

# TRANSFORMATION

May 2012

*Magazine*

A Connection Among  
**All Things**

**Eternal Life**  
Through Facebook

Greater Than the  
**Sum of Our Parts**

The Power of  
**Intuition**



# *Oneness*



Personal Development ~ Alternative Health ~ Spiritual Growth



By John Mathis

The early morning's embrace is cool and comforting. Both my house and neighborhood are still quiet and set the tone for my excursion into the garden. Silently, I gather a few garden tools and my babies, still standing straight in their plastic flat, and take them to my raised garden box—a humble alter where good intentions and Mother Nature meet. As I kneel before the black space of possibilities, my focus shifts. What appears to be an empty space is actually teeming with activity. I am momentarily absorbed in the activity of ants, spiders, and worms, scurrying about with intentions of their own. I admire their energy and tenacity.

My focus shifts more frequently than it used to. I remember having to use a force of will to take a moment and smell the roses. Now, I can be in the middle of a task and suddenly my focus shifts. I am then presented with a deeper meaning to whatever I would have formerly considered a meaningless activity. There is now a connectedness. I attribute this to a near death experience I had. Since then, I can see a connection among all things where before I saw none. Because of this, I believe I approach things with a new mindfulness. I know this year's garden will be quite different.

My focus shifts again. I think about the soil as I move it and shape it. How long has it been here? Over the ages, what other plants and animals has it been a part of? Will it end up staying here or becoming part of a tomato plant? Will it then become a part of me? I have never before considered the many paths of existence a speck of dirt might follow.

With a tender touch, I gently release each plant from confinement. I hold each plant in my hands for a moment and close my eyes. I envision a healthy plant growing to its fullest expression. As I sit there in that moment of expectation, I feel the energy start to flow. In the 17 years I have been practicing Reiki, I have never used it while planting. It seems silly that I had not thought of this before now. In fact, in the past, gardening was a chore: turn the dirt, plant the plants, water the whole mess, and move on to the next task. My...how things have changed.

*The moment when I am sitting in a quiet garden with a living thing in my energetic hands has both reverence and mystery.*

I don't know what to call it, but in my mind it is where religion and magic intertwine. It is where a good intention begins its manifestation into reality. The symbols and colors I see behind closed eyes tell me something dynamic is going on here.

Some say we make our own reality. In my little plot of reality, I pray that through divine alchemy my babies grow big, hearty, and wholesome. The planting begins. Since no one is around to think ill of my behavior, I talk softly to each plant as I surround it with energy and soil and encourage it to grow.

Afterward, I sit at the end of my garden and reflect on how it looks. The green, yellow, and orange stand in brilliant contrast to the midnight soil. I think it is beautiful. As I gaze upon the garden a thought appears. A garden is a reflection of love.

*A garden is a result of the light of your love shown through the prism of Mother Nature.*

You give of your time, energy, and hope and what comes back to you is magnified, manifold, and colorful. Your garden reflects pure love without any human dissonance. Your love isn't questioned. Your love's sincerity is not challenged. Its motives are not in doubt. Love spent in the garden actually comes back to you as more love.

*We could learn a lot from plants.*

Here's my advice—skip the near death experience. Plant a small garden and visit it daily. Give yourself permission to experience a connection where previously you thought there was none. Soon, you too will see that all things are intertwined and that a moment in the garden may be the most important part of your day. You may take away from it more than a bunch of vegetables.



John Mathis is an award winning bass-baritone vocalist, author, nurse, pharmaceutical researcher, corporate trainer, reiki master, and paranormal investigator. He has survived a coma, a near death experience, bankruptcy, divorce, welfare, and the death of his last family member—all within the last 7 years. John's hobbies include writing, carpentry, biking, and combining Reiki & astral projection. Contact John at [alchemists.heir@gmail.com](mailto:alchemists.heir@gmail.com) or visit [www.alchemistsheir.com](http://www.alchemistsheir.com).