



Ancient Wisdom for Planting Seeds

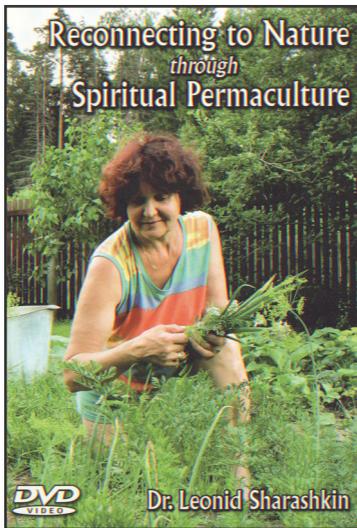
Marlenea La Shomb



Edgar Cayce, the “Sleeping Prophet,” made a statement concerning a development from Russia with the coming of a greater hope for the world and a new spiritual evolution. That groundbreaking thought has come to life through the translating of the *Anastasia Ringing Cedar Series* from Russian into English, capturing all the imagery, feelings and sensations of the original, by *Dr. Leonid Sharashkin, Ph.D.* (shown here). This series reveals the potential of Russia’s permaculture gardening movement to change our world.



Despite a millennium of harsh oppression, Russian families have preserved a unique traditional lifestyle grounded in self-sufficiency and self-reliance. They now show a path to a more fulfilling, independent, and free existence that is connected to nature. As millions of people worldwide start to embrace these ideas, humanity may now be entering an age of harmony and peace. The ultimate result of this global transformation depends on us.



Leonid received a standing ovation when he presented at the *Earth Transformation Conference* in Kona, HI, outlining the concepts behind the permaculture revolution, especially as outlined in the *Ringing Cedar* series. This inspiring one-hour presentation is available for free on *YouTube* by searching its title: “*Reconnecting to Nature through Spiritual Permaculture.*”

Leonid starts out by saying “hello” in his native Russian, which means, “may you rise with the sun,” or “may your spirit rise each day as the sun rises in the sky.” He points out that, in humanity’s modern insanity, it appears that man is incapable of fitting in with its environment, as all other aspects of nature does. Agriculture needs to take care of the soil. His

ancestors made no distinction between caring for the garden and God-divinity here on Earth. The word “family” literally means “a seed.” Every seed you plant contains the full information of the universe to sustain man’s life.

Here is the custom that the modern-day mystic Anastasia reveals in the *Ringing Cedar* books—ancient wisdom for seed planting, now brought back to life. Standing barefoot on the ground, put one seed of each type of plant to be grown in your mouth to mix with your saliva. Then you hold those seeds between your palms for 30 seconds. Then open your hands and blow your warm breath on the seeds. Then hold them outstretched to the universe, with mindful intent. Now place the seeds with the others of its kind and plant them.

This mindful practice of “blessing and programming” the seeds has been lost in today’s industrial farming. It implants the seeds with the vibrational frequency of the person planting them. The seeds receives this information and will transfer it into the growing plants, customizing the nutrients and the energy of those plants to the specific DNA and needs of those consuming it.

In closing, I will share with you one of Leonid’s stories. While giving his lecture in Hawaii, his five-year-old daughter asked what he was doing. He shared with her a postcard that he picked up, which was sent around to the residents in Kona. It stated, “Stop hunger! Put canned food in the mailbox to be picked up.” First, she asked, “Why are there hungry people? Don’t they know you can plant seeds and feed yourself?” She asked if he would give them a message from her. He said he would. “Tell the people, do NOT put canned foods in your mailbox! The hungry will eat it and still be hungry. And then you’ll have to put medicines and drugs into your mailbox for their sickness from eating canned foods!” ■

Marlenea La Shomb, LMT, is a freelance health writer presently studying to become a Doctor of Naturopathy.

