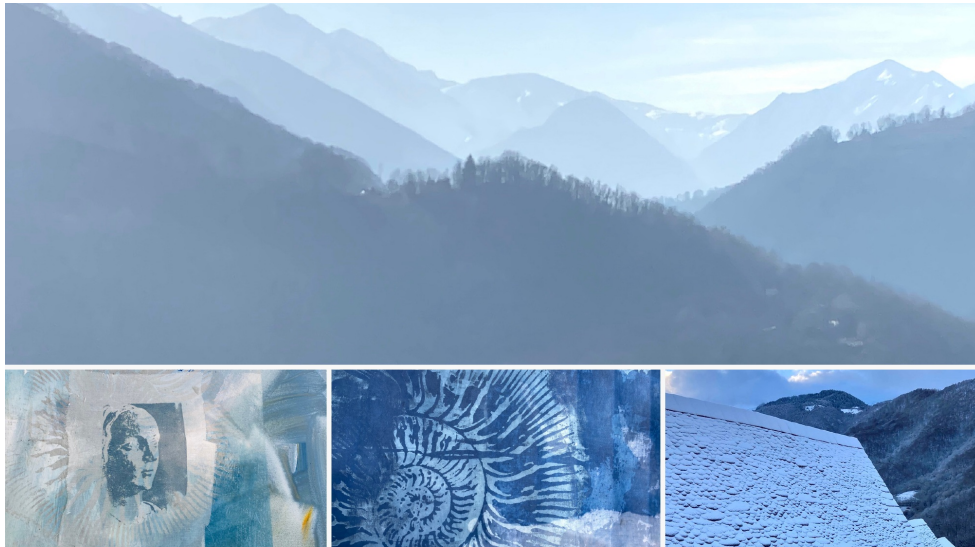




## ***The power of HARMONY !***

The hidden patterns everywhere in nature show us that nothing is random in our Universe.

Beyond what we see as a chaotic world are, on a deeper level, hidden patterns of meaning. This has fascinated me almost my whole life! The theory of chaos is just telling us about the harmony beyond chaos...The geometry in nature, the fractals are all repeated patterns, following blueprints of harmony existing in a higher dimension.



*“There is a science which is not only useful but also tells us, as art and poetry, about the beauty and harmony in the world around us”*

*“The fractals show us the inner rhythm in life where science and beauty meet”*

The fractals are for me one example where science shows us the hidden meaning of harmony as a basic law in the universe!

In the 60th it was a huge movement, existentialism, telling us that there is nothing more than what we see in the universe, only matter and we are alone with ourselves. We are leaving that now, moving into a much more positive worldview knowing that we all are connected, not only with humanity but also with the Earth and Cosmos. We are not alone.

If nothing is random, in our lives, even in traumatic moments, in the

difficulties lies a beauty, that something is pushing us to evolve, to forgive, to let go and continue our lives in a more aligned way.

Cleanse away the unnecessary and find our essence, our inner being is the most important today!

We are moving through our human experiences and often they leave deep emotions inside us, that we do even not know about, but are blocking our actions in life, creating negative beliefs and limiting thoughts.

Knowing that there are bigger patterns can help us, to see ourselves from a higher perspective, and evolve, when we learn how to accept our emotions, let the feelings come through and then let them go...

Knowing that there is a hidden meaning in everything, in every meeting, in every difficult situation and that the most important is our own freedom to choose how to act and how to think.

We can't change the world but we can change how we react to it, and we can change our thought about what is happening in our life.

[Read more on my website](#)

We can't change the world but we can change how we react to it, and we can change our thought about what is happening in our life.

If we learn to evolve towards more and more harmony, our life becomes more and more peaceful and more and more filled with positive experiences.

Harmony is so essential in Eastern countries, while "happiness" is more an invention in Western countries (perhaps to sell more products, telling people they are not "enough happy"!)  
Harmony is much deeper.

Here everyone has his place in connection to the environment and to the people around. It is an art to live in harmony!

To feel in harmony is to feel in deep a deep peace in just existing, just being here and now in connection with everything else.

Learn more on my website about epigenetics, Dr Emoto, qigong and much more!

[Read more on my website!](#)



Visit my website!



## Helenacreations

5 chemin de l'Etoile, 31320, Pechbusque

This Newsletter has been sent to {{contact.EMAIL}}  
You receive this NEWSLETTER because you are my friend or contact and I love to  
inspire you!

[Afficher dans le navigateur](#) | [Se désinscrire](#)

Envoyé par  
 sendinblue