

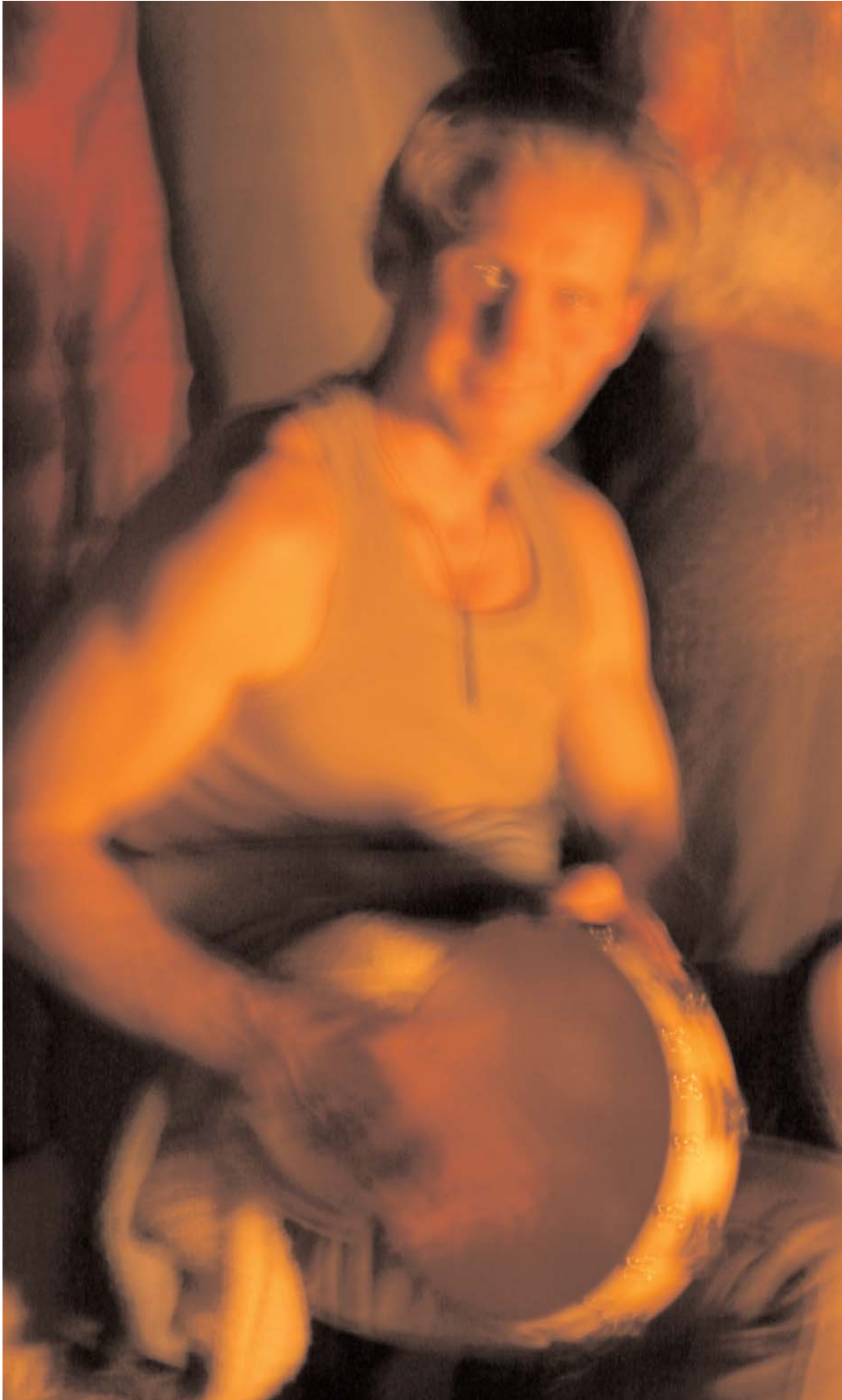
The Funky Raw

Issue 4 - Autumn 05

Restoring paradise consciousness

magazine

£2.75 / €3.50



Festival Reports

News from the Funky Raw and Big Green Gathering



Cleansing and Rebuilding

Superfoods: Cacao and Goji Berries with Shazzie



Eco Life

How to make facial cleanses using common ingredients



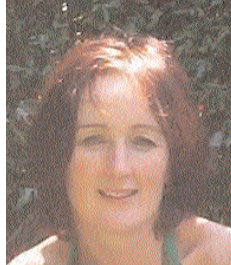
Spirituality

Creating Moments That Let The Earth Teach

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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/

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The funky raw magazine welcomes your articles, artwork and 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 are following 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: **14th November 05**

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



Contents



The Introduction Bit

- 4 From the Editor
- 5 News and Events
- 6 **Salad Days - Holly's summer of festivals**
- 8 Another Festival Perspective from Emma Turtle
- 9 Subscribe to Funky Raw

Cleansing and Rebuilding

- 10 **Is diet enough? - Tish and Tony ask if our digestive process is working as well as it should and how this affects our current ideal diet**
- 11 Recipes from Ricardo in Australia
- 12 **Superfoods - This issue Shazzie shares the secrets of Cacao and Goji Berries**
- 13 Putrification, Putrification, Liberation and Light Body Activation - A Personal Journey of Dietary Awareness by Free Rob



Eco Life

- 15 **Pure Plant Potions! Star shows us how to look after our faces**
- 16 Our challenges are our greatest gifts by Aranya



The Middle Bit

- 19 Now is the Time by Terri Henri
- 20 Poetry from Lisa Ceneri

Spirituality

- 22 **Creating Moments That Let The Earth Teach by Terri Henry**
- 25 The Other Side - Holly takes us, well, to the other side
- 27 Creation of an Altar by Veronika Poola



Holistic Lifestyle

- 29 How to enjoy it when you screw up by Shantigarbha
- 30 An Introduction to Re-Evaluation Counselling

A Big Thank You

I would like to take the time to thank everyone who helped out with the funkyraw festival 2005. Thankyou to all those who led the heartfelt workshops and gave of your time freely. Thankyou to the cafe crew who produced delicious gourmet delights. Thanks to the tea tent who showed up unexpected and provided such a warm and cosy space for us all. Thanks to Darren and crew for the superb solar dance space, and all the musicians and Dj's who performed in it!

Thanks to Keveral farm for allowing once again to use your home for this event - esp thanks to Matt. And last but not least thanks to everyone who came for making it the most wonderful event ever!!

Festival 2006 - August 9th - 13th

We predict a significant increase in ticket sales for the funky raw festival 2006. Sadly this will mean that we will not be able to have it at keveral farm again. So we are looking for the perfect venue. We need somewhere beautiful and rural in the South West of England preferably near to the coast, that has camping space for 250 - 500 people as well as water and power access. If you know of anywhere that might be available and appropriate please contact tish@funkyraw.com



From the Editor

WOW ! Hello everyone – what a time this is ! Phew....

As we celebrate the funky raw's first year, ending with lots more seeds being scattered around...life for me is different.

The funky raw festival was a storm, and a wild and electric one at that ! It has to be said here NOW that I have never been to an event like it ! Being the organiser I am sure it was significantly different for me, however I felt the energy and was blown away by the depth of experience people were having.

For me personally, my favourite bits were the fullmoon drumming, and the Saturday night party where I felt deep healing and connection with the beautiful Kate Wood. Ok so I am a bit of a party animal (or I used to be), but I do find the concoction of dance, music, raw food, people, and earthy psychoactives a potent combination. It seems there really was some magic at work and the feedback and thanks was simply awesome. I look forward to meeting you all again next year and developing an even stronger support system so I can continue to create and expand this incredible event. For a more detailed write ups see pages 6 and 8 by Emma and Holly.

Over the summer months I have also been delving much deeper into ecstatic consciousness. This culminated with my most profound experience actually on my 30th birthday(!) with a shared eye connection with with my deepest soul sister Holly (for more on this see Holly's article on page 25).

It is becoming blatantly obvious to me that the next part of my journey is to connect fully to the process of delving into these states more permanently using a combination of raw food and powerful techniques. For me life is no longer just an intellectual game, but at times has become a deep mystical experience of profound energetic connection, especially when I leave behind my stories, concepts and ideas (basically my left brain), then things get really interesting.

For over four years I have been fortunate enough to be sharing my life with consciousness researcher and author Tony Wright. Personality clashes aside, I have engaged in daily conversation about almost every aspect of his model of human consciousness. Tony's work interweaves cutting edge modern neurology, dietetics, and biology with ancient religion and pre-historic anthropology. There is



nothing about this model that doesn't make sense to me, once I had delved deep enough into it.

However it is not the detail that is of most interest to me but the simple and radical frame work he proposes. Man, it would seem, is NOT experiencing an ecological, educational, parenting, social, spiritual, or moral crisis but a neurological one. To cut a long story short, it seems the whole of humanity really is mad, and not just our horrendously stupid politicians, but everyone, including you and me. The conclusion, simple and stunning, is very challenging for most. For me personally it makes perfect sense not only to my rational mind, but also to my intuition that has known man is bonkers since I was a child.

And is also in complete harmony with ancient text which all suggest man has had a fall and we have been living in a deluded hell since!

Yet 'What does this actually mean?' and 'What can we do about it?', are obvious questions if we begin to take this model seriously. For me it dramatically throws into question humans focusing on finding a solution within the symptoms. If this model is correct then by doing this we are no better than doctors dishing out pills to heal disease and never truly looking at what is really causing the disease in the first place. If we really are suffering from a degenerative neurological condition that is actually creating the madness in the first place then surely the fix comes from healing that. Joanna Macy, a deep ecologist, said in an interview recently in regards to environmental destruction that "we do not yet have a solution to this problem". It was a sentence that stood out from the rest for me, as it tapped straight into what I think is going on. My mental response was "yes of course we don't if we continue to look in the WRONG place for a solution to a much greater 'sickness' than we could currently imagine."

Thankfully for us raw foodies it seems that getting the correct brain biochemistry is vitally important to restoration. And in a nutshell the correct biochemistry is RAW. However lets not slip into the trap in thinking that's all we need to do. You only have to look at the current state of the raw food movement to see that we are definitely NOT a bunch of sorted out enlightened bliss heads, who are in complete harmony with the natural environment and each other. In fact I would go as far as to say far from it. However going raw is a very important start, and the only foundation we can really build a fix from, especially when we consider how delicate our neurological brain tis-



sue really is. How can heating the very chemicals that go on to build our delicate brain tissues do nothing but damage?

On a different note (!) you may have noticed that this issue is smaller than before, the main reason for this is financial. We were not making ends meet, and reducing the size obviously reduces the cost. I hope everyone can accept this and still continue to support us.

From issue 5 we will be having a new editor. The funky raw Rob! For me this is wonderful news as it frees me up to do some really important things and I will still be able to connect and plug in with the magazine via my new column starting in issue 5 called "Finding Paradise". Which I do not just see as an external state of beauty and nature, but an internal state of bliss and deep energetic connec-

tion. In fact I could think of nothing worse than creating the most paradisaical natural state on earth to then sit around rationally talking our arses off about how beautiful it all is!!!! It would seem in some weird way an even bigger disaster than what is currently happening, and would totally miss the point.

Life takes on new and unexpected turns, and although I still suffer from the stresses and strains of modern life I have a deep commitment to helping humanity return to Edenic consciousness. Most people probably think I am living in my mind within a wishful dreamworld. However for me, paradise isn't just some fantasy but a **complete** biological, psychological, emotional, spiritual, and ecological necessity....*all we now need do is ask the right questions...*

Gigantic blessings Tish xx ❀

News and Events

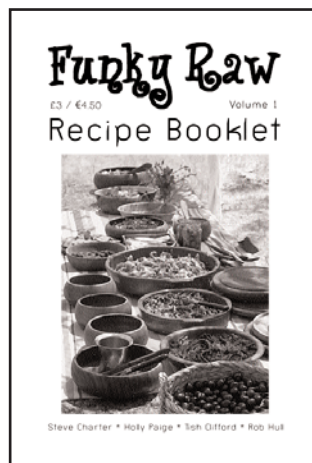
Funky Raw News

It's been a very busy time for us all at Funky Raw. The festival was amazing; you can read more about it and see some photos on the next few pages. We had a couple of TV crews at the festival and last week we had a 10 minute section on "Heaven and Earth" on BBC1. We were all impressed by the way they presented us.

Then we produced "The Funky Raw Recipe Booklet", containing over 40 delicious recipes, available for £3 + p+p from our website.

And now, Funky Raw has opened an online shop selling some of the more difficult to find raw items such as raw cacao, goji berries and maca, some amazing water filters from Wellness Water, and various items for your raw kitchen, blenders, a juicer and dehydrator. See the back cover for more details.

www.funkyraw.com/shop



Fresh Festival - 28-30 Oct

Three day festival in Somerset. Please see the website for more info:

www.fresh-network.com/festival/

Please send any news or events listing to magazine@funkyraw.com
You can also list your events on the Funky Raw website at www.funkyraw.com/events/events.php

Festival of Life

The Festival of Life 2005 was the second event of its kind – a holistic event with an emphasis on raw/live-foods and Self-healing. Last year's event attracted around 1000 people and there was a similar attendance this year although it was less crowded due to a rearrangement of stalls. We have had much positive feedback from people who thoroughly enjoyed the event. It was like a large family reunion at times and the atmosphere was very friendly and relaxed. There are always areas of improvement and the organising committee are thinking hard about the future of the festival.

As before, there was a large assortment of stalls selling everything from water purifiers to juicers and hemp milk makers. A particular favourite was Raw Living's stall selling raw chocolate ! There were a number of food stalls and they all looked attractive and inviting. One problem was that it was hard to choose what to eat ! I opted for Andy's curry and Sue's falafel and a raspberry flan, the latter being especially scrumptious. There were also numerous information stalls from animal rights (Viva!) to vegan famine relief (Vegfam) and, for those more into shopping, pre-loved clothing, jewellery, cards, books etc. Something for everyone.

The performance stage had a line-up of DJ's (thank you particularly to the Green Angels Ritchie and Steve) and music including accordion, lute and cello. Later there was a lovely singing session courtesy of Aviva and Solar Quest with accompanied dancing by Sandra. David hosted a drumming circle which was very rhythmical and lively.

A wide range of talks and workshops filled every minute of the day. Subjects ranged from the divine blueprint (Kathara) to intuition (Jocelyn Chaplin). Pat Reeves gave an informative low-down on live-foods while Gina Shaw explained the healing methods of natural hygiene. The meditation room was full of practical guidance on varying meditation techniques and chanting. Our raw clown, Kingsley, also hosted a showing of his film on his relief work after the tsunami in Sri Lanka.

The theme of the festival this year was "Creating Connections" and Anita hosted a Friendship Forum and Connection Zone with



an interactive mosaic. There was also a back-rub swap area for when it all got a bit too much and some TLC was needed !

The future of the festival is a little uncertain. Although financially the festival is now self-funding (just), the aim is to acquire a permanent centre in inner London within the next year or two to host the annual festival and hold weekly or regular events. It would save on the significant cost of hiring Conway Hall, lovely venue though it is. The space could also be used for Conscious gatherings (smoke, alcohol and drug free dancing) or for performance, music, drumming etc. Meanwhile, the possibilities of co-organising events with other groups, either in the raw-food field or arts, are going to be explored. Another suggestion was to purchase a marquee and become more nomadic, attending such festivals as Buddhafield, Big Green & Rainbow Gatherings as well as our cherished Funky Raw.

Additionally, it is hoped a space will be available by Spring 2006 for Green Angels' type living-food gatherings. This space

(suitable for up to 50-60 people) could also be used for workshops, raw-food demonstrations, meditation, chanting, poetry/performance evenings or informal potlucks. If anyone is interested in using this space, please contact Paz (pazitron-ic@hotmail.com). The location will be Zone 2, Telegraph Hill, New Cross Gate, S.E.London. Details will be announced of any activities on the website (www.festivaloflife.net). Additionally, if anyone has any suggestions or, especially welcome, offers to volunteer or become more involved, please contact info@festival-oflife.net.

We thank everyone for attending and those who helped in any way.

Heal-thy Self to heal-thy Earth ! The Festival of Life Crew (Anita, Baris, Chris, Janet, Paz, Ruth, Sarah, Sophie, Sue) ❀

Salad Days

Raw and Conscious at the Funky Raw Festival and Big Green Gathering

I just knew earlier this year that this was going to be an amazing summer. I expected to feel like this when I was a teenager but human consciousness just hadn't got there yet and some of my friends were still toddlers.....

In my opinion you couldn't get a better setting for the Funky Raw than Keveral Farm and the weather, mostly hot with dramatic storminess at the end, was perfect and apt. I think it is difficult to comprehend the energy that Tish put into organising it. – making sure that everything was happening in the right place at the right time and dealing with the two TV companies (Cornish TV and BBC Heaven and Earth) that came to film it, and being there for two children. I sense that from now on there will be a group of people helping to hold the energy she has held for so long. These are some of my favourite moments:

Tony's paradise meditation – we were asked to envisage our own version of paradise after which Tony explained some of his ideas about the way our brains have become divided and separated us from our original divine ecstatic state. Our limited linear processing left brains seem to have taken over and imprisoned us in a limited perspective of the world unable to fully experience reality and the functioning of the

much more complex and capable right brain. With more research and practical work we can move towards it.

Tony's delight at the perfect puzzle we have set ourselves – getting stuck in one half of our brain, having to figure that out from within that half-brain and then having to find our way out of it – was enchanting.



by Holly

'The Staying Awake Club'

It seems that the limited left brain requires much more sleep than the cosmically-connected right brain. By depriving ourselves of sleep we can wear the left brain down and lessen its stranglehold on our consciousness allowing us to experience more of the glories of right-brain activity. (See Issue 1 of the Funky Raw for more information). Needless to say this practice must be done appropriately – although there can be magnificent breakthroughs there can also be phases of intense resistance and sleepiness when it would be dangerous to drive, difficult to deal with many tasks and emotional feeling stuff can 'come up'. Being on raw food is essential. It is not a long term solution – more of an occasionally used diagnostic tool. Tony, Steve and Aranya spent three consecutive nights awake at the Funky Raw Festival. As well as being a talking point it seemed to put the whole festival into an altered state of consciousness. I joined them for their last night and had the best part of three nights awake (I slept about 2 hours on the first, the Full Moon, when I was flying high on raw cacao nibs). On my third night awake I sat up with Tish and Kate Wood in the Tea Tent while the storm howled, the children tucked up in the corners of the tent. Connecting with Kate with her beauty, sincerity, raw energy and dedication to her children was another highpoint of the festival especially at a time of rumblings in the rest of the raw movement.



I enjoyed doing a whole day of food demonstrations, even coping with the vegan controversy. I thought I was very brave to bring raw milk to the festival and I was relieved not be pelted with rotten tomatoes. Tish has promised me that next year we will have a cheeseboard. I did express a little frustration at the number of questions about what I was doing when everybody, had they been looking at me, would have been able to *see* what I was doing. The human condition at its starkest I suppose. I knew I was on the same wavelength as Rob when he enquired as to what were those things on the ends of my arms that I was using to press the pie mixture into the dish.....

Big Green Gathering was exhilarating too in a different way. A big festival and not all raw (!) but still full of happy smiling faces. The Raw Zone was in the Permaculture area. The Festival of Life with Sue, Janet, Chris and Baris provided amazing food (without any electricity!!) and we held workshops in a yurt. And we had a Funky Raw stand. Favourite moments – Steve’s erudite explanation of Tony’s consciousness work to an entranced audience, Veronika’s beautiful presence, just being with beautiful, raw conscious people day after day, Janet still distributing Festival of Life leaflets around the marquees well into the night, hearing Rob telling yet another astounded visitor to the Funky Raw Stand that he eats insects.....

After the festivals I feel even more committed to doing whatever I can to help us all move towards the divine ecstatic state that I feel most of the universe is naturally in. At present it seems that we are shielded by our own silly minds, imagining that ecstatic pleasure is an exceptional state rather than an on-going one. Surely the priority is to engage in consciousness work and let everything else flow from that. Why aim ultimately for anything less than Paradise on Earth? Tony is delightfully unattached to his theories of the brain and consciousness and wants

to research it properly. We are not asked to believe anything that doesn’t feel right to us. To me it is, at the very least, the best model so far and could explain the whole human condition. Much of it seems self-evident. It also gives us clues as to real practical steps we can take. A good raw diet is the foundation – it provides the construction materials for a brain that can experience a higher level of consciousness. On that note here are a couple of the recipes from my Funky Raw demonstration:

Chocolate Pudding

300ml hemp seeds soaked overnight in water
 juice of 3 oranges
 zest of 1 orange
 3 dried figs, soaked overnight in water
 3 apricots, soaked overnight in water
 50g sunflower seeds, soaked overnight in water
 50g pumpkin seeds
 12 walnuts
 3 bananas
 ½ tsp coconut butter
 1 or more tablespoons organic fair-trade cocoa powder or raw cacao nibs to taste (obtainable from www.rawliving.co.uk)

Optional:

A dash of salt
 vanilla pod to taste

Serves 3



Drain the hemp seeds and blend with the orange juice and some water from the soaked dried fruit as necessary. Strain and



squeeze through muslin (a muslin bag is easiest) to make hemp milk. Drain the soaked ingredients and blend all the ingredients together until smooth. Serve with fruit such as cherries, raspberries, mango and/or a little yoghurt. Ground hazelnuts are also delicious with this recipe.

This is originally Tish and Tony's recipe – I have adapted to my own tastes. It provides a comprehensive range of fats and proteins, carbohydrates, minerals and vitamins in an ideal form for the body and brain. As a breakfast it can put you in the right frame of mind of the day. Ideal for children. It is also a perfect dessert mousse or chocolate sauce. You can freeze it for a delicious totally healthy ice-cream ready for when friends drop in. Obviously you can adjust the ingredients to your taste.

Avocado Curry

2 avocados
3 tomatoes
3 sun-dried tomatoes, soaked
¼ - 1 teaspoon hot curry powder to taste
50g sultanas

Blend all the ingredients except the sultanas until smooth and creamy

Add the sultanas and blend until they are roughly chopped

Serve with a big green salad, grated root vegetables or coconut rice, grated cucumber and sprouted fenugreek seeds with a little live yoghurt, mango and pineapple.

Happy Days. Love Holly 🌸

Another Festival Perspective

What a raw and rare treat.

Situated at Keveral Farm, Cornwall, on an organic slice of land with log top views to Dartmoor and woodland walks to the beach.

My home for the five days was on a terrace, under a pear tree, overlooking the organic gardens, not too far nor too near to the compost toilets.

My neighbour was a snoresome text user until the ungodly hours of the morning and by day three was into tent swapping. Not that I minded or course. On the contrary, I found it quite amusing.

by Emma Turtle

As the moon took us into her full swell the festival slowly but surely grew. Workshops throughout the day were inspirational and interspersed by light hearted and occasionally erotic entertainment. This provided a perfect balance to the slightly more intense natterings of raw foodism.

People from a variety of walks gathered, each being wandering stories with tales to tell/hear, all at different stages of the raw food path and for different reasons.



Networking seemed endless and to discover each other, was heart warming to say the least. With new friends made, I no longer feel so alone in my thoughts and ways.

One could also glimpse personal development and the ever evolving mind twinkling backstage.

Through the Funky Raw weave, I could feel a deeper connection to our home, the Earth, her pain, our sickness, healing through our very own beings. Especially in the vibrant, electric and fun filled children present.

It was a visual feast for the senses. Especially where the food was concerned. The raw gourmet delights made one tingle and fizz inside. By Full moon eve, I was flying. This of course was cheekily enhanced by my indulgence of raw cacao and the very naughty but nice liquid gulps of organic apples.

The weather seemed changeable but never too drab. More mysterious, as the liquid sunshine rayed down and the mist creature set in. Fragrances of damp whispered slugs and tickled snails, to play amid the funky raw vibe.

The well worn path from the hub of the festival to the campsite felt similar to a songline. The emotions people carried up and down, with all the healing that went with them was faery beautiful, occasionally bringing a tear to my eye.

As the festival came to a near close, a double rainbow arched before us. I felt her message to be one of colourful times ahead, if we so choose and to share this time together with the world outside & every day people, as we each, gently & safely journey on.

Many thanks to Tish, her immediate support team and all manner of helpers especially Aero the goat (who became one of my greatest grounding friends of the week) for all the amazing and inspiring enthusiasm conjured to make The Funky Raw Festival come in to being. 🌸



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 Issue 3 - Wild foods, Superfoods, Growing Your Own Food, Yoga, Slim Spurling, Recipes, etc





Cleansing and Rebuilding

Is diet Enough?

There was a time according to ancient legends when humans lived in supersonic health. A time when super strength & immunity, longevity and freedom from disease, sickness, and ageing were the norm. Naturally this is something most raw fooders today aspire to, but is unfortunately something very few (if any?) really experience. There are many reasons used to explain this phenomena, but could it be that raw food alone is not enough?

Split brain research shows conclusively that within each human there are 2 selves. One in the left hemisphere and one in the right. It seems there are also 2 biological management systems. Could there be a clue in this?

The main management system that is in charge today is our left, yet maybe this is actually hopelessly inefficient and thinks that it is not only highly efficient but also the only one that exists! Evidence does not share this narrow minded conclusion.

Spontaneous glimpses of superior physiological function can be found in research in fields as far apart as athletic performance, schizophrenia, and the use of psychoactives. Although never sustainable, evidence suggests that the superior function goes hand in hand with altered states of consciousness. When looking into the studies done we find that athletes whose performance even shocks themselves talk of time slowing down and the experience of "something other that wasn't me" taking over. Schizophrenics experiencing extreme strength find they are unable to sleep, and hallucinogens give people superior abilities within their bodies that cannot be found in their 'normal' state. Could it be that these people are tapping into another management system (the right brain) that can not only run our physiological systems, but can do it vastly better. Is it possible that in normal consciousness this is being locked out by the 'controlling' left hemisphere as well as for most people being starved of the correct bio chemistry and building materials needed to run it correctly anyway.

Gut function Research in the last 100 years, culminating in the last 10, has concluded and accepted that the gut is actually a highly complex and neuro system in its self. It's

by Tish and Tony Wright

even been coined the second brain (although we question whether it is actually the first!). The gut has direct connection to the brain via the vagus nerve, and the accepted model is that communication comes directly from the gut to the brain.

But is this the complete picture?

We would like to propose here that actually the communication is severely limited due to a malfunctioning management system that is normally in control. Current research suggests that the gut was designed to function with high and sustained 2 way communication with the brain. This would leave us with a much more efficient digestion system, and a superb assimilation system. Currently it seems the gut is virtually dormant and works as if unconscious and asleep. If we are, as biology suggests, frugivorous by nature maybe this is a very important discovery. Fruit by its very nature is very high in water and sugar, but low in nutrients. In order to extract sufficient nutrition to build a healthy body and a large brain, it makes sense to have a highly functioning gut and assimilation system. While a fruitarian diet maybe our most natural, expecting to thrive on our highly evolved and specialised archaic diet, when the equally specialised gut system needed to maintain health on this diet has crashed and is suffering a serious malfunctioning, doesn't seem very sensible.

If we accept that not only perceptually, but physiologically our current 'normal' state is actually a detrimental altered state, it makes sense to take account of this and compensate by creating a sustainable diet to maintain health whilst we seriously seek to address the cause of this malfunctioning in the first place. And this, we believe, is going to take much more than correcting our diet!

In taking the above into serious consideration, and compensating for the deficiencies in our system we have designed a diet that we believe will provide those interested in all they need to maintain health and build a functioning consciousness system.



Here are the guidelines:

1. Fruit - A percentage (depending on the individual) of high quality fruit fully ripened and grown on rich soil, is essential in providing the consciousness system (our brain) with its fuel.
2. Greens – high quality greens grown on rich soil in the form of salads, juice and blends(which help digestion), are essential for minerals and rebuilding.
3. Nuts and seeds – these are vitally important to get enough density and rebuilding fuel to compensate for our malfunctioning systems. To aid assimilation one can soak and ferment, and add in raw dairy such as yogurt.
4. Animal products – insects would have definitely been part of our archaic diet. Figs for instance are a primate's favourite food, which they will choose over any other fruit and eat all year round if available. Wild figs are laden with insect matter and we feel this is very significant. At the very least we need to substitute for this and animal products also help with maintaining a dense enough diet. We personally eat a little raw fermented goats produce, such as cheese and yogurt.

5. Supplements and Super foods – these help to compensate for not only our malfunctioning system but also for the degeneration of the soil. It may be possible however to avoid supplements if one eats foods that are grown on very rich soil but we highly recommend everyone takes a B12 and zinc supplement.
6. High quality cold pressed oils – these are essential for brain maintenance in our current condition. Flax and hemp seed oils are excellent. Keep all oils in the fridge.

In issue 5 we will explore why our immune system is also severely suppressed. ❀



Recipes

Spouted Meat balls

3 handfuls of alfalfa sprouts
1 tablespoon of dried oregano
1 teaspoon of Tamari
enough unhulled tahini to make a dough

Mix all ingredients and make into a ball shape

Total 6 servings

Gnochi

4 cups of almonds
water
7 tomatoes
1 avocado
1 handful of fresh oregano
1 handful of fresh parsley
salt

Blend almonds in a blender / food processor / coffee grinder until becomes a flour, then use your hands and add water and salt to create a hard dough. Make small balls.

To make sauce blend the tomatoes, avocado, oregano, parsley, salt.



Raw cheese



Gnochi

by Ricardo

Potato wedges

2 avocados cut into a "potato wedges" shape
1 cup of cashew flour
Tamari

Cut the avocados into slices or wedges, dip them in Tamari and then roll them in cashew flour.

Total 4 servings

Raw cheese

4 cups of almonds soaked in water for 24 hours
1 handful of parsley
1 garlic clove
salt to taste
enough fresh orange juice to make a dough

Blend all ingredients with orange juice until it makes a hard dough

Total 4 servings

www.rawfood.com.au ❀



Superfoods - Cacao and Goji Berries

The two superfoods I've chosen this week go so well together, it's like they were made for each other. The tartly sweet goji berry and the dark deep cacao bean are both mega-rich in antioxidants, and with our bodies and planet getting more polluted by the day, we need these things, I tell you!

Cacao

Cacao is also known as cocoa, or chocolate. It's commonly known as cocoa because the British (bless us) had a hard time pronouncing cacao. I love to call it cacao as it sounds more authentic! Cacao is truly a great superfood, in a class of its own, and the doorway to so many ancient wonderlands.

Coming from the beans of the cacao tree, it's usually processed into chocolate and sold under shiny wrappers throughout the world. David Wolfe and I discovered a new way of eating it, in the raw, a few years ago and have had great fun in bringing it to the masses! You can currently find raw cacao in a few guises, and all go well with each other. There's the bean that you need to peel, then you can just pop this into your mouth and enjoy, or drizzle a little agave nectar onto it and dip that into maca! There are the nibs, which are crushed and skinned beans. These are great for grinding up and adding to all kinds of sweet and savoury raw delights (it goes fab with chili recipes). There is cacao butter, a big white block of pure raw healthy fat which children love. This melts at mouth temperature, so you can create real raw chocolates with this and the cacao nibs. Or how about the newest delight? Real raw chocolate powder. This isn't just powdered nibs, this is melted at a temperature that doesn't cook the bean, so the fat and solids are separated. Apart from the culinary aspect of it, this raw chocolate powder has an exceptionally high antioxidant content. In fact, nothing else comes close, it's almost off the charts! There has never been a more exciting or delicious time to eat raw food!

We know that we need good fats in our diet, and the cacao beans that we import contain around 40% of it. There is also an abundance of sulphur and magnesium in the bean. Cacao is great for yoga because it increases flexibility, helps you become more powerful and allows you to practice for longer without tiring. It's small discoveries like this that made David and I realise that chocolate is so utterly magical and that secret needed to be shared.

You can see how the raw power of chocolate has been turned into a drug when cooked, just like all the other natural plants you may be familiar with that are cooked and then consumed as drugs. It's no wonder that children, who are fed cooked chocolate and other foods can end up as drug-abusing adults. They're just searching for the high they once had that very first time they ate cooked food! Oh, to let them know they can have that and more in the raw form which will decrease all other cravings!

The MAO inhibitors present in cacao also appear to

by Shazzie

diminish your appetite, so you really can lose weight on a diet of raw chocolate! Of course, in commercial chocolate, cooked fat and refined sugar doesn't help the waistline.

The best "science bit" part of cacao for me is the fact that it contains PEA (phenylethylamine). This is a chemical that we create and release when we are in love and it helps to increase focus and alertness. I love making recipes with algae and cacao, as they both contain the rare PEA, and I can feel my mind sharpen as soon as I eat the food! It's really helped me get my pre-Evie brain back. I knew I'd have to do a bit of "getting my figure back" work after having Evie, but honestly, nobody warned me that I'd lose your brain somewhere under the sofa, causing me to do the daftest of things! I am very grateful to the brain-enhancing superfoods that I eat.

As well as making you feel like you're in love, even if there's no-one there to be in love with, you also feel blissed out with cacao. The chemical responsible is called anandamide and is actually known as The Bliss Chemical. This neurotransmitter is present in cacao and also produced naturally in the brain. Other elements in cacao cause the breakdown of anandamide to be slowed down, making you feel connected, chilled, blissful and happy for much longer. Cacao seems to offer a direct dial connection to Source!

I love raw cacao so much, I could write a book on it, oh, I did! You may have heard of a little book that I wrote with David called Naked Chocolate! Due to our love of cacao, we researched everything there is to know about raw cacao, and also created some great recipes. Our discovery of the raw cacao bean created a bit of a stir in both the raw and cooked worlds.

We both love the vibe of the raw cacao that we eat! It comes from Ecuador where the farmers get a great price for supplying us with the best product. It's become so popular that the farmers have undertaken a big cacao tree planting project. I'm happy that our love of cacao has led to the growth of sustainable and ethical production of cacao.

Goji berries

Little red jewels tasting a bit like a cranberry and cherry crossed together. Smears across Evie's face, she delights in this ancient protein-rich superfruit. As well as eating them whole, I add them to many meals because they're tasty and super-nutritious. They contain 18 amino acids (six times higher than bee pollen), including all 8 essential amino acids. You may find different grades of goji berries doing the rounds. We go for the highest grade, biggest goji. It costs us a little more, and we know we're worth it!

Gojis contain around 21 trace minerals; bursting with zinc, iron, copper, calcium, germanium, selenium, and



phosphorus. They have more beta carotene than carrots, and are the richest source of all known plants of this vitamin A precursor! They contain 500 times the amount of vitamin C by weight than oranges, making them second only to camu camu berries as the richest vitamin C source on earth. Goji berries also contain vitamins B1, B2, B6, and vitamin E.

Gojis are a real medicinal food, and can help you with inflammation, immunity, strength, stamina (in all parts of your body!) and hormone function. In fact, just like cacao, they contain several chemicals responsible for rejuvenation. Gojis are a fountain of youth! Li Qing Yuen, who apparently lived to the age of 252 years (1678-1930), consumed goji berries daily. The life of Li Qing Yuen is the most well-documented case of extreme longevity known. In several study groups with elderly people, the berry was given once a day for 3 weeks. Many beneficial results were experienced. 67% of the patients' T cell transformation functions tripled and the activity of the patients white cell interleukin-2 doubled. In addition, all the patients' spirit and optimism increased significantly, appetite and sleep improved in 95% of the patients, and 35% of the patients partially recovered their sexual function. Heaven help the other 65%! Imagine what gojis can do for the non-elderly -- I feel like they blow me into another dimension!

And now, all that remains is for me to provide you with a recipe to utilise the wonderful foods above. Enjoy them, as they were brought to you with unconditional love and blessings from our Mama Earth.

Superchocolate goji lemon bar

2 cups of goji berries
2 cups of cacao nibs
1 teaspoon lemon peel
2 cups grated raw cacao butter

Add everything to a Vita-Mix and blend until smooth. Pour into any mould and put in the fridge to set. ❁



Putrification, Putrification, Liberation and Light Body Activation - A Personal Journey of Dietary Awareness

Putrification

I, just like almost every westerner was born with an addiction to sugar. This addiction, which developed as I was growing in my mother's womb, was intensified after I was given my first 'sweetie'. Now when this highly refined drug of sugar is taken into the body it bypasses the liver due to its high level of refinement. This gives an initial rush, the sugar high, which then becomes the 'sugar blues' as you are left with a concentrated crystallised acid in your blood. Not only does this create a severe acid imbalance (the body aims to keep a neutral to slightly alkaline balance within the blood), it feeds micro toxins and if present within the body, cancers. There is also an obvious imbalance created with blood sugar levels which makes demands on the bodies insulin production, which can lead to diabetes. Sugar also leeches minerals from the body, making bones spongy and leading to arthritis and osteoporosis. As a child however I was not aware of these facts and fully embraced my sugar addiction, drinking sweet sodas and eating sweets, chocolate, biscuits and cakes almost, if not every day of the week.

The high level of addiction that surrounds sugar is, I would say, due to the micro toxins and other parasites living in the body and their desire for it and the control they have over you and your mind. This is truly the no. 1 addiction in the West and the gateway drug to all other drug addictions.

by Free R Cannabis

Though sugar was certainly having a negative effect on the health of my body it was not the only thing leading to its putrification.

I, like many babies was put onto 'formula milk' from early childhood. This was made with pasteurised cow's milk (did you know that a study done with calves showed that they died within 6 weeks after being fed pasteurised milk?). Not only does cow's milk contain enzyme inhibitors that make it almost impossible to digest, it also contains puss, blood, urine, biocides, herbicides, pesticides, insecticides, growth hormones as well as any other veterinary drug the cow may have been forced to take. It is these factors I believe that contribute to many babies crying, shitting and puking almost non-stop. This leads to the next pattern of drug use, addiction to pharmaceutical drugs.

Relatively speaking I was a fairly healthy child, but I certainly remember many visits to the doctor, or should that be 'licensed drug dealer', as that is what many have become. Though the drugs a doctor may prescribe are very clever at covering up the symptoms, little or nothing is done to deal with the cause of the illness. The end result is a wider range of drug addictions and increased level of toxicity within the body.



Looking back on my childhood it could well have been my dietary habits that lead to me being ill at least once a year, with one extended visit to hospital with pneumonia, when I was about 5.

The son of an Austrian mother, I spent every summer of my childhood in Austria where I would eat meat up to three times a day. Moral issues aside, meat is acid forming (unless you eat it with the alkalising bone) and due to chemical farming, loaded with herbicides and pesticides as well as containing cancers and parasitic eggs that hatch in the colon.

Oh, and then of course I had an addiction for cooked and processed foods. Most of the foods I ate as a child and right through to my early twenties I would not eat at all now. This transition in my dietary habits took a big shift in October 2004.

Putrification

Though I did get into smoking cigarettes for a few years from the age of 10 to 12, I considered myself to be fairly health conscious, and healthy. My health and my ability to eat lots of food came from the fact that I got into long-distance running from an early age, with my first marathon at twenty, which was soon followed by a desire for triathlons with events consisting of up to 1.2 mile swims, 58 mile cycling and a 13.1 mile run.

All this sporty stuff helped me from not associating with 'druggies'. Though I had been offered a Cannabis joint when I was 16, I turned it down and didn't really experience smoking Cannabis until I had finished University and went to Amsterdam. Though I did get into smoking Cannabis (with tobacco) I always avoided all other 'drugs' as I wished to disprove this 'gateway theory'. In October 1994, that all changed when I took my first dose of LSD (a semi-synthetic drug extracted from ergot fungus). LSD made me see the oneness of all things and so stopped me eating meat, and by midsummer '95 I went vegan.

LSD also gave me a desire to experiment with other psychoactive drugs, the most profound of these on a health level was 2-CB (Bromo-mesciline). I was very well connected for the more obscure 'designer drugs' and when asked what it was I said that it was like a synthesised mescaline and acted like a sensory enhancer, especially for telepathy. This increased sensitivity and level of consciousness helped me quit nicotine, white sugar and caffeine completely and alcohol for several years.

My first introduction to an exclusively raw food diet came in 1998 when I read the Essene Gospel of Peace. The thought however of not eating chips, initially put me off the idea. However for Christmas '99 I was to have my first Raw Food feast, and I just got progressively more into it, from then on.

As I got into Live Food I realised the harm that I had done to my body after many years of eating Cooked Food. In trying to cope with the poison of cooked food, my body had produced layers and layers of mucus that had compacted into tough rubbery mucoid plaque, which I started to eliminate with several herbal cleansing programmes.

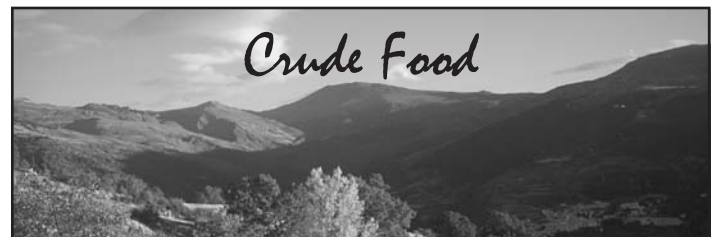
My first cleanse was an apple juice liver flush, during which I eliminated loads of gaul stones. This was followed by a month long Ejuva herbal cleanse, that was very effective at eliminating long chains of compacted mucoid plaque. Delighted by my new level of well-being, I did 2 more Ejuva cleanses and an Arise and Shine program.

Liberation and Light Body Activation

It's been about 3 years since I did my Arise and Shine cleanse, and have now got more into fasting. Personally I feel that once one has got rid of the physical waste of compacted mucoid plaque with the cleansing kits you can go much deeper, especially on an emotional level, with fasting. I have done various fasts, from week long water fasts to month long green juice fasts. My latest fast which was a 34 day Green Hemp Milk fast, I have only just finished and will be talking about in the next issue of Funky Raw.

Fasting is a total surrender to the power of God, liberating oneself from the need for solid food and living on Prana (life-force). This takes a huge amount of discipline, but the rewards are incredible.

By cleansing and purifying the temple of God (our bodies) we can then really start to bring down God's light (Love) into the physical body (light body activation) and help manifest Heaven upon Earth. So shall it be. ❀



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Eco Life

Pure Plant Potions! DIY Vegan Skincare

This week: the Starry Facial Special!!!

by Star Khechara

Hello again gorgeous guys and gals, Well as I promised in last issue this time we'll be enjoying a pampering session of epic proportions by giving ourselves a ultra-natural facial treatment *exciting*

It's great fun to allow ourselves some time each month (or each week!) to really go mad on our faces and treat them to something extra special. It is also an act of love for ourselves, by indulging in some 'me time' for skincare treats we are respecting our bodies and acknowledging our unique beauty. These moments of skincare indulgence are all the more satisfying for us funky folk who've made all our own potions! *glow*

All work and no clay

Most facial treatments will involve the use of a face mask, these often contain some kind of clay which is reputed to have the ability of drawing toxins out through the skin and ensuring a deep cleanse as well as other (possibly made up) benefits. Personally I'm not convinced and feel that clay is very drying to the skin because of it's astringent nature. As it is a mineral product it can also be contaminated with many impurities including toxic metals, very white clays (ie kaolin) are known to contain aluminium (Alzheimer's facial anyone?) Another reason I don't approve of it is that clay is an industrial product which is mined at the expense of the environment.

So we'll leave the clay to the potters and make some fantabulous plant based mixtures instead.

Funky food-face

With clay out of the picture what can we use to make our face masks? Some traditional homemade 'outta the kitchen cupboard' face pack mixtures consist of things like:

- Mashed avocado
- Mashed banana
- Yoghurt
- Seaweed gel
- Aloe vera gel

Really it depends on the actual purpose of



the treatment. Are we wanting to soothe inflamed skin? Or perhaps we suffer with skin dryness or eczema and would like a rich moisturizing treatment. Have fun with experimenting with the food stuffs in the kitchen but be aware that it is even more important to our skin health that these high quality natural foods are eaten regularly in the diet and not just smeared onto the face.

But hey, go wild on the face too, although it may be tempting to eat that mask instead!

Here's three examples of face mask recipes:

Rosemeal

- 1 tablespoon Fine oatmeal or powdered porridge oats
- 1 tablespoon dried rose petals
- Rosewater

Mix together the petals and oats then add enough rosewater to make a sticky paste.

This mask is great for those with sensitive skins or eczema.

Essential Fatty Avo

- Half a small ripe avocado
- Small piece of banana
- 1 tsp hemp oil

Mash together into a fairly smooth creamy paste. Brilliant for dry complexions in need of a bit of buttering up! Remember to eat those avo's too!

Vera the Mermaid

- 1 Tblsp kelp powder
- Aloe vera gel

Mix enough gel into the kelp to make a thick jelly paste. Good all purpose cooling and soothing non-greasy mask.

The pampering programme

Ok, now that we have a choice of face masks, lets review the stages of the entire facial treatment!

1. Tie hair back and cleanse face with the natural cleanser we made 2 issues ago.



2. Remove cleanser with face cloth soaked in warm chamomile tea
3. Apply chosen face mask thinly and evenly over the face avoiding eyes.
4. Lie back and relax for 20mins with two rosewater soaked cotton pads on the eyes.
5. Rinse mask off thoroughly with the chamomile tea soaked face cloth and remove eye pads.
6. Massage face gently for 5-10mins with a tsp of cold-pressed oil (ie Almond, hemp, coconut) to which a drop of favourite essential oil has been added.
7. Press bathroom tissue firmly against face to absorb excess oil.
8. Splash cooling rosewater onto face.
9. Finish by gently smoothing and patting onto the face, the natural moisturiser we made last issue.
10. Finally look in the mirror and speak positive affirmations of beauty *smile*

So that's how to pamper the face, but first do a bit of prep beforehand! Make sure any of the above items are ready made and have everything to hand, it'll kinda ruin the moment to suddenly have to go running about looking for a tissue with a face smeared in half an avocado! (although it might amuse onlookers eh!). A nice space is also needed where there'll be no interruptions, spend some time preparing an area with mirrors, flowers, incense, candles, music or whatever will make the whole experience more special and indulgent. This is 'me time' remember!!

Enjoy the starry facial special and indulge in it regularly to become supershiny sparkly-faced visions of earthly beauty!

Next issue we're going to take a closer look at essential oils and then learn to make our very own scented oil delights!! So get your olfactory bulb (err that's the bit up your nose that smells things!) in good working order for some aroma antics! Mmmmm *sniff*

If you wish to contact Star please email flowrdup@hotmail.com

Suppliers

www.baldwins.co.uk - Sells all sorts of herbs, waxes, oils etc some organic stuff, not expensive and good quality.

www.organicherbtrading.com - Sells herbs, oils, waxes, flower waters etc, all are organic. They sell only in bulk (1 kilo or more) and have an ethical trading policy. Very good quality and not expensive.

www.sheabuttercottage.co.uk - Run by a lovely lady called Akua, she sells fair-traded, wild-crafted shea butter (a plant butter from a ghanian tree) and other tropical plant fats.

www.floressence.co.uk - Good selection of organic flower waters and essential oils. Nice helpful people who run it. ❀

Our challenges are our greatest gifts

by Aranya

Wow! Where did the Summer go? It doesn't seem that long since I was sitting here writing the last article and getting excited about the arrival of Spring.... Of course in the meantime we had the very enjoyable Funky Raw Festival at Keveral farm – well done Tish and everyone else involved, I hope that you have all recovered! I saw rather a lot of the first three days and not much of the weekend. Those of you who attended will probably remember that this was due to me being involved in a 'staying up for three days and nights' consciousness experiment with Tony and Steve - something that has proved to be just one in a whole series of amazing experiences that I have enjoyed since the last issue. Maybe you know just what I mean...?

Life has been more challenging than usual for me this Summer, but it has reminded me again about how the principles of permaculture can help us in our daily lives. Throughout history, there are examples of people finding previously untapped inner strength in difficult and trying conditions. When we are pushed outside of our comfort zones, we tend to wake up and we discover things about

ourselves that we never knew were there. This has certainly been the case for me recently and I already feel a different person from the one I was six months ago. One particular event that has made me look again at my situation has been my home going up for sale. I have lived here at Paddox Farm for nearly five years, but now my landlady is selling up and I have to move on. The garden and home that I made here I will have to leave behind.... again. Perhaps this sounds familiar to you too? I feel that I have done this so many times, do I really still need to learn about detachment or is this happening to drive me to finding a piece of land to invest myself in at last? The irony is that I have done this already, having bought a share in a beautiful piece of land in the mountains of Southern Spain, but the UK is where I thrive and this is where I feel that I need to be...

So where does permaculture fit in to this scenario? Well, one of the principles that it offers us is 'The problem is the solution'. This principle reminds us to be 'glass-half-full'



people and look at a situation in terms of what it can offer and not in terms of what it can't. A good example of this

would be a shady 'windtunnel' in the garden that would not be an ideal place to grow plants, but could instead be a great place to keep things cool or place a wind-generator.

Everything has something to offer and by practising looking at situations this way we can be much more creative and successful. A great story that I was once told about looking at things from all angles



concerned our common view of global warming. Many of us who care about the environment have come to see the Earth as the living being Gaia, with self-regulating systems, so what if the melting of the icecaps was a deliberate ploy on Her(?) part to avoid a far-worse disaster?

What if the much-speculated Pole Shift was due to occur soon and the uneven distribution of the icecaps around the Earth's axis was going to be enough to tip the balance. What if She could encourage Her human folk to generate enough heat to melt them a bit and reduce the danger to all her beautiful lifeforms? Reminding them of course in time for them to stop melting them completely. What if this is all part of the plan? Of course, I'm in no position to say either way, but hearing this idea has since left me always looking for the positive in any situation.

So my own small problem has once again proved to be the solution to another of my formerly avoided issues. Had I been here at Paddock for the next twenty years with nothing to challenge me, I could have found myself being made homeless at sixty, still having to start again with all my invested effort inherited by my landlady's children. Instead I have been given an opportunity to start afresh in a situation that serves me better and this time I'd like to get it right, seeing the trees I plant growing to maturity.

It's been my choice all along of course and my life so generously gives me as many goes as I like at getting this right. The reason that I am still in this position is because up to now I have considered money to be the root of all evil and something to be dealt with as little as possible. This has also been the overriding viewpoint of people in both the environmental and the animal rights movements – where I have been focussed much of my adult life. Twenty years on and little has changed. I have come to realise though that by keeping ourselves in poverty, all we are doing is letting other less concerned people do other less ethical things with all the money that is moving around out there. If we chose instead to embrace financial abundance (along with all the other kinds that we commonly do feel comfortable having), then we could begin

to create our own little 'local' economies, passing it back and forth to others doing wonderful things and so enjoying money instead.

Of course, poverty has been the driving force behind many of the successful permaculture projects around the World and one of the reasons why it has still to really take off in the materially affluent West. However, we don't have to stop turning waste materials into useful objects just because we choose to allow more money to flow through our hands

(and flow through is the important phrase here). Indeed if we really wish to make a difference in these times we need to pull in as much as we can and pass it on to other great projects (instead of the supermarkets and oil companies)! Surely if we all changed our attitude to money and started to buy up areas of land for us to steward lovingly, then we might really start to see more positive changes happening in the World around us.

Permaculture reminds us to 'Take a yield' as often as we can and we should remember that this includes money too (but I'm not talking about stealing though – I'll come to that in a minute!) as it simply represents another movement of energy. And now is the prime time to be taking a yield in the seasonal cycle. Hopefully as the Autumn Equinox approaches, you will be harvesting many of Gaia's gifts in preparation for the Winter; you did go out in the Spring and sow those seeds didn't you? Well, even if you missed that opportunity this time around, there is always next year; nature is very generous in that department. And in the meantime She is filling our trees and hedgerows with wild foods for us to harvest too. These wild foods are not to be missed as they are packed full of nutrition. Here at Paddock, I find myself surrounded by great crops of blackberries, elderberries and apples that I have been making the most of. They taste great raw, but make fine juice too (and apple juice is an excellent constituent of a colon cleanse). Enjoy nature's abundance while it is here, but remember to leave plenty for the wildlife too. And express your gratitude by doing something in return to make the World a better place.

As well as the abundant harvest though, a walk around the countryside at the moment will reveal the mess that current agricultural practices are making. If you pass a field that has recently been harvested of grain, go and have a look at the soil. Chances are it will be dry and heavily compacted by tractor wheels – does it really look like it has been cared for? Would that crop have been full of goodness? It's as convincing argument as any I know for buying your food from local small-scale organic grow-



ers! Such practices just rob the soil without giving anything of value back (as I discussed in the last issue) and this can only be described as parasitic behaviour, in other words stealing. Part of my journey this Summer has been addressing my own parasite issues. I awoke one morning a month or so ago after enduring lower back pain and stiffness for the best part of six months and the first thing that came in to my head was 'parasites'! Since then I have been on a journey, examining at all my behaviours and noticing where I have been inviting parasitic energies into my life. By addressing these behaviours (which can be as simple as ripping CDs and DVDs! and not paying for them) and choosing to no longer behave in that way, I have been given the opportunity to purge my body of those that have been feeding in turn off me. To change the World, one must start with oneself...

So as we celebrate and enjoy nature's harvest it is also the time to begin thinking about next years seeds. Those fruits and seed heads will be loaded with them and whilst we might not yet be ready to sow them in the ground it is certainly time to gather them in. In my activities out in the World, I see this reflected in the permaculture courses I am planning for next year and the new video that I am putting together that I hope will help to fill them with more enthusiastic world-changers. It involves me investing yet more of my time and money that I don't seem to have into making these a success, but once more nature provides a lesson in trust. Deciduous trees don't hold onto their leaves each Autumn for fear of not having enough

next Spring. They let them fall without exception, trusting that the gift will come back to them and as they do the soil cries out a silent 'Thankyou!', preparing itself to return the favour when the time is ready. Without trust everything comes to standstill.

These last few weeks at Paddock have focussed my appreciation of the beautiful places in which I have been privileged to live. We are asked to earn such gifts by demonstrating through our thoughts and actions how much we value them. What we choose to think is incredibly important (if you don't yet understand this, then you must see the film 'What the Bleep do we Know?!'), but we still need to back up our thoughts with our actions. To intend and not to do is to not truly intend... we can fool ourselves, but not the rest of creation. Only by our actions do we confirm our intentions.

On the back cover of the latest issue of Permaculture Magazine you will find a fine old Chinese Proverb:

'The best time to plant a tree is ten years ago. The next best time is now.'

Show your gratitude. Go plant.

Blessings, Aranya ❀



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Now Is The Time

by Terri Henry

Now is the time for us to rise as Kings and Queens and to be the Gods and Goddesses of Creation. Now is the time to take responsibility, nurture our creativity and live a natural livity.

Now is the time to conserve, preserve and regenerate the earth, to save all species and live in harmony with all creatures. Now is the time to appreciate the web of life, be balanced within, and involved in two way communication with it. Now is the time to talk to our plants and animals and listen to their replies. Now is the time to be in the soil, to work until we sweat, to cultivate, grow and eat what we sow. Now is the time to be Organic and live Orgasmic.

Now is the time to live large, to dream expansively and dance. Now is the time to swirl under the moonlight and trance with the stars. Now is the time to grow with moon cycles, swing into the solstice, elevate with equinox, be in accord and celebrate with all the rhythms of nature. Now is the time for music and drumming, words, songs, speeches and conversations of optimism, truth and integrity. Now is the time for spontaneity. Now is the time to just be – silent, meditative in thoughtful reflection, quiet contemplation, looking within and travelling the universe inside. Now is the time to express your unique self, to be divine, regal and shine with royalty. Now is the time to dress in finery and then to be equally comfortable naked.

Now is the time to talk to All Mighty, converse with angels, meet your guides and acknowledge the ancestors. Now is the time to pour libation, to know our history and create our future. Now is the time to stop fighting and start loving, to end wars by making peace with yourself and all others. Now is the time to celebrate each and every day as a miracle. Now is the time to pray, to chant, to sing thanks and praises to the Most High. Now is the time to be liberated from the cycle of karma, to ascend and fly.

Now is the time to believe in yourself, manifest and realise your deepest desires. Now is the time to look in the mirror, love what you see and be inspired. Now is the time to be in love. Now is the time to be love. Now is the time to radiate love with all your being. Now is the time to love your neighbour and do unto others as you would have them do unto you. Now is the time to realise that we are all one family with one home forever intertwined and connected and whatever I do to you I do to myself.

Now is the time to turn off the television and liberate our minds with truth and wisdom. Now is the time to remove our children from institutions and teach them what really matters in life - to be healthy, wealthy and wise. Now is the time to stop being a wage slave and follow your dreams, your heart and visions. Now is the time to find prosperity through ECO-nomics not Egonomics. Now is the time to find your true purpose and honour it.

Now is the time to cleanse our bodies and honour our physical temple as the dwelling place of Spirit. Now is the

time to clean out the cupboards, remove the junk and fill up on foods grown in rich fertile soils – high in nutrients, vitamins and enzymes. Now is the time to drink from the breast of mother earth sipping jelly coconuts from sunrise to sunset. Now is the time to realise you are what you eat and eat only that which is vital and alive. Now is the time to free your colon from toxins, your mind from negativity and your spirit from fear. Now is the time to shape up, to exercise, to stretch, to walk through the land and be strong. Now is the time to swim in the sea, bathe in the river and stop polluting either. Now is the time to go natural and stop using chemicals on your land, in your house and in your hair. Now is the time to fast, to pray and meditate. Now is the time to breathe deep, to fill our belly like a Buddha – fat and round. Now is the time to expand our lungs and to use our diaphragm. Now is the time to inhale, exhale and breathe the unconditional love blessing from our Creator. Now is the time to practice sacred sex for healing. Now is the time to conceive and bring forth visions for a new age, a new world, and a new you. Now is the time to be the miracle.

Now is the time to laugh, to shout and scream in joy, Now is the time to smile all the time. Now is the time to radiate goodness. Now is the time to communicate via telepathy, use our intuition and gain full awareness of all 53+ senses and utilise them all. Now is the time to open our third eye, to see beyond the physical with enhanced perception, to feel vibrations, see auras, open chakras and be completely alive.

Now is the time to rediscover our ancient powers. Now is the time to apply the same skills we used to build Stonehenge, Machu Picchu and the Pyramids to construct eco-dwellings and ecovillages. Now is the time to build new civilisations and societies and to be the change we want to see. Now is the time to stop using fossil fuels and generate alternative, renewable, sustainable energy. Now is the time to fly flags of One World & One Love. Now is the time to be a friend, a lover, a sister or brother, a father or mother, now is the time to be - eternally. Now is the time to be Warriors of the Rainbow and come together to do what is righteous. Now is the time to speak many languages, break down barriers, join in unity and to give to charity. Now is the time to help others less fortunate and display kindness in every situation. Now is the time to live simply, so others may simply live. Now is the time to be the one who makes a difference. Now is the time to shine, be free, know thyself and express all that we are - Divinely.

Now is the time, now is the time, not next hour, minute or even second, the time is now. Now is the time to cherish the gift of the present moment – it is here, it is now. Now is the time to know that now is the time. Now is the time to rise.

Started in the greenhouse 2004. Completed July 2005 ❀



My First Time

When you first told me,
I nearly broke down in tears.
This is what my soul,
has been waiting for for years,

The human package,
is taking its toll,
'cause "Our left brain is damaged,
That's why it controls".

That was enough,
just those simple words.
An energy rush,
flew through me like a bird.

People are delirious,
I've discovered the core.
This is fucking serious,
why didn't I know this before?

I didn't question,
but I wanted to know more,
more left-brain lessons,
and more right-brain laws.

This is too simple,
this is too fast,
I didn't have to think at all,
my head felt the blast.

Left in the wilderness,
on my bedroom floor.
This has gotta be it,
I know that for sure.

So I'm not Jesus Christ,
someone else got there first.
On my friggin' life,
think I'm going to burst.

Burst into tears,
because THIS IS IT.
Humanities fears,
and the reason we're sick.

What the fuck now?
What can I do?
Tell me a way how,
to fix our loose screws.

My subconscious suspicion,
has just been confirmed.
Our ego erection,
is humanity's germ.

All the answers,
in just one simple call.
I wanted to dance,
I wanted to ball...

...to bridge the gap,
between left and right.
To cut all the crap,
and to cut the shite.

I feel it in my belly,
it feels so raw.
Why did no-one tell me,
this info before?



Did you think I was stupid,
that I wouldn't understand,
the source of all beauty,
for every human.

How long have you known this?
I've known this forever.
We should all be in bliss,
but instead, we are clever.

What the fuck is this?
A blessing or a curse?
Here I stand to witness,
this obscurity on Earth.

I cannot contain it,
it's too weird to be true.
There's no-one to blame,
but now what to do?

The extent of our damage,
is bang in each face.
Now it's gonna take courage,
to restore our poor race.

This is our future,
and this is our past.
We're walking computers,
that need saving their arse.

I felt it resonating,
deep inside of me.
There was no debating,
I just found the key.

It's bizarre, it is odd,
the truth is so nutty.
Oh my friggin' God,
I feel so God damn lucky.

Don't keep me in suspense,
'cause here I am waiting,
and before I heard the sentence,
I felt the vibration.

The finer details,
soon filled in the gaps,
of how we have failed,
by taking a 'nap'.

Nap ain't the word,
when it's at least 10,000 years.
We're sheep, lost in a herd,
rounded up by our fears.

I already knew it,
the foundation was there,
then somebody blew it,
direct in the air.

I swallowed, absorbed it,
like I hadn't drunk for a week.
An oasis on orbit,
I could barely speak.

Humanity's ill,
and it isn't a crime.
How did you feel,
when you heard it first time???



Once Up On A Time....

Once upon a time,
lived little men and women,
in touch with the divine,
or at least at the beginning.

Mother nature provided,
each and every need.
You would not believe your eyelids,
what you're about to read.

Their heads were filled with wonder,
their hearts were filled with bliss,
they knew not of numbers,
so nothing went amiss.

Saturated in love,
it seemed that love was in the air.
There was no need for drugs,
'cause we were already there.

No fear and no resistance,
perfect telepathy.
Their entire existence,
was to live in extacy.

There was nothing like this,
from birth they were born-free.
Made in God's likeness,
the Universe was horny.

Even the fruit was sexy,
before it touched their luscious lips,
they were dripping wet,
just at the sight of it.

If plants could turn them on,
what could they do for each other?
Love making took them beyond,
themselves, and their lover.

Their bodies reached perfection,
they needed not wear any clothes.
A perpetual erection,
energetically arose.

Their faces were orgasmic,
just because they were alive,
then, a consequence so tragic,
happened, and they saw the
other side.

Thrown into the darkness,
forced into the cold.
They rapidly turned heartless,
degenerate and old.

Their chemistry, their make up,
got thrown out of zinc.
Now their job's to wake up,
from a 10,000 or so year wink.

'God's little miracles',
A Natural Disaster.
So removed from their pinnacle,
or a happy ever after.

Divorced from the energy,
blocked out from the light.
Eden locked in a memory,
they hold onto so tight.

A natural catastrophe,
and everything went grey,
now virtual reality,
is what we see today.

Gone was all the beauty,
they loved all so dear,
the birth of a horror movie,
and a psyche filled with fear.



Same species, different identity,
oh what have they become?
Disturbed, distorted mentally,
forgot that they are one.

A divine consciousness system,
thrown down the drain,
and no-one wants to listen,
'cause they're consumed with
their own pain.

The place that was abundant,
with all they could desire,
had just been made redundant,
and replaced by techno-fire.

They developed secret codes,
in order to get by,
with a feeling that they're owed,
and an army for every 'I'.

From one perpetual orgasm,
beyond imagination,
to one fucked up organism,
like an incarnate of Satan.

Madman in all his innocence,
madman is not to blame.
Imagine his predicament,
a disease that makes him vain.

Living for a memory,
that is not a crime,
but their schizophrenic energy,
that's the bottom line.

They fear their own death,
so they make things out of plastic.
This permanent sick mess,
is getting a little drastic.

They've restructured their brains,
with these things they call computers.
Fact is they're still insane,
but what hope is there for the future?

Let's be frank, they're in a coma,
and they worship the machine,
but will it be game over,
or will they return to the green?

Branded with a personality,
like an E.T. implantation,
but will they live the fallacy,
or come down from their space station?

In need of a bio-chemist,
to understand the root,
Cut out "Dennis the Menace",
and bring back on the fruit.

The fruit that's been depleted,
to fuel their complex brains.
Perhaps they're not defeated,
after all the loss and pain.

Their vehicle was so delicate,
their energy was so subtle,
so even if they dedicate,
their life-time to this battle...

It's the greatest paradox,
they'll ever have to face.
Their minds are in a padlock,
because of the Second Face.

That's the beginning and the middle,
the question now is when,
will they decipher this riddle,
and find a HAPPY END? ❀

Read more of Lisa's poetry on her website - www.rawpoet.com





Spirituality

Creating Moments That Let The Earth Teach

The title for this article came from an assignment I completed as part of an introduction to Ecopsychology course with Project Nature Connect.* The coursework focused on being in nature with open senses and then translating these sensory perceptions into words. It was quite amazing as the group went through a series of simple exercises which significantly increased our appreciation of ourselves in creation and as this connection grew a transformation took place enabling us to counteract feelings of powerlessness, increase motivation and be completely inspired through this natural education process. In the face of environmental devastation and seeming human indifference to our crisis situation it is encouraging to learn that nature-connected senses are part of our inherent being which just need to be brought forth, developed and encouraged and that thinking from a nature centred perspective truly has the potential to change the world!

Nature displays supreme and true intelligence. This intelligence is in all of nature's ability to live, grow, play, interact and respond in accordance with its divine purpose. Within the whole web of life it seems that it is only humans that have forgotten how to do this. Most of what we think we know and congratulate ourselves for knowing is actually pretty useless information. If I do not know how my body works, what herbs to use for health, how to prepare nutritious life giving foods, how to plant and nurture the soil, how and when to harvest and other such basic life skills then I really know nothing of value and, personally speaking, if I do not live in accordance with my



true nature then I live a lie. All of life's lessons can be found in the nature within and around us, everything we need to know is available if only we take the time to look and listen. Nature's intelligence fills my heart with praise, love and an intense desire to conserve, protect and share her goodness so here I offer some of my nature connected experiences, lessons and blessings.

Surrender

Each time I bathe in the sea I love to float on my back for extended periods. It is such a sweet surrender as I release all tension and worries and in turn receive a relaxed freedom and complete serenity. When I watch others trying to

float for the first time (and remember when I first tried) they are so tense and it is this stiffness and fear that prevents them from enjoying the experience and successfully floating. Once they trust that the sea will support them it becomes so easy. It is so interesting to see that in the water the more we relax the more we are supported and the more we let go the more we are held up! This natural law is transferable to other life situations - the more we fret and hold tension the harder it is for things to flow and for the Divine to support us. When we surrender, trust completely and hold faith we are always supported, lifted and carried onwards in life.

Community

The power and effectiveness of harmonious community is always illustrated so clearly to me by one of the smallest

by Terri Henry



creatures – ants! Watching a troop of ants crawling, you will notice that no matter how fast they are moving or how busy they look they always greet each-other! They stop and touch all who pass them from the opposite direction and I wonder about the purpose of this – maybe they are passing on information about a food source, next plan or simply engaging in friendly community manners. Whatever the purpose, I'm inspired to a higher level of friendliness with my fellow passers by as I walk my path. But perhaps the thing that impresses me most about these tiny insects is how through working together in co-operation they are able to create huge and magnificent architectural structures thousands of times bigger than themselves. I once took a photograph of an amazing ant's nest, which enveloped a sizeable portion of a tree trunk. I now use this image as the background display for my computer desk top to always remind me how great things can be achieved when work is done collectively as a unified group for a common purpose and goal.

Cycles of Life

Exploring at the end of my garden I was attracted to a tree branch with tiny, tiny new green leaves not bigger than the letters on this page. As I examined I noticed along the branch a spiral of leaves each one larger and different than the next. The second size were also bright and vital – a more vibrant green with pale red edges. The next size up were a very bright green, they felt so smooth and were bursting with energy. After these the leaves were much darker and thicker, a few had started to get holes in or had pieces missing whilst others although aged were still looking healthy in their maturity. I saw within this plant the whole cycle of life from birth, babies, toddlers, children, adolescents, young people, middle aged and the elderly. As the older leaves neared the end of their lives on the branch it was clearly visible that some had reached maturity in a better state than others. Whilst each leaf may not have a conscious choice available as to how it weathers a storm we as humans have much more power to take care of our health and wellness throughout our lives so that although we will inevitably grow older we can still retain our health, remain in good physical shape and be in good working order until the very end of our earthly days.

Changes

I sat on the veranda in the darkness of night watching streaks and bursts of lightening silently illuminating the sky. Amazing! The clouds and the sea were lit up in the frequent sparks of light and it was an incredible show of

drama and action. The next morning I awoke to look out in the same place to see a beautiful big rainbow stretching its arc across a clear and crisp, bright blue sky. What a difference the day makes! I realise that everything changes, all has its place, purpose and time and that there is joy to behold in each experience.

Perspective

I skipped down to my little herb garden one day to see if the basil plants were producing seeds. As I stooped down to examine the tiny flowers I could see a whole lot of insect activity occurring amongst the petals. There was a bee collecting pollen from the small buds and it appeared so 'cute' with a little sack on its legs to collect its bounty. It sucked out the juicy nectar and looked to be having a really good time whilst also being hard at work. There were so many tiny creatures all actively engaged in their personal business I felt like a

giant who had caught a glimpse of a secret world. I thought to myself "if all that activity is going on in one plant in my garden just imagine what these little beings are up to the world over. We are so big and move so fast we forget that we are sharing this earth with thousands, millions of other communities who each have their purpose and mission." I gained a new insight into the world of nature and gained a deeper respect and appreciation for all of the other creatures we share this ecosystem with.

Reincarnation

I saw first hand and participated in nature's greatest recycling scheme – the converting of trees back into soil. I sat by a 'dying' tree and watched how the decomposition process was creating dark rich fertile soil from it. It wasn't really death, more like a rebirth – yes the tree is literally being reborn and re-incarnated. "As it was in the beginning so shall it be in the end." As it grew from a seed it was given a home in and life from the soil. Now its life as a tree had ended it was returning to and becoming soil in order to nurture the emergence of another. Wow! It is a wonderful cycle, carefully designed by the Creator to constantly replenish and ensure life continues. I took part in this recycling event by taking a piece of bark and slowly crumbling it in my hands. Feeling its richness, I felt that the tree had called me to be part of the process, to feel connected and know that nothing dies it merely changes shape and is transformed to another level of being.



Who am I?

As I have been more consciously aware within nature, I have started to see all the interactions, the diversity and number of species, the way everything is part of the whole and fits together so well. I realise I am a part of this great diversity, part of the whole and I am here to celebrate this and become who I want to be, to co-create a vision of paradise and to express all that I am in all that I do. I am here to 'simply be me' just as the birds, the trees, the sun and the moon and all of nature is comfortable with itself just as it is. I ask myself – do you think the sun is worried what anyone thinks? You think the sun



has good and bad days? I realised that the sun is the sun at all times, unconditionally expressing unconditional love, giving, nurturing and ever present. As the daily weather and seasons change the sun may sometimes feel either distant or too intense but despite our perceptions the sun remains constantly, unquestioningly itself. As I stay connected to nature I feel the miracle of it all - how the earth remains constantly circling the sun, the moon cycles our beautiful planet every month and heaven is dancing all around us. Everything has rhythm, timing and place and as I gain a fuller appreciation of the delicate balance of life I also see how a lack of balance in one area has a knock-on effect on the whole. I feel I am here to assist repair that which has been damaged - the conscious awareness of the delicate 'web-string' connections that hold life together. I help to heal the broken pieces by radiating goodness in the same way that the nature does unconditionally, by respecting diversity and difference and to fully be all that I am, aligned with and fulfilling my unique purpose. So who am I? I am a divine expression of the All Mighty Creator, I am a wonderful part of a wonderful universe. I am who I am - constantly evolving, expressing and elevating.

Appreciation

Our senses connect us to real life. They are enhanced through being in contact with nature. When I am still to observe and take in what is happening around me I realise how many sounds my ear can hear all at once, how many shades of colour my eyes can perceive, the joy in my heart from the calmness, serenity and feeling of being properly placed in Creation. Nature is God's blessed gift to us – a source of so much wonder and delight. To be immersed in nature makes me truly appreciate the existence and incredible intelligence of a Creator who designed and made this earth and all creatures so perfectly. In nature all things work in unison, harmony and collectively - everything is balanced and usable. Nature is a precious blessing and I give thanks for it all.

Overall nature has taught me how to stay in the moment, how to feel with my heart, to be calm and accept love. The trees teach me to stand tall and breathe deep.

The sea shows me that there is an ocean of abundance all around and that I am free to swim and float in it at any-time.

The sky advises me to be expansive, to dream big and to clearly communicate my desires.

The flowers tell me to bloom in fullness, display my beauty and share my radiance.

The moon illustrates to me the different phases of life – there is a time to shine and a time to retreat.

The rivers remind me to go with the flow of life and how to easily journey over

obstacles that may be present along the path.

The birds encourage me to take flight with my ideas and visions and see life from a higher perspective.

The stars show me that the darkness is sometimes necessary to appreciate the light.

The rain educates me as to the power and life-force of water to heal, cleanse and replenish.

The sun awakens my fire-power to be proactive, creative and energised.

The herbs whisper to me secrets of their healing powers

The ever changing clouds inform me that life is a process of constant change.

Let nature teach you...

The wisdom of nature is available to us all at any given moment. Let nature guide, nurture, heal and teach you by using the following exercise:

Go to a natural area and allow yourself to be drawn to a place which most attracts you.

Silently or aloud ask permission to be in the area and wait to see what nature signifies to you. (It is usually very clear whether or not you are welcome).

If you are welcome to the area observe if there is a difference in how you feel or the area compared to before you asked permission.

Sit quietly and observe what is around you, observe your sensations, allow any thoughts which are not in the moment to drift away.

Focus on the natural attractions that surround you for as long as you desire.

Breathe deep and describe your feelings by writing or drawing.

May you always be supported and guided by the wisdom of nature.

Onelove

Terri Henry, Aug 2005 ❁

*More information about Project Nature Connect can be found at www.ecopsych.com



The Other Side

by Holly

The ongoing feeling that humans seem to experience that things aren't quite 'right' is of course classically attributed to the lack of right amount of money, perfect partner etc and minute by minute to an impression that – 'we've just got to do this', and 'when this is sorted' etc. As we tire of our own particular problems this concern can expand and make us want to help others with theirs, often with increasing frustration, then we realise that the problem is larger than we initially realised. Maybe after going round these loops however many times we start to break out and set out on the 'spiritual path'. Or we may want to do something about the environment or to help humanity as a whole. Which is admirable yet brings us back to the question of what actually is the problem? There are times when things feel 'right' or more right than usual. So why don't we stay in this state continually and even go deeper into it? We sense that in our 'natural state' we would automatically be content, connected to others and in harmony with Earth, hence the tales of Paradise lost. It has been explained to us by the spiritual teachings that there are two selves, often named the 'ego' (lower or mortal self, 'little i', mind, limited self etc.) and the spirit (soul, higher self, cosmic self etc.) and that we need to connect to the latter. This makes sense but these teachings can also appear contradictory and confusing and even the most massive efforts to follow them don't seem to permanently flip the switch. So what on earth is going on? For me Tony Wright's model gives a framework which embraces and even clarifies the spiritual and scientific findings and gives us a tangible basis to work from.

To learn about Tony's work you can read 'Left in the Dark' on www.kaleidos.org.uk. For the purposes of this article, the gist of the problem is that the limited left side of the brain (which houses the analytical mind and ego) is running our consciousness and even our bodies while the incredible right brain (which houses our higher or spiritual self) is largely dormant. It's like we've got the wrong operating system running. If this was our computer we could accept it quite pragmatically and would get it fixed as soon as possible but if it applies to our own troubled minds we prefer to put the issue aside for another day. And get on the endless search for money, perfect partner, solution to the ecological crisis etc. with the same deluded mindset that got us into all the trouble in the first place. It's just not so easy to look at ourselves or indeed our *selves*.

To fire up the right side of the brain and turn down the left side is what the spiritual practices of the ages have been designed for. With a coherent framework we can use these techniques more powerfully and effectively and also make sense of the consciousness shifts we experience, which have often left people bewildered as to the implications of it all. Some of the techniques, while not long term solutions, can give us temporary or partial shifts and help us see what is going on and make appropriate changes. The combination of energetic experiences and an intellec-

tual understanding of the what is going on can give a much clearer sense of how the two selves, or two halves of the brain operate and interact – and what might be done about it.

These are some experiences I have had recently. A lot of my interpretation is obviously conjecture.

Vibrating with the Ecstasy of the Universe

Taking ayahuasca on Midsummer night at Tish and Tony's house was the most profound experience of my life. I would strongly advise anyone doing this to be in a supportive setting as there are aspects to the ayahuasca experience that can be unnerving to say the least. There is lots of information about ayahuasca on the internet, there is an excellent book 'The Spirit Molecule' by Rick Strassmann and I have put a more detailed account of my experience on the www.kaleidos.org.uk forum so am outlining the main points here. I will try as far as possible to stick to what I experienced and how I perceived it, which will inevitably include some of my own preconceptions. Obviously ayahuasca experiences vary. I like to think that a less than averagely toxic body from being raw helped. The ayahuasca brew is actually a mixture of two plants – one which contains DMT, and the other an enzyme inhibitor to stop the DMT being broken down before it reaches the brain. DMT is a neurotransmitter a bit like serotonin that is produced in small quantities by the pineal gland. It fine tunes the right brain. It may well be produced in larger quantities at birth and death and near-death experiences. The brain seems to have atrophied – the pineal gland used to be larger and produce larger quantities of DMT. The dose of DMT through ayahuasca is larger than a natural dose to break through the limitations of the dominant left brain. Usually people vomit the brew up after a while but on this occasion it stayed down. Still it took a while to feel the effects but when I did it was fast. I felt like I was being put into an energy matrix suit and a blast of energy went through my whole being. I went through the white light into the other side and 'knew' I was 'dead'. I knew I had been here many times before and there was a joyous relief. This was the 'real thing'. You could no more mistake it than you could an orgasm. I was vibrating in cosmic bliss with the whole universe – although 'I' in the usual sense (left brain) was relegated to the sidelines to run its commentary from there - that was part of what made it so good. In fact we were all dead. It was all over and we were alright. It was always going to be alright. We couldn't ever die because we are everything. I also 'knew' that this is where we were all heading not just in the course of our own future but that of human evolution. It was so funny all the things we used to think we had to do. These of course are the thoughts which were there – the feeling was of cosmic bliss and deep love. At times it was so



intensely busy with intense pleasure that there was no time for thinking or talking. There were no worries – I knew that exactly what had to be done would be done – just right and at the right time.

I felt all of nature vibrating in 'sexual' ecstasy. This was the sexual ecstasy that I'd hoped to experience in sex. It was very very sensual – just the feeling of my back being stroked (which was very helpful because one part of me was ABSOLUTELY TERRIFIED) was ecstatic. When I tried to come back into the room, into routine reality, I was petrified. I couldn't focus my eyes normally and was seeing Tish and Tony in divine form. I was worried I could no longer live a normal life and that I would never be able to deal with everyday matters again. So I flipped for hours between ecstasy and terror – the classic split of the two selves. I saw the falseness of my talking self, darting from thing to thing and heard the mocking laughter. Is laughter the sound when the cosmic self meets the limited self? It was way beyond any kind of 'come to terms with it all' kind of 'peace' – it was pure ecstatic pleasure. The experience went on for several hours and gradually subsided to the point that I could be left alone but has had a lasting effect on my perceptions of reality, death, paradise and what I want to spend my time doing. I feel that I have more daily access to my right brain and I can focus my eyes in a different way to before, something which has led to further experiences I will describe shortly. I have a more direct impression that we are living in some kind of illusion or dream rather than just an intellectual acceptance of this. The obvious interpretation of much of this experience is that ayahuasca, like many psychedelics, fires up the right side of the brain, giving us a greater connection to true reality but in the process the left brain loses control and is confused and frightened. If you haven't had this kind of experience I have to say that attempts to describe it with words are inadequate. It is not just what you perceive is different – the way you perceive and feel is quite different. I am left wondering - is sexual ecstasy - that state we rub body parts together to try to tune into – the state that plants, insects, particles in fact the whole of the universe experiences as normal.

Look into my eyes...

After the ayahuasca the sensitivity to energy fields which had increased over time on a raw diet was noticeably enhanced. I had an amazing summer and at the end of August went down to see Tish for her 30th birthday. I had heard about the power of proper eye connection (something we systematically and cleverly avoid) but when Tish asked me to sit with her on the settee and do some I was amazed at what happened. Tish and I have a very deep connection and have energetic experiences even on the phone but still I was amazed at how quickly it happened. I saw her face change many times, move forward, then started to see light around her, 'leave her body' and rise up. I felt energy like electrical energy, as intense as if I was wired up to something and felt lightning bolts between our eyes. Tish experienced Samadhi and I could see that she was in bliss - she had been doing a lot of sleep deprivation prior to this which had already put her

into an altered state of consciousness. This first experience of eye connection together was the most intense one but each time we did eye connection something happened. I think once the left brain finds out, it gets involved and starts a story around it - 'this is the bit where...' and so forth which distracts. The standardish pattern for me seemed to be a rapid succession of different variants on Tish's face flicking very fast then her face and my vision would darken, while her eyelids were light. Then my vision would re-emerge and light appeared around her and I would feel intense energy waves/pulsations between us. At one point we saw green and purple flames of light around each other. I saw Tish in 'divine' or 'Goddess' form and saw streams of light in the room. One time I saw her go very black and my vision darken to the point that it frightened me and I could go no further although I sensed that what would have come out the other side would have been amazing. I resolved to soon face my fears so I could let go more. This was the deepest sense of connection to another person that I have ever experienced. It as if we never truly see each other, we pussyfoot around, not knowing how to or being afraid to truly connect to one another and starved of this contact go looking for something else. How many people do we really know?

I stayed up all night with Tish then the following night stayed awake and after more eye connection sat with a large rose quartz and saw turquoise waves of energy passing through it. I saw white waves of energy coming out of it and my energy and the crystal's energy pulsed together. I have not been the kind of person for whom these type of experiences have been commonplace.

Mirror, Mirror on the Wall

Back home I was still feeling the enormity of what I had experienced and realising how limited and unfulfilling our routine interactions with others, perceptions, eyesight etc are. I had to go further. A few days later, wanting to push the boundaries of fear back a bit and having no-one around to practice with I did the obvious and looked, in deeply relaxed focus (a bit like looking at 3D pictures), into my own eyes in the mirror – now I know what they mean about witches charging themselves up in a mirror. In the past I have noticed that when I live in a tent my energy inexplicably changes for the worse and concluded recently that I was missing having a mirror. It just seemed too weird and vain to admit it but this summer I blatantly took a large gold framed mirror to festivals, and it was obvious that the energy loss that I used to get wasn't happening. Now I think I know what has been going on. I also had a curiosity about whether I could see myself in 'divine form' the way I have seen Tish and Tony. Anyway the focus of my eyes rapidly began to relax and shift, my face began to darken and I began to see light around me and to feel waves of energy pulsating in and out of my eyes. It took longer and wasn't as intense as with eye connection but was still very strong and real. I stayed with it for 7 hours just out of the pleasure of being of being in this altered state. I could feel the anxiety that I really wanted to go beyond gripping me. I remembered



Vipassana meditation techniques and began to breath (which I find hard work) and to watch my breath and really feel the sensations in my body and the physical tension. Again and again bringing myself back to actual physical sensations when I had thoughts about it. I felt my awareness moving to my 'energy body'. I think this is what people refer to as 'out of body' but I feel more in my body in this state. I saw my face begin to slowly change. I started to feel very hungry and noticed the tension in my face when I engaged with a mental dialogue about my hunger and I preferred my face when truly feeling the gnawing in my stomach – it reminded me how traditionally physical endurance a can be a 'way in'. With eye connection I find it difficult not to blink at first then I lose the urge to blink then my eyes get sore. This time I naturally started to blink differently - a kind of slow graceful sweeping movement of the eyelid then fluttering a bit like in dream sleep. I sensed that I was moving into a 'deep trance'. I trained at one point in clinical hypnosis and guessed that this was a level of trance where you would

not normally remember what happened and a dialogue started about it being good if someone could measure my brainwaves in this state. Then I brought myself back to reality actually looking, really feeling. And then my mind – or left brain, after its endless whitherings finally got bored. It said it was tired of looking at me and please give me someone else. And then it changed and there she was – me - my other self – my divine self. I knew it was me but the shapes of my features and face were so different and it had the quality of a vision; energy pulsed from it. What I saw indicated to me that religious art is conveying how a person looks when the left brain with its thoughts and tensions stops distorting their face. Everyone is attractive in right brain state. I noticed the beauty, sensuality and unthinking ease with which my eyes moved, looked and blinked in that state and as opposed to the, clumsy, utilitarian way of the left brain. And I started to really breathe...it was ecstatic breathing, as sensual and utterly pleasurable as in its movement as making love. ❀

Creation of an Altar

Altars have always played an important role in our history, once considered indispensable for prayer, pagan ritual and religious ceremony. Archeological digs have revealed that even prehistoric humans used altars for their worship and rituals. The creation of an altar may almost be considered a natural instinct. Who hasn't found themselves spontaneously collecting stones, feathers or shells during a meditative moment in nature, carefully arranging them in a pattern without really knowing why they were doing it? Or arranging mementos and meaningful objects on a dresser or table, in an act of remembrance, gratitude or worship? Whether we build an altar in a moment of inspiration or carefully assemble it over a longer period of time, it is a wonderful form of creative expression and a simple way of creating a sacred space.

An altar provides a space for devotion to our inner selves and/or our personal God/Goddess form. Altars are sacred spaces which serve as gateways to the divine. They are most commonly created for the purpose of worship, meditation, remembrance or ritual. However, they need not be created solely for divine devotion, they may be a means of just finding a quiet place in which to forget the stresses of the outside world and reclaim our psychic space. They can provide a focus in meditation, a space to pray and worship, talk to God, renew our spirit, listen and find guidance. They may also be devoted to a special purpose such as distant healing work or magic rituals. By creating a personalised



by Veronika Poola

space of worship, we create a very powerful energy centre. Before our altar we may find stillness, inspiration and spiritual comfort. Whether it is used for daily worship or magic ritual, it provides us with a space in which we can reconnect with the universal energy and the sacred elements of life. In the creation of an altar, the most important

thing is to let yourself be guided by your intuition. It is first and foremost a form of self-expression that reflects your personal relationship with the divine.

When choosing a place for the altar, it is important to find a space that will remain undisturbed and respected by others so that it may hold the energy. An altar can be as big or as small as you wish and therefore can be adapted to to any space, environment

and purpose. Even in a cluttered space, it is possible to make room for an altar, by using a small portion of a dresser or table. It is a good idea to purify the area first, by dusting and burning some incense to get rid of any stagnant energies. Native Americans traditionally smudge a space with white sage, which has powerful purification properties. The smoke of burning sage changes the ionisation polarity of air, and removes negative energy as it clears. Cedar is also commonly used for purification. You could also use lavender which restores balance, attracts loving energy and spirits and helps create a peaceful atmosphere. Mugwort can be used to stimulate psychic



awareness and prophetic dreams. By blowing the smoke over the area, it will make room for new energies.

Anything can be used as a surface, such as a dresser, a tabletop, a large flat stone, or even a tree trunk in the garden. A round surface is preferable to allow a better circulation of energy. For my altar I have chosen an old suitcase that belonged to my aunt. It is steeped in my family's history, filled with their energy and allows me to feel their blessings even though they are far away. I've covered it with a cloth to soften the straight lines. According to the Chinese, sharp angles (also called shar) are like poison arrows which can attract bad vibes and negative energies. When choosing a cloth it is important to avoid any negative symbols and the colour may be chosen for a specific purpose, such as purple to enhance psychic foresight or indigo for the path to God and bliss.

The items chosen should be personal and meaningful and representative of your beliefs. You could have an assortment of different objects or create an altar with a certain theme. Depending on the purpose of the altar, the objects can represent yourself, your family, what is important in your life, or things that remind you of God. Some people like to include photos of the important people in their lives, of a sick friend or relative to whom they wish to send healing energy, a portrait of their Master, a representation of their God(s)/Goddess(es), or a prayer card. You could make an altar entirely out of natural materials, collected during a trip to the beach or a walk in the woods, small gifts and lucky tokens. I like to include crystals that people give me and special stones I find during trips.

Items may also be chosen to represent the four elements and placed in the corresponding directions. The North is the Earth, which symbolises physical energy and can be represented by a stone or a crystal. The East which is the air element, represents mental energy and may be symbolised by feathers or incense. The rising smoke from the incense can be a way of seeking spiritual attention. In the South, to represent the creative energy of fire, you could place a candle. The lighting of the candle can become an important part of your ritual, acting like an announcement of your intention to worship and staying lit in vigil during your prayer or meditation. Any colour can be used, depending on the intention, though white candles are often used because they represent purity and spiritual intention.

You could create a crystal altar, using a different stone for each colour of the rainbow or specific stones to represent the different chakras. Crystals act to dissolve and balance energy and these can also be selected for a specific purpose, such as healing work. When you sit before your altar, you could choose to focus on the stone which corresponds to a specific body part or chakra, and use it for personal or distant healing of a family member or friend.

If you follow a specific spiritual path, you may want to adorn your altar with statues of your particular God(s)/Goddess(es). You could also create your altar using items traditionally used by people with the same practices or beliefs. For example, on a the typical Zen altar, the four elements are represented, with the central

space reserved for a statue of Buddha or the Boddhisattvas. Before the statue, a cup is filled with water and an incense bowl is filled with ashes, sand or rice to hold the stick. A candle is placed to the right and live flowers on the left. A Wiccan altar generally faces North and has a precise layout of tools that are used during magic rituals and the casting of spells.

The altar may be created alone or with your partner, or by a group of people who will be sharing the space. If created by a group, each person can contribute a personal token in a gesture of sharing, honouring or remembrance. The altar can also evolve over time. It may change often, bringing elements that represent energies that we may need to be more in touch with or special stones, incense or tools for different types of healing. Small changes may reflect new experiences and personal growth. Each time you visit the altar, you may bring an offering, such as a flower or a fruit. Or if you wish to change your altar with the changing of the seasons, a nice way to thank Mother Nature for her bounty is an altar made entirely of fresh, organic seasonal fruit.

In the creation of the altar, the intention should be pure, the feeling loving and the mind calm. It is important to take care of the altar, keep it clean, or bring fresh flowers to maintain it as a sacred space. In this way, it serves as a reminder of our intention to take care of ourselves and all other beings. By approaching the altar with reverence, respect and ceremony, we can create a state of peace, be alone with ourselves and reconnect to the sacred essence that underlies our lives. ❀

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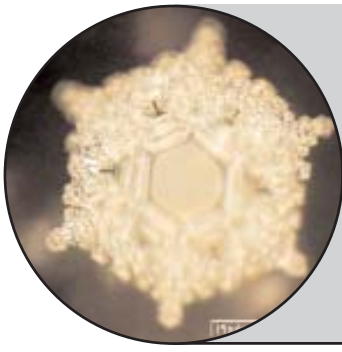
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Holistic Lifestyle

How to enjoy it when you screw up

In this issue I'm going to say more about our basic human needs and finish with an exercise to help you enjoy it when you screw things up.

Nonviolent Communication (NVC) talks about needs as basic and common to all. Examples are: meaning, contribution, connection and authenticity. And needs aren't exclusive to humans: trees have needs for water, air, light support (from soil etc) and protection.

To help clarify what are basic needs, NVC distinguishes between:

- Needs (basic, common to all), and
- Strategies (the particular ways beings choose to try to meet their needs)

Here's an example. I might say to my partner, "I need to be at the airport at 3.20pm". It seems straightforward. However, is it a need or a strategy? To find out, I ask this question: do all humans need to be at the airport at 3.20pm? No – this is my strategy for meeting some of my basic needs. So what will it give me – what needs am I trying to meet? Well, it could be meeting a need for **ease** – to relax on the road. And it could also support me to **honor agreements** – I may have arranged to meet someone at the other end. And it could be giving me financial **security** – I'm reluctant to pay twice for a missed plane!

So this is how we get down to the needs – by asking, "What will this give me?" Needs are another way of talking about basic life energy – how life is currently moving in or through us. Because they are common to everybody, they create a connection between us. And we can't meet these needs in isolation – nobody's needs get met unless everybody's needs get met.

So how do you enjoy it when you screw up? To keep track of this exercise, I suggest you get a pen and paper and make a note of your responses to these questions. Here we go:

1. Think of a situation where you screwed up. Yes – where you were less than perfect! Write down what you said or did. (In my example I left the house at 1.30pm and missed the plane!)

by Shantigarbha

2. Write down what you thought about yourself for doing this. For example, you might have thought, "I'm pathetic," or "How could I do that?" i.e. blaming, judging and self-hatred for what you did. (In my example, I thought: "You stupid wally!")

3. Write down what needs of yours were not met as a result? How do you feel realising that? What needs of yours would you like to have met? There's a possibility here to mourn these unmet needs in a way that strengthens our connection with them. (In my example, my needs for reliability and financial security weren't met – the ticket was non-refundable!)

4. What needs of yours were you trying to meet when you did what you did? Write them down. NVC encourages an awareness that we are always making the best decision in the circumstances in order to try to enrich life. How do you feel when you get in touch with this need (or these needs)? Do you have a sense of longing or mourning? (In my example, I was trying to meet needs for closeness and connection!)

5. Finally, what would you have liked to do instead to meet the needs on both sides (the needs that weren't met and the needs you were trying to meet)? I suggest making a list of five suggestions! (In my example, I would have liked to (i) allow half an hour at the airport before the check-in closes (ii) spend a few days longer with my partner to enjoy her company **before** leaving (iii) set an alarm for a specific leaving time (iv) agree to call my partner as soon as I arrive (v) look at our diaries for an hour to see how we can get our needs for closeness and connection met in the next six months!)

So now I'd love to know – does this help you to enjoy it when you screw up?

Next issue: Feelings are beautiful

Shantigarbha is certified as a trainer with the international Centre for Nonviolent Communication (www.cnvc.org) He teaches at the Cambridge Buddhist Centre and runs NVC workshops in the UK, Germany and the US. For further information about NVC in the UK, visit www.NVC-UK.info ❀



An Introduction to Re-Evaluation Counselling

I would like to share with you an amazing discovery of a technique I now use to free myself from my harmful distress patterns by releasing them in a safe space that I have pre-arranged.

Re-Evaluation Counselling is a process for freeing humans and society as a whole from distress patterns so that we may resume fully-intelligent functioning. Re-Evaluation Counselling (also known as RC or Co-Counselling) is practiced in pairs, by people listening to each other and assisting each other to release painful emotions. Because no money is exchanged between people, RC can be used by any individual regardless of his or her economic situation.

RC views all human beings as inherently intelligent, co-operative and good. We assume it is natural for a human to have good relations with all other humans, to think well, to act wisely and successfully, and to enjoy life.

In this view, every human being acts and co-operates well except where patterns of emotional distress interfere. Then irrational behaviour, negative feelings, and failure to co-operate or communicate replace the inherent human behaviour. These "distress patterns" are the residue of physical or emotional hurts, many of them dating back to childhood from which we have never recovered. We re-enact them when something in the current environment reminds us of the earlier times of distress.

The residue effects of past distress experiences could have been thrown off quickly and permanently, at the time we were hurt, through the natural channels of emotional dis-

by Josie

charge (eg crying, laughing and trembling). After emotional discharge, a person's mind is able to think more clearly and re-evaluate what happened in the distressing incident. Instead, some of the social conditioning against emotional discharge carried by our cultures and rigidly inflicted upon us when we were children ("Don't cry", "Be a big boy") has interfered with, and prevented recovery from our hurts, leading to an increasing accumulation of distresses and tensions. By the time we are adults, this has severely limited our original abilities to achieve good relationships with others, to succeed, and to enjoy life. It also interferes with our collective progress towards a society that supports all humans to thrive in a co-operative, respectful relationships.

In RC, we regain the natural ability to heal from hurt. In recovering and using the natural discharge process, two people take turns counselling and being counselled. The one acting as the counsellor listens, draws the other out and permits, encourages, and assists emotional discharge. The one acting as a client talks and discharges and re-evaluates. With experience and increased confidence and trust in each other, the process works better and better.

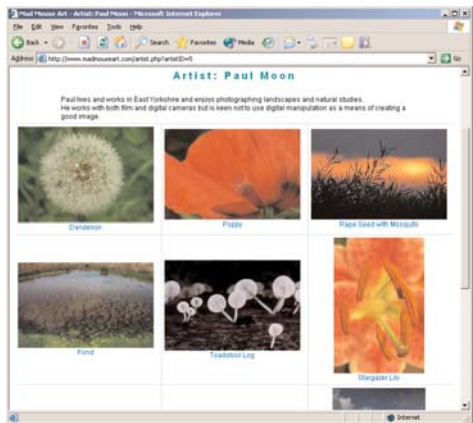
I feel by being where I am in the Raw Food World at the moment, I feel my emotions much more strongly and have found RC absolutely amazing

For more information contact Al Head on 01579 384710

lots love and light Josie ☘

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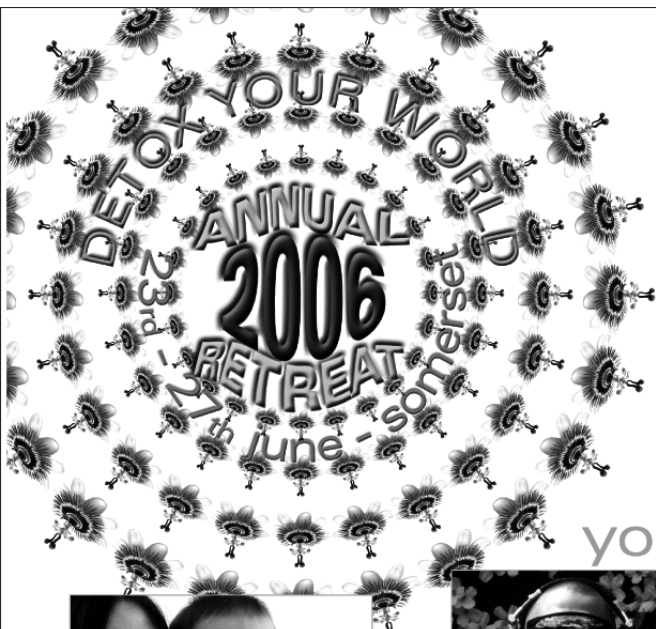
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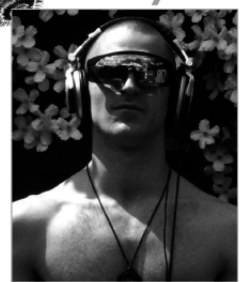


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Mike Nash (UK) Author and NLP specialist. When it comes to getting results, Mike is your man. He has over a decade's experience in nutrition, NLP, hypnosis, mind technology and physical training. Let Mike show you how to create and sustain miracles in every area of your life.



Annette Sanders (NZ) Healer & spiritual live food chef. Annette will be showing you how to create some of those simple yet mouthwatering everyday live foods that she thrives on (lots of tasters!). She'll also treat you to her powerful crystal bowl healing sessions.



Daniel Aaron (Shekhar) (USA) Breathworker, astrologer and Yogi. The best yoga teacher we've met to date, Daniel mixes a big dose of love with iyengar, astanga, jivamukti, with his own yoga. Daniel will also facilitate you in the life changing transformational breathing workshops.

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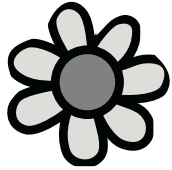
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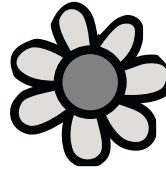
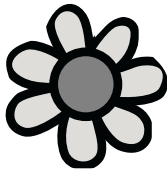
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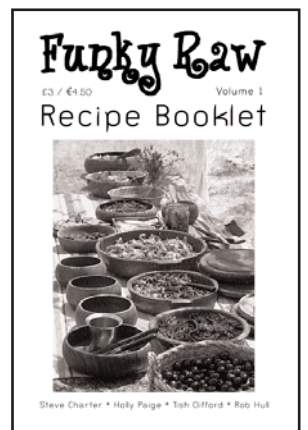
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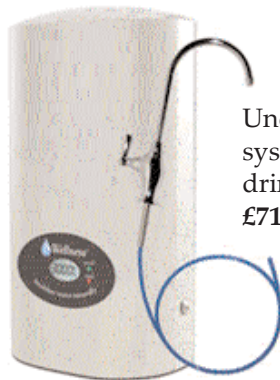


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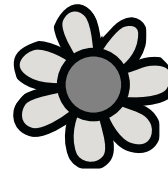
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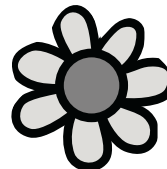
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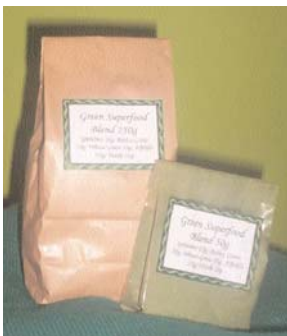
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