

WHOLISTIC HEALTH NEWSLETTER

THE GREEN MOVEMENT

WHAT DOES IT MEAN TO BE GREEN?

“It is He Who sends down rain from the heaven. By him (the rain – masculine.) We cause to come forth vegetation of all kinds. From this, We extract green crops; from them We bring forth loads of grain. And, from the date palm, from her sheaths, clusters of dates hanging low and gardens of grapes, olives and pomegranates, similar (in kind) and different...”
 (Translation of Quran: Surah 6:99)

The Earth was created, developed, and carefully and lovingly prepared for human life. Then, She was turned over to us verdant, productive, generous and responsive by her Creator so that we would govern her on His behalf, maintain the good He placed in her, enjoy her bounty and learn from her adherence to fitrah (Divine nature). **Green is her dominant color**, indicating vibrant energy, the ability to produce and inspire Peace; the permeating Peace of submissive obedience and harmonious interaction. **Green is an energetic vibration** that speaks to the hearts of those who will hear. It calls us to all that is life giving and productive, and draws us away from all that leads to destruction and chaos.

Trustee, vicegerent, steward or successor; these titles all refer to the responsibility and task we have in this creation and mean we will have to account for how we carried out our assigned task. These titles and task mean we need environmental consciousness. We cannot afford to be oblivious. Being oblivious will have consequences in this life or the next. **Green is the environment that supports and nourishes us.** Sheikh Sami Abilmona (of Lebanon) said in a public presentation, *“It is impossible for the monotheist to agree with the idea of dominating nature and utilizing it by destroying the environment and causing damage to the natural balance of things....”* So, therefore the maintenance of “green” is our responsibility. In addition, generating and spreading the consciousness of “green” is also our responsibility.

For the last seven years we have constantly heard from our Government that we need to be concerned about

“national security”. This is an excuse for all types of destructive practices including wholesale destruction of mountains, trees, people, and the pollution of the air and water. Almost obscured is the voice crying out for **natural security** or the preservation and protection of the **“BE GREEN” Continued on Page 3**

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PEARLS OF WISDOM

Jeanette Hablullah, N.D.

"We are meant to use, consume, develop, and provide for others from her bounties but not without consciousness of and obedience to her Owner and Creator."

Dear Readers,
Assalaamu alaikum wa rahmatullah.
(Peace and Mercy of God be with you)

"It is He Who produces gardens with and without trellises and dates and crops with various types of produce and olives and pomegranates similar (in kind) and different. Eat of this fruit as it becomes ripe and give what is rightfully due on the day of the harvest and do not waste. Surely, He (Allah / God) does not love those who waste."

(Translation of Quran: Surah 6:141)

One of the attributes of Our Lord is Al Kareem (The Noble, Generous One). It is reflected in the creation and particularly evident in the nature of the earth. She produces in abundance to generously feed, clothe, and bring pleasure to those finding a home in or on her. We are meant to use, consume, develop, and provide for others from her bounties but not without consciousness of and obedience to her Owner and Creator. Allah / God has commanded us with that which will benefit us and facilitate our journey of return to Him, which is life. In the above verse or ayah from Quran there are three commands.

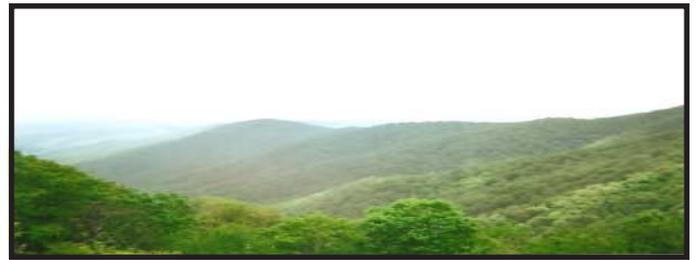
1. **"Eat of the produce of the earth as it becomes ripe."** Eating local produce or that from within a reasonable distance of you (i.e. an easy day's journey by wagon, truck or car, which equals approximately 300 – 400 miles away) enables us to obey this Divine command. It also gives us what is most beneficial for our physical bodies. Each community is meant to be sustained by that which is close to it. This does not negate trade and business transactions. It simply confirms Divine providence in that what you need is easily attainable.

In these days, we are witnessing global consequences of ignoring the wisdom of this command. Entire countries with productive land have allowed themselves to be made dependant on outside, foreign food supplies (Haiti, Philippines, Dominican Republic and even the U.S. to some degree) and now are suffering from shortages in essential life-

sustaining food. **Yet, there is no food shortage on the earth!** She produces in abundance.

2. The 2nd command says, **"...give what is rightfully due on the day of the harvest"**. In Islam there is the concept of thirds. In this situation that could mean 1/3 of the harvest is for self and family; 1/3 is for sadaqah or charitable donation; 1/3 should be given back to the earth to render her fertile for the next harvest. It need not be to these particular mathematical calculations but the consciousness of obligation must be put into action. Is it acceptable to allow food to rot or age in warehouses, while there are hungry people in each major and many minor metropolitan areas?
3. The final command is one that requires restraint or keeping oneself away from a wrong behavior – **"Do not waste"**. One can waste many things, but here the command is specifically related to produce of the earth or food. If it is fed to the needy, it is not wasted. If it is fed to animals or birds, it is not wasted. If it goes back to the earth, it is not wasted.

Being oblivious to or ignoring these commands from Al-Kareem (The Noble, Generous One) puts one in a dangerous and dismal condition – away from Divine love. The green heart is a conscious, obedient one. Listen to her (the heart) and she will guide you.



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Teleseminar Events: 3rd Thursday of month @ 8pm EST,
More info @ www.omspublishing.com/upcoming_events.htm.
**Cancelled for September Due to Ramadhan*.*

Do you have a health article to contribute? If so, please submit to:
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“Recycle even when it is a bit of a burden. Don’t put batteries, irons, radios, etc. in the trash. Take them to a city or county recycling center.”



“Governments have established target reductions for carbon and other green house gases.”

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ecological balance and harmonious co-existence of all beings. Restoration begins with the self. Restoration begins when you:

1. **Initiate inner balance** with increased focus on consciousness of the Divine and regular adherence to acts of worship.
2. **Question yourself** and the environment over which you have control – i.e. your food, your clothes, the cleaning agents – as to what is natural, organic and of a “green nature” and what is not.
3. **Resolve to make changes** as you are able. Choose at least one thing you can change **NOW**.
4. **Educate yourself** and share your knowledge and products. Buy 2 when you can and give one away.
5. **BUY LOCAL**. Look for produce, meats and naturally produced products in your area. This reduces some need for packaging and reduces the use of fuel.
6. **Recycle** even when it is a bit of a burden. Don’t put batteries, irons, radios, etc. in the trash. Take them to a city or county recycling center.
7. **Plant**. Become a generator of green energy. Plant for beauty, for service, or for provision. It is a blessed work.

“The world is green and beautiful and Allah has appointed you as His stewards over it.” Be resolved to fulfill your assignment. Be **GREEN**, maintain the beauty of Earth so that all may benefit from her bounty.

THE DOCTRINE OF SIGNATURES

by Jeanette Hablullah, N.D.

“Surely in the creation of the heavens and the earth and the alternation of the night and the day are signs for those endowed with understanding.”

(Translation of Quran Surah 3:19)

Knowledge and wisdom were given to the original human beings in abundance and were passed down by genetic inheritance, oral tradition and written documents. The “Doctrine of Signatures” taught what is now proven by nutritional science to be “astoundingly correct”. The wise ones said that in whole foods are patterns that resemble body organs or functions that instruct the human being as to the benefit of the food.

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CLIMATE CHANGE REDUCING OUR CARBON FOOTPRINT

By Ayanna Miranda

A Carbon Footprint is the amount of carbon, measured in tons of carbon dioxide (CO₂), that one emits by using energy produced from natural resources. CO₂ is a green house gas (GHG) that contributes to global warming. Each of us makes a contribution to CO₂ emissions by driving, using lawn mowers, lights, ovens, and yes...having the weekend Bar-B-Que.

For the past two years climate change and global warming have been the topic of many national and international forums and regulatory discussion. The European Union is working on regulatory policy to reduce CO₂ from passenger vehicles. Federal, State, and local governments have been strategizing and debating the best practices to reduce and encourage reduction of CO₂. Carbon Tax and Cap and Trade strategies have been debated throughout the world. The State of California has approved the Low Carbon Fuel Standard; a standard requiring fuel providers to reduce carbon and other greenhouse gas emissions in transportation fuels by at least 10 percent by 2020.

Governments have established target reductions for carbon and other green house gases. New England and Mid-Atlantic States have formed the Regional Green House Gas Initiative (RGGI) to reduce CO₂ emissions from electric power producing plants that have fossil-fired electric generating units 25 Megawatts and larger. The RGGI states have signed an agreement that is scheduled to be effective January 1, 2009. California has established the following goals for greenhouse gas (GHG) emission reductions:

- By 2010, reduce GHG emissions to year 2000 levels;
- By 2020, reduce GHG emissions to year 1990 levels;
- By 2050, reduce GHG emissions to 80 percent below year 1990 levels.

Governments can not accomplish these goals without the participation of the general population. Each person has a part to play in the CO₂ reduction. You can reduce or minimize total CO₂ output by:

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Inspirational Quote



“The ‘Doctrine of Signatures’ taught what is now proven by nutritional science to be ‘astoundingly correct’.” Inside This Issue

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.....
“Wise men living several thousands of years ago proposed that when mind, body, and spirit are perfectly integrated, the life force abounds bringing with it a real sense of health and happiness. The way to attain such inner harmony, they claimed, is to respect nature and her ways (Divine patterns/ fitrah).”
.....

Climate Change Cont’d from Page 3

- Best managing your own energy: Turning out lights when not in a room;
- Using ENERGY STAR™ appliances and lighting;
- Replacing heating filters each month;
- Planting trees on your property;
- Investing in solar panels for solar energy;
- Maintaining your car; regular oil changes, tune-ups, and properly inflating tires;
- Keep your driving to a minimum: Use public transportation and carpool when possible;
- Fill your gas tank during evening hours and avoid “topping off” the tank.

Each one of these acts will reduce or keep your carbon footprint to a minimum. We have to live on this earth and have a responsibility to maintain a healthy environment. This responsibility, however, extends beyond our lifetime.

Some examples of whole food signatures:

- 1. Grapes** – Hang in clusters having the shape of the heart. Each grape has the shape of a blood cell. Research proves grapes vitalize the heart and strengthen the quality of the blood.
- 2. Olives** – Are individual and abundant. Science shows they assist in the function of the ovaries.
- 3. Figs** – Hang in twos and are full of tiny seeds. Figs increase the motility of male sperm and help overcome male sterility.
- 4. Carrots** – A carrot slice looks like the human eye; the pupil, iris and radiating lines are mirrored on the round slice. Science confirms carrots enhance blood flow to and function of the eyes.
- 5. Sweet Potatoes** – Have the shape of the pancreas and grow under the earth (digestive system in Chinese medicine). They “actually balance the glycemic index of diabetics”.
(I remember my grandmother, who was diabetic, making a sweet potato drink.)

Investigate and reflect. Find the “*signature*” in other foods. Try walnuts, tomatoes, celery, oranges, etc. Of course you need to know a little bit about anatomy.

(Based on information from Time Magazine, October 2003)



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