

GUIDE TO SINGING *LOVE, PEACE AND HARMONY* FOR PLANTS AND ALL LIFE ON MOTHER EARTH



Yes, you can sing for plants! Many scientific studies have found that our words, our vibration and frequency, our energy, and more, affect other life and that includes trees and other types of plants.

We see disharmony across the planet—pollution, health challenges, extreme changes in our climate. How can we improve life on Earth? By sharing our love, expressing gratitude, smiling, and caring for everyone and everything.

We can do this by participating in the Plant A Million project, an initiative of [Love Peace Harmony Foundation](http://LovePeaceHarmony.org), and by singing a beautiful song called *Love, Peace and Harmony*! LovePeaceHarmony.org/PlantAMillion

WHAT IS LOVE, PEACE AND HARMONY?

This special song was created in the majestic redwood forest of Muir Woods in Northern California. This song focuses on bringing love to oneself, to humanity and to all life on Mother Earth, including trees and other types of plants. The lyrics of this song are simple, but very meaningful:

I love my heart and soul

I love all humanity

Join hearts and souls together

Love, peace and harmony

Love, peace and harmony

HOW DO YOU BEGIN?

Set an intention. You can say, “Dear the song *Love, Peace and Harmony*, I love and appreciate you. Please come to bring love, peace and harmony to the trees and all types of plants in Mother Earth and the Plant A Million project. Help them grow strong, protect them, and nourish them. Thank you!”

Sing! You can sing anywhere and for as long as you wish—alone or in a group, in your home, in nature, as you are walking, and more. You can sing directly to the plants that you have planted, whether you are physically in their presence or not. Just think of them, see all the plants growing strong, filled with bright light, and sing with all your love. Observe how you feel as you sing *Love, Peace and Harmony*, and if you notice any difference in life around you.

When you have finished singing, simply say “thank you” three times to express your gratitude to Mother Earth, the trees and all the plants.

GO ONE STEP FURTHER AND SING DAILY!

If you are moved to do so, join others around the world that are committed to uplifting the Earth by making a pledge to sing 15 minutes each day at LovePeaceHarmony.org. You can also bring together a small or large group of individuals to sing with you as a form of service, volunteering, and meditation. It can be very peaceful to come together in this way.

Get the lyrics in multiple languages, download the free audio file, or install the app today at LovePeaceHarmony.org/Resources.



Using the app, set a daily reminder to sing *Love, Peace and Harmony*.