

The Earth  
Healer's  
Handbook



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with Mary McQuaid

## **PREFACE**

During the 20th century, most of humanity lived with the view that human beings were more important than all else. At the same time, for most individuals, the 'me' took precedence over everything. The 'me' was all. What really counted was that 'I' was all right, that 'I' was safe, that 'I' was not hurt or injured, that 'I' was satisfied. As long as this 'I' was comfortable, nothing else mattered.

Living in this self-centered manner, we developed the idea that only we human beings were truly alive. Animals, plants, minerals, rocks, rivers, and so on were seen as lifeless objects that had no feelings or will of their own. We thought they were simply ours for the taking.

As we look around us, we can see the effects of this past way of thinking. The balance of nature is in jeopardy. More and more species of animals and plants are becoming extinct. The earth is suffering. Great nature is gasping, thirsting, and straining under the burdens placed on it by human beings.

If the earth is to come alive in the 21st century, humanity must undergo a great shift in consciousness. Each of us needs to become aware of the profound relationship that exists between our thought vibrations and the health and stability of the earth. To revive our ailing planet, each of us needs to infuse the earth with the healing energy of our deep gratitude for all the earth's blessings.

Words of gratitude, thoughts of gratitude, actions of gratitude toward our beloved earth—as we rekindle this spirit of gratitude our way of life will naturally change and the earth will find the power to heal itself.

I sincerely hope that as you read this book, day by day your heart will know the overflowing happiness that comes with feelings of sincere gratitude. And as we deepen our sense of oneness with all life on earth, may we each come to know what it truly means to love, cherish, and make the most of our own lives as well.

Masami Saionji

## **THE WAVES OF THE OCEAN**

**Q:** When I was small, my family spent some time at a summer cottage in Canada. I still remember the deeply peaceful feeling I had while lying on the beach and listening to the ocean waves. Why is it that people of all ages love to watch the ocean waves and listen to them?

**A:** That's because there is something about the ocean waves that brings us back to our original being, our original awareness. The waves of the ocean are the natural movement of the universe itself. There is nothing artificial about the waves of the ocean, and they are never influenced by artificial energy.

The ocean itself is energy—natural energy. The energy of the ocean is expressed through the ocean's rhythm, or movement. And this same, natural rhythm of the ocean is in our bodies. It is the fundamental rhythm, or energy, of our life.

Nowadays, many people are ailing because their way of living is not in sync with the rhythm of their original, fundamental being. Their feelings are often in turmoil and they feel separate from the wholeness of the universe. They long to return to the original rhythm of their life. That's why they love to watch the movement of the ocean.

Because the vibrations of their thoughts are in turmoil, the vibrations of their body cells have also become irregular. Human beings want the vibrations of their minds and bodies to become regular again—to be in harmony again.

Restoring harmony to our minds and bodies would take tremendous effort if we had to do it completely on our own. That's why we like to go to the ocean. The vast movement of the ocean waves has the effect of enfolding us and returning us to the harmony of the universe. That is one of the ocean's missions.

Most people today are living under conditions of extreme stress and anxiety. It's hard for them to attain a sense of balance, even though they would like to. So, they go to the ocean. And when they come back to the city they feel relaxed and refreshed, and are able to be creative again. But after a few weeks' time, they again feel over-

whelmed by negative influences, and wish to return to the ocean or the world of nature.

**Q:** In watching television, I often feel refreshed by seeing scenes of the ocean. But what seems to influence me most is the *sound* of the ocean. What is it about the sound of the ocean that appeals to people so much?

**A:** The sound made by the ocean waves is really the natural sound of the universe. We human beings have forgotten that sound, and we long to hear it again.

At this point in time, though, most of us have lost our sense of oneness with the universe. This is like saying that we have forgotten the sound, or rhythm, of the universe. So, when we can't go to the ocean, we like to hear the sound of the ocean in some way. The sound of the ocean calls up a memory in us, from before we were born. We remember the sound of the whole universe, the sound of God. Our inner self starts to remember, 'Oh, I am part of the universe!' or 'Oh, I come from God!' and so on.

Nowadays, everyone is very busy. Everyone is in a hurry. People have gotten used to that kind of busy pace. Because they have gotten used to it, they find themselves attracted to things with a similar kind of resonance—

quick, choppy, and erratic. That's why they like to watch TV programs or news reports that show a lot of turmoil and violence. People's minds tend to lean that way until they return to their own deeper resonance.

There are many kinds of rhythms, or resonances, in the universe, but the original, essential resonance of the universe is one of peace and harmony. In various religions, we also find a reference to the original resonance of the universe. For example, in the Bible we find the phrase *In the beginning was the Word*. Here, *Word* means resonance—the original divine resonance. In Native American beliefs, too, we find a lot of emphasis on sound or resonance. Some of the drumming sounds they make are very conducive to peace and harmony.

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