

# The Funky Raw

Issue 1 - Winter 04/05

## magazine

Earth honouring, raw, spiritual, holistic. Dedicated to recreating paradise on earth!

### Cleansing and Rebuilding

Wild Food \* The Art of Detoxification

### Holistic Lifestyle

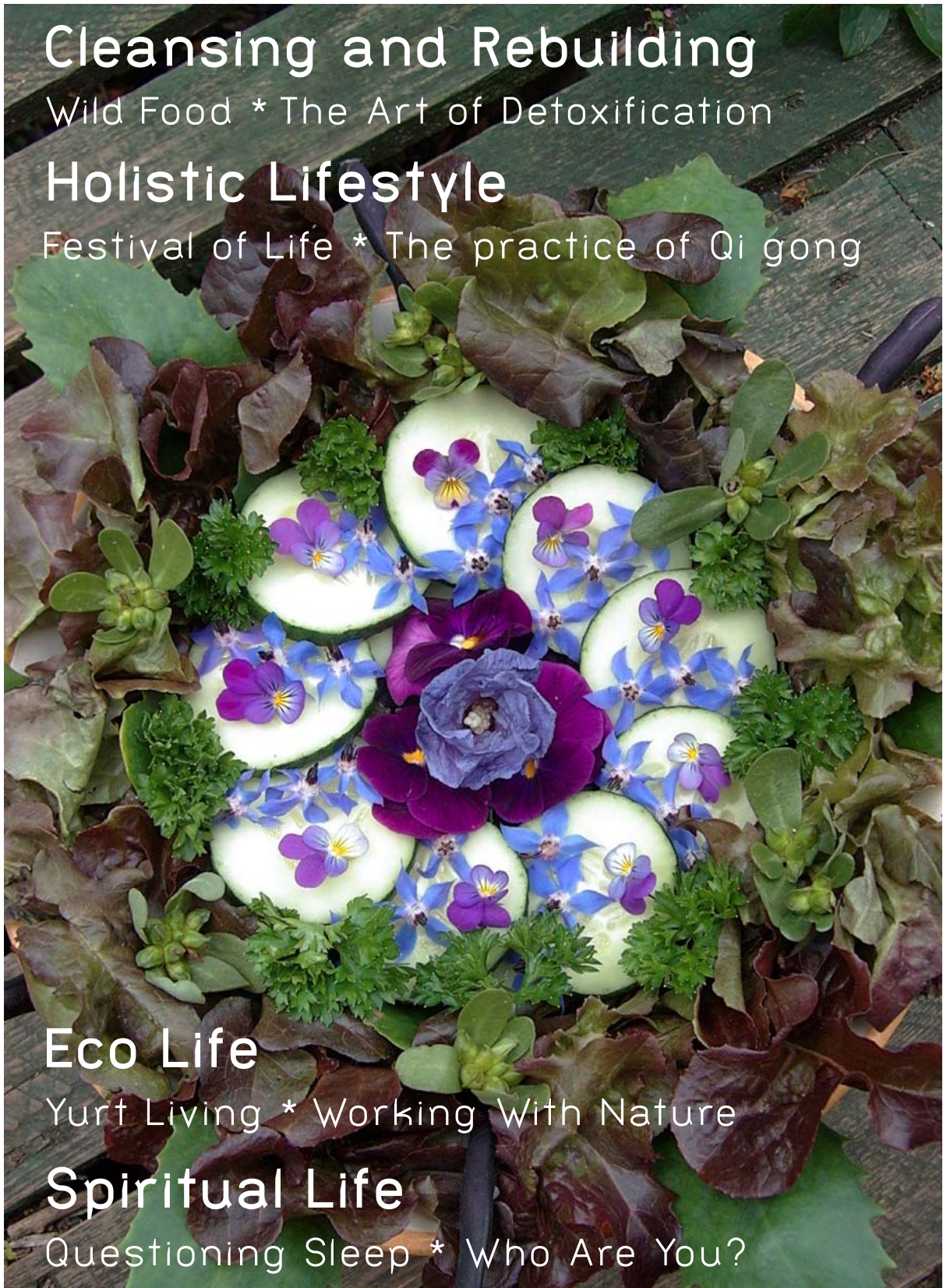
Festival of Life \* The practice of Qi gong

### Eco Life

Yurt Living \* Working With Nature

### Spiritual Life

Questioning Sleep \* Who Are You?



# My Big Ripe Juicy Gratitude page!

I would really like to take the time in this first mag to thank everyone who has made this project happen...

Firstly I would like to thank everyone who helped with the funky festival. It's where the whole trip started and I couldn't have done it without you all. So I thank Keveral Farm for allowing us to come in there home and space for 6 days, ESP Thanks to Matt for organizing it all that end.

I also give a big thanks to Chris Kennett for putting in such hard work before the festival, and for helping me to run it.

Thank you to all those who did workshops and talks, Claire Rainbow, Rob Preston, Free Cannabis, Tony Wright, Holly, Steve Charter, and Martine, you were all great!

Thanks to Lisa, Paz, Natural rhythm DJ Darren, Paul, Henry, Will and Dave for providing us with entertainment and music.

And thanks to all the café crew who worked exceptionally hard, and Chris K for providing us with such delicious food and drinks.

It was because of you all that this is now happening...

I need to also give another thank you to Steve Charter for being the big nudge I needed to really get this project moving by initiating via an email The Funky Raw Magazine, for putting me into contact with Rob, and for giving me continuous support in my life.

I have had the increasing pleasure of working With Rob Hull, from mad mouse media, who not only seems to share my vision of paradise on earth, but also has been the real backbone behind this magazine. Not only has he created the vibrant and alive website for me, but has put in the hard work of putting together this incredible magazine for us. Thank you so much Rob for your competence and reliability, I have appreciated it greatly.

Of course it goes with out saying that the magazine could also not have come together without everyone who made a contribution through their thought provoking and heartfelt articles and poetry, thank you.

We have also been blessed in this first issue by the generosity of Shazzie, Aranya, and Rob, who have all donated fantastic gifts for our first competition - check out page 46 for details. As well as Kaveri who is kindly giving 2 lucky readers a stay in her fantastic retreat center in Wales, turn to back cover for details. Thanks guys, this really touched me.

My life would not be the same, and I would not have been going in the direction I am now without the support and love from Tony Wright. You have provided me with information that blows my mind, as well as encouraged me to continue to find a deep connection in myself that I will be eternally grateful for. I am blessed deeply to have you in my life as well as you being the most amazing Dad I could have ever wished for to our son.

I can not express the deep pleasure and joy my 2 beautiful children bring into my life. It is because of you both that I have the drive to create what I am doing. I wish more than anything else that you grow up to live in a safe, harmonious, loving world.

Thank you to all my friends, that although you have not been directly involved in the funky raw have given me the love and support to continue doing what I am.

Without doubt my deepest awe and gratitude goes to 'Divine being', for providing me with all the beauty that fills my life. You are my source of all inspiration, and you are my continuing guiding force with the funky raw trip as well as in my own life. The more I open my heart and mind the more I feel your presence.

THANK YOU! ❀

The funky raw magazine welcomes your articles / artwork / photos on any related theme, as well as your ideas on how the magazine could be improved.

To keep the magazines energy clear and strong priority for contributions will go to those who follow a raw path. However because of the holistic nature of the magazine we are also happy to accept articles from those who have information that is vital to share. I sincerely hope that we can all influence each other to create a brighter future.

The editor reserves the right to edit articles for the sake of space and / or clarity.

Submission deadline for next issue: 31st Jan 05

Copyright of submissions remains with each individual author / artist.

The contents of this magazine do not necessarily represent / reflect the editors complete opinions, beliefs, thoughts or own experience.

Everyone who reads this magazine is 100% responsible for what they do with the information presented here!

## Who are the Funky Raw crew?

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# Contents

## The Introduction Bit

- 4 From the Editor
- 5 News and Events
- 6 Earth Stars CD review



## CLEANSING AND REBUILDING

- 7 One Step at a time - Tish gives her views on the raw lifestyle
- 8 The Art of Detoxification - interview with David Wolfe
- 10 Cannabis - The Most Perfect Food by Free R Cannabis
- 12 Rob's Recipes
- 13 Take a walk on the Wild Side - Want to know how to pick and eat nettles without getting stung? Dandelion Digger shows how
- 14 Eat and be Happy - including some recipes by Holly

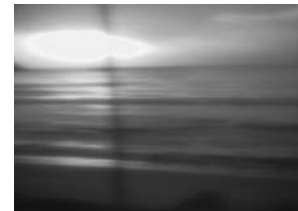
## Eco Life

- 16 Beyond the next step - Part 1 - by Aranya
- 18 Yurt Living - Veronika & Lorenzo invite you to see their yurt
- 19 Warriors of the Rainbow - Claire Rainbow investigates a Native American prophecy
- 21 Psychoactive Gardening - James Neill discuss why we need psychoactive plants
- 22 Working With Nature - Part 1 - Steve Charter introduces some Permaculture concepts



## The Middle Bit

- 27 Poetry by Lisa Ceneri and Brother Little-Star
- 28 Raw Exploration - Tish finds out why people go raw



## Spirituality

- 29 Who are you? - Devin explores meditation
- 30 Silent Beauty - Tish
- 32 Questioning Sleep - Do we need 8 to 10 hours sleep every night? Find out in this article adapted from an original by Graham Gynn and Tony Wright
- 33 Making Love - A poem by Lisa Ceneri
- 34 Celebrating and experiencing cycles - Part 1 - The Sabbats by Tish
- 35 Spiritual Faith - A lesson in Quantum Physics!

## Holistic Lifestyle

- 36 Finding the path - a local perspective on raw life in southern Spain by Danny
- 40 Need Advice? Our resident agony aunt and uncle, Jay and Terry, introduce themselves.
- 41 The practice of Qi gong - Claire Rainbow says "It is the best way to start the day I can think of!"
- 42 Festival of Life - Janet tells us how the festival came about
- 44 Touch/Massage Helps Heal - loving tips from Tish



## The End Bit

- 45 Advertising Rates
- 45 Next Issue
- 46 Competition - Become famous, win a signed copy of the Earth Stars CD, Detox Your World by Shazzie and an internet art gallery account for a year.
- 46 Subscribe to Funky Raw
- 47 Christmas Wish List



# From the Editor

Wow! What an exciting time for me! The website [www.funkyraw.com](http://www.funkyraw.com) is up and running, the magazine is being launched and we have had the first funky raw festival this summer. My own life seems to be taking off and gaining tremendous energy, connection, and healing, and I feel honoured to be sharing my love and life with this magazine that we are all co-creating. It feels wonderful to be sharing my path with those who also value true restoration of this awesome planet and ourselves.

The magazine for layout purposes has been divided into 4 main sections: Cleansing and Rebuilding (with raw food of course!), Holistic Lifestyle, Spirituality, and Eco Life. But don't be fooled by this division. The funky raw will provide information and shared experiences that show how these areas are all intimately entwined and how one cannot exist without the others.

I see an emerging tribe of people in the raw food movement (or have they always been there?!) who can see this bigger picture; who can see that life needs to include this combination to lead us back to paradise on earth.

I have this vision and hope that humans can once again live peacefully and harmoniously with our provider mother earth, each other and ourselves. My wish is for all of humanity to permanently feel the love, bliss and energy of the universe that is always running through our veins.

But to create this we will need to make choices, and we will need to be strong. We will also need to take an honest look at where we are today.

I hope this magazine can help support, guide, heal and unite, and I hope that we can all gain loving nourishment from its pages...

May we all receive divine strength for the coming and crucial times...

We are the seeds of change...we are the seeds of hope...

Abundant blessings, Tish ❀



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[www.funkyraw.com/magazine/](http://www.funkyraw.com/magazine/)

Advertising rates on page 45. Advertising enquiries to [advertising@funkyraw.com](mailto:advertising@funkyraw.com)

Want to see the photos in colour?

We have a selection of the photos from this issue on the Funky Raw website at [www.funkyraw.com/magazine/](http://www.funkyraw.com/magazine/)

Cover photo "Borage Swirl Salad" by Aranya. Purchase a print from [www.aranyagardens.co.uk](http://www.aranyagardens.co.uk)

This magazine is printed on 100% post consumer waste recycled paper by Footprint workers co-op in Leeds. For printers, they are very kind to the environment, see their environment policy on their website - [www.footprinters.co.uk](http://www.footprinters.co.uk)

# News and Events

## The Funky Raw Festival

After a successful funky raw festival summer 2004, I am happy to announce that we will be holding another one in the summer of 2005 - 20th to the 24th of July (site to be arranged). Please check [www.funkyraw.com](http://www.funkyraw.com) for write up of last years festival.

The funky raw festival is a unique chance to come and experience first hand what this mag is about, as well as to connect deeply with like minded/hearted souls. If you would like to be kept informed about this life-changing event please send an email to [tish@funkyraw.com](mailto:tish@funkyraw.com).

There will be 6 specific areas at the festival; food tents, music and entertainment, holistic and healing area, spiritual life area, Eco life area, and children's area. As well as space for camping and camper vans. If you would like to run a workshop/talk/activity, hold a stall, help out as crew, or anything else you think would be appropriate to contribute please contact me at [tish@funkyraw.com](mailto:tish@funkyraw.com).

Keep uptodate with the festival at [www.funkyraw.com](http://www.funkyraw.com)

## Rawberry Gathering

This summer saw the first Rawberry camp in the Yorkshire Dales near Ripon, organised by Steve Frugivore. As Steve says "They've got Glastonberry, so why shouldn't we have Rawberry". (I didn't get the joke until I heard this explanation! - Rob)

Rawberry 2 camp is planned for next year from the **10th to the 15th of August 2005** - 'Less is more!' Limetree Farm near Rippon, Yorkshire. (fasting day on Friday)

Contact and more details to appear in next issue.

END WAR - GO RAW

## Orgiva Raw Gatherings (Spain)

Regular gatherings on the last Sunday of the month at various locations around Orgiva. Bring food to share. Next gathering Jan 30th. Contact Danny on 618 465 669 or email Rob on [rob@madmousemedia.co.uk](mailto:rob@madmousemedia.co.uk) for more details.

## The Raw Web internet sites for raw fooders

[www.rawcommunities.com](http://www.rawcommunities.com)

If you want to live in a community with fellow raw fooders, this site is for you. It is a database of existing and forming raw communities around the world.

## Festival of Life

One day festival celebrating health, permaculture, raw food and spirituality to be held next year - 11th September 2005. More details soon. [www.festivaloflife.net](http://www.festivaloflife.net)



## Funky Raw Parties

Some of us who went to the funky festival would like to create some funky raw all night parties held around the sabbats. Natural Rhythms deep house DJ Darren Sutton is on board with a solar powered sound system as well having people to run the raw Café. All we need now is a place to hold them! It needs to be somewhere in nature, have 2 large rooms for the parties, a kitchen, as well as somewhere for people to crash. If you know of anywhere suitable in the South of England then please contact me at [tish@funkyraw.com](mailto:tish@funkyraw.com) also contact me at this address if you would like to updated on these parties.

## Shazzie's Spring Gathering

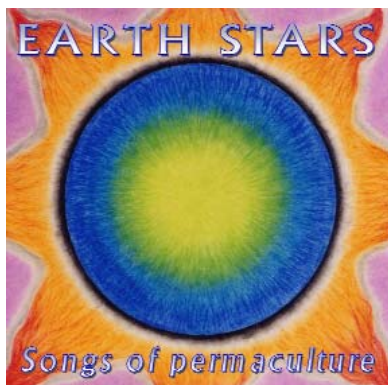
Norfolk, UK  
20th-22nd May 2005  
Featuring Shazzie, Kate Wood and you!!  
Contact [flower@shazzie.com](mailto:flower@shazzie.com) or see [www.shazzie.com](http://www.shazzie.com)

## New Years Eve gathering, Spain

There will be a raw gathering on new years eve at Balta's Finca Cruda, southern Spain  
[www.comunidadcruda.com](http://www.comunidadcruda.com) for map and directions.

Please send any news or events listing to [magazine@funkyraw.com](mailto:magazine@funkyraw.com)  
You can also list your events on the Funky Raw website at [www.funkyraw.com/events/events.php](http://www.funkyraw.com/events/events.php)

# Review - Earth Stars - Songs of Permaculture



A compilation of songs with earth based themes produced to raise funds for the Permaculture Association.

Review by Steve Charter

There's much to say about this album ... but to be short – just buy it, okay! This is music, yes, and it is also so much more.

Firstly the music though. Chris Ellis's full hearted 'Friend to the Earth' says it all to start; the heroic Seize the Day follow, always full of power, meaning, and inspiration; and Sure's earthy power is ... well, very sure! The Nepali permaculturists bring a beautiful touch of the 'Real World' feel and take us to a different world of Himalayan permaculture.

Beautiful songs are abundant, with Natalie, Tom Kerswill, Celeste Lovick and the deep and rooted James Hollingsworth. All are to be listened to, and many can be read as poetry (lyrics can be viewed from the CD on a Pc).

Pete Cow is perhaps my personal favourite – "here's to grass roots sustainable practical futures, yeah!" – sing it with kids, yours or anyone else's, as well as friends and family – just sing it – it's the spirit of permaculture.

And 'ABBA' (not that Sweedish ABBA - Rob) bring a shovel full of permaculture blues, and a good dash of humour.

The elegant music of Dragonfly and Richard Cousins / Comic Life lead us to the simple, sparse beauty of Aranya's voice (with bird song backing), singing us to a meaningful close.

Beyond the music, this album a great achievement and a skilled piece of design by Aranya, it's producer. It stacks music in with inspiration, fund-raising, education, information (the CD also includes info on the musicians and their projects, website links and so on to view on your computer) and ethical income generation for the Permaculture Association (about £6 per CD goes to PAB). It makes new connections ... and the relative location (track order) works superbly.

This album marks a transition, where the 'culture' in permaculture is maturing. This is so important - culture is the glue, it is what shapes any society's thinking and actions.

Fundamentally it is the culture that is sustainable or unsustainable. With this album 'the culture of change' is emerging strongly.

Earth Stars sows a seed which will grow and bear much fruit. Permaculture short-stories, story-telling and theatre please step forward and walk this way.

Earth Stars gives joy and inspiration, education and connection - it sings out a heart-felt vision of a sustainable and compassionate world.

Follow these twinkling Earth Stars and celebrate the present and the pregnant power and potential of the future. Listening and singing, we continue our next steps to a sane, humane sustainable world.

It's only rock and roll, but you'll like it! So please buy it.

Earth Stars can be purchased from [www.permaculture.co.uk](http://www.permaculture.co.uk)

*The editor says "This Cd resonated with my soul and sung my un sung songs. I cried with the release. Stunning and deeply moving."*

Win a copy of this CD, see the competition on page 46. ❁

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# CLEANSING

AND

# REBUILDING



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## Finding balance; one step at a time by Tish

In creating the whole funky raw trip my mantra has been one step at a time. On many occasions I have needed to stop, breathe, expand, and repeat 'one step at a time'. It is also my observation that those who have the most successful and comfortable journeys on the raw path are also those who take one step at a time. For some that one step may be going completely raw overnight, but for many that one step is not.

I have been eating a high raw diet for over five years, and have many friends who have been raw for much longer. I have witnessed lots of raw journeys and in the early days also read many a raw book! And I am continually concluding that those who have the happiest time on raw food are those who take this 'one step at a time' approach.

I am currently studying and putting into practice the work of Robert Fritz in his books "The Path of Least Resistance" and "Your Life as Art". Fritz suggests that to manifest your wants you must take 2 steps. The first is to get a clear vision; and second to describe and become aware accurately of where you are at now. Doing this, he states, creates structural tension...

"When I use the term structural tension, I am not referring to the emotional experience of anxiety, physiological or psychological stress, or conflict. I am referring rather to the realm of structure. In structural tension a force is mobilized which helps propel you toward your results" R. Fritz 'Path of Least Resistance'.

And this I believe is how we can find balance on the raw path. Firstly we get a vision of the results that we desire; and we create a vision by telling the truth about what it is we do want. Secondly we accurately describe (without analyzing it) where we are. If we truly desire to create vibrant health and at the same time we are consciously clear and honest about where we are, we will put in place logical steps that will take us there and we will be able to maintain an open mind.

Because we are all coming from such unique starting points it is obvious, when using this model, that everyone's journey will be different. It is common in the raw food movement for speakers to say their path is the only way, and when there is such conflicting opinion between raw food speakers as to what exactly does create vibrant

health it can become a little confusing.

Some logical steps one may take in transitioning to health (depending on your starting point of course) may include...

- Choosing to cut out all foods that are fried.
- Choosing to cut out red meat
- Choosing to eat completely organic
- Choosing to drink vegetable juices
- Choosing to eat fruit for breakfast
- Choosing to eat only ripe fruit!
- Choosing to cut out dairy
- Choosing to be 100% raw
- Choosing not to be 100% raw
- Choosing to eat wild food
- Doing appropriate cleanses
- Rebuilding with raw fats
- Taking supplements/not taking supplements
- Letting go of dogma!

...And the list could go on and on and on...

In keeping in mind those above 2 steps (creating vision, whilst simultaneously being clear about your current reality) I hope people can truly and sensibly go about creating the health they seek.

Respect yourself by respecting your own journey. Get in touch with your body, and be real about where you are. Ask yourself if you want to create vibrant health, if you do then take steps towards that goal. Remember that we are all on the road to restoration. Although we are all different, most of us have been brought up on a standard toxic diet; creating balance is a delicate task. Stay open to information that feels right for you, and take one step at a time...

(And remember only you know which step that will be!)

To share your raw journey submit your article to [magazine@funkyraw.com](mailto:magazine@funkyraw.com) Please make it no more than 1500 words.

You can read more about the raw journey of Tish on the funky raw website at [www.funkyraw.com/aboutme/journey.php](http://www.funkyraw.com/aboutme/journey.php) ❀



# The Art of Detoxification

1) How would you define 'detoxification'?

In my experience, detoxification seems to be a conflict followed by a resolution between higher frequency thoughts, emotions, spiritual beliefs and physical nutrients and lower frequency thoughts, emotions, spiritual beliefs and actual physical toxins. When the higher frequencies are introduced into the body, they push out, like two magnetic south poles meeting each other, the lower frequencies. This "pushing out" is when symptoms of detoxification occur.

2) What is in your opinion the best way to detoxify old accumulated toxins from the body?

Mental detoxification: bombard your brain with success, self-help information in all forms: DVDs, books, audio, live performances of success speakers. Smiling.

Emotional detoxification: breathwork. Breathing. Rebirthing. Yoga. Laughing.

Spiritual detoxification: connect with Mother Nature directly by growing gardens, walking in forests, breathing fresh air in the countryside, connecting with individuals who are authentically spiritual.

Physical detoxification: eating raw, organic foods, juicing, juice fasting, drinking high-quality fresh-from-the-source spring water, colonics, enemas, herbal cleansing, chewing everything well, eating less, water fasting, MSM powder.

3) How important is it to look at the emotional and mental process of cleansing when embarking on a detox program?

Emotional and mental cleansing is a critical part of detoxification. In fact, these factors are the main things to be detoxified.

4) Once one has cleaned away the old shit, what is the best way to deal with the unnatural environmental toxins that most people have to deal with daily?

One way is to build up an internal level of vigour that nutritionally looks like having a balanced raw diet that contains more seeds, green-vegetable juice, seaweeds, herbs, superfoods (spirulina, blue-green algae, chlorella, maca root, cacao beans, goji berries, bee pollen, etc.) and certain supplements/foods such as MSM powder, camu camu berry powder (massive natural vitamin C blast), digestive/metabolic enzymes, sea salt or pink salt, vitamin B12 and ormus minerals.

## an interview with David Wolfe

Other factors that help involve getting all the toxins out of the home (cleaners, detergents, cable television, clutter, etc.).

Also helpful is having an attitude of gratitude and approaching things with a smile by realizing that it is all a cosmic joke.

5) When one has become purer in body do they become more sensitive or more resilient to toxins in this man made environment? Is there a risk of being 'too clean'?

This depends on the person. There is a risk of becoming too clean and becoming "porous" to environmental toxins. Some people should not live in cities. Their constitution cannot handle it.

You can be pure without becoming overly sensitive by adding more of the ideas listed in the answer to question 4.

6) In your opinion what is the best way to deal with heavy metals?

Grass juice daily.  
A shot of cilantro (corriander) juice with chlorella three times a day.  
Massive doses of MSM powder and camu camu berry powder daily.  
Green vegetable juice daily.  
Infrared saunas.  
Homeopathy.  
Oxygen therapies (read Ed McCabe's book Flood Your Body With Oxygen)  
Chelation by replacement (let the good wholesome raw foods push out the bad stuff over time).

7) Where would you say you were on your own detox journey? What tools have you used and what have you found most helpful? Would you change anything about your own journey in hindsight?

I feel that I am completely detoxified of the residues of cooked-chemicalized foods and other toxins from my old life before I was raw. I still do cleansing programs that I put together for myself every now and then because the cleansing process is a proactive, prophylactic phenomenon. I have used every tool in the book to get here (everything listed above and more). Hindsight is always 20/20...lots of things I would think of changing, but I wouldn't because it is all perfect.



8) How important would you say detoxification is when one wants to gain a spiritual energetic connection?

In my opinion, detoxification is a critical part of gaining a spiritual-energetic connection to the whole dynamic of life on Earth. Mental, emotional, spiritual and physical toxins seem to be the cause of humanities disconnection to the whole fabric of life and the nonsense called civilization. Removing these toxins would then appear as the appropriate strategy to reconnect.

9) And finally, What are your best tips to help someone who wants to go on their own detox journey?



Begin where you are at. Tune into the detoxification program that most appeals to you. In the beginning for me it was fasting and colonics. Whatever program you decide, it should create some excitement for you and actually be fun! Use your sensibilities: motivate yourself into an uncomfortable zone, yet avoid stretching so far that you could lose your center.

David Wolfe ([www.davidwolfe.com](http://www.davidwolfe.com)) is author of The Sunfood Diet Success System and Eating For Beauty, CEO [www.rawfood.com](http://www.rawfood.com), founder of the non-profit Fruit Tree Planting Foundation ([www.fruittreefoundation.org](http://www.fruittreefoundation.org)) 🌸



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# Cannabis - The Most Perfect Food

".. Behold I have given you every Herb bearing seed.." Genesis 1.29

A fully mature Cannabis plant can yield up to half its weight in seed, and what a seed it is.

The seed of the Cannabis plant is quite possibly the most nutritionally balanced food source within the plant kingdom. Cannabis seeds contain a near perfect balance of the Omega 6 (linoleic acid) and Omega 3 (alpha-linolenic acid) Essential Fatty Acids (EFA's). These cannot be synthesized by the body and must be present in our diet. EFAs form the building blocks of cells and our immune system. A diet lacking in EFAs can result in a reduced immune system, which can lead to illness. Most peoples diet in the west is seriously lacking in EFAs. 30 % of the Cannabis seed is fat. 20% Of the Fat within the seed is unsaturated Alpha - Linolenic Acid (LNA -Omega 3) and 60% is unsaturated Linoleic Acid (LA - Omega 6). A perfect balance for humans.

Cannabis seeds also contain gamma-linolenic acid, a very rare oil essential for human development. GLA helps reduce cholesterol levels. The body converts LA into GLA by means of an enzyme, to protect itself from arthritis, premenstrual syndrome, and other conditions.

Cannabis seeds are an excellent source of easily digestible protein. The main reason for its digestibility is the high ratio (65% of total protein) of Edistin. Edistin is a sturdy protein that is pure and highly stable. Edistin is so complete and nutritious that studies done in the early 1900s demonstrated that it could serve as the sole source of protein in the diet of animals.

There are eight proteins that are essential to life, the essential amino acids. These proteins cannot be made by the body and must come from our food. There are two further proteins that the body cannot make in sufficient quantities. These compounds must be consumed in their natural form. The complete protein in



by Free R Cannabis

Cannabis seed gives the body all the essential amino acids required to maintain health. It provides amino acids in the necessary types and amounts the body needs to make serum albumin and serum globulins, such as the immune-enhancing gamma globulin anti-bodies- the body's first line of defense.

An important factor to remember about the nutritional benefits of Hemp seed, is the volatility of the EFA's. If EFA's are subject to heat and or light, electrons can break off creating Free Radicals. When Free Radicals are taken into the body, they steal electrons off other healthy cells creating tumours which go on to create cancers. Therefore it is important never to cook hemp seeds.

Though Cannabis seeds are very nutritious, I personally no longer believe it is right to say that the seed of the Cannabis plant is natures most perfectly balanced food. This is because all seeds, to a greater or lesser extent, are acid forming. Though pre-soaking of the seeds removes the enzyme inhibitors and makes the seed more digestible and nutritious, it is still slightly acid forming.

Acid imbalance is a major root problem to the general state of poor health of people consuming a 'westernized' diet of meat, dairy, frozen, cooked, processed and micro waved foods along with the widely popular drugs of refined sugar, alcohol and tobacco. All these drugs/foods create an acid environment, in which diseases thrive.

Therefore for a food to be 'nutritionally balanced', it must bring us back to a neutral pH, or better still, slightly alkaline.

The leaves and flowers of the Cannabis plant are highly alkaline. So a more accurate statement would be "The Cannabis Plant is natures most perfectly balanced food", a view shared by Raw Food pioneer, David Wolfe.



Not only are the leaves and flowers, highly alkaline, but are also one of the highest mineral containing plants. They also contain high levels of Chlorophyll and EFA's.

The flowers also contain a unique group of chemical compounds called the Cannabinoids. The Cannabinoids, of which Tetrahydrocannabinol is the most abundant, is a very powerful anti-oxidant, and is anti-fungal, anti-inflammatory and anti-carcinogenic.

I believe that Cannabis is the mystical Tree of Life.

In the story of Genesis it talks about God allowing Adam and Eve to consume of every plant, including the Tree of Life, but not to consume of the Tree of Knowledge of Good and Evil, "...for in the day that thou eatest thereof, you shalt surely die..."

However, Eve is lured into eating from the Tree of Knowledge of Good and Evil, and shares it with Adam, who are then both turned out of the Garden of Eden.

Before sending them forth from the Garden of Eden, God says "... and now lest he reach forth his hand and take of the Tree of Life, and eat and live forever..."

I have long believed Cannabis to be the Tree of Life, but what of the Tree of Knowledge of Good and Evil.

Well I now believe this to be fire. To eat of Fire, is to eat cooked food, which will eventually kill you.

By consuming Cannabis in its raw natural state, I believe we can restore our DNA, rebuild our immune and endocrine systems so that we become as immortal walking gods, back in the Garden of Eden.

"... and on either side of the river was there the Tree of Life which bear twelve manner of fruits, and yielded her fruit every month, and the leaves were for the healing of the nations." Revelations

This belief is further strengthened by the amount of energy that the Babylon system continues to put into suppressing and prohibiting Cannabis.

So how best to commune with the Tree of Life? Though it is possible to



eat Cannabis flowers directly from the plant, not many people have an abundance of Cannabis growing naturally around them. And besides that, the hot peppery taste of Cannabis flowers would burn most people's mouths.

I personally start my day with freshly prepared Cannabis milk. I make this by juicing nettles, wild grass, celery, cucumber, fennel, lemon, onion, garlic and ginger. I juice this combination with a 'Green Life' juicer, and alternate each ingredient with a small amount of soaked Hemp seed. I also mix in some 'Green Gold' (Powdered Hemp leaf, from a Home Office licensed 'THC' free crop).

On the New Moon and Full Moon, I also add powdered Cannabis flowers, from a THC rich variety, and get very, very high.

I recently did a 28-day fast on just Cannabis milk, water and my own urine. I felt absolutely brilliant on it, and felt a deep level of divinity. My weight was down to 8½ stone, the same as when I was 16, over 20 years ago.

I am determined to grow and commune with Cannabis both here in Britain, and in the Southern Mediterranean, next year (2005). I am very keen to connect with other people who would like to share in this Raw Cannabis Communion.

For more details log onto [www.rawcannabis.com](http://www.rawcannabis.com)

For Hemp seed and 'Green Gold', contact Avalon Hemp Shop, 1a Market Place, Glastonbury, BA6 9HD Tel : 01458 835 769 [www.avalonhempshop.com](http://www.avalonhempshop.com)

Many Thanks to the Hempseed Organics Research Team, for sharing their revelations of the Tree of Life, and shining their Light, guiding us back home to Zion.

REFS : "Hempseed: The most nutritionally Complete Food in the World. Part 1"

Hemp Lifeline Journal 1 (1992) Lyn Osburn)

*Editors note: For those who have never came across the drinking of urine, please check out the internet for more information.* ❀

# Rob's Recipes

## Special Salsa

- 3 Tomatoes
- 1 medium red pepper
- fresh or dried chilli to taste.
- 1 tsp coriander
- 1 tsp cumin
- ½ tsp curry powder
- ¼ tsp cinnamon

Blend all ingredients. Use as a topping for your favourite salad.

## Banana and Walnut Cake

This cake is in three layers, I'm not giving quantities, make each layer as thick or thin as you like...

- Dates
- Walnuts
- Bananas
- Avocado (optional)

First, to make the crust, take an equal amount of dates and walnuts. Chop the dates and then either blend or put through a mincer. Add a dash of lemon juice if the mixture is too stiff. This will form the base of the cake, so spread it on a plate or tray.

Next mash the bananas and mix in some broken walnuts. Spread this on top of the crust.

Finally, mash the avocado and spread this on top. It might sound strange, but avocado and banana go really well together!

Decorate the top with walnut halves. ❁

If you want to discuss any of the issues raised in this magazine, please come to the discussion forum on the Funky Raw website at [www.funkyraw.com/forum/](http://www.funkyraw.com/forum/)



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# Take a walk on the Wild Side

by Dandelion Digger

What are some of the most mineral-rich and vibrant foods around? Wild foods, of course - and they're free! There's an abundance of edible plants, berries, nuts and fungi growing around us. It's great fun discovering, picking and eating these wild foods which are often full of delicious flavour. They're great sustenance for us being high in vitamins and minerals with strong life force - these are not pampered plants but have grown through their own vigour and tenacity. One of the most intimate relationships we can have with our natural environment is to eat it.

Some care does need to be taken in avoiding poisonous things, particularly with fungi. I've found the best way to learn which plants are edible is to be shown by someone who knows and to try them out. It then sticks in the memory much more easily than learning from a book. There are, however, a couple of good books on the subject (see below). Avoid picking from a place where dogs may have urinated or where the wild foods have been exposed to vehicle fumes or other pollution. The more bitter tasting the wild food then generally the more medicinal its effects, particularly in cleansing the liver.

I will now introduce one of the most wonderful and common of all edible wild plants.

Stinging Nettle (*Urtica dioica*)



Nettles grow in almost every kind of environment so it's normally not hard to find some. They like nitrogen-rich soil.

Nettles are high in iron and are one of the best sources for us on the planet of this mineral. And, like all greens, they're full of chlorophyll, the green stuff which is very similar in chemical composition to haemoglobin and so provides an amazing nutrition hit. I will talk more about chlorophyll in the next issue.

Nettles are best in terms of quality, vibrancy and nutrition in the spring when they're young. As they grow older, the iron content increases to the point where eating them in quantity may cause kidney damage and symptoms of poisoning. But cutting nettles causes them to grow back so you can have fresh, young nettles throughout the season.

So how to eat nettles raw? Don't be afraid - they're your friend. The spines that inject formic acid causing the sting are on the upper side of the leaf and not on the underside. So I pick a leaf from underneath, fold it in half along its length and continue folding it until none of the upperside of the leaf or its edge is exposed. I then squeeze the little leaf package to break the spines and pop it in between my teeth (ensuring the leaf parcel does not unfold in my mouth) and immediately begin to chew. It has a wonderful flavour and substantial quality. Another technique is to pick a leaf, roll it together so the upperside is not exposed and then rub it between the palms to break the spines before popping in the mouth. And nettles can be juiced! The leaves can also be used for herbal tea and as a medicine, and the stalks can be used to make cordage and cloth. What a versatile and wonderful plant - become intimate with nettles today!

See "Food for Free" by Richard Mabey, and "Wild Foods" by Roger Phillips. ☘

## Ecoforest - [www.ecoforest.org](http://www.ecoforest.org)

Ecoforest, the raw eco-simple living project in Spain is looking for new members. In fact we are relaunching the project to establish a community here. The coordination of the project is changing with Gaura stepping back from day-to-day management to have more time for his own life and Steve continuing to split his time between Spain and the UK. This is an opportunity for a new team to come in and run this raw vegan ecological and simple living project (an Associated Project of the Permaculture Association GB), making the focus on community members, and / or visitors as you wish.

Please visit the website if you are interested, take a look at the proposal there, think about visiting for some months and contact us at [info@ecoforest.org](mailto:info@ecoforest.org)

We are all delighted to see the birth of the Funky Raw Mag ... and thank Tish and Rob, both past Ecoforest residents, for all their great work.



# Eat and Be Happy - Good Mood Food

by Holly

These days the question I ask myself about a prospective meal is not just "Is it raw?" but "Will it put me in a good mood?" Expanding consciousness - through whatever means - is a lot more effective when the chemicals are circulating in the right way in the brain. Having made some serious mistakes in the past I have been doing a lot of experimenting recently. I expect my experience of a good meal now to be an utter delight while eating followed soon afterwards by a lifting of spirits if not buzzing of the crown chakra and relaxed kind of easy going enthusiastic eagerness to get on with my life. Eating raw has definitely given me this sensation but in the long term in particular I found there are other aspects to be considered. I feel I'm really at the beginning of exploring this vast subject but these are the basics:

We must take in a good balance of the 22 amino acids in particular the 8 essential amino acids which the body cannot manufacture - 'complete protein'. We need enough and the right kinds of protein in our diets not just for strength and body repairs but also to feel good about life. Amino acids are the chemicals from which neurotransmitters - the brain's chemical messengers are made. For example serotonin (which keeps us happy) is made from tryptophan, dopamine (which keeps us motivated) and endorphins (which give us pleasure) are made from phenylalanine. Depression can actually be induced experimentally by feeding people foods rich in all the amino acids except tryptophan and in fact much modern farmed food, because of the way it is produced, is particularly low in tryptophan.

We must take in essential fatty acids, particularly omega 3 found in flax oil, hemp oil, walnuts, fatty fish etc. Omega 9, found for example in olive oil and the saturated fat of coconuts, support the function of omega 3 in the brain. However it seems that some of us cannot properly metabolise the omega 3's found in vegan sources into DHA and EPA which the brain needs and so must obtain it from golden marine algae or fish oil supplements or fatty fish.

Phospholipids, known as the 'memory molecules' are an important part of the brain's structure. They can be manufactured in the body but supplementing helps. One good source is lecithin.

Vitamins, minerals and other micronutrients are essential for the brain to function optimally. I feel that with our eroded soil high quality supplements are crucial for most of us even if eating organically.

Slow releasing carbohydrates (starches and sugars) give the brain a steady supply of its fuel - glucose. Low-glycemic food is that which releases sugars into the blood stream slowly. It's well known that sugar and refined

flour are disastrous for health but for some of us grains and starchy vegetables, even sweet fruit may be too much depending on how well our bodies deal with insulin. Personally I feel a lot better when the carbohydrates I choose are mainly salad vegetables and berries with plums and cherries when in season. I feel steadier in energy and mentally clearer. A lot of it a question of balance - a small amount of root vegetable mixed with a protein food for example will have less impact.

The diet needs to be predominantly alkalising for us to feel alive. Bodies become acidic at the end of life. Vegetables, especially greens, and fruit tend to be alkalising while high protein foods and grains tend to be acid-forming. Most nuts with the exception of almonds are acid-forming.

Certain foods like wheat, sugar, bad vegetable oils, and large amounts of soy knock mood down. These are mostly avoided in a raw diet.

The following recipes all put me in a very good mood and I hope they will you too.

## Purple Coleslaw

1 red cabbage  
1 large sweet potato  
Juice of 1 grapefruit  
6 Tbsp unpasteurised miso  
4 oz flax oil/ hemp oil  
5 oz olive oil

Grate cabbage and sweet potato.

Blend remaining ingredients to make mayonnaise and mix with grated vegetables. Depending on the size of the vegetables there may be surplus mayonnaise. This makes a lot of coleslaw but it will keep for about 3 days in the fridge. Store in an airtight container to protect the oils from going rancid. The mayonnaise ingredients are similar to those of a liver flush and cabbage also helps the liver. This is my first and still favourite raw recipe which I enjoy even when I'm 'eating simply'. If you want it more low-glycemic you can substitute turnip or swede for the sweet potato and it's still delicious. I think miso is a good food in moderation - it's alkalising, promotes healthy bacteria in the gut, is a complete protein, protects against radiation and contains phospholipids.



## Olive and Almond Pate

16oz kalamata/black olives  
16oz almonds, soaked overnight  
3oz olive oil  
juice of ½ lemon  
4 cloves garlic

Process all ingredients together in food processor until smooth.

I like this recipe because while very rich and proteiny it is also made of alkalising ingredients. In spring I substitute wild garlic leaves.

## Yellow Rice Pulau

1 cauliflower  
1 ½ oz olive oil/flax oil  
asafoedita/hing to taste  
sea-salt and pepper if desired to taste  
1 tsp curry leaves, flaked  
1 tsp turmeric  
¼ tsp allspice  
¼ tsp cardamom  
8 Tbsp coconut juice/milk from baby coconut  
10 almonds, soaked, peeled and chopped

Finely chop cauliflower in a food processor to the consistency of rice.

Stir in oil and spice

Stir in coconut juice and almonds

## Corn and Sweet Potato in Creamy Coconut Sauce

2 corn on the cobs, stripped  
2 Tbsp olive oil/flax oil  
½ tsp cumin  
1 tsp coriander  
½ tsp fennel seeds ground  
sea-salt and pepper if desired to taste  
a dash of chilli oil (olive oil with chillies soaked in it a few days) or chilli powder  
1 tsp ginger  
1 tsp curry leaves  
½ tsp turmeric  
1 ½ Tbspns almonds, soaked, peeled and chopped  
Flesh of 1 baby coconut  
Coconut juice to taste  
1 sweet potato, grated  
coriander leaves

Combine coconut flesh and spices in a food processor.

Mix with corn, oil, sweet potato and almonds.

Add coconut juice and coriander leaves to taste.

These two recipes were translated into raw from two cooked recipes in a Hare Krishna cookbook. Asafoedita is used as a substitute for garlic and onion because they can

subtly interfere with the balance between the left and right sides of the brain. Its other name is hing. You only need a tiny amount of it in a dish. Of course garlic and onions do have health benefits as well as drawbacks as with most ingredients and so you could use them instead if you prefer.

And finally for Christmas a very passable raw mincemeat can be made by combining the following ingredients in whatever proportions you fancy: raisins, soaked and unsoaked, soaked dates, chopped apples, soaked almonds, lemon juice, lemon zest, orange juice, coconut oil, nutmeg, cinnamon, allspice. For mince pies a simple pie pastry can be made by processing 1 pint soaked almonds with 3 or 4 medjool dates.

If you are interested in learning more quick and easy raw recipes and information and joining in a fun day exploring food and good moods please come to one of my workshops, held in or near Totnes in Devon. The next date is January 22nd. Please telephone 01803 762245 or email me at [Holly@rawcuisine.co.uk](mailto:Holly@rawcuisine.co.uk) for details. ❀

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# Eco Life

## Beyond 'The Next Step' by Aranya

For nearly four years now I have been living in a mobile home in the corner of a small mature orchard. Each year I have observed the seasonal changes on those apple trees, from the bare skeletal shapes of the winter, through the appearance of the new leaves, the beautiful blossoms & then the tantalisingly slow swelling of the fruit. But at last it's autumn again & the fruit is falling in great abundance for me to gather up & juice each morning. Fresh & raw & growing on my doorstep... It feels like I have been waiting a long time, but it's been well worth it. The same must be said of 'Funky Raw' & I feel that it is particularly appropriate for this magazine to be launched at this time of year. Here you will find the harvest of all the ideas & philosophies that have gone before & I am delighted to be a part of this. By encompassing a more holistic philosophy than it has done up to now, I sense that the raw movement has taken another important step forward.



I came into the raw movement from a vegan animal rights background. I had spent five years working at an animal rescue centre & then a further five speaking out against animal experimentation for a national campaigning organisation. The difference I immediately noticed between the two was striking. The animal rights movement was & probably still is, full of lovely people who dedicate themselves to the cause at the expense of their own health. Sadly, 'if you dare to care for yourself, you can't care enough for the animals' seemed to be the general philosophy. I always disagreed on that point though & ate what I considered at the time to be a healthy diet; it was vegan after all. But vegans can eat just as much junk food as the rest of the population & in retrospect I was probably eating my share.

Raw food was a revelation to me when I discovered it. I loved the literature, reading everything I could get hold of & I threw myself wholeheartedly at it. So as soon as the opportunity came along, I moved into a raw household in Devon. It was my crash course in raw foods & many other ideas besides & now, nearly ten years on they are coming full circle here in these pages. Tony Wright & Steve Charter also lived there at the time & the development of their own exciting ideas (which you can read about in Funky Raw too), was also a part of our day-to-day living.

It was there that I became involved in producing FRESH magazine - a real labour of love in those early days, each issue being collated by hand. We hosted raw events & I thrived with all that was new in my life. But I also began

to notice that something was missing. I longed to pick up a book on the raw diet & find an ethical argument there too, but they were always purely about personal health. I also noticed considerable 'navel gazing' within the raw food community; many being completely absorbed in their own health issues to the exclusion it seemed of almost everything else. The animal rights & raw philosophies apparently needed each other.

Then permaculture was thrown into the mix. I had first come across it in the late 1980's, but had been too engaged in animal rescue at the time to take it further. Then Steve convened a permaculture design course at our raw house & I signed up for it. I discovered that it was what I needed to pull the other two philosophies together & it inspired me to write a booklet 'The Next Step' on the ethical choices of the raw food diet. I had wanted to persuade animal rights people to eat more healthily & ethics were something that I figured they would understand.

Then I moved to Eire, where I lived on a beautiful Kerry mountainside for a year. There I immersed myself in the permaculture ideas that I had come across, by living without electricity, telephone or modern appliances. Water came from a wellspring & most of what we ate came from our gardens. Remaining raw was extremely challenging as previously my diet had included a lot of imported fruit, so I began to cook & eat some of the root vegetables that we grew. It was the time that I started to take into account the importance of 'air miles' in our food choices & on that mountainside our food really had to be local! I never felt more at home in my entire life, yet something was still missing. I felt isolated & I needed to share what I was learning.



I returned to England & discovered that having a choice between locally grown cooked vegetables & imported raw fruit made life more complicated again. And I have to say that seven years on, it remains no clearer for me today. The only way to eat that truly balanced natural raw fruit diet – locally grown, would involve me moving to far hotter climes. And I find it hot enough in the summer in the UK. I love the fruit, but not the heat! Of course I would probably get used to it were I to make that step, but would it really be more sustainable than my current lifestyle in the UK anyway? A couple of recent articles in permaculture magazine have asked just that question & the thing that I would need to consider most is ‘would I travel back to the UK to see my family?’ A ‘yes’, even just once or twice a year it seems would make such a lifestyle more polluting than staying put in the UK.

So I remain here juggling ‘raw’ vs ‘organic / veganic’ vs ‘locally grown’ knowing that my personal health cannot be separated from the health of this beautiful planet. Whilst it might seem a bit ‘airy fairy’ to many to talk of “being one with all that exists”, in simple physical terms we are constantly exchanging our body’s cells with the world around us. Plants consume sunshine, air, water & soil, we consume them & then all that our bodies no longer need feeds back to the earth again. We really are in a constant flux with the world around us – scientists tell us that we exchange all the cells in our bodies every seven years! The only apparent constant is the consciousness that we attach to ourselves (but more about that elsewhere). We need the natural world & she needs us. Her health is our health; they cannot be separated.



Permaculture has a lot to offer us all & this is why I will be writing about it in Funky Raw in future issues. Whatever you think you know about permaculture, it simply provides us with a set of principles for us to use, which are based upon observations of natural systems – systems that are inherently productive, stable & non-polluting. We can all apply these principles in our daily lives to help us to live more sustainably - the health of this planet being just as important as that of our individual

bodies. But I’ll write more about those principles in the next issue.

Firstly, permaculture begins with an ethic & that ethic is three-fold:

- Care for the Earth & all species
- Care for people
- Fair shares for all & voluntary limits to consumption

The first ethic encompasses the other two & is the only logical choice for us to make if we wish to survive & evolve as a species upon this planet. The second is equally important though; war between nations is as common as ever & always massively damaging to the environment. Any conflicts between people must arise from a misunderstanding & a lack of empathy for each other. We have to realise that we are all doing the best we can with what we know, so accepting this & giving people the tools to make better choices is an important step in the right direction. Then we come to ‘fair shares for all’. People usually fight each other for fear of lack, but there is no real lack in this abundant world, other than a lack of sharing. As Mahatma Gandhi famously said, “There is enough for everyone’s need, but not for everyone’s greed”.

To put this into perspective it is well worth each of us finding out how many planet Earths it would take to support six billion of each of our lifestyles. Any number above ‘one’ & we are using up more than our share (my eco-footprint came out at one point two, so still more for me to do yet...). To have your very own calculated for you, simply visit [www.myfootprint.org](http://www.myfootprint.org) & answer a few simple multiple-choice questions about your lifestyle.

So, whilst we are enjoying the fruits of this year’s harvest we should not remain complacent. Rumours of climate change are a call to action for us all. If we do not take steps to demonstrate how much we care for this planet, abundant harvests may not be so reliable in the future. Thankfully, permaculture provides us with an abundance of ideas that we can use to make a difference. Focus on areas that you can influence & change, not those you cannot (get rid of that TV!). Stay positive!

Last month at the biggest event in UK permaculture to date, the Permaculture Association finally came of age; celebrating its 21st birthday. It is an exciting time to live, but also one in which we must demonstrate our intent through our actions. As I enter my fifth year as a trustee of the Association it is clear to me that permaculture needs raw & raw needs permaculture... Please join us in making a difference.

The first edition of ‘The Next Step’ is now available as a free download from inside the Permaculture Diploma Portfolio on my website – the second edition still occasionally flirts with me, but remains long overdue....

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# Yurt Living

by Veronika and Lorenzo



A happy home is a healthy home, and much like the food we put in our bodies, the space that we live in is a determining factor of our health and well-being. Our habitation can be compared to a third skin, the first being the skin that covers our bodies and the second the clothes we wear. The many functions of the skin include protecting our bodies from harmful environmental elements, thermoregulation, and interpreting information from our surroundings. In the same way, a healthy living space must be made from natural materials that allow an exchange with the external environment. An ideal dwelling must be waterproof, though water vapour permeable, in order to avoid all forms of condensation. Like the human body, it needs to breathe and have contact with the outside world, be receptive to telluric and cosmic energies. The yurt, a round tent from Central Asia, fulfils these criteria of organic architecture. Its round space allows for a better flow of energy, in contrast to the harsh angles and straight lines of modern life.

The yurt has been the dwelling of choice for the nomadic peoples of central Asia for more than 3000 years. Among humanity's most ancient habitations, a mixture of simplicity and strength, it can withstand extreme temperatures and high winds and has been officially recognised as part of our World Heritage. Combining traditional wisdom and modern innovation, it is gaining popularity among Westerners seeking a more natural, yet comfortable and affordable lifestyle. It is a simple, elegant wood structure, adaptable to many environments which can be easily transported and quickly mounted. It can be erected in otherwise inaccessible places, such as in remote areas with difficult access or on land where it is impossible to build a more permanent structure. It is well-suited to liv-

ing on a mountain top in the wilderness, but can be just as easily adapted to a more conventional lifestyle, as a holiday home or a work space. The yurt is a versatile space; it can serve as a home or an office, be used as a classroom or a performance space. It can be transformed to suit the occasion, from a bedroom to a meeting place, a workshop or a meditation space. It can be dedicated as a temple and at times feels like a space vessel, a portal to a different dimension. The stillness and the silence that it is possible to create within its canvas walls allows you to disconnect from modern reality and feel the forces of Mother Nature, helping you live in the moment, to appreciate the here and now.

After one year of living in our handcrafted yurt, we have discovered that it is a convenient, low-maintenance alternative to living in a house. It has given us the freedom to travel and move away from the artificial realities of modern life, allowing us to connect with the Earth and our own inner nature. Though sheltered from the elements, we are not completely disconnected from them. We can hear and feel them around us, as the wood creaks in the wind and the rain thunders on the canvas. But even during a raging thunderstorm during the cold winter months, the yurt remains firmly anchored to the ground, and with a warm fire it is easy to create a comfortable space, as cosy as a cocoon. Its round shape leads easily to meditation, inspiration and creativity. It is a great space for self-discovery and personal growth. It allows us to live more in harmony with Nature, feeling more connected with both the earth and the universe.

Having experienced many magical moments and weathered the challenges of living in a yurt, we have launched a



production of yurts, improving on the traditional structure to create a space more adapted to modern living. Hundertwasser said "living in harmony with Nature is the key to happiness and beauty is what leads us to it." Understanding the importance of surrounding ourselves with beauty and living in a comfortable space, our yurts are a combination of traditional artistry and the innovations of modern technology. The yurt is not only a practical, natural and comfortable habitation, but most of all, it's a great space to help you find inner peace and learn how to be.

For more information, please contact us at:  
al\_yurta@hotmail.com (+34) 625 108 635 ☸



## Warriors of the Rainbow

There are several versions of a Prophecy from the Native American Indians which describe a near destruction of Life on Earth and how Earth is returned to the Paradise Garden of Eden it once was. The longest and most detailed prophecy I have come across is that told to Lelanie Fuller Stone by her grandmother.

There was an old lady, from the "Cree" tribe, named "Eyes of Fire", who prophesied that one day, because of the white mans' or Yo-ne-gis' greed, there would come a time, when the fish would die in the streams, the birds would fall from the air, the waters would be blackened, and the trees would no longer be, mankind as we would know it, would all but cease to exist. There would come a time when the "keepers of the legend, stories, culture rituals, and myths, and all the Ancient Tribal Customs" would be needed to restore us to health.

They would be mankind's' key to survival, they were the "Warriors of the Rainbow".

There would come a day of awakening when all the peoples of all the tribes would form a New World of Justice, Peace, Freedom and recognition of the Great Spirit. The "Warriors of the Rainbow" would spread these messages and teach all peoples of the Earth or "Elohi". They would teach them how to live the "Way of the Great Spirit". They would tell them of how the world today has turned away from the Great Spirit and that is why our Earth is "Sick". The "Warriors of the Rainbow" would show the peoples that this "Ancient Being" (the Great Spirit), is full of love and understanding, and teach them how to make the "Earth or Elohi" beautiful again. These Warriors would give the people principles or rules to follow to make their path right with the world. These principles would be those of the Ancient Tribes. The Warriors of the Rainbow would teach the people of the ancient practices of Unity, Love and Understanding. They would teach of Harmony among people in all four comers of the Earth. Like the Ancient Tribes, they would teach the people how to pray to the Great Spirit with love that flows like the beautiful mountain stream, and flows along the path to the ocean of life. Once again, they would be able to feel

by Claire Rainbow

joy in solitude and in councils. They would be free of petty jealousies and love all mankind as their brothers, regardless of colour, race or religion. They would feel happiness enter their hearts, and become as one with the entire human race. Their hearts would be pure and radiate warmth, understanding and respect for all mankind, Nature, and the Great Spirit. They would once again fill their minds, hearts, souls, and deeds with the purest of thoughts. They would seek the beauty of the Master of Life - the Great Spirit! They would find strength and beauty in prayer and the solitudes of life. Their children would once again be able to run free and enjoy the treasures of Nature and Mother Earth. Free from the fears of toxins and destruction, wrought by the Yo-ne-gi and his practices of greed.

The rivers would again run clear, the forests be abundant and beautiful, the animals and birds would be replenished. The powers of the plants and animals would again be respected and conservation of all that is beautiful would become a way of life. The poor, sick and needy would be cared for by their brothers and sisters of the Earth. These practices would again become a part of their daily lives. The leaders of the people would be chosen in the old way - not by their political party, or who could speak the loudest, boast the most, or by name calling or mud slinging, but by those whose actions spoke the loudest. Those who demonstrated their love, wisdom, and courage and those who showed that they could and did work for the good of all, would be chosen as the leaders or Chiefs. They would be chosen by their "quality" and not the amount of money they had obtained. Like the thoughtful and devoted "Ancient Chiefs", they would understand the people with love, and see that their young were educated with the love and wisdom of their surroundings. They would show them that miracles can be accomplished to heal this world of its ills, and restore it to health and beauty.

The tasks of these "Warriors of the Rainbow" are many and great. There will be terrifying mountains of ignorance



to conquer and they shall find prejudice and hatred. They must be dedicated, unwavering in their strength, and strong of heart. They will find willing hearts and minds that will follow them on this road of returning "Mother Earth" to beauty and plenty - once more. The day will come; it is not far away. The day that we shall see how we owe our very existence to the people of all tribes that have maintained their culture and heritage. Those that have kept the rituals, stories, legends, and myths alive. It will be with this knowledge, the knowledge that they have preserved, that we shall once again return to "harmony" with Nature, Mother Earth, and mankind. It will be with this knowledge that we shall find our "Key to our Survival".

I believe that the time that is spoken of is NOW. Yes now. Not in 10 or 100 years time; but NOW. What is my evidence for this?

Let's look at what the Prophecy says: Earth is polluted; we have filled the atmosphere with carbon dioxide, sulphates, nitrates, radiation and chlorine ions, all of which are poisons to living beings. The forests are being destroyed as I write! An area the size of Belgium is clear-cut every day. Birds would fall from the air; this has occurred in many places in the world, England included, from radiation sickness caused by flying over nuclear power stations, to flying into pylons and being instantly fried. The waters would be blackened; there are sadly too many rivers, lakes and ponds where this has occurred; the Mersey, the Thames and the Rhine to name a few. Much of our ground water has also not escaped contamination. EU laws give "acceptable limits" of pesticide, chloride ions and many other toxic contaminations of our drinking water. It is no longer possible (I think) to find drinking water that is completely uncontaminated by "modern living". The fish have oftentimes been poisoned in the streams. Again we only just hear about various chemical factories illegally dumping poisonous effluents into rivers and killing all the aquatic life. The trees would no longer be? Well it's true that we still have trees for now, but with the proliferation of GE trees, how long can this last? Trees that are valued for their fruits or oils are "safe", but the "wild" trees that are not of economic use to humans... how long before they are gone? And finally "mankind as we know it would cease to exist"? Well the mankind that the Natives knew of has indeed all but ceased to exist. Very few people live in tribes or communities that honour the Great Spirit. Humans have become mere shadows of themselves. The belief in Science and Money has killed all sense of Spirit in a large section of the general population. Crime rates soar as people try desperately to find happiness and instead equate money and power with feeling good about themselves. Strangely when this doesn't work, they seem to stick their heads in the sand and try to obtain more drugs, money or power. One problem is that they try to get power by taking power from others. Power comes from within. You have to find its source within yourself. It is there. Find it. Use it.

So I believe that the Time is NOW. The Warriors are starting to emerge; to realise that we are in the End Times and

that the Time Has Come.

So... what now? How can we Reclaim our Planet from the Forces of Capitalism? First you need to look inside yourself and ask yourself if you are a Warrior? Are you part of the problem or part of the solution? Are you a de-consumer? Do you recycle? Do you grow your own food? How are you educating your children? Do you use a car when you could cycle? There are many small changes that can be made in an individual's life that will add up to larger changes in the World. Do not for a second think that what you do doesn't make a difference, or that you have nothing to say or contribute. If every person lived sustainably on this Planet, then we wouldn't be in the mess we are in right now. The answer is very obviously to live as sustainably as possible. Use as little electricity, gas and petrol as possible. Don't buy over-packaged food. REFUSE, REDUCE, REUSE, RECYCLE - in that order. Apply that little adage to everything you do and you'll soon be making a much smaller impact on the Planet

But who are the Warriors? The Prophecy says "keepers of the legend, stories, culture rituals, and myths, and all the Ancient Tribal Customs". In addition I think they are also: Anyone who feels the Prophecy stirs something in them.

Anyone who has the idea of caring for the Earth as a Core Belief. Those who are aligning their chakras. Those who Love. We are from all walks of Life, from all parts of the World. We have valuable lessons to teach humanity. We are currently learning what we need to for the challenges ahead. We understand the destruction that capitalism is causing to the Planet and its People. Our Task will not be easy and we must be strong. We understand that we are spiritual beings currently focussed in a physical dimension. Our mission here is to save the Earth, the animal and plant species; as there is no doubt that the Earth herself will survive once we wipe ourselves out through greed and stupidity. However, I believe that it IS possible for humans to save themselves and all the species left in the world. It does require a mass change of human consciousness and we are the catalysts for that change. We are also the practical examples of how humans can live in harmony with the Planet, combining technology and ecological practices to enhance our understanding of the planetary ecosystem and our own place within it.

I want you to know and understand that we are here to help save the Planet. I have been meditating on how we can achieve this and I believe that I have found the answer. Obviously I cannot divulge what it is here... but please find strength in the fact that there is a Plan. I am beginning to understand more and more of it as time progresses. I become more convinced that you guys are totally needed for it, either for the implementation of it, or for the time afterwards when people will once again attempt to live in Harmony with our Beautiful Planet, understanding their rightful place in the scheme of things and the ecosystem... it is coming together... Never despair, it has already happened and we get our Planet back!

[www.warriorsoftherainbow.net](http://www.warriorsoftherainbow.net) ☸



# A Rationale For Psychoactive Gardening

by James Neill

## On the Indigeneity of Plants

The world, for humans today, is a sea of anxiety which ultimately only closer connection to nature can quell. Whether you call it karma, thermodynamics, homeostasis, sustainability, or just plain common sense, doesn't really matter. What matters is that our own human nature is intimately interconnected with the nature of our local and global environment. For about 4 million years, humans evolved with a very close relationship between inner consciousness and the rhythm, riches and dangers of nature. As the human-nature connection has transformed and traditional knowledge about the connections lost, modern human society has spiralled out of control.

I have had persistent visions over the years of the streets of civilization being eventually overgrown with plants hundreds of years from now. Perhaps we should re-read John Christopher's "Day of the Triffids" and "Death of Grass", just to remind ourselves again of the possible futures for man and plant together - at least if we continue to get it wrong. The plants were here long before us and will be here long after us. They have an enviable wisdom and patience as the original inhabitants, the first forms of life, who have seen it all and worked out how to maintain and transform themselves through evolution. Plants are more indigenous than any human being. And, above all, if we as humans want to survive as a species, we need to nurture our relationship with plants (upon which we are totally dependent for survival, whether nutritionally, economically, or psychologically).

## On the Suppression of Psychoactive Plants

Human beings have a long history of being awful to one another, to animals, and to plants. Whether its slavery, wars, hunting, farming, clearing forests, or banning the growth and use of plants such as Cannabis Sativa. This is akin to jailing and massacring indigenous people. To "lock away" certain plants from access to society is to cut off our nose to spite our face. Clearly many people want to explore their relationship with such plants, and continue to do so illegally. People who wish to explore their relationship with plants are marginalized and by law punishable variously through death, jail or fine. Yet the viewpoint that such plants are evil and damaging is largely propaganda.

Instead, we need to create places on earth where people, animals, and plants can exist in freedom, unity, and harmony. All plants in indigenous life had uses and applications, whether for their strength, nutrition, medicinal or psychoactive properties. Plants were used wisely and effectively. The problem is that we've largely lost the positive cultures into which the use of such plants were embedded. Our culture, if we are to survive, needs to rediscover a more holistic relationship with nature, starting with plants, and one in which we understand plants

not only for their physical properties (e.g., aesthetics of flowers, wood for building), medicinally (e.g., for healing), but also psychologically (e.g., for exploring consciousness). I imagine a place in which all plants belong and humans have positive relationships for exploration of mutual power and potential.

## Personal, Indigenous Farming of Psychoactive Plants

We need to develop an intimate relationship with plants throughout their life cycle, whatever one's form of plant usage - vegetables, fruit, trees for wood, and plants for medical and psychological uses. Ultimately, we all consume and use many plants, although these days we grow very few ourselves. The disconnection from growing for one's consumption, whether plant or animal, is a dangerous trait of industrial societies. It opens up an experiential gap which allows for poor decisions to be made about the management of the natural environment.

Ironically, due to the illegal nature of psychoactive plants, personal farming of psychoactive plants is now becoming more common, because of the market scarcity and unpredictability. By growing for one's own needs, one becomes an indigenous person, tending to the earth and cooperating with it to provide for one's own needs. Each person should aim to grow through their lifetime at least the amount of food, wood, and medical/psychological plants as he/she consumes. It is a simple necessity for collective survival, but we have become divorced from understanding and tending to the growth of plants, although we continue happy to consume to the detriment of future sustainability.

It is important to understand that where there is genuine, mature, sustainable exploration of the psychoactive properties of plants, the user will generally evolve to having a relationship with the whole lifecycle of the plant, and not simply the gratuitous point of consumption. We must be careful not to simply consume a plant without respect and understanding about how it grows, where it comes from, and the nature of its uses and effects.

Each plant species has properties in common with its genetic lineage that can be explored, mapped and understood. By engaging in an evolving relationship with plants, we discover that we can become so much more with so much less. By taking personal responsibility for contributing as much as we consume, we live indigenously and 'righteously'. Psychoactive plants have an important place in helping human society to evolve and mature. In the future psychoactive plants will have their place one way or another, hopefully used in far more rich, mature and safe ways than that reckless recreational usage of powerful chemicals and draconian, fear-based govern-



ment prohibitive policies.

Intimate knowledge of psychoactive plants was traditionally held by shamans - and the role of shamans, though no longer central in Western communities, is still vital. Shamans acquired and developed holistic knowledge about access to altered states of consciousness. Then the shaman helped society to access states of consciousness for their own benefit, whether for healing, celebration, vision-searching, problem solving, and so on. The shaman developed, among other things, intimate knowledge of the plant's life cycles and plant's personalities (aka plant-ality). Indigenous relationships with plants are essential for a sustainable society. It is not well understood today that for effective use of psychoactive plants, one should either be either under the guidance of a shaman or at least be actively pursuing a holistic relationship with the full cycle of each plants.

## Working With Nature A Practical Philosophy for Life - Part 1

There's more to food than meets the eye ... The food we eat is at the heart of a powerful web of effects in the world outside ... and in our bodies and minds.

Let's be honest about life in the 21st century. When we look at health and the environment we can see that the western lifestyle, and philosophy of life is quite clearly a bit of a mess. So, we need a timeless philosophy to guide our path in life, to guide our lives as a whole, within a society that is full of uncertainty, lacking health and lacking in any real truth in its current guiding philosophy.

The breakdown of our society, with high alcoholism, inappropriate drug use, crime and mental and physical sickness are also symptoms that arise as a result of a fundamental lack of wisdom in the way we live. However, if we live a life that works with nature in all areas, and not just what we eat, then that life is sustainable.

We have to find ways to connect with nature's truth and wisdom that are relevant to and practical for our current denatured culture - to find a balance between the fundamental and absolute truth of nature ... and the realities and practicalities of living in the modern world. Eating more raw foods, and therefore natural foods, is one simple way to reconnect us with nature ... from the inside out. But it is far from being the one solution to everything.

Nature is the one and only source of certain or absolute truth on this planet.

Nature is the one and only source of certain or absolute intelligence and wisdom on this planet.

Human illness and disease, and environmental problems, reveal nature's truths. For example, one fundamental truth is that if we eat unhealthy foods we get sick and diseased. We naturally get sick and diseased in our body, as

### More on the Potentials & Possibilities of Plants

Aristotle said that plants have souls. From the Wild Side of Science:

<http://home.att.net/~kernels/Diss2.html>

Ethnobotany on Google -

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Hobhouse, H. (1999). Seeds of change: Six plants that transformed mankind. London: Macmillan.

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Psychological Benefits of Plants in Buildings:

<http://www.ri-research.com>

</tropplan/EnvBen/psychben/psychben.htm>

Tompkins, P., & Bird, C. (1989). The secret life of plants. New York: Harper & Row.

Tompkins, P., & Bird, C. (1992). Secrets of the soil.

London: Penguin. ❀

by Steve Charter

well as mentally and spiritually. It is no coincidence that western culture is in a spiritual crisis, and psychological crisis, as well as a health crisis.

These things are separated by our minds, but in nature all is connected. So that is a fundamental truth revealed by nature: eat unnat-

ural food => disease. And if we eat our natural foods we are naturally healthy. It's that simple.

Equally, climate change, the vast destruction of biodiversity, and the pollution and toxification of the air, soil and water, of our food chains and global ecosystems are all equally fundamental truths about the way we live our lives. They are revealed truths about the unsustainability and lack of wisdom of the standard western, consumer way of life. And if you live a normal life, then you are part of that.

We need to develop ways of life that resonate and harmonise with nature's intelligence. Eating raw food is a direct way of experiencing nature's intelligence, in a totally physical way - it goes into our body, we feel the effects, those effects resonate with our cells and so it goes beyond



the intellect. We need that resonance and harmony in what we eat ... And we also need that resonance in how we grow our food – in how we transport and sell it - and in where and who we buy it from ... We need to resonate with nature in how we design and build our houses (this has been a major area of work for me in England) ... in how we generate and use energy ... and, very importantly, in the work that we do.

I do my best to pull these issues together in my own life and, encouraged by others, this has led to the publication of a new book, *Eat More Raw* – published in May, I am pleased to say it is receiving many positive reviews (see advert), and ‘inspiring’ is the word most often used to describe it.

In *Eat More Raw!* I am not suggesting a diet based on buying a lot of tropical fruit ... bought from supermarkets and flown in with thousands of air-miles under its belt. I am not suggesting being a fruitarian. I am not suggesting that sprouts are the miracle food. I am not suggesting you buy lots of expensive raw food products and supplements. I am not suggesting anything in particular other than eating a well informed and an intelligently designed diet consisting of mainly raw plant foods – say 70%, or more ... if you like. What you do with the rest is up to you.

Actually, in *Eat More Raw!*, I am not even talking about a ‘diet’. What I am talking about is a philosophy of life ... an integrated lifestyle that consistently applies the principle of working with nature both in what we eat and how we grow our food, as well as the way we live our life in general.

So, do you believe it is important to live a philosophy of seeking to create health? If you live that philosophy, then what is your main contribution to the world? Think about it for a moment?

I suggest it is your work ... So I will now ask you, ‘What is your job? What is your work?’ Is it resonating with nature? Is it working to create health and sustainability?

If your work is part of the destructive, global corporate-consumerist world then you are almost certainly working for a system that overall is destroying people’s health and the health of the planet ... This is a harsh truth – that most people’s work is creating far, far more physical and mental ill-health and disease than it is creating health ... And then there is all the environmental destruction.

If I am following a philosophy of working with nature then I cannot live a life where I believe one thing in relation to my diet and my food ... and then in my work completely ignore that philosophy. I just cannot do it. I have one core philosophy and that applies and is relevant and important in all areas of my life ... and not just in what I eat. So on its own, eating all or mainly raw food is far from the answer ... although it is a step in the right direction.

So I feel it is now time to say that a raw food movement that is based on making people healthy so that they can then carry on their self-centred addictive, world eating consumer lifestyles is .... well ... What do you think it is? I think it is questionable to say the least. So I suggest that we have to question the underlying philosophy of the emerging and strengthening raw food movement. I am

not saying it’s current direction is wrong or bad ... I am just saying it is time to question it. It is time to look at the direction we are heading in, and decide if it is really that different from the massively environmentally and humanly destructive path that western society as a whole is following.

A raw food movement or any other movement that is based on personal greed and selfishness will never bring whole health and sustainability, because it is based on a faulty understanding of nature and reality - which is the illusion of the separate self, a view of reality that is just not sustainable.

Survival of the fittest is based on cooperation, and not competition. And that means co-operation with other species of plants, animals and insects ... as well as within the human species. The success of humanity is based on the vast amount of cooperation that goes on within our societies. Even in the destructive global economy there is far, far more cooperation – between companies and their suppliers, within industrial lobbying organisations, within the whole global banking and finance system – than there is competition. Nature’s success is based on a vast web of cooperation between innumerable species, working together, with a dash of competition dotted around the place.

But our current culture is essentially destructive – it is certainly destroying human health, and environmental health. It is dominating and trying to control, and competing with, every other species on the planet. It is driven by the largely male, left-brain desire to win and be number one, the best ... at any cost.

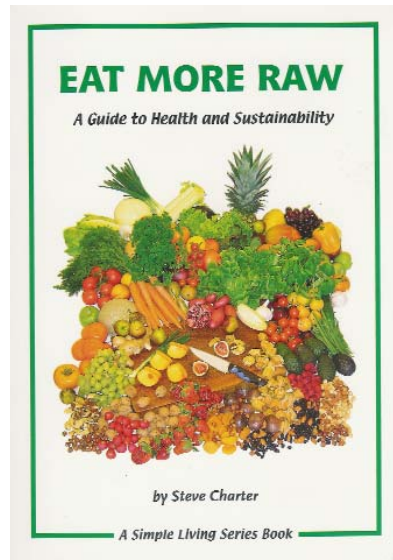
We need to create or evolve a new culture out of our existing culture – which does not mean throwing everything out, but it does mean accepting that we have to change. If we don’t then through climate change nature will force us to change in less pleasant ways. There is no choice about it ... You cannot actually defy nature when it comes to health, whether you want to or not. Equally, as a species, and in particular as a western culture, we cannot defy nature either a local level or on the planetary level.

So we need a new culture that is based on:

pursuing wisdom;

and working with nature (and not against it), working with the absolute truth and intelligence of nature.

And that means pursuing and creating natural health and sustainable lifestyles ... hand in hand ... in your life.



## Working With Nature: A Philosophy of and for Life

So the philosophy of working with nature is highly relevant to both how our diet influences our own natural mind-body-spirit system, and how our diet influences our immediate environment, the local community, society as a whole, the economy and the wider global environment, it's ecosystems and the climate.

The philosophy of working with nature is utterly practical and provides the foundations for a Sane, Humane and

Ecological culture, as well as being a healthy and sustainable individual philosophy for life. And to work with nature, not against it is one of the basic principles of permaculture.

As you may have gathered, I feel deep concern about the state of the world and humanity. And at the same time I see the awesome creative potential of humanity. So much of that potential appears to be wasted or squashed. I really believe that we can and should be creating something better for ourselves and for our children and grandchildren.

Many people think they are doing this in prioritising economic growth and personal wealth above all else. But in its present form this just is not a sustainable and evolutionary path for humanity<sup>1</sup> – because if one wants it and thinks he or she deserves it, then it rightfully must be available to all. At current levels of western consumption, unless we change how we do things very radically, that is a path to disaster, with a million Chinese and a million Indians being sold that irresponsibly greedy, world consuming, nightmare American and western dream. In industrialised agriculture and the processed food industry we put ten times more energy into producing the food than we get out of it in calories.

If we really want to pursue a positive sustainable path, either we need to change the nature and form of economic development and our economic priorities, or we have to change our other individual and social priorities – or do both of course. And that involves changing our lifestyles. And logically your part in that is to change your life. No one else can do it.

For a moment, let's just take brief look at what 'evolution' is ... and I do not mean its dictionary definitions. There are clear parallels between our economic development

path, a personal path that seeks material success, and our cultural assumptions about evolution. Our understanding of these things is not based on a true and deep understanding of nature –

it is generally naïve and simplistic, programmed into us in school and college.

To me evolution simply means a significant development in nature. Given the situation we are in at present, for humanity I feel we need to shift to 'conscious evolution' – and this means consciously working with nature to create significant positive developments in nature, in our society and in



Ecoforest, raw food community, Southern Spain

ourselves. This means using the vast amounts of information we have available more consciously and much more wisely<sup>2</sup>. It means becoming more aware of the unique nature of our bodies as living systems, our consciousness, our patterns of understanding and misunderstanding, and our patterns of choices – what we choose to do and what we consciously or unconsciously run away from or resist.

Working with nature in a sophisticated way means creating an era where we understand nature and evolution to such an extent that it becomes obvious that the most positive path is to work with our own nature, (our own) consciousness and (our own) evolution, within the context of the wider nature and evolution of which we are a part. And to do that we need to create a positive vision of where we want to be in the future, as well as a practical vision of what first steps we need to take now to start us on that path. Which is what the book *Eat More Raw!* is really about.

In the context of the development of humanity and civilisation, we are where we are – obviously. So I feel that as a first step we need to understand how to live in a changing and challenging world. I feel we need to become much more confident about dealing with this. And this is where both a practical knowledge of permaculture, and confidence about our health are so, so critical.

To move on and create sustainability and a more fulfilling quality of life, we need to live harmoniously and creatively with the nature of the world – to understand that we are a part of the web of life, not separate from it.

What do you see when you take a look at the future we are heading towards?

Does it feel safe and secure?

Does it feel good?



A philosophy that treats all life with compassion and respect is not a romantic back to nature view of the world; it is totally practical and completely logical. It is not based on the idea that we should go back to anything, or on some view that everything was 'ever-so-nice' many centuries ago when we were all closer to the monkeys!

A philosophy of working with nature is all about the practicalities of how we go forward now. It is about how we work with the creative, productive energy of life and nature to meet our own needs, by understanding the needs of our children, the next generation, and the next seven generations (to borrow a Native American way of thinking). Working with nature is a practical way of life that is rooted in the realisation that the way we think and act now does create our future. For me, its deepest roots are in a sense of nature and evolution that is beyond words. As a philosophy and way of life it seeks balance, harmony, diversity, abundance, beauty and natural, organic growth - a balance of intellect and intuition. In fact it doesn't even seek these ... it just works with the natural flows, patterns and energies that naturally create these desirable outcomes. Working with nature means, for example, a recognition that creating beauty in what we do is really, really good for us in a practical sense, and is therefore very important.

Working with nature means working with all forms of nature, including our own. It does not mean using 'human nature' as an excuse for our unnaturally destructive and undesirable behaviour, or our addictions. It means recognising and building on the creative and inspirational nature of our behaviour. Nature is always changing, and constantly growing. So we always have the capacity to learn and change.

For me, our nature inevitably includes an evolutionary element. For most of our 'civilised' history it has been accepted that civilising our selves includes an evolution of our values. Legal and religious systems, and spiritual philosophies have been developed to uphold the values that were seen to be 'right' and proper at the time by certain people. Evolution doesn't stop, so I feel that our thinking and values should still be evolving. Naturally, I see nature as our best guide for this type of conscious evolution.

Where do you see our values going in the present age of civilisation?

Do you feel we are actually making progress in creating a more caring world?

Personally, I feel that respecting all forms of life, human, animal and plant life is important. To me 'Thou shalt not kill' means 'Thou shalt not kill' - which means no killing at all. And you really need to sit with this to sense what it really means - which has little to do with simplistic interpretations of the Bible! Life is sacred.

I do not feel that these values makes me 'better' than some one that does kill, or some one that eats meat. However, I do feel 'better' in myself, although not in an arrogant way. I feel it is better for me, myself, and for my relationship with the web of life, the beauty and wonder

of this planet which I love beyond words. I have also found that not eating meat or animal products is a surprisingly easy and enjoyable step along my path towards a more compassionate way of life.

Inevitably, such issues are personal choices which depend on the particular information, guidance and experiences we chance upon or seek out along our life's path. I know that I now feel better informed in my choices - my inner feelings and confidence about those choices are also much stronger, doing my best to live a life of compassion for all life.

### **A Route To Personal and Planetary Health?**

The combination of a wider understanding of raw food and permaculture is a serious yet playful, semi-subversive yet utterly democratic route to creating personal and community health, greater freedom, and much greater self-reliance and self-confidence. But then again, what's subversive about love and compassion, life, nature and health creation?

Eating mainly raw plant foods is just a part of living a sustainable and healthy life - a core part, but just a part. We have to piece together the whole jigsaw puzzle. And we can do that in our own lives.

I see sustainable living as being about enabling the head and heart to be integrated. The life, the environment and the relationships that we create around us all come through our thoughts and values. Once we see, feel or understand this, then we start to sense how a more sustainable lifestyle can be created. We really understand how the health of one depends on the health of the other - there is no separation. And without it we get nowhere, fast.

At the moment our culture generally places the responsibility for sustainability and health outside ourselves; with the government, the doctors, the drug companies and the health service. Government policy and the medical establishment will never create health, because they are focused on illness and disease, not health - they maintain a dependency culture that is inevitably self-justifying and which completely accepts and believes in high levels of sickness as 'normal'. Unhealthy foods happen to be very costly for our health, whilst also being profitable for the drug and medical industry and the food processing industry. I don't think many people knowingly make others sick for profit - it just happens to be a cycle that our very clever yet equally unwise society is locked into because we don't seem to know any better. And that's because we don't have any well used routes for learning from nature, which is in turn because as a modern, developed, scientific society we tend to think we know better than nature. We observe nature, watching it on TV or reading about it endlessly, but we don't really 'know' it anymore, because our own nature has become so distorted. We are offered little real choice, because most of the choices we are offered are inevitably hooked into the great consumption-directed global marketing machine in some way or other.



Some people do think there is more to the current state of human and planetary health than just chance. If you take away someone's health you take away a large part of their freedom – think about it. In this way you can create a population that lives in fear of sickness, disease and death. And this fear leads to a desperate dependency on working to earn money ... in order to pay for the health insurance, the medical care, the distractions that are needed to hide the fear, and so on. Some might suggest that a population that is 'dumbed down' with heavy and addictive foods is easier to manipulate and exploit. So I've heard some people say in a jokey yet totally serious way to those that do believe in conspiracy theories "You aren't going to eat more of that conspiracy food are you?" If you are into conspiracy theories or even corporate and governmental collusion then take a look at food and health – or rather, illness. If that's the sort of thing you believe in then you might just find one of the biggest potential conspiracies going. Try starting a positive health creating conspiracy to balance things out, and start with yourself ... it is the only place you can start in fact.

What ever you think, the point is that if you want health you have to create it for yourself. And we can all achieve this once we understand the nature of health. For me this has been very empowering. So in creating personal and community health and freedom we can break the dependency culture that is justified and maintained by peoples understandable fears of illness and disease, which typically gets greater as people get older, or as they start to find they are sick. We can also transform an economy that profits from ill-health and the products that create disease. And by using permaculture we can become much more able and confident in meeting our own needs -

which again helps to overcome the dependency culture and creates empowered and self-reliant individuals and communities.

Steve lives mainly at Ecoforest in Spain, a raw food eco-education and simple living project where he teaches permaculture courses. See [www.permaculture-steve.net](http://www.permaculture-steve.net) and [www.ecoforest.org](http://www.ecoforest.org) or [www.permaculture.org.uk](http://www.permaculture.org.uk)

Eat More Raw is available direct from Steve: contact [true\\_charter@yahoo.co.uk](mailto:true_charter@yahoo.co.uk) (for 11 pounds including P&P in the UK) or from Permanent Publications at [www.permaculture.co.uk](http://www.permaculture.co.uk) via their on-line catalogue.

1 For more information on sustainability and sustainable development, their background general principles, their economic, social and environmental aspects, as well as its relationship to consciousness, the history of human development and culture, and their relationship to the individual see *The Earth Dweller's Guide to Sustainability*, also by Steve Charter.

2 For example this would lead to a natural evolution of 'Information Technology' into 'Wisdom Technology' – anyone who wants to take hold of this idea and develop genuine wisdom technology is free to do so!

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*with Steve Charter author of Eat More Raw and co-founder of Ecoforest, eco-raw project*

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# Poetry

## Change Your Palate, Save A Planet by Lisa Ceneri

The earth is blue  
and fading green.  
Its turf is few,  
and far between.

Did you know,  
one third of land,  
cannot be grown,  
because it's sand.

Put one forth  
on top of that,  
this is used for,  
farm habitat.

Everyday,  
one cow excretes,  
twenty three K,  
of grains and wheat.

This ends up in,  
our water ways.  
The farmer wins,  
it's us that pays.

For nearly all,  
humans that live,  
ten animals,  
are made captive.

Just so we can,  
consume their flesh.  
cut our life-span,  
in the process.

If you eat food  
in its own skin  
it turns out you,  
save packaging.

Fruit equate,  
a true fast food.  
Won't make you late,  
held in a queue.

No need to bake,  
an apple pie,  
or eat a cake.  
Want to know why?

This is a waste,  
of fossil fuel.  
We can't replace,  
our crude oil.

If we eat mainly,  
food from plants,  
our Earths plain,  
might have a chance.



## Earth Matters

by Lisa Ceneri

Do you care about the Earth,  
it's only what your life is worth.  
The concern is mine and yours,  
to act fast in time, before...

the final tree falls to the ground,  
and we see our actions rebound.  
Strip away all the green leaves,  
to our downfall, how would we breathe?

Dig out each and every root,  
fig and peach and every fruit.  
Figure out how we would eat,  
afraid that nature we can't cheat.

Cut off a branch, cut off your arm,  
but can't see it's all self harm?  
Chop off a tree, chop off your head,  
same thing you see, watch where you tread.

Nature will look after those,  
who do not stand upon her toes.  
So allow every tree to fall,  
and bang your head on a brick wall.

Cash wont make the world go round,  
we won't be saved with lots of pounds.  
Love is what is needed here,  
so here's the plot, be free of fear.

Maybe the truth in you will dawn,  
when a baby to you is born.  
What chance will we leave for them,  
if plants are where our future stems?

Either we put our planet first,  
or we shall see the bubble BURST.

## "Embrace The Sun's Glow"

every Kind deed  
has reciprocation  
far beyond  
appreciation

even the smallest  
friendly gesture  
meeting needs of a fellow Soul's  
physical vesture

when we manifest Love  
from the Source of It All  
that serves to answer  
our own Heart's call

by brother  
Little-Star \* Sevadar

when we open our arms  
to share what we're keeping  
we become more receptive  
to the fruits of the reaping

and as petals unfolding  
we flower and grow  
to unveil our beauty  
and embrace the sun's glow



# Raw Exploration - Why do people go Raw?

by Tish

This will be a regular short column where we will explore the past and present raw food movement.

It will be an informative page, which will give you facts, as well as examples from personal experiences.

In this issue we will look at the reasons people turn to this way of eating:

Science has agreed that before the discovery and manipulation of fire we were raw food eaters; like the rest of the species on this planet still are. Science also accepts that we are primates, and we share the physiology of primates, which is predominantly frugivorous. Frugivores eat a diet of predominantly fruit, leaves, nuts and insects. Some primates will also eat eggs, crustaceans and small mammals.

It is also observed that the current level of human health in no way mimics that of wild animals, we are without doubt currently the sickest species to inhabit this earth

Raw/living fooders/ies/ists believe that as we are naturally/biologically designed to eat this food then this is surely what we should be eating. It is pure logic, as well as being instinctive. To quote nature's first law "we do not become raw fooders we are raw fooders"

With this in mind then here are some of the reasons we might turn raw:

\* To gain vibrant health

\* To heal and get in touch with our bodies

\* To gain clear minds

\* To heighten spiritual awareness and respect the divine

\* To gain a deeper understanding and experience of nature and what it truly means to be natural

\* To experience freedom from addiction

\* To be able to enjoy life more

\* To experience utter pleasure from eating (think juicy sweet ripe mango!)

I am sure everyone has their own personal reasons for going raw, and I have only outlined the most common reasons above. But it does seem to be a common experience that going raw just feels so right.

Everyone in the raw movement seems to follow their own path and in issue 2 we will be looking at these different branches in more detail.

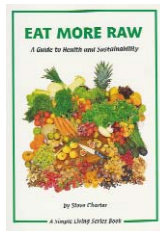
For more information, books and equipment that will help you on this path please contact

Fresh network - [www.fresh-network.com](http://www.fresh-network.com)

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This "inspiring book is a mine of information about making informed choices about your health, how you engage, or can disengage from, consumer culture, about gardening sustainably using permaculture systems ...", Organic Gardening magazine, Nov. 2004.



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Send a cheque for £11 made out to Steve Charter, addressed to Eat More Raw, 24 Vale Close, Lower Bourne, Farnham, Surrey. GU10 3HR, includes P&P. In Europe send 20€ to Steve Charter, Ecoforest, Apdo 29, Coin 29100. (Malaga) Spain. In the USA obtain from Living Nutrition Magazine or other raw food book suppliers.

[www.permaculture-steve.net](http://www.permaculture-steve.net)



# Spirituality

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## Who Are You? An exploration is self discovery

### Part 1 - Making a habit of meditation

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“Just who do you think you are?” is a question that seekers and sages have grappled with for thousands of years, often retreating to caves and monasteries for years at a time to contemplate the Truth of their existence. Most of us in this complex world of responsibilities and commitments do not feel we have the ‘luxury’ of a solitary or monastic life, and many question its usefulness anyway in tackling such esoteric questions.

So this column, issue by issue will explore some of the ways we can discover the Truth of who we are in our every day lives. Many of the techniques and ideas explored may not be new to you, however, I hope that of these, I might be able to offer a new angle of focus that might give a deeper insight and be of use on your personal path.

Knowing ourselves is something which most of us take for granted, few even give thought to who they are, assuming the question is self evident, yet some of the most wise and compassionate people in history have suggested that we are actually living a delusion, that we do not deeply and profoundly know the Truth of who or what we are. Our delusion expresses its self in many ways; the contradictions we find in our life, the commitments we break, the times we find ourselves being nasty even though we think we are nice people, the suffering we experience at wanting things to be different to the way they are, feelings of aloneness, separation and hurt, these are but a few.

Truly knowing ourselves could be likened to a blind man seeing for the first time, everything is just as it always was, but it is seen as never before. This can be a gradual process that creeps up so slowly that it is not even noticed, or it can come in a sudden flash as in many of the Zen stories of satori.

Many spiritual traditions teach that through studying who we are, through raising our self awareness and truly knowing ourselves, we are eventually able to forget ourselves. In forgetting ourselves, we are given life by (and enlightened by) everything.

So how can we study who we are?

by Devin Ashwood

It has been suggested that everything is our teacher, all we need do is to be open to the lesson. So what can we do to open ourselves to this Truth that is presenting itself to us all the time? What practices can we undertake within our everyday lives that will shed light on the ultimate truth of our being?

Many techniques are offered by therapists, analysts, spiritual and religious teachers, gurus and various books and texts.

In hindsight, I have noticed that my experience of self awareness began to expand at an exponential rate after I began meditating. If this is something that you find attractive, there are many techniques you could employ. I recommend the simpler techniques such as counting the breaths, those that avoid visualisation, mantras and complicated systems. Simple meditation seems to me to empty and illuminate rather than fill ones mind up or block out one set of thoughts with another. Meditation brings benefit if you have a daily practice, you might start with at least 10 minutes and work up to 20-30 minutes, as you get comfortable with your routine. The fruits of meditation are usually experienced after practicing for some time. When I look back at what I was like five years ago and how I am now, the difference is startling.

The key to keeping a regular meditation practice is making a habit of it (like brushing your teeth, smoking or eating breakfast!) we are creatures of habit so we might as well work with this.

The way to start a habit is firstly to build up a firm commitment to the practice. Commitment is possibly a more important tool in developing self awareness than the meditation itself. If you don't commit to meditating and miss a session, you question nothing and learn nothing. However, if you commit to sitting in meditation, then don't, you can ask yourself why you didn't, what was more important? this way you learn about yourself even when you don't meditate! Work out what it is that you are really committed to, maybe this includes better relationships, clearer thinking,



or personal integrity, for me nothing is more important than working to help alleviate the huge amount of suffering in the world (including the suffering I experience). Once you have a motivation, anytime you miss a day, really question the importance of the reason you missed it compared with your deepest commitment and what this means to you. It is important that you don't beat yourself up about missing a session, but strongly reaffirm that you will not let something less important take priority over something more important again.

The secret of those who meditate regularly is to ALWAYS do it, same time, same place, every day, NEVER miss a day, because you know that if you miss one day, you may have blown it and broken the habit and the thing you are really committed to has taken second place to some other habit (like laziness or having a lie in!).

For about ten years I tried to give up smoking, the only time I succeeded was when I finally realised that having 'just the one' was impossible, because 'just the one' led to another 'just the one' and before I knew it, I was smoking again. It is the same with missing meditation. If you miss 'just the one' you unconsciously give yourself permission to miss 'just the one' again, before you know it, days have gone by without meditating once. We are very attached to our neurosis and delusions, and learning just how clever we can be in avoiding practices that wake us up from them can be very enlightening in itself.

Another analogy I can make is with changing my diet, I have been trying to eat an exclusively raw food diet for

years, and the only time I have successfully eaten exclusively raw foods for months on end has been when I have not had a break for a day, as one day turns into two, turns into three, and before I know it, the habit is broken and I have to start breaking my very well entrenched cooked food habit (which I developed since birth) all over again.

Any habit once set, is no effort to keep going, I no longer expend any effort whatsoever in trying to meditate or eat the way I want to, I also have no desire whatsoever to smoke, these things were all difficult at first, but now the habit is set in, they are simply the way I am.

With any life change that you want to make, you can work with this habit making/breaking pattern. It is very powerful. I have formed such a strong habit of meditating in the morning, that it plays on my mind until I do, how healthy this is I don't know, but I keep on meditating, and my awareness of self and other continues to grow year on year. I can't see myself stopping voluntarily.

Next issue, I will offer a detailed description of a simple meditation technique which is used around the world to great effect.

*Devin lives at Shekinashram, a non-denominational spiritual community dedicated to uncovering the Truth of who we are using a variety of approaches including commitment to an ethical system of non-violence, meditation and following a raw food diet. He is based in Glastonbury where he works as a Youth Project Worker and Counsellor.*  
[www.shekinashram.org](http://www.shekinashram.org) ❁

## Silent Beauty

by Tish

I walk down to my local beach with my 2 children. All the other children are back at school after the summer holidays, but we get to enjoy the autumn sun as we pick blackberries along the way. I taste the juice of the berries on my tongue, feel the nourishment flow into my blood, and notice the purplely red stains on my hands. I smell the sea air, and expand into the blue sky. The children are laughing and running in their winter coats down the quiet road to the ocean. We arrive and the waves are large, and crash passionately against the rocks. There is no beach as the tide is high, and my breath is taken away by the wind and spectacular sight. The ocean feels somehow on top of me, and the colours of the sea, and the texture of the waves blow me away. The kids squeal with delight. I feel peaceful, calm, delightful...home within my body. A tear runs down my face as I feel the beauty of it all.

I am in silent beauty...

NO cars, no gossip, no people racing around, no chatter, no internal verbal noise...

Just simple nature singing her song to me...and for once I can hear her, for once I can feel her, for once I can smell, touch and taste her.

The more I experience this, the more I yearn for it as it fuels me in a way like no other. It is in my silence that I find my true connection, it is in my silence that I feel energy deeply, and it is in a shared silence that I feel most connected with my lover, my friends, and my children. To be able to touch my own essence and really feel at one with life and nature I need this silence.

I wonder sometimes what would happen if somehow humanity became mute. Somehow, we could no longer share our thoughts, opinions, information, feelings, identity etc verbally through words. I wonder how we would all start relating?

Photo by Danny



# Questioning Sleep?

Human beings become sleepy and it doesn't take long! We get sleepy routinely at the end of the day but we can also get sleepy when something within us gets bored, stressed or doesn't for whatever reason want to engage. There is an aspect of all this that deserves further investigation. The need for sleep is taken for granted but if some parts of us resorts to sleep for reasons other than normal tiredness then perhaps all is not what it seems.

The orthodox view tells us how important sufficient sleep is; yet the research into its function paints a less than clear picture. It has been reported that a 55 year-old Vietnamese woman has not slept for 38 years (Daily Mirror 24.02.98). Her sleeplessness was initiated by trauma but she now claims to be well, doing gym exercises every morning and never feeling tired. Her doctors are baffled because everything they have tried, including heavy doses of sleeping drugs, have failed to make her sleep.

The French hearing expert, Dr Tomatis believes that the need for sleep is exaggerated. His findings suggest that the cortex needs constant energy inputs via sensory intake and, as most people don't have enough mind stimulating activities, they turn to sleep as an escape and a refuge. And, James M. Kruger, whilst assistant professor at Chicago Medical School stated: "For all we know, we don't need sleep. If we had a drug that blocked the effect of the sleep factor in the brain, we might be able to stay awake twenty-four hours a day without ill effects."

However it is also clear that if our sleep is interrupted or cut short we can become irritable, sometimes over emotional and we find tasks like driving and estimating time much harder. When we are tired it is harder to keep up the pretence of politeness or falseness in social situations. Interrogation techniques often include sleep deprivation because of this effect: With a lack of sleep it is less easy to tell lies. Some part of us tries to keep control but breaks down.

But why is it then that many religious/wisdom traditions advocate the use of short or extended periods without sleep in order to access spiritual insight? It seems that a continuing lack of sleep can bring on visions and hallucinations that open gateways to spiritual realms. Such practices have a very ancient progeny - in the Sumerian Epic of Gilgamesh, one of the earliest stories ever committed to writing we are told:

"Who will assemble the gods unto thee, that thou mayest find the life which thou seekest? Come, do not sleep for six days and seven nights."

The hero Gilgamesh, in his quest for immortality, is challenged to defeat sleep, the younger brother of Death by not sleeping for six days and seven nights. Unfortunately

adapted from an original article by  
Graham Gynn and Tony Wright

he failed - as soon as he squatted down on his haunches, sleep, like a fog, breathed over him. But the very fact that conquering sleep is mentioned at all in the context of attaining a spiritual goal is significant.

Reducing sleep and spiritual practice come together in some form in all contemplative religions. Buddhists regularly engage in all night periods of meditation (linked to the lunar cycle) and most monastic traditions have some restrictions on sleep, usually starting observances before dawn. The Buddha himself attained enlightenment after, according to one account, spending seven days and nights under the Bodhi tree awake but in deep meditation. Traditional shamanic vision quests rituals often involve reduced sleep too as a way for participants to enter an altered state of reality. There are also spiritual dreaming practises and techniques that make use of our hypnagogic imagery to lead us into states in which we are conscious while asleep. In these modes of awareness practitioners believe that they have access to information not available to the mind in normal waking consciousness.

But we do like our sleep. We are very attached to getting our eight hours every night, but what is it that we actually like? For most of these hours we are completely unaware of anything. Perhaps what we are really drawn to are the relaxed moments that occur as we drift in and out of sleep. These periods, that in many people are accompanied by proto dream images, are periods when the left hemisphere dominance (which everyone has to a greater or lesser degree) is reduced and by default we access less hindered right hemisphere function. Dreams themselves are predominantly right hemisphere territory. This period between the two represents one of the few times during the day when we are still consciously aware but less dominated by the stressful nagging voice of our 'normal' rational self. Is it a relief for us to get away from this?

In early Greece, the epic poets and muses appeared to have the ability to tap into 'unwearying flows' of songs. The words came directly from 'the source' without artifice or rational invention...

'All good poets, epic as well as lyric, compose their beautiful poems, not by art, but because they are inspired and possessed ... there is no invention in him until he has been inspired and is out of his senses and the mind is no longer in him.' (Plato, Io)

It seems the normal thought process, the slow linear reasoning of the left hemisphere, was bypassed in this mode. There are hints from the earliest of writings that accessing this function may have been much more common within



past cultures. Dominance of the left hemisphere may not have been quite so complete in those days. If so it would suggest that somewhere within our consciousness system there is a wholly different set of functions and abilities. Could limiting the amount of sleep be a key to accessing these?

In 1995 Consciousness researcher Tony Wright took it upon himself to find out. Over a period of about 2 years he embarked on a unique experiment that involved going without sleep for varying time spans of between 2 and 7 nights with very little sleep in between. He was also eating a predominantly raw food diet, high in fruit. Very unusual results occurred, too many to mention in a small article of this size, but they included an incredibly enhanced sensory experience; an ability to connect deeply with energy, which led him on to being able to dowse for energy crossing points and ley lines with his own body; an ability to change others brainwaves at will; enhanced memory; increased stamina, flexibility and strength; ambidexterity; the ability to be able to photo read; deeply enhanced sexual connection and orgasmic ability; and powerful perceptual changes that included a deep sense of oneness and bliss.

To prove he wasn't going mad (!) an investigation into sleep and brain/body function under Professor David Collins took place in September 1998 at Manchester Metropolitan University. Two subjects (Tony and Steve Charter) stayed awake for five days and four nights while being tested and monitored round the clock. Previous sleep deprivation trials that Professor Collins had undertaken with other subjects had shown a decline in function with increasing tiredness. However this trial had one important difference. The two trial subjects had for periods of seven and four years respectively been maintaining an almost exclusively raw diet, rich in fruit.

Professor Collins, not understanding the significance of this still expected that the longer these two subjects were deprived of sleep the more they would exhibit decreases in co-ordination and functional ability. However this didn't happen. Abilities, as Tony expected, actually increased as the experiment progressed. Professor Collins with his background with the SAS and his experiments with sportsmen and women was surprised. It appeared that something within the nutrition was making the difference. As the trial continued co-ordination, strength, dexterity and balance actually improved! Very interestingly ambidexterity increased too. The normally right-handed subjects showed equal handedness or even left superiority as the trial progressed. (Perceptual changes were also noted but were not part of the experimental design due to their subjective nature.) These results imply that not only is the left hemisphere more susceptible to a lack of sleep but also that latent superior function can be released by increasing right hemisphere control when the correct bio chemistry is in place through a raw food diet. Could it be then that normal sleep keeps us locked into the normal rational but dysfunctional mind? Is it possible that these experiences manifest because the filter that the left brain

imposes on perception is being by-passed?

Despite the general perception that plenty of regular sleep is necessary for normal function, such a range of clues suggests that there is something fundamental about human sleep waiting to be discovered. Perhaps the widespread religious practices to induce spiritual insight by reducing sleep and the enhanced perceptual abilities outlined here begin to make sense if there were distinct differences in the need for sleep between each half of the brain. If perceptual experiences such as religious oneness, bliss and so called 'spiritual' abilities such as clairvoyance lie locked somewhere within the capacity of the right hemisphere but are usually suppressed by the dominant left hemisphere, then lifting this suppression using sleep deprivation makes eminent sense.

Some research does seem to indicate that the left brain requires more sleep than the right. Dr A. Tomatis found, whilst conducting hearing tests on workers engaged in constructing jet engines, that the majority of his subjects were their natural right handed selves on Monday mornings but by Friday showed mixed laterality; they were neither left nor right handed. At this point they were also hesitant to talk to anybody. Their work was precise and extremely demanding. This led to high levels of fatigue. The symptoms of ambidexterity and the lack of speech both indicate that the workers' left hemispheres were failing and dominance was breaking down.

We can conclude that 'normal' sleep is required to maintain left hemisphere dominance. It is not difficult therefore to see a means of exploiting this weakness. By starving the left hemisphere of its recharge time for long enough to run its 'batteries' down, its level of function may decrease along with its ability to suppress and maintain control of the right hemisphere. The opportunity to stimulate and re-engage the potential of the right hemisphere whilst free from its 'jailer' may be the basis of many powerful techniques used in the past to achieve higher consciousness function. This could indeed be the foundation of religious experience.

There are many other anomalies which are evident in the human make up - cerebral dominance, handedness and questions around hypnotism - but orthodox science has rarely addressed the questions that these anomalies pose. Our understanding and depth of knowledge of ourselves has increased exponentially over the last hundred years but this knowledge is squeezed into the accepted paradigm that humans are at the pinnacle of evolution and development. By questioning this paradigm and asking instead whether there has been a stalling or glitch in our development, a fresh light can be shone on many of the inconsistencies of our human make up. In contrast, spiritual traditions, though using a very different language, have always looked at the 'fallen' side of man. They have devised widespread practises for quietening the left hemisphere's sense of self to allow more right hemisphere perception to emerge. This is equated with a sense of connection and oneness that is at the heart of religious experience.



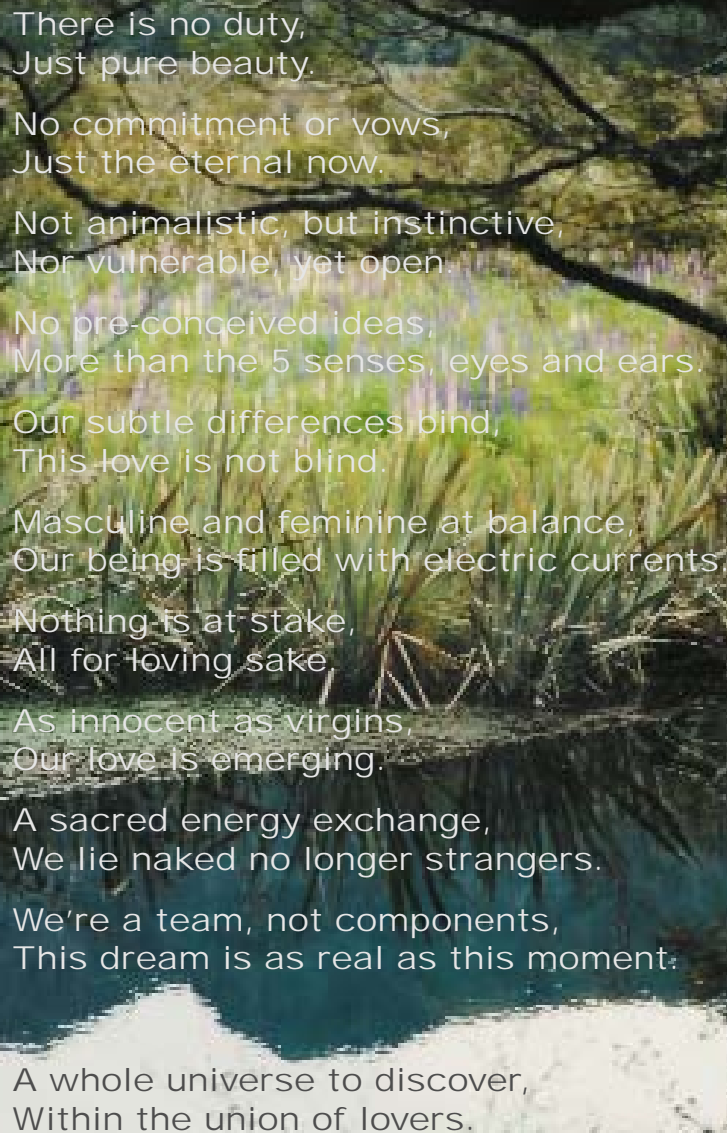
Modern science has looked very successfully at the mechanics of the instrument that generates the sense of self, everything from the neurones to neurotransmitters, but religions have always been concerned with the 'music that the instrument plays'. It could be time to combine these approaches. Perhaps we are now in a unique position to investigate such fundamental questions as 'who are we'? If we can consider that our usual sense of self is actually, as the ancient traditions have suggested for thousands of years, a consequence of a flaw in our perception or the 'lens' through which we perceive, then there may be the real possibility of making a highly significant

breakthrough. We may all have inside us a second hidden more functional self, just waiting for the right conditions to emerge.

This adapted article has been based on the draft manuscript of a book entitled 'Left in the Dark – the biological origins of our fall from grace' by Graham Gynn and Tony Wright. Further information and a free download of 7 chapters of the book including more details of the Manchester experiment (chapter 1) can be obtained from [www.Kaleidos.org.uk](http://www.Kaleidos.org.uk) ☸

## Making Love

a poem by Lisa Ceneri



There is no duty,  
Just pure beauty.  
No commitment or vows,  
Just the eternal now.  
Not animalistic, but instinctive,  
Nor vulnerable, yet open.  
No pre-conceived ideas,  
More than the 5 senses, eyes and ears.  
Our subtle differences bind,  
This love is not blind.  
Masculine and feminine at balance,  
Our being is filled with electric currents.  
Nothing is at stake,  
All for loving sake.  
As innocent as virgins,  
Our love is emerging.  
A sacred energy exchange,  
We lie naked no longer strangers.  
We're a team, not components,  
This dream is as real as this moment.  
A whole universe to discover,  
Within the union of lovers.

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# Celebrating and experiencing cycles

## Part 1 - The Sabbats

by Tish

The Sabbats are 8 powerful turning moments that take us through a full cycle of the year. Celebrating these becomes a deep spiritual practice for connecting with the earth and the sun. We can celebrate these on our own or with family, friends, and community.

When we start to guide our lives by the changing seasons we can find a new way of living that is more in harmony with existence.

The sabbats cycle (working with the ancient wheel in the northern hemisphere) starts on Samhain – 31st Oct where it is the best time to find a dream to fulfil. The energy then moves through Autumn to the Winter Solstice – Dec 20th –22nd in

which time it is best to start work on the project, building up pace through to Imbolc - Feb 2nd, and nurturing this through Spring Equinox March 20th –22nd and Beltaine May 1st. The summer Solstice June 20th –22nd becomes a time to rejoice in creativity in progress, where on Lammas the

fruits of you're labour will be ripening for the final harvest around the Autumn Equinox Sept 20th –22nd where you will reap the benefits of you're efforts, and can sow new seeds for the coming year. Birth, growth, harvest, death, rest, rebirth.

Interestingly I have found that the more I tune my body into nature by eating raw foods the more I find I am naturally creating projects with this magical flow through the sabbats cycle.

Until we are in paradise once more, and there is still 'work' to do, I find living my life in this way very rewarding. And by celebrating the sabbats consciously, I also gain an increasing respect and reverence for Divinity. I feel in awe of the perfection of it all and it helps me to keep my faith. By observing the seasons changing from one into the next I feel the full magic of this, and I discover organic sacred rhythm and meaning.

To celebrate this winter issue I will briefly outline the Winter Solstice and Imbolc.

Winter Solstice Dec 20th –22nd – This is a unique day of the year when it is the time of the longest night and shortest day. Yet dark 'triumphs' only briefly for it is the turning point where the sun waxes in power and darkness wanes. From the dark womb of the night the light is reborn.

Imbolc Feb 2nd – At Imbolc we acknowledge the suns increasing power, and the reawakening of energy from

within the land. It is also a time of purification, symbolizing the washing away of winter leaves and decay as the first green shoots make their way into the light.

I personally like to make the sabbats sacred by taking a cleansing bath with herbs/essential oils, going for a walk in nature, being still and silent as much as possible, giving

thanks, feeling the divine energy through deep meditation, and performing a personal prayer/ritual that connects me to a specific dream/wish within that moment in the cycle. I keep it simple and natural.

Please celebrate these in your own unique way. It is vital to understand that your own 'rituals' should not only reflect who you are, but they should be grounded in your part of the earth. The wheel of the year is rooted in the earth's relationship to the sun and in growing cycles, so it's important to reflect the earth's rhythm of your own home. Get creative and let divine energy express through you and you will surely develop a connection to the cycles that have clarity and meaning. Make it personal, and experience the magic!

Next issue - Part 2 - The moon (including a look at spring Equinox and Beltaine) ❀



# Spiritual Faith

With spiritual faith, your heart and mind open up and guide you in your search for personal truth. Faith in the spirituality of life is what makes your spiritual path possible.

Faith may sound like a form of belief, but belief is actually a fixation upon a version of the truth. When a belief becomes rigid, seeking and growth are not possible. For example, the biggest challenge facing quantum physics today is the enormous shift that is required from previous beliefs about the nature of reality. Researchers have to shift to a new view where time, space and physicality are liberated from the constraints which people previously believed that they had.

If you believe that you exist in a fixed location in space and that time must always pass you by like clockwork, think again. Subatomic particles do not share your beliefs about time and space. They take a much more liberated view. Subatomic particles pop in and out of physical manifestation millions of times per second, just when and where they feel like it. Their disregard for time is perplexing, to say the least, as they respond immediately to events in their future and even time travel backwards to alter their past when it suits them.

Now, we can all identify with the idea of creating a different future based on decisions that we make now, but creating a different past? Well, that's what subatomic particles do, right there in the lab. As a result, in the mathematics of quantum physics today, one of the necessary tools is negative time – the ability of a particle to send a message into its past in order to change its own history.

Subatomic particles are friendly by nature. When they bump into another particle that they take a liking to, and they seem to like all of them, they become friends and carry on communicating with each other, for ever. The fact that they may become separated by millions of miles does not reduce their willingness to communicate.

[www.InfiniteBeing.com](http://www.InfiniteBeing.com)

The speed of their communications comes as a surprise. Einstein said that nothing exceeds the speed of light, but apparently subatomic particles weren't listening when he said that. They communicate over huge distances virtually instantly. If there is a limit to the speed of transmitted thought, then that speed of thought has to be millions of times faster than the speed of light.

Subatomic particles, by their very freedom, serve to remind us of our true potential as conscious beings in a conscious universe. We are limited only by our personal collection of beliefs, our belief system. We also share our part of a larger, societal belief system, the consensus reality.

With spiritual faith - an open heart and an open mind - we can discover more about today's New Reality and what it means to humanity. Discovering more about life expands our view of reality and evolves our belief systems. Besides, and this is what really counts, it's fun!

For more articles on Spirituality in the New Reality, visit [www.InfiniteBeing.com](http://www.InfiniteBeing.com)

*Editors note: Synchronicity – surfing the web a few months ago (before I had committed to the mag) I came across this site above. I felt a strong pull to share with those who had created it my increasing clarity of ideas on life, love and the universe, specifically in relation to how raw fitted into this picture. This was something I had never done before or since. I was curious (and yet skeptical) if they would get 'it', as I sensed they at least had a deeper connection than most. Well it turns out my intuition was right, they had both been exploring living food for a few years. I have since discovered that Owen from infinite being, although now lives in Florida, was born and grew up 8 miles away from where I am based!! How bizarre is that, (or not) !! ❀*



Alex Grey – sacred mirrors

“...Our shared consciousness, no longer identified with or limited by our physical bodies, was moving at tremendous speed through an inner universe of fantastic chains of imagery, infinitely multiplying in parallel mirrors. At superorgasmic pitch of speed and bliss, we became individual fountains and chains of light, interlocked with an infinite omnidirectional network of fountains and drains composed of and circulating a brilliant iridescent love energy. We were the light, and the light was god...”

A vision of sacred interconnectedness became the most important subject of art...”



# Holistic Lifestyle

## Finding the path

Hello, my name is Danny and since becoming raw 18 months ago I have become more positive, that is to say I let temptations or obstructions trouble me less. I am more focused, allowing me to realise more of my aspirations.

My connection to my dreams has developed to such an extent that I can read coming events like a book. I have more respect for my body and my mental capacity to accept guided thoughts and actions has increased. Every day I progress in stature, learning new techniques for living and accepting lessons more readily. My connection with nature and spirit, one and the same; has unfolded, in short I am whole.

Three years ago a nerve injury forced me to sell the two goats I kept for milk as I could no longer walk them. I fell into relapse every few months due to my bad style of living and basic lack of respect and knowledge of my own body, this sequence of events caused me to seriously examine every aspect of my existence. The injury was very painful confining me to bed for long periods and making walking very difficult.

It was about this time that I met Samantha, now the prospective mother of my child; at a healing festival near Orgiva, Alpuharras, Spain, where I had lived for the previous 5 years. She was interested in raw food as she had spent time woofing at "La Isletta" an organic raw farm in Tenerife where she had the opportunity to study much raw literature. Sam was catering the raw kitchen at the festival and our mutual attraction to food somehow drew us together.

So it wasn't long, me hopping along behind her, before we became raw buddies, we ran juice bars together and soon Sam started to help me as I was selling local honey, olive tapenade, pickles and jams which I made at home, at Orgiva's local Thursday market. With the two of us brainstorming and creating delicious new recipe ideas all the time, the stall grew from strength to strength. Ever expanding, we now stock seaweeds and algae like wakame and spirulina, our own cold pressed

by Danny

olive oil, sun dried tomatoes and olives and many other tasty sauces copied from their cooked counterparts, either preserved with apple cider vinegar, olive oil, lemon or garlic. We use local plants such as wild mustard, mint, melde or fat hen, basil, almonds, walnuts and chillies to recreate popular condiments. We also collect local wild herbs and infuse oils and tinctures as simples for medicinal use. Following nature's path we believe in working with the body's process allowing it to reach its natural conclusions, whilst helping it along.

Now calling ourselves "Crude Food"; all of the preparations we sell are raw and organic. We also push informative literature written by friends who are authors or their connections, including many important short pamphlets in English and Spanish compiled by the Fresh Network ([www.fresh-network.com](http://www.fresh-network.com)) and the Spanish body HIGEA ([www.higea.org](http://www.higea.org)) to inspire newcomers to the raw lifestyle.

Another great thing we sell is the sprout bag which I literally dreamt up in my sleep, when I awoke I had the finished idea and design for the nylon or cotton bags firmly imprinted in my mind. For this reason I feel to put the maximum energy possible into developing the idea and to



supplying it at an affordable price.

Currently I am compiling information for my first book, detailing useful survival tips, pointers and no-no's. The idea for the book was prompted by the sheer unsuppliable demand to borrow books on varied aspects of the raw food life by local friends. Since it is now common knowledge in the area that I have a good understanding of the function of disease I have written papers containing diet suggestions for sufferers of cancer, ulcers and chronic disease, hopefully offering empowering guidance to take control of their own health through a regime of fasting and confident eating.

This autumn/winter Sam and I have been scouring the local area with a view to supplying a good selection of organically grown seasonal fruits and vegetables on our stall. This has been going well and people seem happy to get the choice, as much of the produce available in Orgiva is mass produced, chemically grown in green houses – big, shiny and scary!

However organic growing has become a controversial issue locally, as planes spraying pesticides for olive fly drenched almost every finca (Ed – Spanish for Farm) in the area, despite people displaying red flags of opposition whilst standing outside practically making eye contact with the pilots. The effect of this spraying has been as intended, to eradicate certain pests, but this of course leaves other pests further down the food chain free to run riot over soft fruits such as peaches; in fact it is now practically impossible to grow peaches without using some kind of chemical pesticides.

The strength and toxicity of chemical pesticides used has landed more than a handful of people in hospital with minor skin conditions, vomiting and so on, as they happened to be outside whilst the spraying took place. Unfortunately no-one so far insisted on the local 'Centro de Salud' (Health Centre) supplying diagnostic evidence as complaints are still being compiled for submission to the European Court.

An obvious offshoot of all this is that sprayed fincas can no longer call their vegetables or fruits organic. This is not a new issue, this running battle has reared its ugly head a few times over the past five years, however the spraying has always previously been stopped as the path of the plane was made impassable by the sheer number and placement of protesters. Despite previous years uproar the effects have clearly been worse than ever this year. Anyone with helpful advice or information could contact Aptd 167, 18400 Orgiva, Granada, Spain.

Now for a more positive local story which started 14 months ago on my birthday, when during discussions over what to do for it with Sam and another raw family

Steve, Manuela and Regaliz, we all decided to organise a raw picnic and soon got carried away with having one every month; mainly as a good excuse to share food with another family as we both have children under 5. The attendance grew to see as many as 40 people coming along, bringing food to share. Surely this shows clearly the growing interest in health and overall shift in consciousness towards higher world perceptions.

At our gatherings, people exchange ideas on raw living in a modern world, food preparation, cleanses, detox reactions and support each other generally through a quagmire of disastrous temptation.

The summer of 2004 saw the raw gathering often held in the enchanting eucalyptus forest below the famous teepee village of Beneficio where anything from 100 to 300 people share the beautiful valley surroundings, blessed by clear spring water and secluded quiet calm away from noisy traffic. Along with local dwellers the raw gatherings have attracted prominent and long term Spanish raw fooders, Balta and Rufino.

Still on the note of raw gatherings, this Autumn saw the "grape harvest" at Sibilas Finca 'Amor y Vida' (Love and Life) near Madrid attended by a gaggle of enlightened people from all over Europe. This gathering highlighted the phranic vision, starting the shift from the pre-conceived idea of a set menu towards a finer attunement with the senses allowing one to eat what, when and where they feel.

Sibila, author of 4 books (in Spanish) talking frankly about the practicalities of raw eating whilst bringing up children, moving away from hospital births, vaccinations and formal schooling. She writes childrens books and spiritual accounts of her own meditations and beliefs. She runs a 21 day initiation process where fasters spend 7 days without food or water and then a further 14 days on liquids alone; helping to put in perspective the compulsion we all suffer towards constant thoughts about feeding ourselves.

My body has dictated a natural progression of my diet, which now consists of over three quarters fruit; mangos and chirimoyas (custard apples) both squashing for prime position. A strict 100% raw diet doesn't work for me, I see raw eating as a philosophy not a percentage as the stress of maintaining a 100% raw diet when communing with people on ordinary diets can detract from the pleasure of raw eating and adversely affect ones mental state concerning ones own diet.

If I do eat cooked foods I feel it, either in the stomach or in my response time during conscious decision making, or both. I believe in communing with the psyche about everything I say and do, as nature has an advantageous



path laid out for each and every one of us. Only by following this path and leaving by the wayside our conscious wants and desires can we expect to achieve our true goals and attain real happiness.

Sometimes I become over-accustomed to this enlightened mode of perception and can become over sensitive when something goes wrong or trouble occurs and find the need to eat something heavier than fruit to level me out. Green leaves do not always do it for me so I make a sprouted grain loaf or bake a sweet potato or pumpkin. This is partly a comforting reaction which stops me thinking personally so much, my mind still needs time to evolve and catch up with my bodies desire to eat fruit all the time.

If cooking is to be done, I reckon it should be, where possible, a considered choice, combining good ingredients and heating methods, not a rushed impulse buy, later to be regretted. If cooking or eating cooked food it should be enjoyed and savoured like anything else.

I believe that society's pressures can be somewhat alleviated by allowing yourself to be as you are, in every moment. Free to make your own decisions under the informed knowledge that eating a diet mainly consisting of raw fruits and vegetables will make you want to eat more of them as your body acclimatises to the fountain of youth and vitality you are supplying. Food is a very important part of the equation but if you lead a pressured existence your tensions will grind you down one way or another, and if sharing food with a friend on an ordinary diet one day can help you to keep your sanity in this crazy world it can only be a good thing.

In a survey conducted on centurians, that is people over 100 years of age, some ate meat, some vegetables, some raw, but the only thing they all had in common was that they all ate moderately. As will all medicines there is always a balance to be achieved as although a food can affect one part of the body in a positive way, it can at the same time be damaging to another part, so it could be that the benefits of the occasional cooked meal, far outweigh the negative effects.

My sleeping time has more or less halved since becoming raw, i.e. I sleep 4 hours, one cycle instead of the previous 2 cycles. Most people sleep on average 8 hours, cycles consisting of 1 hour light sleep, 2 hours REM sleep followed by 1 hours light sleep. In fact a lot of this article was written in what most of us would consider the middle of the night. And this is not affected if a part of my diet the proceeding day consists of some cooked food, unless I eat just before bed and then my eyes itch when I wake up because of uncompleted digestion.

Food intake is the only constant apart from air and water, so to say that what you eat affects you is somewhat of an understatement. From the food you eat, your body must

produce the new cells needed for a completely functioning body and keep the mineral reserves well stocked to carry out necessary repair functions.

Have a good look at yourself in the mirror and tell me whether you look happy or sad, healthy or sick, then know through your own eyes what your true path to happiness and health really is.



Crude Food are planning a raw retreat centre to open in April, May and June of 2005, with the aim of sharing our vision of natural living and connected existence.

Implementing the first steps to reversal of toxification, empowering people to regain control of their own health and move away from the fear doctors and hospitals create in order to sell medicines, carry out tests and perform operations,

We offer 3 day diagnostic fasts, guided juice fasts of all kinds to help redress the balance of alkalinity within the body, personal massage, meditations, yoga sessions and kinesic healing. We will also be offering raw food preparation courses covering simple food combinations, ideas for dehydrating, mastering creating tasty salads, marinades, sauces, pâtés and soups, as well as crackers, breads, biscuits and deserts. We will also be re-creating versions of popular cooked dishes with transitional guidance for newcomers.

## Crude Food

Raw Retreats and Food Prep Courses  
in the beautiful Alpujarran mountains  
of southern Spain

**3 Day Food Prep courses** April 1st, May 6th, June 3rd  
including accommodation and food.  
Price €200 (approx £140)

**Open Retreats** in April, May & June  
Short or long stays available  
Retreats entail 3 day diagnostic fast if necessary  
Personal detoxification diet planning  
Vital organic raw foods and juices included  
Wild walks, yoga, massage and meditation  
Raw Library \* Simple Luxury \* Pools  
Individual and family spaces with en-suite  
One-to-one friendly advice  
Price guide:  
1 week €400 (approx £280)  
2 weeks €700 (approx £490)  
1 month €1200 (approx £840)

**Contact for more information**  
Tel: (+34) 618 465 669 Email: [crude-food@wildmail.com](mailto:crude-food@wildmail.com)  
[www.rawcommunities.com/crude-food](http://www.rawcommunities.com/crude-food)

**Offering an empowering experience, to enable you to  
reverse the conditions of toxicity imposed by society**



Because of the nature of the centre, anyone with a genuine desire to heal themselves of one of civilisations diseases who is short of money, will be welcome to discuss other arrangements.

Situated high in the Alpuharran mountains where possibly the best selection of fruits and vegetables in Europe are to be found. We offer simple luxuries, individual spaces or family rooms with en-suite bathrooms, pools, clear fresh air and amazing natural views and an extensive raw library covering a wide ranging sphere of raw associated topics including permaculture, medicine, recipes, relaxation techniques like yoga, meditation and cleanses.

Seeing food as medicine and medicine as food is the undeniable vision of things to come. If everything you ate came from nature it would have a direct relative action with both its surroundings and with you, creating a loving, healing bond to the planet. Look for more wild food; check out your local area for living answers. Mushrooms, sea vegetables, fruits, berries, nuts, wild green plants, sprouts and gardens and see your connection to your food grow immediately. We need only to be reminded gently to awaken the sleeping desire for life.

This route to health can only help in reversing the toxic conditions of a polluted society, breathing new life into tired old cells. Maria Treben in her book "Health from gods pharmacy" (Ennsthaler) wrote that "to find a way out of the hopelessness of ill health, by ones own strength and free will is, thanks to nature's medicinal herbs, humanly elevating. To win back ones health and to bear responsibility for oneself, elevates human dignity to such a degree that the sick person is taken halfway to recovery from the hopelessness of his sick life". Indeed during my own recovery I felt as if I'd been given life back to enjoy. In fact it is only the fear expounded by society that stops people from enjoying themselves.

Fear of hospitals, fear of doctors and medicines and what side effects they may have, fear of

losing your job, losing your mortgage, fear of what your children will learn at school. Food is the influential turning point waiting to shine into your life, it is the only constant, what does in will determine who you are and consequently how you think and how you act.

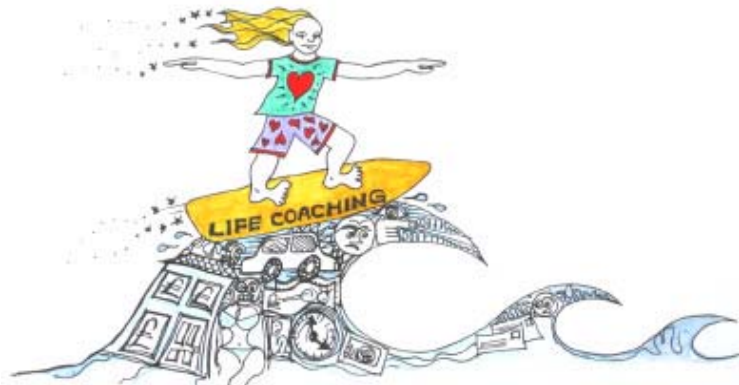
It is important to detox and retake control of your own life, leave the packaging behind and move away from conditioned living, step out of the mould. Every thought and action would be instinctual if it weren't for the temptation of others asking you to do otherwise and the acceptance of responsibility that you are where you are because of none other than your own doing. This eventually leads you to the conclusion that you can heal yourself. ✿

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# Life Coaching Advice from our resident agony aunt + uncle

Hello!

In each issue of the Funky Raw Magazine we will be here to respond to readers issues as a kind of "agony aunt" (and uncle!) So who are we? Good question! Like everyone else, we are defining and redefining ourselves in every moment as we make choices, either consciously or unconsciously!

Our names are Jay and Terry; we live on Dartmoor, in Devon, England where our six children and grandson love to come and visit. Professionally we are holistic practitioners offering Life Coaching and Parenting courses, one to one sessions and telephone consultations. We run an organic B&B providing delicious raw food cuisine as well as cooked vegetarian and vegan meals. We also have special living food events to inspire and help people integrate more living foods into their everyday lives. Terry is a singer songwriter and Jay is an artist. To conclude this year and welcome in 2005 we are offering a New Year's Eve Rejuvenation Retreat at a lovely hotel called Maes-y-Gwernen in Wales.

There are many different kinds of life coaching. The life coaching that we offer is based on surfing the chaos of life with loving kindness towards ourselves and the rest of the planet. This means that we need to address how we parent ourselves and switch from surviving on adrenaline, to joyfully living on endorphins. We trained with William Bloom, author of the Endorphin Effect, Feeling Safe, and recently Solutions – The Holistic Manifesto. Many people have inspired us, especially Neale Donald Walsh, author of the Conversations With God series.

Terry's raw food journey began nearly 20 years ago when he was a semi-professional body builder. He was raw for a year and was at the peak of fitness, equivalent to an Olympic cross-country skier. However, he became disillusioned with the emphasis on drugs and size at any cost, rather than health, so he stopped competing and trained down over a period of one year, reverting to a cooked vegetarian and vegan diet as eating raw food was such an isolated path at the time.

Since getting together in 1998 we enjoyed a fully organic, cooked diet, except for salads in the summer months. In 2001 we came across David Wolf's book and both felt an inner knowing that living foods were right for us. For the first 6 weeks we felt fantastic. Then, while we were doing a permaculture course at Ecoforest in Spain, Terry went

by Jay and Terry

into a full-blown detox, which lasted six weeks and took nearly two years to recover from! From this we learnt that we would never recommend switching suddenly to a fully raw diet from a mainly cooked one. Over the next eighteen months we varied our raw/cooked balance to hold off the unpleasant detox symptoms of nausea, diarrhoea, and raging itchy skin. Then David Wolf, Shazzie and Natures First Law crew came to stay at our B&B and advised us to use raw coconut butter on our itching skin and do an Ejuva herbal colon cleanse, which included enemas. It worked like magic! For the past 18 months we have enjoyed a fully raw, organic cuisine diet.



We feel that the living food journey we are on enhances our lives in many ways. Our minds feel clearer, our energy levels have gone up, our sense of spiritual connection to life has increased, emotionally we feel more joy in our lives and since the second Ejuva colon cleanse our nutritional absorption has dramatically risen. This means that our weight increased to our ideal weight (we were under weight for the first couple of years on raw) and we eat much less than we used to. We also have a deeper respect and appreciation for our amazing bodies, which survived on such an unhealthy diet for so many years! We recognize the massive amount of emotional issues that are connected with food, so we use our full life coaching skills and cuisine living foods to manage life's challenges in a nurturing way.

Our lives and journey with living foods has been full of surprises, both wonderful and challenging! We feel that there is a real need for people to share openly their dreams, fears, aspirations and questions about a living food lifestyle. In this column of The Funky Raw Magazine we will offer a culture of support in a nurturing way with kind eyes, balance and humour.

For details about Life Coaching and Parenting courses, 1 to 1 sessions, telephone consultations, B&B, or the New Years Eve Rejuvenation Retreat, telephone 0845 3304033 or email [info@lifedynamic.com](mailto:info@lifedynamic.com)

Jay & Terry

Please e-mail Jay and Terry any relevant questions about your life that you would like them to give you 'advice' and support on to [tish@funkyraw.com](mailto:tish@funkyraw.com) ☘



# The practice of Qi gong

by Claire Rainbow

Qi gong has been a popular form of exercise among the Chinese for thousands of years. More than 4000 years ago, Juong Tsze, a well known Chinese philosopher, had discussed the importance of physical education in order to improve health. His theory was that movements should be based on animal and bird movements. However his theories were not accepted until the Han Dynasty, 141 – 203 AD.

During this period, Hua Tuo a well-respected physician who could perform brain surgery even, under anaesthesia, cured many wounded soldiers and generals. China was very proud to have such a man during these times (1800 years ago!) Unfortunately the Emperor of the time, Tso Cho, suffered from constant headaches and was a most barbaric man. Physicians from all over the land were unable to cure him. Finally Hua Tuo was called in. When he suggested brain surgery, the Emperor thought it was a plot to kill him, knowing how the people hated him so. In anger and suspicion, Hua Tuo was imprisoned for life. As he aged, Hua became deeply depressed. Just before his death, he destroyed all his literature – hand written notes, records of treatment and all his medical literature. Furthermore he urged his offspring not to follow in his footsteps. This was a great loss to Chinese medicine.

Hua Tuo was in favour of prevention being better than cure. His theory was “Exercise can improve respiration and in return, it improves circulation and therefore keeps your body in vibrant health”.

He was the first physician to compose the “Movements of the Five Animals”, these being: Bear, Tiger, Monkey, Deer and Flamingo, into a form of physical exercise. Not only did he practice this daily, he taught his students to practice every morning too. He also encouraged his fellow compatriots to do likewise.

Over the years, improvements were made to the exercises. The Movements of Five Animals has been studied and restudied and eventually divided into two major forms of exercise: the tai chi and the qi gong, also known as chi kun.

Dr Kow Sham Lim, the present Deputy Head in the Qi Gong Academy of China, Shanghai, composed these 18 movements. He also opened a training school on the border of China and Hong Kong, giving tuition to local and foreign students.

Qi Gong is a movement of life force and vital energy, originating from the theory of Tai Chi and the Five Animals with a scientific approach in mind. Qi Gong is easy to learn and shows good results in healing and prevention. It brings great vitality and strength to different parts of the

body, though particularly the lungs. This form of exercise is particularly suitable for the old and infirm, as it requires little physical effort. To gain the maximum result from this exercise, it should be done daily, once in the morning and possibly again in the afternoon (though not in the evening!).

You can do it anywhere, the garden or your bedroom; though the best places to do it are the mountains, the sea-side or the woods! Once completed you will be refreshed, relaxed and your body will be in vibrant health.

Qi gong was primarily taught for health, the Beijing Physical Education Centre has standardized many of the old forms, so that a “perfect” exercise can be learned. The form ensures that every move is of benefit to the body, no excess stretching, no pain to be endured, just excellent aerobic exercise for every joint and muscle!

I teach an 18 movement qi gong which teaches breathing along with movement, it is excellent for physical, mental, emotional and spiritual health. It is truly an holistic sport!

It is not competitive, though there are World Competitions, there are no belts or grades to attain, just a healthy body and relaxed mind.

As you practice, the mind enters a new state of consciousness, the body flows from one movement into another so naturally, it is impossible to tell where one starts and ends until the body finishes the form. The mind enters the body relaxed again, ready to face the day. When you know how to collect a chi ball, you can be assured of stress-free living and start to welcome your life more.

I have taught people with complaints ranging from asthma, arthritis, frozen shoulder, back troubles, poor circulation, poor balance and of course, stress!

These people have all benefited from the knowledge of qi gong, applying it to their own lives. All I can do is teach, I cannot make you practise!

It is the practice that brings you health, not the knowledge!

From my own experience I find the qi gong has kept me supple in both mind and body, I look and feel much younger than my 36 years. I find I miss the exercise when I do not do it for 3 days or more. I feel compelled to practice again. The movements are gentle, flowing and easy to accomplish. It is the best way to start the day I can think of! ❀



# Festival of Life

by Janet

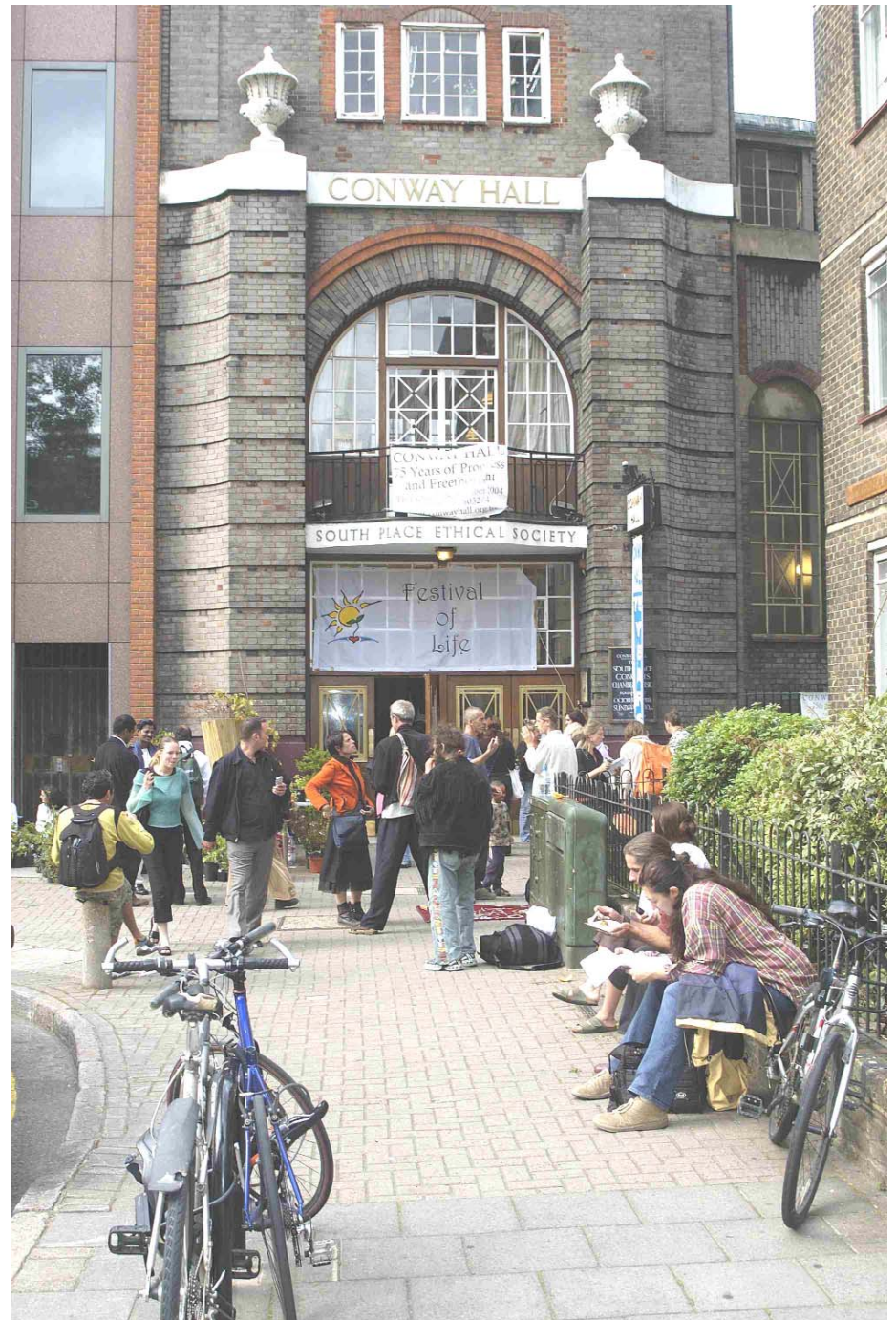
It has just happened again! Every time I talk to someone about The Festival of Life I get this expansive feeling in my body (could be the unsoaked almonds I ate earlier maybe?) but no, what about the warm inner glow and light heartedness?

For me it all started when Henri and Paz announced at the living food gathering at Green Angels, that they wanted people to help stage a Raw food festival. Oh I thought that seems in line with where I want to be going so 'count me in'. The first meeting was at Henri's place just before Christmas 2003 with about 10 of us brainstorming how we would like the festival to be. Our lovely Diana was there right from the start and then again on her return from a healing adventure in Fiji.

The meetings were monthly and we would each agree to take on a task such as fundraising, inviting stall holders and speakers, advertising, stewards, banners, printing, leaflet distribution to name but a few of the tasks. By February 2004 the core group had settled at 5 - Henri, Paz, Diana and me from London with Chris Kennet driving all the way from Portsmouth and always arriving during food breaks, which was perfect timing to contribute his delicious 'Nature's Treats' cakes!

As you can imagine the 5 of us went through many ups and downs of group dynamic round and rounds. My favourite meeting was in summer on Hampstead Heath, I still chuckle when I remember 'persistent Paz' and 'determined Diana' clashing over certain issues. If I had to give the rest of us names, it would be 'no comment Chris' and 'Hard working Henri' and I would be 'Judging Janet'.

My own personal experience / journey with the festival is still one that fills me with happiness and love. So far it has been such a magical and crazy experience full of synchronicities, for example ... while working on the advertising I was speaking to someone in Dorset and discovering he had been in the flat where I now live, 10 years ago at a Buddhist meeting and knows my neighbour; having a conversation on a bus several months ago with a stranger about Iraq and then our paths crossing again when I was inviting speakers ( I remembered her by her unforgettable



name Venus). These are just a few, not that I place too much emphasis on coincidences, but looking back now I see that everything was flowing in to place as the Festival was giving birth to itself regardless of what we were doing. Magic seems to happen every time I work on the festival.

A very big thanks to all the stewards who were fantastic and really supported the event. It was so great to meet so many enthusiastic, friendly and like-minded people in such a short space of time that it blew my heart chakra



wide open. I'm looking forward to meeting up with you all again! Good things and new connections were made on the day which afterwards included many inspiring stories of personal transformation. We had four rooms with continuous workshops and talks, forty stalls, main stage with performers, children's space, chi kung and poetry in the park, a raffle and fantastic raw food. Up to a thousand people attended. Considering this was the very first Festival of Life event that we have organised I think we came pretty close to achieving our mission statement to provide ... "inspiration and information for empowering individuals to make positive lifestyle changes towards achieving a sustainable, peaceful and loving global community".

After much consideration whether to find a bigger venue we decided to book Conway Hall again for 11th September next year. We don't want to run before we can walk. Our long term vision is to get funding for a permanent Festival of Life centre in London.

But in the meantime folks we can all meet up again soon! Yes we have found a venue to hold monthly gatherings and also for those of you wanting to get involved with the coordination of next year's festival. Coordination meeting from 12 noon till 4pm then from 4pm to 12 midnight there will be a social event with raw/living food stalls, workshops, open mike and dancing. Come and celebrate once more the joys of working towards a healthier and happier self and earth at the Hindu Centre, 39 Grafton Terrace, Kentish Town NW5. The first meeting/gathering is on the 12th Dec and we are hoping thereafter to be able to secure the second Saturday in each month. Phone 0870 734 4888 and/or see [www.festivaloflife.net](http://www.festivaloflife.net) for further details. ❀



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# Touch/Massage Helps Heal... by Tish

I have found in my own life that the more I connect deep inside, the more I yearn to connect with others through physical contact.

Touch and massage help to...

- ✿ Alleviate physical and emotional pain
- ✿ Calm the mind
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- ✿ Relieve stress and anxiety
- ✿ Create strong bonding
- ✿ Detox the body
- ✿ Soothe, nurture, comfort and reassure

I truly find that  
TOUCH/MASSAGE HELPS TO HEAL!

Make regular space to share with loved ones the benefits of touch.

Hold each other's hands as much as possible.

Share loving hugs.

Give each other a massage. ✿



## Next Issue...

'Colonic Cleansing' – Dao

'Hemp Healing for planet and people' – Derek from hemp union

'The power of intuition' – Infinite Being

'Brainwaves and Growth hormones' – Tony Wright & Graham Gynn

'PARADISE ~ The whats, whys, and hows!' - Tish

As well as regular contributions from Dandelion Digger, Jay and Terry, Aranya, Steve Charter and Holly.

And much more...

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Please contact [advertising@funkyraw.com](mailto:advertising@funkyraw.com) to place your ad or for more information.

Advertising deadline for next issue 15th Feb 05.

Full details at:

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### Portugese retreat center for sale

Fonte da Estrela is a unique peaceful retreat property for sale. Approximately 5,000 m2, only 15 minutes drive from the beautiful beaches of the Algarve of Portugal and is situated away from the hustle and bustle of everyday life yet within easy reach of all modern conveniences and only 20 minutes away from Faro International Airport.

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There are wooden houses and yurts that provide a good income and are located separately to the main house. There are also dry composting toilets and a cleansing lake for the water that then is recycled for irrigation. The yoga/meditation space is almost complete - just needing a roof. All materials used are non-toxic and ecological. Central heating has been installed into the main house and the property has 3 Phase electricity with all connections and plumbing complete for the whole property.

This unique property is for sale as we are moving overseas. It is urgent that we sell and thus we are open to negotiation even though it is extremely well priced for this area. We are also open to part exchange for a property in the UK, Brazil or Costa Rica should this be of interest to you.

We have many pictures of this property and the architectural plans for the extensions. Please email us in preference to calling as we are often working away from home - [info@samarafoundation.com](mailto:info@samarafoundation.com) or visit our website [www.propertyhaven.com/detail.php?siteid=2726](http://www.propertyhaven.com/detail.php?siteid=2726)



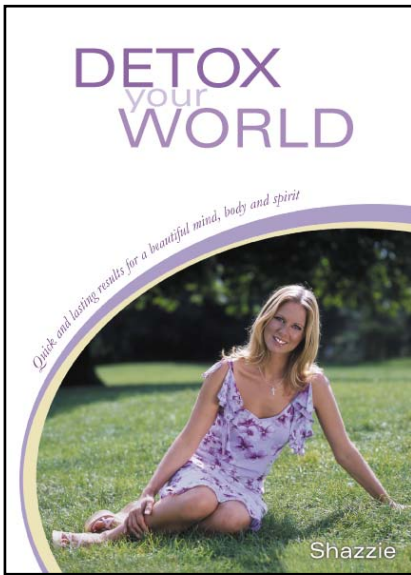
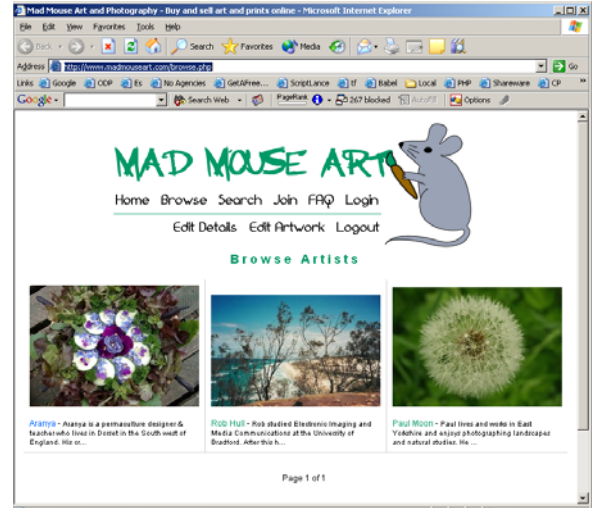
# Competition

For the competition this issue we want you to get creative. We want to see your artwork, drawings or photos that reflect your own interpretation of paradise on earth with a raw/nature theme.

The winner will become famous by having their artwork printed on the **cover of the next issue** of The Funky Raw Magazine, a signed copy of the **Earth Stars CD** (see page 6 for review), a copy of **Detox Your World** by Shazzie and a years subscription to the **Mad Mouse Art** website where you can show your art work to the world in your own gallery.

Four runners up will receive a copy of Detox Your World and a years subscription to the Mad Mouse Art website.

All winners will also have their work displayed on the Funky Raw website, along with other entries we like.



You can post your entries to Funky Raw, 66 Hawthorn Road, Reepham, Lincoln, LN3 4DU, United Kingdom or email them to [magazine@funkyraw.com](mailto:magazine@funkyraw.com)

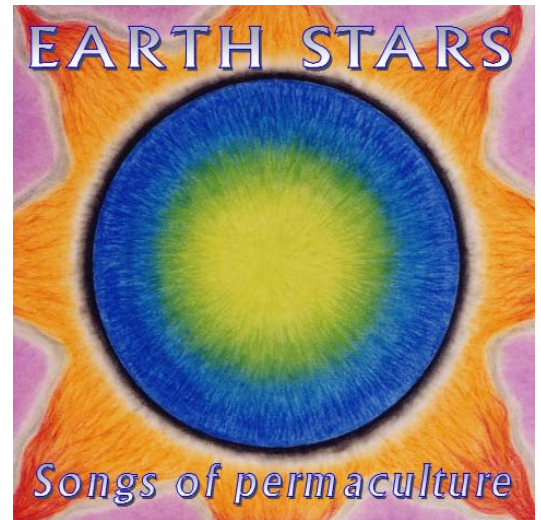
Closing date for entries: 15th Feb 2005

We can only return your artwork if you include a stamped addressed envelope.

Detox Your World available from [www.detoxyourworld.com](http://www.detoxyourworld.com)

Earth Stars - Songs of permaculture [www.permaculture.org.uk](http://www.permaculture.org.uk)

Mad Mouse Art [www.madmouseart.com](http://www.madmouseart.com) ❁



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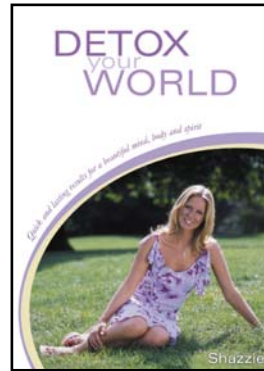
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# A Christmas Wish List (This can be to receive or give!)

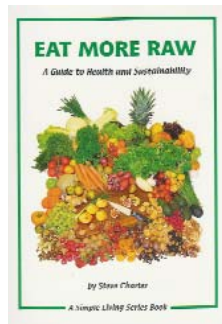
The Funky Raw would like to take this opportunity to wish all of you a

*Merry Seasons  
Christmas  
New Year and  
Imbolc  
Bright Blessings*

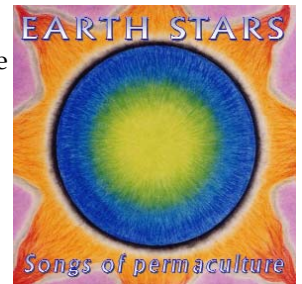


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Earth Stars - Songs of Permaculture  
See page 6 for a review or try and win a copy on page 46.  
Order from [www.permaculture.org.uk](http://www.permaculture.org.uk)



Natures Treats – a selection of hand made living food delicious cakes; chocolate brownies, pecan, and coconut. They can be stored in the fridge, and are truly scrummy. To find out more and to order call Chris 02393 611 607

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A Subscription to 'The Funky Raw Magazine' – which goes without saying really!! (See page 46)



Hemp Clothes – In Bi hemp clothing company now have a sale on. Having recently received an order from them I can personally vouch for their gorgeous clothes. Prices are very reasonable. Treat your loved ones to some clothes that they and the planet will love. View and order at [inbi-hemp.co.uk](http://inbi-hemp.co.uk) or phone 0870 333 1858.

And finally if you do not fancy any of the above (or you're a bit skint!) – go outside and collect a few things that catch your eye in nature, thoughtfully consider how each piece represents something you love about the receiver of your gift, write a poem about it on beautiful handmade paper, and wrap the nature gifts in the poem with love. Hand to loved one with a big smile and kiss, and open your heart to the warmth that's generated!!



The gift of love is priceless! ❀

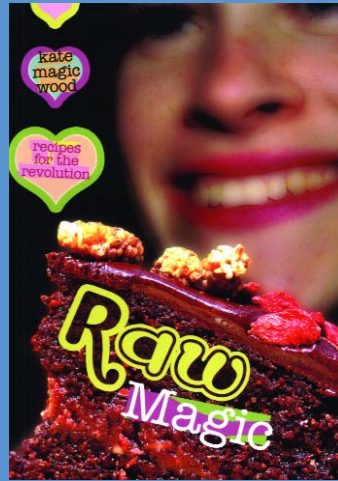
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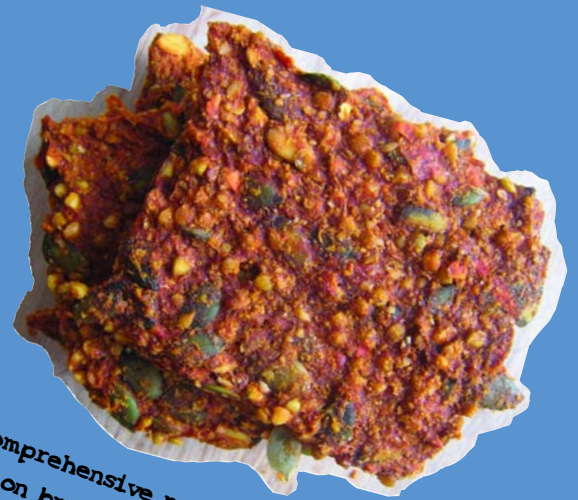
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