



## 5D NETG Agriculture and Growing Guidelines

Growing your own food is easy.





## Step 1) Choose your growing space

You don't need a large outside space to grow your own food. A raised bed, a large plant pot, a bucket, an old wheelbarrow or a small area of land which has been cleared - where plants can be planted straight into the land will work fine.



## Step 2) What will you grow?

Choosing what you are going to grow can be based on what kind of space you have available, which vegetables you prefer, when your growing season starts. For example growing potatoes takes up a lot of space but growing a courgette plant could be done in a large plant pot.

Your angels may encourage you to grow certain vegetables that will benefit you - for example potatoes are grounding, and that may be what is highest for you. Ask your angels what is highest to be planted for the area and soil you have. Also asking your angels to show you which vegetables you need vitamins and minerals from.



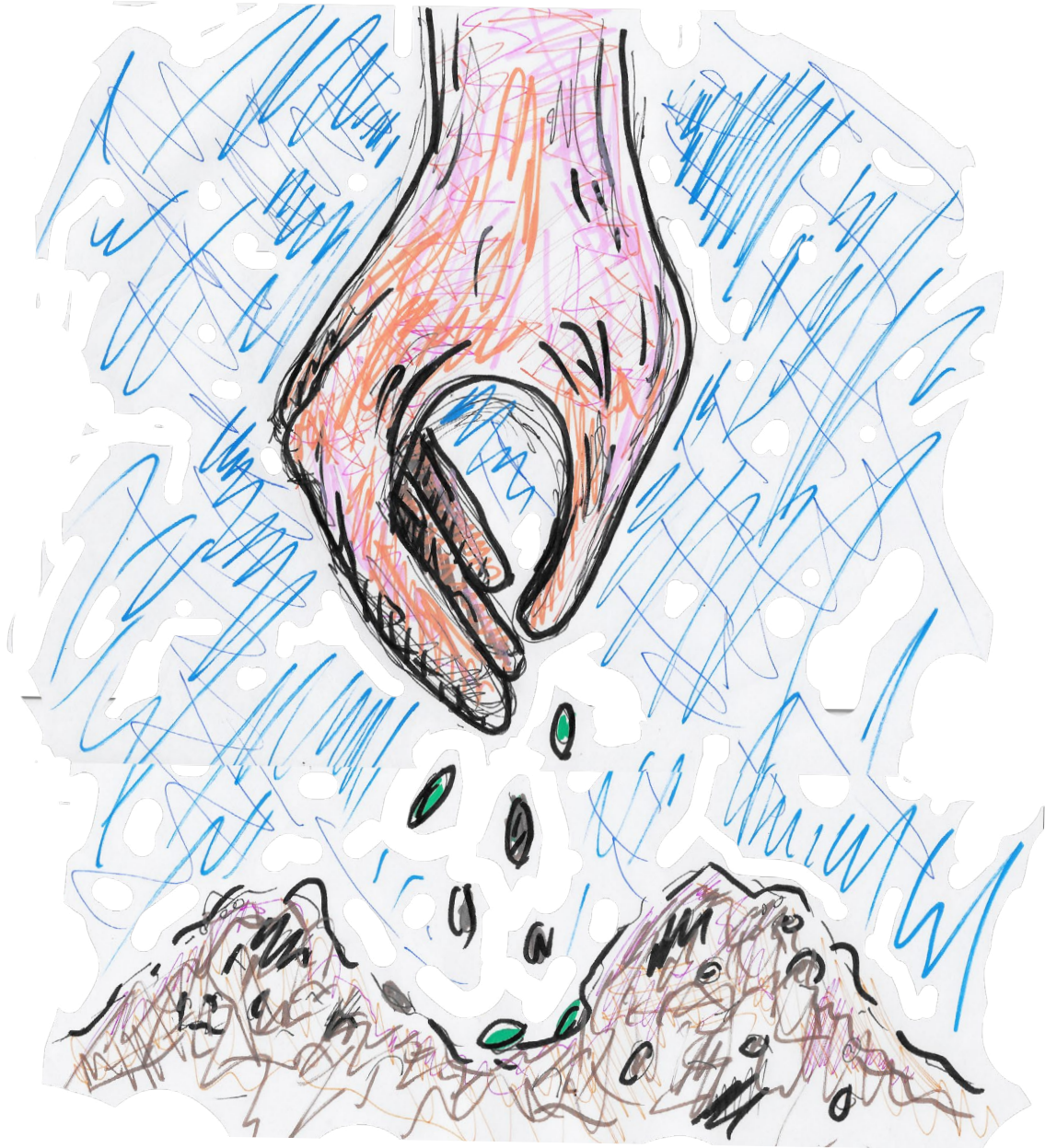


### Step 3) Buying and planting seeds

You can buy seeds at you local store/ garden centre which have instructions on what time of year to plant the seeds. You can plant seeds in pots to start them off or plant the seeds straight into the ground - depending on the time of year you start your seedlings. If its early spring and there are still frosts it's worth starting your seeds in pots and keeping them in a green house/ in door on a window sill until they can with-stand the frost and the seedlings are a little bigger.

When planting your seeds out make sure you plant with a love frequency and allow the seeds to know how grateful you are for what they will provide you.

Some people like to planet seeds in accordance with Moon cycles.



## Step 4) Planting

Ask your angels to give you guidance on when is highest to plant out your seedlings. Again planting with gratitude and love will really help the plant flourish. Call in the fairies to assist you at this time - they love to be in service and guide you.

Also you are working with the elements so asking for guidance from the elementals will help here too. Some people place rose quartz crystals next to their plants to help them. Nature isn't uniform and your seedlings don't need to be in straight lines - ask your angels to help show you what is highest and where your plants should be planted. What works best where etc.





## Step 5) Maintenance

Watering and send your plants a love frequency while they grow.  
Blessing the water you use to water your plants with, will also  
help raise their frequency.



## Step 6) Harvest time

This is the time of year when you get to enjoy the fruits of your and Mother Earth's labour. Thank the earth and the plants for what they have grown and gifted you at this time.

The benefits of growing your own food:

- We get back in touch with Mother Nature and the planet.
- The food grown has a much higher frequency from the love put into it when grown by us.
- Home grown vegetables contain much higher nutrients compared to over farmed vegetables bought in shops.
  - We get to work with the land.
  - It is very therapeutic and rewarding growing things.
  - We understand and honour the process of how of food is grown.
- We have more gratitude and love for nature as we watch and are a part of the process.
  - Growing veg at home is very convenient - no need to go to the shops.
  - We become self-sufficient and we rely on the system less.
- We become healthier as the food we consumed is of a higher frequency.