

# SACRED WATER, SACRED SOIL, SACRED YOU

by Jocelyn Hoch

We often look down at our feet on the Earth and think oh it's dirty, oh look at those bugs eating my plants, what a mess all those leaves that need raking, trimming mowing, oh so much work. But what if, for a moment in time we decided to look at the ground and think hmmm if I just sit back and let mother nature do the work she may do a better job? If we could just see that a simpler way of gardening could bring more health maybe we would then understand, by observing what magic happens here.

Modern science colliding with our past now realizes the similarities between the internal earth biology and our physiology. How are they connected you may ask? Think for a minute about your digestive system. Is it healthy? Are your foods digesting well? What do you feed yourself daily to nourish your cells? Your intestinal tract needs a great deal of microorganisms to digest that food and transport nutrients to the rest of your body. Well so does the soil. It needs so many microorganisms to digest foods to make usable nutrients for plants. That's where mycelium comes in.

Paul Stamets Mycologist and Author of Mycelium Running "How mushrooms can save the World " shows us this intrinsic comparison of health and balance of the biosphere. I highly recommend his TEDTALKS video 6 ways mushrooms can save the world. He writes in his book about the structure of mycelium and how it compares to our neurological system in our brain. This system of mycelium is one cell wall thick and in 1 single cubic inch of soil contains 8 miles of fungal cells if placed end to end, so one footstep is equal to 300 miles of mycelium. He says mycelium is constantly moving through the soil virtually penetrating everything, blazing a connection to every plant, tree and organism it comes in contact with, not harming it, but making a strand of communication and exchange of valuable information through it's web. Some of these symbiotic functions include transporting nutrients, moisture and information through these web like structures. Beneficial bacteria are essential players in this delicate balance working with mycelium to balance the system. Fungi do this incredible dance of recycling and filtering water that is just being closely examined now. These essential solutions are detailed in Stamets' book. Within this concept Paul writes about entomopathogenic fungi ,aka Mycopesticides. He talks about his wonderful experiment he did inoculating grains spawn with metarhizium mycelium and fed it to some carpenter ants eating his house, sure enough they happily ate all of the juicy sweet grains and shared them with the whole colony and 2 weeks later they all died and even better, the ants burst open with spores and infected the whole house with the spores leaving a repellent to any other insect that came along. Wow. Imagine that no pesticides and leaves behind a natural repellent, thanks Paul for that discovery.

Sacred water, like the veins through our bodies transport essential nutrients around to keep us alive. Our kidneys clean out this blood and our liver cleanses toxins it to nourish deeper. But how about our water on our planet in comparison to this? These wonderful mushrooms are the planets Liver & kidneys. When we build and plant unnatural grasses we change the natural system from filtering killing essential mycelium. The life blood of our planet nourishes so many systems plants trees and animals bring health and balance all supporting a system of life together. We drink this water and we are made up 60% of water, if our water isn't healthy we aren't healthy and the plants and animals we eat aren't healthy. Paul Stamets has come up with a revolutionary cure to filter our water naturally using mushrooms called mycofiltration. He has created bioswales, and lined water run off ditches with mushrooms to completely filter them

before entering important water ways. He says in his book that certain mushrooms inoculated into wood chips can filter the water, kill bacteria and diseases like malaria, ecoli, aspergillum niger, bacillus staphylococcus aureas, and neutralize heavy metals, petrol chemicals, benzopyrenes, dimethyl methylphosphonates, polycyclic aromatic carbons, polychlorinated biphenyls (PCB's), with it's ability to break down hydrocarbons. Could we perhaps solve our life blood water issue here in South Florida with these techniques. I do believe it is essential for us to put in more efforts to this matter. Our ditches now are filled with rainwater from previous weeks of rain. All the runoff from the roads and lawns will end up in the Gulf. Perhaps if there were simple filters set up going in to the ocean we could begin to turn our problems around concerning our sacred water.