

Natural Exercise, Natural Vessel, A blissful reunion

This article is about some of natural exercises we can do to help in giving our body (vessel) a good bodily practice which may have good outcome on the way our mind, body, spirit and soul communicate with each other. These activities allow us to “work out” our bodies: expending and conserving energies creating more efficient, effective, positive ways of living. Doing so may reduce the need to be in the Gym in order to work out our body. There is Science to everything.

Working “out” the body in a natural environment allows for more air to saturate the body. It improves oxygen to the entire bodily system thereby fuelling the brain with more oxygenated blood. When mild and more rigorous exercise is performed outside including parks and other green spaces, you and your body are now in the vicinity of green pigment (liquid sunshine) which we know as Chlorophyll. Chlorophyll is the green pigment that makes the plant green. This is achieved through photosynthesis (light) and is stored in the plant body. Science has proven for a while now that liquid chlorophyll from plant is identical to the blood of humans. The difference is in key element magnesium, the one which gives life to the plant while iron (heme) does this for humans. It seems as magnesium magnetises our body and iron presses our body down and keep us stable (grounded). That reminds me of my pressing iron and my childhood magnet. We are reminded that magnesium in the plant synergistically works with other elements to make the plant whole while Iron works with other elements to function effectively in the human body.

In ancient time, man used to have the ability of getting nutrition mainly from sunlight and air. Man lost this ability after the fall. They the Man compensated for this loss by resulting to ingest plant as nutrition alongside getting the sunlight. Plant retains their ability to change sunlight energy for their immediate use. That is why they still green. How many human is green today, Incredible Hulk, Superwoman/man, Aset, Asar? Plant still has the upper hand over humans because they (plant) can change inorganic minerals to organic minerals for their nourishment.

So, when you work out outside such as in Nature which is saturated with smiley and hapi trees, you can be rest assured that you will be getting abundant oxygen for your lungs. That means good blood for your bodily

existence. Those trees are the lungs of the Mother Earth. As long as She breathes well, we breathe well. If you do your exercise in Nature, you get more circulation; increased blood flow, better communication with the trees as they gracefully take in your carbon dioxide and give you oxygen. That is true team work right there. After you finished walking, jogging, running, meditating, you can give those trees big hugs and thank them for their cooperation. And they surely thank you too. You may not be aware of it but they do. On a note, walking, jogging and running on the soil-based Earth is credibly beneficial over tarred/paved/concreted ones. I knew this from my own experience. The soil-based Earth exerts less stress on the sole of my feet, thereby less stress on my upper parts of the body.

Sweeping with a Broom

A broom is called *Ọwọ* or *ìgbálẹ̀* in Yoruba language. It is known as the Broom which is a collection of dried broom sticks. Sweeping your house or any desired place with a broomstick helps to exercise the body through bending, movement of hands and legs, and focus, of course! Sweeping takes you to a journey. Growing up in Nigeria, sweeping the surroundings with brooms was common amongst the ladies and girls. Boys do this too, because I did and I still do. So if you cannot afford workout machine to exercise your body, and/or you feel like working 'in' your body in a more natural sense, pick up a broomstick for around £1.50 and just sweep. Is that simple? Simple



(Broomstick) Ọwọ, ìgbálẹ̀

Meditation

The art of meditation is the act of studying, thinking, reflecting, listening and many other things. Meditation is a serious exercise which can focus on the mental faculty of the User. Meditation is also useful for the cultivation of the spiritual and physical aspect of our body. Much has been written on the art of meditation. Silence is also a form of meditation; it provides you the opportunity to see things from different perspective which may not have occur to you in the first place. To be silent is to listen and to listen is to be silent. You may meditate anywhere you choose. However, have in your mind that whatever you are doing you are meditating on it. Though, meditation is used more amongst the conscious communities. However, I feel like everyone is conscious, it just depends on what you conscious of. It is better and wise to meditate on more productive, progressive, positive and good things.

Washing plates and clothes

Washing our cooking plates and cloths with our hands can be very tiring in our modern ways of living. This is because our hands are already full with so much to do in a day, at least to most people. We do exercise our body though by washing the plates and cloths by hand. Trust me this does work out your mind and body as you concentrate on the art of washing and manifesting. If you do wash some of your clothes or fabrics by hands, you will notice serious muscle and tissue workout. It does happen to me and speaking from experience. This all depends on your needs and styles of living.

Cooking Food

I am not going to say that much on the science and art of cooking. When you are cooking your food, loads of energy is invested in it and may affect the outcome of your activities. The kitchen is an alchemical laboratory where people get creative or destructive. Whichever side you on, energy is transmitted. Please take your food very seriously and have positive relationship with your tools and energies in your kitchen. The mood (energy) you invest in your meal is what comes out at the other side. When you are

preparing your meal (food) you are meditating, creating something that will change form within your very essence. Your thoughts during the food preparation and procession reflect in the quality of your food. Start a habit of pre-planning your meal and those ones which will feed you nutrients and nourished you on a cellular level. Art of cooking is energetic, use it wisely.

Gardening

If your place has a garden, make good use of it. I say this because not many people live in a house/flat with gardens this day. This may be true of citified people. Gardening is a beautiful thing which may connect your reasoning to the soil, plants, insects and other Beings. I do like it when I see people including some Elders doing gardening. For me, gardening refreshes my mind and sometimes dejunked all those junks that are not pleasant to my Being. I have notice that I get more creative when I am in the little garden. I do find temporary peace especially the feeling of aloneness I got pass summer. Look after your garden and you may be rewarded.

Planting and Harvesting

Planting is the art and alchemy of seeding something, nurturing and growth. It is about manifesting thought in any form rooted in the unseen world which includes our mind. Planting seeds of plant, nurturing them, communicating with them and see them blossoming is no different from starting a business, bringing souls into the physical world, or any form of relationship. This is because there is the beginning and the ending which is manifested in the change of form to spring a new life. You can watch everything going through this process time and time again.

As I emphasise earlier, if you have a garden, do some planting and watch your plants grow and manifested into fruition right in front of your very patient eyes. Nature does this all the time; bringing life and death (transformation) into life and death again and again. Death is the transformation of things to things, Beings to Beings. With Nature things are done this way to ensure the

alchemical essence and its magi. All those plants including the trees in my area have become my mentors for they educate my essence in the area of growth, respect, focus, sanity, patience and resilience. If you do not have a garden, you can experiment by buying little clay/ceramic pots and/or plastic pots and grow some edible vegetables and fruits. You may also grow those ones to beautify your dwellings.

In the matter of gardening, you may increase your mental and physical senses by fetching water to water the plants. From my personal experience I found this activity more physical and mental than to just use a water hose. This experience was very calculative for me and reminded me of the martial arts moving images I used to watch growing up.

Pounding Yam!

Yams are tuberous plant having the root in the ground or below the surface soil. They are related to the potato clan. Yam is known in Yorùbá as Isu and the pounded yam as Iyán. If you are in a place where you can pound yam and your neighbours are all right with the exercise, then be creative and meditate with the experience. I grew up in a place where pounding of food was common. Trust me is a brilliant exercise to engage in. My maternal sisters did pound a lot growing up. I like pounding yams too for it involved focus otherwise you can messed things up for yourself and other people around with trip of mistakes. That is a form of exercise which catered to your wellbeing. You did get the opportunity to work out and most definitely sweat. Pounding yam is done through the process of pounding cooked yams in a mortal and pounded by pestle. This pestle and mortal is the larger version of those (pestle and mortal) people used to do their herbs and grind other things. So when you found yourself in the midst of locals who like pounding and eating pounded yam, ask them to show and teach you the art and science of pounding yam and to eat it too.

Water and organic vegetables and fruits

Drinking plenty sensible water is effective for good exercise. It is good to drink good water because our body is mainly water. Basic elementary science has shown that our body is composed of over 75% water, so it is reasonable and beneficial to drink a lot of water. Drinking water few hours before bedtime also helps in dreams in general. Imagine having a straightforward and clear lucid dream and the fact that you are able to remember and make sense of it. Eating organic green vegetables (and other coloured vegetables in the form of salad or steamed one) and fruits are also effective for beautiful natural exercise. This is from my own experience for I feel certain way when I ingested overly cooked vegetables or steamed vegetables. I have been advised countless times to strive to learn the art and science of good food combination; that the way we combine food and the time we ingest them effect the science of meditation and thereby natural exercise. I am still experimenting on this to get it right and maintain it.

The abovementioned activities are some of the things you may want to try for exercising naturally.

Thank you for reading.

This article is a compliment of Ọmọ Àgbà Mètálá and Wámikàmp̄t.