food?

Do you pay your farmers enough in the accepted currency for their community to thrive and have a nice life too?

Are you interested in the way the food is produced?

Do you care if it had a happy life, could grow at its own pace being looked after and cared for?

Do you mind pesticides, medicines and hormones being used?

Or crops being scientifically altered?

Do you assume that quickly mass produced foods are suiting your individual nutritional needs and the needs of your loved ones to support your health and wellbeing?

Whatever your answers are.....interesting and food for thought!

Back to your inner world of energy.

There, on the island of Harmony, your talents are always producing, based on your experiences. You don't *have* to go there personally, for that to happen. These talented parts of you will send packets of energy supply to Pleasure island for you to consume and invest in pleasurable or joyfull activities, as long as you live.

They know the environment they work in very well. Within the parameters of Your Values: acidity levels, oxygen levels, available seeds and species, weather conditions, water supply, different stretches of different soil structures, woodlands, meadows etcetera.

They always do an excellent job of supplying for the inhabitants alive. You might not know it, but they are devoted to contribute to the whole system's ( your!) wellbeing, the best they can.

Even if they have to deal with pollution, just enough resources to keep it going with old tools , invasions of viruses and disease.....they'll be resourceful and will improvise. See it as working longer hours for less money, having time nor money nor energy to enjoy the good Things of Life themselves very much.

Do you feel that the government should *do* something about such a situation, from your tax money? Are you willing to sign a petition:" They deserve better!"

Hurrah! Good thinking! Only realise, we are still talking inner world here:

- a) On Joy, *you* are the government.. it is the State of *your* Mind.
- b) On Joy, you pay *attention* and you pay *Compliments* and if you like and are able, you pay regular *visits* to your inner world, to maintain close personal contact.

Aough?

There may be an issue with how appealing it looks to go to visit Harmony.

You may not feel attracted to going there if you feel ill or unhappy or are fully absorbed in your activities on Pleasure Island ( or all of the above) .

The knowledge that you may have had a major role in governing the system into getting to this state, may not motivate you to make contact with the talents of your inner world and make sustainable changes, in words *and* deeds. You may feel, that if all this is the case, you've made enemies there. Why enter an awkward or possible hostile situation if you don't have to?

You also may have no clue what so ever on how to deal with this situation. Which would be the sustainable change? Where to start? The thought of not having the appropriate know how might scare you even further away from taking responsibility.

You may even on some level blame *them* for not supplying *you* with a good mood, good health, peace of mind and full satisfaction on your activities. Maybe *they* need to be trained, cured, taxed or disciplined?

All slightly unnecessary worries, if you ask me, or any other person who has close connections with Harmony. Obstacles you put in your own way of experiencing Joy fully and regularly.

Keep in mind, on Harmony, the farmers know and enjoy knowing how to work with Your Values, in ever changing conditions.

That is what they are devoted to doing till the day you die, regardless of what you think of them, even without being in touch with them yourself.

They have got the expertise and the passion to supply you with all the important things.

*You* don't have to tell *them* Your Values or advise them how to produce anything worthwhile with it! *They* are actually more likely to inform *you* about your current values compared to the original happy and healthy optimal state. (for example: to acid, very polluted, very dry because of a minimal water supply, overgrown with evasive plants)

They can still show you the seeds and species that are destined to grow on your Harmony, that don't thrive there anymore because of the current circumstances, even if you don't remember what Harmony used to look like. Even if you only have a vague memory of what all encompassing Joy and souldeep satisfaction feels like.

The Good News?

You don't have to do anything that is at the moment too far outside of your comfort zone or skill set, like going to the island and face the farmers.

**All you (ever) have to do is respond** to the communication efforts of your inner world, your talents, your farmers on Harmony.

They give you constant messages on what is needed to sustain the wellbeing of you-all.

Give them *permission* to set the necessary actions in motion to move into sustainable organic farming ( which is what living/farming on Joy is about). Allow them to contribute to your wellbeing. Chose at any given time to be the best version of yourself at *that* time, in *those* circumstances: organically growing Some call it ' living in the here and now'.

How can you do that? It takes a little imagination, a little time, good intentions and paying attention.

I recommend to do that this way:

Leave a (mental) note, every morning when you have picked up your hamper with the energy supply for the day, with a "Thank You For Your Contribution To This Day".  
( Just repeating something like that sentence in yourself, while still being relaxed is enough)

Every evening, leave a ( mental) note on the same gate, returning the (almost empty) hamper containing the leftovers of the day. Share with the farmers how you invested your energy today. Write in the note what you enjoyed that day and what you found challenging and would like a harmonious solution for. Thank them again for supporting you with everything you need. Tell them to let you know if there is anything you can provide them with, to support them in their work, for you.

(Just go through the day in your mind before you go to sleep. What did I enjoy? What was challenging? What questions are on my mind? Ask, without trying to figure out the answer "Is there anything I can do to support myself?")

Then, pay attention on collecting the new hamper the next day. There may be notes attached to it, they may contain requests. Do yourself a favour if you intend to live in Joy permanently.... execute those requests. Either without questioning, or after having spoken to the farmer to understand why and how this is in line with the sustainable Growth and Developments on Your current Values.

( I can best describe this as ' listen' when you are still relaxed and waking up. Is there anything that seems a message? Words, an image, an idea? If you feel there is, but can't grab it.... don't panic. Just ask in yourself for clarification, take your mind of that you've got to actively figure it out and your inner world knows that you're listening, but didn't understand the message the first time. They'll find a way to make it clearer for you)

One day, the head farmer will invite you to the island to show you around and you'll not be scared of the prospect, because you are very much on speaking terms now, feeling to work side by side on a mutual project of interest.

He'll show you the results of your mutual efforts. The land looks cleaner, the crops look healthier, a new tool has been delivered and the farmers are smiling to you, bringing you flowers. As if you didn't already get a sense of that, you have felt so much better lately!

He'll guide you with a proud expression mixed with badly hidden excitement on his face into a little tucked away greenhouse. It was saved from a recent bramble and nettle invasion and personally restored by him in light and shining working order.

He'll carefully show you the pots where he has sown some of the original seeds of the species that are the most precious and unique part of your natural habitat. Those ideas that thrive in your soil - also spelled as *soul* on Harmony.

Those that give you the abundant fruits you enjoy most to eat, those that'll feed all the inhabitants of Joy to high standards, without hardship, without a fight, without pushing or pulling, with just the right amount of effort and devotion ( energy).

You might still not know what those little green plants are about. You may not recognise them in their seedling state. But the farmer will plant them on the right day in the right soil and nurture them for you.

One day, you'll find the first ripe fruit of these plants in your hamper with supplies for the day. If the farmer didn't attach a big smiley face to it, you'll put one on your face right away.

Because there lies an example of Your Real Passion Fruit. It only grows in your natural habitat, able to feed your world in all respects abundantly, peacefully, harmoniously and joyfully. It thrills you seeing it. You will be so eager to share it, to eat it, to use it, to multiply it, to taste more of that, it's beyond your imagination!

By that time, you'll fully understand how it works, the process behind the scenes of finding your hamper filled every day. Filled, not only with energy, but also with inspiration, with practical ideas to invest the available energy on, grown on Your Current Values, fed with your experiences, for the benefit of the whole.

You'll understand, from experience, that in the sustainable economy of Joy, nothing gets wasted: time nor energy. Everything is put to good use, is there for a reason. No value, no matter how small is overlooked as insignificant. Everything gets used and recycled in simple efficient ways.

There is not only attention for the ' end result' as in how attractive the product looks. There is attention for the whole process to look after (improving) the quality of soil and (improving) the quality of **all** (of your) life ( in the inner world **and** the outside world).

It will all be of higher quality and more joyful, because you are using your unique set of talent for what they signed up to do in more and more joyful circumstances.

So by the time you are actually growing organically, farming new inspiration with your talents, as the fruits of the plants that thrive in your soil, fed and improved based on 100% your experiences on the fertile soil of Your Core Values, this is what a day might look like:

You've left your hamper with leftovers at the gate for the farmer to pick up, with a Thank You. He sees how well this day's lot went down, being informed of your experiences of the day.

With the questions on your mind, he checks the crops. Obviously, there is variation, depending on the season and how the plants are doing in the current Values. What is ripe? What suits your needs? What answers your questions?

He may give you a little ring, in your dreams or even wake you up for it. If he has choice for you of a selection or a variation, he may ask for your preference? He may have an additional question to decide on the best content of the hamper for the day. Once answered, you'll have a few more hours of sleep.

On waking up, you open the hamper with some anticipation. What is in it? What mix of fruits is on the menu today? Ideas? Inspiration? Suggestions for activities? A message? You'll recognize how the farmer has answered your questions. You may even recognize the crossbreed of two ideas you've come across earlier, that both had pro's and con's. And now you see the Nectarine of your world: a

fruit with the soft juiciness of a peach *and* the sturdy Plum skin. You smile, you can have it both, naturally. Your farmers did it! All you had to do was say that you like the taste of peach, but not that it brews so easily on transport and ask if they can come up with ideas.....

You get on with your day, using what is in the hamper. What doesn't get used for any reason, goes back to be recycled, eventually to fertilize the soil, to feed more plan(t)s to come to fruition.

If the same fruit comes back each and every day, it gives the farmer information: there is little demand for this! He may ask you one day if it's alright to get rid of that species and use the plot for something new that might be more appreciated!

Yes, the inhabitants of Harmony can eat it, they love cooking with what needs eating, but they'd rather enjoy what you enjoy. That thrives in your soil, so there is always enough for everyone, even if you use up your daily hamper completely.

It goes almost without saying that you'll be aware of how re-usable all your energy is. You don't hold on to anything for days on Pleasure Island ( which is, just to remind you, where you are in connection with other people) and then burn it there (explode emotionally) or bury it ( implode emotionally) or leak it constantly and leave it.

Please recycle all experiences through Harmony. They can put anything to good use. What is labelled ' bullshit!' and ' useless!' by you on Pleasure Island, is very welcome organically obtained fertilizer on Harmony enhancing sustainable (emotional) growth and personal development.

All this, is possible without saying a word out loud, or signing any petition in the outside world. Just pay attention to your inner world (and act upon it).

The thing is, you'll enjoy your own company a lot better and that has its benefits for everybody in your world, inside and out.

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You are explicitly encouraged to play with this information on living in Joy.

Please consider two things:

- 1) If you communicate to others about it, remember to name the source.
- 2) If you feel that this is making a valuable contribution to your life, please remember to share your resourcefulness with me and others.

You'll find suggestions on [www.1Ucompany.com](http://www.1Ucompany.com).

With many thanks to all the beings who contributed to this piece of food for thought on the role of sustainable organic farming in the world of energy.