

# The Funky Raw

Issue 5 - Winter 05/06

Restoring paradise consciousness

magazine

£2.75 / €3.50



## Cleansing and Rebuilding

Winter Warmth  
Super Hemp Me



## Eco Life

Making essential oils  
Permaculture



## Spirituality

Is our immune system faulty?  
Finding Paradise



## Holistic Lifestyle

What is Tantra?  
Reconnective Healing

# From the Editor

Hi Everyone. What a privilege to be the editor of this wonderful magazine. I'd like to thank all the contributors without whom this magazine would not exist, and especially Tish for getting this whole thing going.

There have been lots of changes in my life recently, the most major one was moving from Spain back to England, to move in with Holly and to take on more responsibility with Funky Raw. I'm missing the fresh and juicy Spanish fruit (avocados in England just don't taste the same and the rest, it's just not the same fruit!) but apart from that, things are going well, as many of you have already seen, the Funky Raw Online Shop is slowly expanding it's range (and my office is slowly filling up with bags of raw cacao, CDs, books and superfoods!)

So with all the changes in my life, I'm not going to make too many changes to the magazine, I like it the way it is! I would like to have more reader input, especially for people to send me details about what is going on locally, for



example if you organise raw food meetups or pot lucks, please let me know so they can be listed in the News and Events page. Something I have wanted from the beginning is some raw food cartoons, so if you are an artist and would like to see your work in print, let me know.

I'd also like to resurrect the kids page, but again, I need your input, and of course the input of any children who would like to have their own section in the magazine.

Some of the highlights of this issue for me are "Magic Chocolate Pudding" on page 10, this is what I have for breakfast everyday and "Finding Paradise" on page 25 where Tish helps us on our journey.

I also found Aranya's article on page 16 fascinating, it giving a new perspective on "peak oil".

Hope you enjoy it all, see you next time.

love Rob

## Who are the Funky Raw crew?

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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: **5th February 06**

Copyright of submissions remains with each individual author or artist.

The content of this magazine does not necessarily represent or reflect the editors complete opinions, beliefs, thoughts or own experience.

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

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## Own a business?

Help Funky Raw by becoming an advertiser. An eighth page advert only costs £20 and there are discounts for block booking, see page 34 for a complete list of our rates. Is black and white too boring for you? We would like to print a full colour cover and back cover so if you would like to buy advertising space on the back cover in full colour, please get in touch. Contact Rob at [advertising@funkyraw.com](mailto:advertising@funkyraw.com) or tel 01803 762245.



# News and Events

## Plans for Brighton

A One Day Festival celebrating 'All things Raw and Beautiful'- with presentations and stalls featuring Rosy Raw, Funky Raw, Raw Living, Raw Reform- including Kate Wood, Holly, Gela Stokes, Jill Swyers, Mike Nash, Steve Charter, Joel Gazdar+ smoothie/juice/snack/bar and stalls, with an evening Raw Prasad feast, Sacred Sounds and a chance to dance. Sunday June 4th 2006, at the Old Market Place, Brighton.

We haven't fixed entrance or stall costs- but anyone who might like to hire a stall, or who wants to know more about it can e-mail me at [sharedgrace@hotmail.com](mailto:sharedgrace@hotmail.com). If you would like to give a presentation- let me know.

## Funky Raw Café in India

Our very own Lisa (the raw poet) has opened a raw café in Goa, India. The menu sounds amazing, pesto, humus, guacamole, coconut chutney, sunflower pate stuffed red pepper, nori rolls, carrot choc cake, banoffee pie, choc mousse are just a selection of what is available.

The café is right on the sea front at Arambol Beach, Goa.  
Mobile: 09850462613 Email: [contact@rawpoet.com](mailto:contact@rawpoet.com)

## News from Ecoforest

Ecoforest will be open to visitors over Christmas and New Year for those who like to be away from the commercial hassle at that time of year or to be with like-minded others at Christmas. The themes will be living close to nature and natural healing.

We will have courses and workshops in vegan and raw vegan food prep, Thai-massage, Spanish language, drumming, etc, all to be advertised on our website soon. To book courses and beds see our web-site: [www.ecoforest.org](http://www.ecoforest.org)

*(Editors note: Ecoforest is unfortunately no longer 100% raw.)*

## Totnes Raw Food Gatherings

Taste nature's delights in Totnes, South Devon - Bring raw food to share on the 3rd Friday of each month

Call Charlie on 07786 456584 for more information.

## Help Funky Raw Grow

We are looking for people to help distribute the magazine. If you have a shop or stall and would like to stock the magazine or if you think your local health food shop might like to stock the magazine, find out and let us know. Contact [rob@funkyraw.com](mailto:rob@funkyraw.com)

## Simple Joy CD (Review by Tish)

At the funky raw festival we had the privilege of a performance by Terry. I wasn't sure what to expect as I had never heard any of Terry's work before, but by the end of the first song I was in tears, Terry's healing voice and healing song's penetrated into my heart and soul, just as his stunning CD has too. *Simple Joy* takes those who listen to it on a journey into the dream time, and its super healing and calming. There are 16 gorgeous tracks in total, with track titles such as 'I am you', 'Fresh Morning Sun', and 'Breath by Breath'.

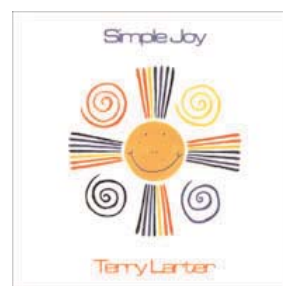
I am proud to announce that you guys can now purchase this beautiful CD at the Funky Raw online shop (and listen to some 30 second clips) and I will leave you with some of Terry's own words....

### Simple joy

I am the simple joys of life  
I am the beauty and the majesty  
of a single flower

I am the wonder of a night sky  
I am the simple remembering  
of divine consciousness

I am simple joy!



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





# Cleansing and Rebuilding

## Winter Warmth - Raw Food in a Cold Climate

So what about winter? Don't get you get cold? I have been longing to write on this subject ever since I turned raw because eating a raw diet brought a total change for me in the way I experience winter – and extremes of temperature either way. I have always had a difficult relationship with cold. Most of my life I spent November to February constantly shivering, soaking in a hot bath after a minor trip outdoors in order to bring myself back to any kind of functioning (I would feel chilled to the bones) and would be in bed by 9pm with two hot water bottles under two duvets. Now of course there is still a drop in light levels and temperature but when I stay raw the core of me still has that *summer feeling*. This is what is so radically different.

The first winter I was raw I was astonished to find that I could walk about into the garden on a frosty morning with bare feet and while I could feel the sensation of coldness it was kind of pleasant. I noticed that I started to have an evening where previously I had only had an after dinner slump and sensed that cooked food took energy away from the rest of my body to the digestive system. For two winters I felt warmer on raw but then in the third year I started to feel colder again - the raw diet I was eating turned out to be inadequate long term and my thyroid gland and adrenal system seemed to be compromised along with the rest of me. Adopting Tish and Tony's guidelines early this year (see Funky Raw Issue 4) remedied the situation and has taken me to levels of well-being I have previously not experienced.

I have heard people say that they feel colder on a raw diet. I don't know whether it takes time for the body to change or whether it helps to eat a certain way or what other factors there may be. In theory a raw diet should cleanse the body and allow better circulation and of course also bring more energy in general into the body. However 28 grams of practice is worth 454 grams of theory so I am fascinated to hear other people's experiences.

It has intrigued me that since being raw it is so noticeable that the low wintry feeling only comes on if I eat cooked food and yet I have succumbed at times each winter until this one. It has been suggested that cooked food, being essentially alien to the body, temporarily heats it by stimulating the adrenal system. The effect soon wears off and more cooked food is needed. I don't really know what's

by Holly

going on but for me the keys to staying raw at this time could be summarised as density, warmth and comfort.

**Density** is an ongoing issue in our current condition as our bodies cannot assimilate food as well as they might. In winter, with the lack of sunlight and warmth it feels like the situation is exacerbated. Root vegetables, nuts and seeds, wild greens, green juices, small amount of unpasteurised dairy produce and superfoods can provide us with the intense nutrition we need. In this country we cannot rely on the quality of fruit partly because so much is picked unripe before it is imported to us. That's where local vegetables are so crucial for our nutrition and of course local fruit - apples and pears mainly it seems at this time. I do love pears (incidentally even they originally came from warmer climes which is why they are traditionally grown in walled gardens) but I can never get away from feeling that we are just not designed to live in this climate and that fruit from seriously warm countries is our natural food and contains chemical compounds essential for optimal brain functioning. Through tropical fruit we can take in the intense sun energy that no fruit will receive in Britain. It comes back to a bit of everything (everything good that is) and a new and more interesting version of that old familiar concept of a balanced diet.

### Warmth and Comfort

Obviously a chilled salad straight out of the refrigerator is not going to be appealing in December. A bowl of winter vegetables with a warm, possibly spicy sauce, some fresh greens, maybe even with some flavoursome raw cheese crumbled over followed by rich chocolate dessert or fruit pie is something else. Then bring on the warm teas or perhaps even cocoa made with a blend of ground raw cacao, dates and raw milk (dairy or otherwise) heated gently in a saucepan. This may not be exactly how they say to do it in the Great Raw Texts but it is nonetheless raw – and very nice.

Food doesn't have to be cooked to be warm. So long as the food stays at or below body temperature it's vital structure still lives. This is a pleasant temperature to eat at anyway. Much above body temperature and you're only going to burn yourself, let's face it. Dehydrators can



be used to warm food if you think ahead; also high speed blenders such as the Newgenia will heat thick liquids. Failing that you can put liquids such as soups and sauces in a bowl and place this in a larger bowl of hot water. Very low ovens can similarly be used with care – just don't get distracted, once you've cooked something cooling it down won't de-cook it! Personally I find a high-speed blender for sauces and desserts and my cups of rooibosh tea are enough in terms of warm food. I love to have hot baths because they relax my mind in a way that nothing but a sunny very hot day can do. Also a brisk walk in the late afternoon will vastly increase my warmth and energy levels in the evening. If it's really having the stove on that you miss you could always put it on anyway – just don't put any food on it. Boil a kettle and hold a mug of hot water if necessary. Speaking of comfort, raw chocolate puddings made with various mixtures of hemp milk, nuts, seeds, fruit and raw cacao figure prominently in our household and are eaten for breakfast and as a treat later. One of the joys of raw for me is to be able to do this without getting fat, spotty and grumpy. Any concept that we could be in any kind of deprived state on this kind of luxurious yet affordable raw diet is clearly laughable.

Other random points - of course chilli, ginger and the various curry spices are warming. Also I often fancy flax oil poured over savoury food in winter. Flax oil contains a lot of omega 3 oil which is found in high concentrations in the hooves of animals who live in cold climates. This somehow seems important to me – especially when going out barefoot to hang the washing out on those frosty mornings. Interestingly flax is native to this country and it's oil stays liquid in our winter temperatures.

Here are four recipes bringing together these warming themes. Just don't feed them to the snowmen or they might melt.

### **Burgers with Chilli Sauce**

Currants have been popular in our family since we discovered that sultanas and raisins are invariably covered with suspect vegetable oils which turn my brain chemistry into something that no-one wants to be around. Currants are made with red grapes and they add a delicious flavour to both savoury and sweet dishes

#### *Rob's Burgers*

80g flax seeds  
4 large mushrooms  
1 tomato  
2 handfuls walnuts  
large handful fresh coriander  
50g sesame seeds  
small amount parsley  
small amount thyme

Process ingredients, shape into burgers and dehydrate until firm

#### *Holly's Chilli Sauce*

4 tomatoes  
3 sun-dried tomatoes (soaked if you want)



Handful of currants  
Chilli to taste  
Optional: Avocado, hemp leaf superfood

Blend ingredients together

### **Cauliflower Cheese**

1 cauliflower  
hemp milk made with 150g hemp seeds and 4 oranges  
30g sunflower seeds, soaked  
30g pumpkin seeds, soaked  
40g walnuts  
50g or more strong hard unpasteurised cheese e.g. parmesan

Dice cauliflower.

Blend remaining ingredients and warm if you like in a high-speed blender or gently in a saucepan. Pour over the cauliflower, adding a little flax oil if you like.

The cheese sauce is delicious warm poured over a mixture or winter salad vegetables.

Recently we have found the Funky Raw hemp milk bags/sprouting bags to be ideal for straining hemp milk efficiently.

### **Pear and Mango Tart**

#### *Base*

150g almonds soaked  
30g sunflower seeds, soaked  
30g pumpkin seeds, soaked  
2 soft figs  
3 dates  
3 prunes

Process all these ingredients together and press onto a plate

#### *Filling*

Arrange 3 diced pears over the base.

#### *Sauce Topping*

2 pears  
5 slices soaked dried mango (not necessary to soak if using high-speed blender)

Blend and pour over the diced pears.

Serve with mild creamy kefir or yoghurt

### **Hazelnut and Currant Chocolate**

Hemp milk made with 100g hemp seeds and just as much water as necessary  
50g currants  
50g hazels  
1 Tbsp cocoa  
1 Tbsp raw cacao  
optional: dash raw dairy milk if available

Blend all the ingredients until creamy, ideally in a high-speed blender

You can join us for a day of food preparation by booking on one of our workshops. See adverts on pages 20 and 28 for details. Love Holly. ❁

# Superfoods - AFA and Dandelion

This time, I'm going to investigate two powerful wild foods - one of them comes from miles away, and the other one quite literally grows in the cracks of your doorstep. Well, it does in mine!

**Aphanizomenon flos-aquae** (AFA or blue-green algae to you and me)

Billed as one of nature's most perfect foods, this algae grows wild in the spring-fed pristine waters of Upper Klamath Lake, Oregon, USA. The most commonly available and "rawest" brands in the UK are the fresh dried Crystal Manna, and the frozen E3Live.

I use them both extensively (given that I believe we are water-dwellers and need foods that grow in water to be fully well). They both have the same properties, but the differences for me are as follows:

I love the taste of Crystal Manna and Blue Manna (an extract of AFA which is high in phycocyanin and PEA) on salads, mixed with onions (see my recipe) and simply blended with avocado. However, my favourite recipes with these two products are raw cacao powder, nibs and butter. You can make the best green savoury chocolates - I made some for a recent raw pot luck, and they were such a hit, I had no leftovers! I feel very mentally switched on when eating either of these products. Evie loves her food sprinkled with the mannas.

I love the buzz from E3Live. It's more immediate, like a wheatgrass shot (the raw foodist's espresso!), and it's got an electrical feel. It's so beautiful to see the swirling fractal patterns once it's defrosted, and Evie will drink it as it is, undiluted. It's not quite so convenient to store or use, though.

AFA contains more nutrients than any other known algae, but that's not surprising when you learn that it's not actually an algae! AFA belongs to the cyanobacteria class (or cyanophyta as it is currently classified). Spirulina also sits here. However, the term "blue-green algae" has become the nutritionist's standard term for describing AFA and spirulina, and we all know that nutritionists know what they're talking about, don't we?! Just to make it even clearer than the muddy lake you're now staring into, chlorella \*is\* a member of the green algae family.

Now, cyanobacteria are aquatic and photosynthetic which means they live in the water and can manufacture their own food. Being the oldest known fossils (more than 3.5 billion years old), these organisms carry very ancient memories in their cells that we absorb when we eat them.

As well as having the obvious vitamins, enzymes, proteins, antioxidants (including the powerful phycocyanin) and minerals, AFA contains those much needed essential fatty acids (including omega 3) and complex sugars. I'll discuss complex sugars in another issue - it's a fascinating subject. The green pigment chlorophyll is exceptionally abundant in AFA. Scientific research confirms (and we

by Shazzie

know!) the healing, cleansing and energising properties of chlorophyll - specifically its by-product in the digestive system called chlorophyllin. It's been shown to have strong anti-cancer properties, specifically targeting liver cancer.

So the generic information for AFA is that it helps your immune system, brain (I can account for that!), nervous system, metabolism, digestive system, and increase your energy, stamina, focus and clarity. It's got anti-inflammatory properties, can help maintain a healthy cholesterol level and help hypoglycaemics. All the usual stuff you'd expect from a superfood, really!

Though it can be costly to buy these products in the first place, a little really does go a long way. You can start with around a quarter of a teaspoon of Crystal Manna and half a teaspoon of E3Live a day. You should feel different with this small amount, but which one to start with is totally up to you!

## Dandelion

We're so lucky in the UK to have an abundance of wild edible, soft greens at all times of the year. Just this sunny November morning, as I was weeding my garden, I pulled out over ten great big juicy dandelion plants. That would have cost over £10 if sold in supermarkets. I wouldn't have got as much nutrition, freshness or connectedness from it either! Of course, you don't have to pull them out, they love having a leaf taken here and there, and then they grow more abundantly. I just love to juice the roots sometimes.

You get several types of dandelion, some are quite spindly and not leafy, and you can't get a good yield from these. Dandelion leaves are shiny with big jagged teeth. It's speculated that this is where the name comes from: Lion's Teeth (Dent de Lion in French). The French eat dandelions all the time! If you don't have any in your garden or local wild places, then check out seed companies such as Nicky's Nursery ([www.nickys-nursery.co.uk](http://www.nickys-nursery.co.uk)), who sell two types, and start growing your own.

Bees love the abundance of early spring nectar that dandelions bring. As they're a valuable part of our ecosystem, there's another reason for you to go and cultivate a patch.

Try juicing all parts of the dandelion, or adding the young leaves to a salad (they go well with chives, lemon and mild onions, as well as garlic and tomatoes). Make a pesto out of them, or wrap them around durian pieces! Go gourmet and marinate them in olive oil, sea salt and lemon juice (as you would kale), then dehydrate them with earthy mushrooms, spring onions and tomatoes. Adding that onto a raw pizza base, and sprinkling it with pine nuts will create a mouth watering delight! And if you've got an abundance of dandelion leaves, you can dry



them in the dehydrator, and grind them, using them for tea or as a powerful smoothie ingredient.

Dandelion has been used as a medicine for years, and it's also a great all-round booster. It's a diuretic, tonic and system stimulant. It gets the urinary organs, kidneys and liver going. According to the doctrine of signatures system, dandelion is used for liver complaints because of its bright yellow flowers of a bilious hue! Dandelion's also been used for constipation, eczema, piles, skin eruptions, anaemia, hypoglycemia, rheumatism and generic digestion disorders.

Many blended green superfood powders (such as Nature's Living Superfood) contain dandelion leaf, root or juice. Amongst herbs, it's one of the richest sources of vitamins and minerals. It's especially high in vitamins A, C, E, and the B vitamins, as well as potassium, calcium, and that all-important organic sodium. Of course, it's great at alkalising our bodies and purifies the blood. A wonderful superfood indeed, and I'm glad it's in my top ten!

## Recipes

### Tomato Soup

Servings: makes one portion

Time: 10 mins, soaking 8-12 hours

¼ cup almonds, soaked 8-12 hours  
2 tbsp dried tomatoes  
5 tomatoes  
1 stick celery  
handful parsley  
1 clove garlic  
1 fresh date, pitted  
1 tsp miso  
250 ml (8 fl oz) distilled water  
1 tbsp dulse flakes  
1 tbsp alfalfa sprouts



Don't worry if you forget to soak the almonds in advance: unsoaked nuts aren't as health-giving, but it won't affect the taste of the soup too much. If you're using shop bought dried tomatoes, soak them in water for 20 – 60 mins first. If you have a dehydrator, you can make your own, these won't need soaking, and are superior in taste and freshness. Quarter the tomatoes (quantities given are for average sized tomatoes, so if yours are on the big or the small side, please adjust the amounts accordingly). Chop the celery into chunks, snip the parsley into little pieces. Put everything bar the dulse flakes in the blender and whiz away for a couple of minutes, starting on a medium setting, and then working gradually up to high so you don't cause the soup to splatter up the sides of the jug. Let it go on high for a few minutes. When you're done, pour the soup into a bowl, and garnish with a sprinkling of dulse flakes and a spray of alfalfa. Serve immediately.

### Cheeze and onion topper

Serves 4 (a little goes a very long way) as a topping for crudities, soups, crackers, breads or hardcore wild salads

1 avocado  
1 dessertspoon of Crystal Manna  
2 dessertspoons of pumpkin seeds  
1 teaspoon of pumpkin seed oil  
pinch of sea salt  
3 spring onions

Chop the avocado, spring onions and pumpkin seeds together on a board. Put all ingredients in a bowl and mix in with plenty of love.

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

*Crystal Manna, Blue Manna and E3Live are available from [www.detoxyourworld.com](http://www.detoxyourworld.com)* 🌸

### Agave & Cinnamon Flapjacks

Servings: makes about 20

Time: 10 mins, 8 -12 hours soaking, 18 hours dehydrating

Equipment needed: dehydrator

These are a firm favourite in our family. One or two mid-morning will always quell any hunger pangs until lunch! These only work really well in a high speed blender (like a Vitamix or Newgenia) – a standard blender won't mash the oat groats up enough to form a batter.

250 g (8 oz) oat groats, soaked 8-12 hours  
125 ml (4 fl oz) extra virgin olive oil  
60 ml (2 fl oz) agave nectar  
2 tsp cinnamon  
60g (2 oz) raisins

Put the oats, oil, agave and cinnamon in the blender. Blend for a few minutes, until the oat groats are no longer discernable, and the mixture has formed a thick batter. If it isn't turning over properly, add a little water – one or two tablespoons should do the trick. Stir in the raisins with a spoon, making sure they're evenly mixed all the way through the batter. Spread into a square about 1 cm high on dehydrator sheet. Dry for 12 hours, then score into squares (it should make about four across, and five down). Flip them over, and dry for a further six hours, until firm. By this time they should be done; if they're still a bit soggy, put them back in for a bit longer, no more than 24 hours in total. Store in an airtight container, preferably in the fridge. Will keep for up to a week.



## Hemp seed hummus

Servings: makes one large jar (enough for 4-6 people)

Time: 10 mins, 8-12 hours presoaking

One tablespoon of sesame seeds contains eight times as much calcium as a cup of cow's milk, so this dip is fantastic for growing children, and the hemp seeds ensure they get a good dose of those essential fatty acids. Another recipe for a high speed blender as the action of the high speed cracks open the seeds and means you get the full effect of those wonderful oils.

1 cup sesame seeds, soaked 8-12 hours  
½ cup hemp seeds, soaked 8-12 hours  
1 lemon, juiced  
1 tbsp olive oil  
1 clove garlic  
1 tsp tamari  
1 cup distilled water

Drain the seeds. Chuck everything in the blender, along with a half cup of the water. Turn the blender on low, gradually building up speed all the way to high. Use the plunger to keep it turning – add the remaining half a cup of water a little at a time, until you have the desired consistency, a creamy, hummus-like paste. Can be served immediately, or stored in a jar in the fridge for up to a week.

Kate Wood - [www.rawliving.co.uk](http://www.rawliving.co.uk)

## Lemon Slice

Ingredients:

Almonds (equal quantities), Dates (equal quantities), Lemon Zest (to taste).

Kitchen Utensils: Food Processor, Nut mill, Pastry cutter.

Instructions:

Pastry: Process almonds to small crumbs, add dates, process until ingredients bind together.

Filling: Powder almonds in nut mill, add dates and lemon zest, process until a paste.

Firm a layer of pastry into the mould, then a layer of filling and then another layer of pastry and you have a lemon slice.

Chris Kennet - [chris@naturestreats.co.uk](mailto:chris@naturestreats.co.uk)

## Fried Veggies

1 clove of garlic  
½ cup of ground ginger  
½ cup of olive oil  
¼ cup of lemon zest  
½ cup of lemon juice  
¼ of soy sauce  
chopped vegetables - eg carrot, courgette, broccoli, mushrooms, peppers, etc

Blend all ingredients and mix in your favourite veggies chopped in very small pieces



## Boulderers Raw Bounty (generously serves two)

For those of you who like to boulder and behold rocky formations, this is the perfect get up and go buzz delight...

\* small coconut (heavy and filled to the brim with milk)  
\* 14 pitted dates (unsoaked)  
\* 1 tablespoon raw cacao

Bang a clean screwdriver into the coconut shell (in two adjacent places) and pour the liquid in to a blender.

Cut the coconut open with a 18" tpi hacksaw and clean the coconut (with water).

Prize the flesh away from its shell with a penknife and chop, in to tiny pieces.

Place in the blender, blending a bit at a time whilst adding 1 tablespoon of cacao and the chopped dates.

Serve and eat straight away. Raw Bounty Heaven!

by Paddy Goat



## Mince Pies

Pastry:

200g almonds, soaked  
6 dates or 3 medjool dates

Mincemeat:

110g currants  
2 apples  
30g almonds, soaked  
1 Tbsp lemon juice  
zest of ¼ lemon  
1 Tbsp coconut oil  
1/16 tsp each nutmeg, cinnamon and allspice or to taste  
juice of 1 orange  
3 soaked dates

Process pastry ingredients and form into small rounds or use to line a dish and then fill with the processed mince-meat ingredients.

Serve with mild kefir (starter culture available from Funky Raw), yoghurt or 'custard' made by blending equal amounts of avocados and bananas.

by Holly

## Carrot Burgers

4 cups of carrot  
1 big onion  
1 tea spoon of salt  
1 avocado

Mix all ingredients with a hand blender and dehydrate on food dehydrator for 24 hours

Ricardo - [www.rawfood.com.au](http://www.rawfood.com.au) 🌸



# Magic Chocolate Pudding A Living Recipe

by Holly

Chocolate Pudding (introduced in Issue 4) is the staple food in our household. In its full glory it is our breakfast then a selection of its ingredients make a delicious treat later in the day. Originally devised by consciousness researcher Tony Wright and Tish to give ideal brain nutrition, the recipe is showing all the properties attributed to living organisms including the power to reproduce – giving birth to new recipes which reflect the times they are born into.

The original recipe has grown and seems to change with the seasons and adapt as it travels. In late September in Spain oranges (out of season) were replaced with freshly picked kakis (persimmons or sharon fruit) and cherimoyas (custard apples). Back in England in late October pears with their unique texture appeared instead. Then in November currants became the current theme and have been incorporated. At this point hazelnuts began to be included too.

The latest development in our home is the replacement of cocoa powder with raw chocolate powder. Raw chocolate has a wonderful affect on the brain. Personally it gives me a strong sense of oneness, makes me feel more awake in a relaxed way and gives me more time.

## Chocolate Pudding Recipe Autumn 2005

Makes 4 people very happy

200g hemp seeds, soaked  
2 pears  
4 dried figs  
4 dried apricots  
50g sunflower seeds, soaked  
50g pumpkin seeds, soaked  
50g hazelnuts, soaked  
a handful of currants  
3 large bananas  
7 goji berries, soaked  
1 tsp coconut butter  
½ tsp maca powder  
2 Tbsps raw cacao nibs  
2 tsp raw chocolate powder/2 Tbsps cocoa powder

A jug of kefir and some slices of mango complete the most luxurious breakfast or dessert ever.

We love to experiment with mixtures of soaked nuts and seeds, fruit and raw chocolate to make comforting, uplifting snacks along similar lines and keep hemp seeds in soak continually ready for a spontaneous treat. If you don't use them after a few hours you can drain them and keep them in the fridge. Here are a couple of examples:

### Chocolate and Banana Whirl

After eating delicious raw tahini in Spain we longed to make our own fresh tahini and discovered that while the equipment we possess could not produce tahini in isolation if we put sesame seeds in combination with other softer ingredients in a high-speed blender we got a tahini effect within the dish.



100g hemp seeds  
4 bananas  
120g sesame seeds, soaked  
1 Tbsp raw cacao nibs  
1 Tbsp cocoa powder/1 tsp raw chocolate powder

Make hemp milk with the hemp seeds and blend with the bananas and sesame seeds. Split the mixture into two.

Blend one half with the last two ingredients.

Fill half of each serving bowl with the chocolate mixture and the other half with the non-chocolate mixture. With a finger or other implement draw a spiral in the mixture to create a swirl.

### Serotonin Surprise

100g hemp seeds, soaked  
75g hazelnuts, soaked  
2 dried figs, soaked  
2 bananas  
2 tablespoons raw cacao nibs  
1 tsp chocolate powder/cocoa powder  
1 tsp raw coconut butter/15g raw shredded coconut

Optional:

75ml kefir  
½ tsp hemp leaf superfood  
freshly ground cinnamon bark, to taste

Make hemp milk with the hemp seeds and blend with the remaining ingredients. Mix a few extra whole raw cacao nibs in for a chocolate chip effect.

It is said that if a hemp seed, a pumpkin seed, sunflower seed, an apricot kernel, pear core or orange pip, banana skin, a hazelnut, a currant, a cacao nib, a teaspoon of coconut butter and a fig butt are planted in a hole together they will produce a magic chocolate pudding tree. The fruits are a little bigger than a mango with a velvety chocolate brown skin, easily peeled to reveal the luscious flesh within. In the centre you will find the seed of the chocolate pudding tree a golden brown nugget of health, wealth and happiness which can be planted to ensure the future happiness of all beings on Earth.

After sharing some Crystal Manna recently (see Shazzie's article on page 7) Kate Wood and I decided that we would be creating a Magic Café at Funky Raw Festival 2006. Let's hope that the Chocolate pudding trees grow quickly.

Love Holly

PS This article was written under the influence of raw cacao and chocolate powder.

Cacao nibs, maca, goji berries, raw chocolate powder, kefir culture and the finest Coconut Butter from a remote Thai island are available from Funky Raw on-line shop. As Rob pointed out to me, given that we import food to these Isles anyway it is more efficient to do it in the form of superfoods. ❀



# Super Hemp Me

## Super size to Super Hemp

The idea for 'Super Hemp Me' came after I watched a documentary film about this American guy, Morgan Spurlock, who ate nothing but McDonalds for thirty days. Before he started he got a check up with several doctors who then monitored his health during the experiment. Not surprisingly he got progressively sicker during the experiment, until, well before the 30 days were up, he was advised to stop, as it was endangering his health.

While watching the film I thought, well if he's gonna 'super size' I'm gonna 'super Hemp'. I'd already done a 28 day fast on Hemp milk last year, and felt great, so I thought this time I'll do 30 days and film it.

## Healing with Hemp

One of the key points I wanted to get across was that Hemp is really good for you, especially on a nutritional level. I'm fed up with hearing all these lies that 'Cannabis is undeniably harmful'. Cannabis prohibition is definitely harmful, both socially (people still getting busted for possessing or growing a plant), and on a health level (people consuming a very artificial toxic product which is so far removed from what Cannabis really is). On the point of Hemp and Cannabis, Hemp is the English derivation of the Latin/Greek words Cannabis/Kannabis; they are one of the same plant.

During the 30 days I decided I would only drink water and Hemp milk, which I would continually recycle throughout the day. I would eat no solid food, except for Hemp leaves growing in my garden.

## Happy Hempy Days, every day

One of the things I like most about fasting is that it gets me into a good, positive routine and frame of mind. I started my 'Super Hemp Me' fast in early August, so that I would reach the 30 days of fasting on 4th September, my 38th birthday.

I would start each day at around about sunrise, with a glass of water, which was then followed by about an hour

## by Free Rob Cannabis

of yoga and then sometimes a run. After my mourning exercise and ablutions, I would make a 2 litre Hemp milk.

This was made from freshly juiced Hemp leaf, grass, and nettles from my garden along with soaked Hemp seeds, celery, cucumber, fennel, lemon, onion, garlic and ginger. To boost my intake of Raw Hemp, I also added in some Hemp Super food, which is powdered down Hemp leaf from a low THC industrial Hemp crop.

During the day I would then continually recycle my juice.

## Shivambu-'the water of Shiva'

Some of you may well be wondering what I'm going on about by 'recycling my juice'. Well what I'm referring to is one of the most ancient medical practices and is often called 'Shivambu' -'the water of Shiva' or the 'water of auspiciousness'. The legend

of 'Shivambu' goes that Shiva's wife Parvati, wanted to know his secret of immortality, he refuses until she refuses him any sexual contact, at which point he reveals to her his secret of immortality, he drinks his own urine.

This claim of 'immortality' ties in with the story of the Holy Grail, which is a miss translation of the Latin 'Sangre'-blood 'Real' ' pure or Royal. So the 'Royal blood', or the 'pure blood' was translated into the Holy Grail, an inanimate object that was believed to have held the 'blood of Christ'.

I see it so clearly now, purify the blood through diet and lifestyle and then drink of the pure blood (the medical name for urine is 'plasma ultra filtrate') 'one's own urine and this is the secret of the "Holy Grail" .

## Tuning in with the Hemp vibrations

I have long understood about the healing properties of the Hemp seed with it's perfectly balanced ratio of Essential fatty acids, complete, easily digestible protein, but what about the rest of the plant, i.e. the leaves and flowers.



Both the leaves and flowers contain high levels of minerals and chlorophyll, as well as being highly alkalising. What is unique however to the Cannabis plant is the presence of the Cannabinoids. This highly charged electron rich molecular structures can eliminate free radical damage from the body, and rebuild the body on a cellular level. We are basically bio-organic computers, eliminate the 'viruses', and 're-boot' the 'hard drive' (our brains) by feeding it the best fuel (Hemp) and we become capable of incredible feats, beyond our wildest imagination.

### Hemptastical Birthday celebrations

After 30 days of fasting on Hemp milk, I weighed in at 8st 8lbs (a loss of 2st) and felt absolutely fantastic. For my breakfast I had 'Bhang', like a Hemp milk but charged up with some Hemp buds I grew in my garden 2 years ago (last years all got nicked). Words alone can not truly describe the level of joy and happiness I felt from this drink. I felt every cell in my body dancing with the joy of Shiva, pulsating with the beat of the mother. Ah bliss, Cannabis, the choice of the conscious generation.

### Returning to 'normal'

A week after my birthday I was scheduled to do a talk at the 'festival of life' in London, so I decided to densify my body by eating avocados. 'Any fool can start a fast, but it takes a master to end one', is a saying I'd often heard, and now I was mastering the skill of ending one. Unfortunately I lost the plot a bit at the end of September when I made loads of Hash cakes for 'Free Cannabis in the Park', (an annual event where I publicly give away

free Cannabis). Sugar is something I find I have little control over when I embrace it. I fully embraced sugar (fruit sugar, not white powder) that day and for a few weeks after. I soon sensed the 'normal' sensations of feeling sluggish, demotivated and to a certain extent 'depressed'. Still I'm understanding a lot more about how my body works and that the best, most nutritionally perfect food is Hemp, so, 'Super Hemp Me'.

More details on Hemp nutrition @ [www.rawcannabis.com](http://www.rawcannabis.com)

Free can be contacted on 01458 835 769 or 01458 833 236  
E-mail: [freecannabis23@hotmail.com](mailto:freecannabis23@hotmail.com) ☸



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# This month I have mostly been eating...

by Rob

I've been meaning to actually write something in this magazine from the beginning but never got round to it! In this column I will look at various wild greens I have been eating that hopefully you might be able to find yourselves. I'll put colour versions of the photos up on the website so you have a better chance of identifying them.



Chickweed

## **Chickweed** (*Stellaria media*)

This is one of my favourite wild greens, it's very tender and has a mild flavour. Pick whole plants including the stem as the leaves are too small to pick individually and the stem is also delicious.

Chickweed is a good source of iron, vitamin C, phosphorus and trace minerals.

## **Cleavers or Goosegrass** (*Galium aparine*)

Cleavers are a little spiky but I don't find that a problem, especially with the younger plants.

They are a tonic for the lymphatic system and help to eliminate toxins.



Cleavers with a few nettles

## **Nettles** (*Urtica dioica*)

I know there is supposedly a way of picking nettles where you don't get stung (see issue 1) but I'm too scared to try that, I just use gloves!

Nettles are very high in iron, in fact it is only good to eat the young leaves as the older leaves can have too much iron for us.

We either juice nettles with celery and some other wild greens or make raw nettle soup in a food processor or blender with almonds and a dash of tamari. ❀





# Eco Life

## Pure Plant Potions! DIY Vegan Skincare

**This week: a closer sniff at essential oils**

by Star Khechara

Hello there my dear pestle and mortar wielding friends, in this issue we are going on a scented journey to discover more about essential oils and to learn how to make our own delightfully fragranced infused oils at home. Mmmm breathe the fragrance of the Earth herself!

### A rose by any other name...

So what exactly are essential oils anyway? Basically speaking they are volatile aromatic compounds which have been extracted from plants using steam or water distillation. Oils extracted using solvents (i.e. Jasmine Absolute) or by mechanical pressure (i.e. Orange peel oil) may also be classed as essential oils. Flowers, leaves, wood and tree resins can all yield essential oils and the viscosity, colour and price of the different oils can vary immensely. Some plants (i.e. Rose or Melissa) yield very little essential oil, it can take several tons of plant material to make a few kilos of oil; as a result these oils have a high price! If you get it cheap then assume that you're using a fake oil.

Most of us probably associate the use of essential oils with aromatherapy, however the essential oil market is actually controlled by the perfume, pharmaceutical and food industries. Does this matter? Yes, because these particular industries are not interested in 100% purity, they need oils to be the same year after year, which is impossible when dealing with a natural product. You cannot 'standardise' nature! So the oils are adulterated, blended, deterpenated, fractionated and any amount of messing around to create the perfect oil for their needs. Because these industries control almost the *whole* market it means that a very high proportion of essential oils on sale, whether or not they are labelled '100% pure', are not the real thing. Most Aromatherapy oil suppliers simply buy their oils wholesale from a big distributor so this is no way to guarantee that they are pure, no matter what the company says!

### Hot and steamy

It's not just the big bad businesses messing with these precious gifts of nature, the process of distillation itself can change the chemical structures within the oils and create new compounds. As raw-fooders will know, exposing living matter to intense heat (i.e. cooking!) can change natu-

ral and benign nutrients into new substances which may turn out to be toxic to the body. Distillation is no different, when the plants are 'cooked' new chemicals can be formed that weren't present in the plant before, does this seem natural to you? Personally I love essential oils and I'm certainly not saying we shouldn't use them, I just think it's important to remember that we are dealing with very potent, concentrated, heated, probably adulterated, extracted chemical compounds which may contain all sorts of new substances or impurities as a result of processing. Use sparingly, use wisely and if you cannot be sure that you are using 100% pure oils then it's probably best not to use them at all.

Ok, plant rant over! Well...er almost...

Another reason for making my own infused essences is an environmental one. I've always found it strange that whole fields of flowers can be destroyed to make a small amount of concentrated product that we then have to dilute! The wastefulness makes me cringe. The ecological downsides of essential oils can be shocking and that's before we even consider the unethical and unsustainable felling of beautiful old sandalwood and rosewood trees. A lot of oils come from poor and third world countries, is our desire for fragrance ensuring that others live in stink and misery?? Besides, it's not like we need these potent essences, we can enjoy the simply pleasures of aromatherapy by breathing in the aromas of actual flowers and herbs. Take time out to smell the roses, feel the silky cool petals against your face and breathe in deeply. Much better than sniffing at the plastic insert of a bottle that cost £50 eh!

To the kitchen, without further ado, and enjoy the sweet smell of.....er...making it yourself!!

### Sense and essence-ability

So what is an 'infused oil'? It is a base oil that has been infused with an aromatic or medicinal plant. The plant material is placed into a glass or ceramic container and covered with the oil and left to 'infuse' or 'macerate' until the oil takes up the fragrance and colour of the original plant, this usually takes about two weeks. The result is an



already dilute oil which can be used exactly as it is for massage, in the bath or as a skincare oil, it can also be used as an ingredient in cosmetic preparations such as creams and moisturisers. Depending on how much you want to make, all you need is a handful or two of dried herbs/flowers and enough plant oil to cover it. It is easy, fun, cheap and anyone can make wonderful fragrances oils this way. You also know that it is 100% pure, totally natural and you can use your own plants growing in the garden, so grab an old jam jar, some herbs or flowers and lets get 'infusiastic'

### How to make your scented oils

The general idea is to stuff as much dried plant material into the jar as you can fit, then cover it with a mild smelling plant oil (sunflower, almond and apricot are all good), put a lid on the jar and leave in a warm place (sunny windowsill, airing cupboard, radiator top etc). Shake the jar every day and check weekly to see if the oil is nicely scented and coloured, this usually takes at least two weeks. Also check for manky plant bits, some plants go brown and need to be removed and replaced with new. If you decide to use fresh flowers or herbs instead of dried then you will need to change the plants every few days to insure you don't make a mould-infused oil, Yuk!

When oil is suitably infused strain off the oil through a muslin-lined sieve making sure that any sediment in the jar gets left. Put your beautiful aromatic oil into an amber glass bottle and store in a dry, cool place out of direct light. It should keep from six months to a year.

Lets run through the process by making infused **Rose Oil**.....

You need: Highly scented dried rose petals (see suppliers), almond oil, a glass jam jar, muslin, a sieve, a dark glass bottle.

Pack your rose petals into a clean dry glass jar and then completely cover with the almond oil. Put the lid on, shake and leave somewhere warm to infuse. Shake the oil everyday and check for manky petals. If any petals go brown then remove and replace with new ones. Repeat until oil smells lovely and rosy (no longer than a month). Strain off your gorgeous rose oil through the muslin-lined sieve and put into your clean dry



glass bottle. Label and date it so you know when to chuck it out!

Use this luxurious oil on face and body, in the bath or in your homemade potions, Feel like a gorgeous Rose Fairy with the softest skin ever!

So, my scented ones, now you've made your first easy essence experiment with other plants and even try some combinations i.e. Lavender and chamomile, Rose and orange peel, Jasmine and gardenia.....be inspired!

Try some unusual plants that don't have a corresponding essential oil, (although it may be wise to read up plants first to make sure you don't use anything that will harm you). I've made lilac oil a couple of times when I was lucky enough to have one of these amazing fragrances trees, it smelled heavenly!

How about Ginger and Rosemary oil for aching muscles? Or Rosemary infused coconut oil as a hair conditioner? Enjoy the delicate aromas of the pure plant!

**Next week** we shall indulge in some luxurious bath time body treats \*exciting\*

Until then have fun making perfect potions.....

If you wish to contact Star please email: [flowrdup@hotmail.com](mailto:flowrdup@hotmail.com)

### Resources

For a "behind the scenes" look at the darker side of Aromatherapy and the Essential oil industry please check out these websites:

[www.aromamedical.com/articlesarchive.html](http://www.aromamedical.com/articlesarchive.html)

[www.chrissie-wildwood.com](http://www.chrissie-wildwood.com)

### Suppliers

[www.baldwins.co.uk](http://www.baldwins.co.uk) - Sells all sorts of herbs, waxes, oils, etc, some organic stuff, not expensive and good quality.

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



# Looking beyond...

by Aranya

Permaculture has always been about 'looking beyond' our modern wasteful way of doing things. But for many of us who have become familiar with permaculture through visiting people and projects putting the principles into practice 'on the ground', a picture can begin to emerge of what permaculture 'looks like'. We could easily assume that permaculture is basically a standard recipe where we take one low-impact dwelling, wrap it in a kitchen garden, add fruit trees, a pond, willow stand and a tree bog and *voilà!* we have permaculture. But these 'ingredients' are simply often the most appropriate solutions for fulfilling our needs in a particular situation and by becoming attached to the idea that we *must* include these elements we may end up sitting them completely inappropriately (for instance, a tree bog would *not* be a sensible or popular inclusion in a small urban garden!).

If we travel abroad from our cool temperate climate, applying the principles of permaculture will bring up clearly different solutions, depending upon the surroundings. Even within the UK we will come across a great variety of situations – all of which could benefit from some permaculture thinking and yet in each case completely different strategies may be appropriate. Bill Mollison, the founder of permaculture once coined a saying; '*Vuja de*' – to describe the feeling that you have *never* been in this situation before (i.e every time you start a new design!). We have to look beyond our socially ingrained preference for an easy recipe and instead look at what we are actually setting out to achieve and how we can design to do this.

## First of all look...

Permaculture is information (rather than energy) intensive and requires us to first pay attention to the area that we are designing and how appropriate it might be for what we want to do. By the way, when we think of design areas, we often think of a piece of land or building, but we might just as easily be thinking about designing community projects, local currencies, events etc. Each of these situations still need us to pay close attention to the observation stage and by doing this up-front we can avoid wasting time and energy on costly mistakes later.

We first looked at observation (excuse the pun) almost a year ago<sup>1</sup> and we are approaching that time of year again now. When we are growing food, we return to the same point in our design cycle once a year of course and so this is why the ideal strategy for designing an area of land is to first spend a whole year in observation before doing anything else. Now for many of us keen to create our permaculture paradise, that doesn't sound very practical, but it is still a good basic strategy to use, creating our short-term solutions in a temporary way whilst still observing nature and the effects of the seasons upon the landscape around us.

<sup>1</sup> In my article 'Eating for a healthy planet' in issue two.

If you start a phenological diary<sup>2</sup> (to record all these things) when you begin a design, you will have a whole year's worth of observations to help you when deciding upon more final placements of elements in your design a year on. In permaculture though, a design is *never* finished and at the end of each cycle (in this case every year) we need to sit down and consider any changes that we can make to improve it. This is the part of our design cycle where we tweak our design to take account of what we have observed working and not working well, with the aim that when we return again to this phase we will be looking back on a more successful year and will have less changes to make. David Holmgren (co-founder of permaculture) sums this up nicely in the first of his newly rewritten principles; 'Observe and interact'<sup>3</sup>. Without acting upon what we have noticed, there is no purpose to the observation.

Which brings me to the subject of observation itself. When I say 'observation', what do you think of doing? I would guess that you are imagining looking at something, using your eyes to notice what is around you, but it is good practice for us to use our other senses for this purpose too. We are so visually dominated these days that what we see is usually what we notice the most. But what can you *hear*? *Smell*? *Feel* on your skin? Even *taste* can be used to help us, for instance in identifying plants... is that Parsley? It looks like it.... Yes, I *know* that taste...!

## Then look beyond...

But I would advise that we go beyond even what these senses can tell us and take account of yet more. For instance, dowsing has traditionally been used successfully to divine for water and if you are going to go to all the effort of digging a well, you'd best have a good idea first where to start digging! Dowsing works because it relies upon our 'sixth sense' to determine the presence of these places and makes the results of our body's subtle responses to them clearly visible for us to see. This summer I was shown how simple it is to dowse for various geopathic stress lines with a pair of L-rods and in just one day I learned the theory behind the different kinds of stress lines and went out and dowsed them for myself.

There are different types of energy lines that have been observed to be harmful to our health and by finding and diverting them, we can create a much nicer and safer place for us to live in. Firstly we have Hartmann lines; the

<sup>2</sup> A phenological diary is a record of natural occurrences, such as sunrise and sunset times, weather patterns, wildlife etc. but can be extended to include any events that might affect your design.

<sup>3</sup> From his book 'Permaculture – principles and pathways beyond sustainability' p13-25.



result of electricity generation plants (which have huge grounding rods penetrating deep into the earth). If you live within several hundred miles of an electricity supply, then you will find these (just about *everywhere* on Earth these days). These lines actually form a grid, the lines being spaced on average ten to fifteen feet or so apart. If one of these lines crosses your bed (where you spend a lot of time), then it is probably having a negative effect upon your health. Where two lines cross is a particularly important place to avoid. Our human intuition will often guide us to place a bed for instance, away from such lines, but sometimes our bedroom is just too small to give us that choice and diverting their effect becomes our only option.

Next we have geopathic stress lines, which occur over cracks and fissures in the ground<sup>4</sup>, underground streams and other natural phenomena. Outdoors in nature, these lines might not have a great negative effect, but our modern homes have changed that as mains electricity amplifies the strength of these geopathic lines<sup>5</sup>. Then there are energy lines that affect only some of us and not others. These are lines of particular frequencies which only one member of a household may be affected by, but which still need to be dealt with. These are called Personal lines.

Finally there are Interference lines. Strangely, but perhaps not surprisingly, wherever there is outside interference from another person or people, lines can be found that link their home with the home of the targeted person. I recently dowsed five such lines entering the home of a permaculture friend, whose eco-dwelling was being opposed by others in her local village. These lines though, like all the others can be dowsed for and simply diverted, removing their negative effects. So whilst these lines might be 'invisible' to our normal senses, we can choose to expand our concept of what the observation stage involves and use the extra information we discover to further enhance our design.

### Positive motivation for change...

Permaculture was originally developed in response to the oil crisis of the 1970's – looking at solutions that didn't rely upon the availability of such easy energy. Since then our whole way of life has become more and more dependant upon the supply of oil and we are more vulnerable than ever to a reduction in its availability. Just think of all the things that we now take for granted and that rely upon oil in some form or another for its production or transportation. Permaculture was always about *looking beyond* oil and as time goes on its solutions become more and more relevant to our lives.

The concept of Peak Oil has become heavily discussed in permaculture circles again recently (just look at the last two issues of Permaculture magazine!) and many teachers

<sup>4</sup> Earthquake zones for instance are huge stress areas, but even relatively small faults below ground will focus geopathic stress into our home or work space.

<sup>5</sup> This has been observed by Slim Spurling. When dowsing geopathic stress lines on the upper floors of tall Denver buildings, he noticed that they fall away as soon as mains power is turned off.

are looking at how to include it in the syllabus of the Design Course. For those who are unfamiliar with the concept, Peak Oil puts forward the idea that we have now reached maximum production of oil (so from now on it will become much more difficult and expensive to extract). This would mean that everything that uses oil in any part of its production will become more expensive too (just about everything we currently spend money on!). Clearly our dependence upon oil has become completely out of control and we need to take different approaches to meeting our needs (and responsibly cutting back on our unnecessary wants).

This is where I break ranks with the popular permaculture line and I do so because there are things about Peak Oil that don't feel right to me. Sure if it means people will cut back on their energy use, that is a positive outcome, but there are different ways of achieving any goal and I'm not comfortable with using the concept of Peak Oil to achieve this. Here's why....

Firstly Peak Oil is a strategy that motivates through *fear*; the fear of lack. What happens whenever a possible fuel strike is announced? Are people responsible and happy to share what is available or do we see queues of cars at every petrol station filling their tanks and whatever spare cans they have? Are people really going to cut back or are they more likely to think 'Well, I may as well use up it while it's here'? I am not happy with scare tactics and would rather use the approach of showing people what a wonderful life they can have without oil, using real life examples of people actually doing it and thriving on their new lifestyle.... Let's instead coax people towards a positive lifestyle by showing them how much they would *love* a lifestyle where they were once again reconnected with the natural world around them.

Secondly, every movement towards positive change always generates counter-movements by those who have interests to protect. Just think about them: CND had to battle the arms manufacturers and the military, the Anti-Vivisectionists are up against the pharmaceutical giants who benefit from the fraudulent results of animal testing. And the environmental movement has always had to battle against the interests of multinational corporations who have blocked or disregarded environmental protection legislation at every opportunity. All these groups have thrown lots of money at protecting their interests at the slightest hint of opposition, so where are the Oil industry spokespeople telling us not to worry about supplies running out?

Where are our so-called Peak Oil experts coming from? Would you believe that they are mainly oil industry people? Do you not also think it is strange that the US government is really pushing the concept of Peak Oil too? We are talking about a government chock full of people who have made their fortunes through oil – why would they want to tell us that it is running out? What could be their motivations?



## What's really going on?

So maybe we need to examine the possible political motivations behind this<sup>6</sup>. What better excuse for the US government to get its oil dependant population to support its decision to attack Middle-Eastern States, than to defend its precious oil supplies? Oil companies are not going to lose out financially if they restrict supplies as they just put up the price to compensate. They do less work (and spend less money) extracting less oil and make more money per barrel! The other political effect of restricting fuel supplies to the general population and putting up prices of course is that it increases the public debt and makes the population more controllable. Not that I am saying this is *happening* of course.... just making an observation!

Thirdly, there are sources (and you can examine what they have to say about this on the internet<sup>7</sup>) that suggest that oil is not running out at all, indeed that the whole thing is a hoax (perhaps for the reasons suggested above). Amongst the ideas they are putting across is that the Russians have known for 30 years that their oilfields are filling up again as quickly as they draw the oil out and that they have determined that rather than being a fossil fuel, oil actually seeps up instead from the Earth's mantle<sup>8</sup>. It is also suggested that underground coal fires are a common phenomenon<sup>9</sup> and at any given time, thousands of coal veins are ablaze around the World. It is estimated that some of these fires have been burning for thousands of years and that these have occurred spontaneously far back into geological history<sup>10</sup>. It is also estimated that China (the World's leading coal exporter) loses more coal to underground fires than it produces for export. Coal, like oil is claimed to be a fossil fuel, produced in limited amounts at some point in the Earth's history. So how is it that nature could have been taking such a heavy toll on the Earth's fossil fuel reserves for at least tens of thousands of years, without depleting those reserves and yet humanity in a comparative 'blink of an eye' has managed to use most of it up?

But even if all this were true, isn't it still a good idea for us to be using less fuel because we surely are now seeing the effects of Global warming? Well, that I won't argue against based upon the changes I'm seeing in the weather, but should we take it for granted that our own burning of fossil fuels is entirely responsible for atmospheric heat-

ing<sup>11</sup> or could this instead be more the result of transmitters like HAARP<sup>12</sup> which are also suggested to be essentially microwaving the gases in the atmosphere (and we all know what happens to the molecules of any substance inside a microwave oven).

But even assuming Peak Oil to be a hoax and that the oil supplies are not running out, if the oil companies are deliberately choosing to restrict them and putting up prices, that will still affect us all and we still need to make changes in the ways we use energy. If oil is being restricted in order to exert control over the population, it is a strategy that can only work if we remain reliant upon the supply. It is time for us to redevelop our local networks and build community again so that we can make a smooth and enjoyable transition into our future, free of the chaos that an oil dependent society might very soon find itself in. Whether Peak Oil is a hoax or not, the strategies that permaculture offers us are as relevant as they ever were and we are the visionaries who have to start putting them into place.

## Choose love...

So I don't know who is telling the truth about Peak Oil, but I do know that I personally choose *love* over fear and that always proves to be a reliable gauge for me in deciding how to respond to any situation. I no longer blindly believe whatever I hear, but instead observe first how everything *feels*. I engage all of my senses, *look beyond* what I am being told and only act upon something if it still resonates with truth for me. You may find this to be a useful strategy to adopt for yourself too. Then instead of acting out of the fear of oil shortages, arrange to visit a local permaculture project<sup>13</sup> and ask the people there how much they love their new found connection back to nature (and I think I already know what they will tell you). And maybe that will provide you with the *best* incentive to start making your own changes...

Have a wonderful winter!

Aranya ☀

<sup>11</sup> Remember that underground fires produce 'greenhouse gases' too.

<sup>12</sup> Many sources, try <http://arcticcircle.uconn.edu/VirtualClassroom/HAARP/acf.html>

<sup>13</sup> Visit [www.permaculture.org.uk](http://www.permaculture.org.uk) for a list of UK and international projects.

<sup>6</sup> Read [www.educate-yourself.org/cn/davemcgowan70newsletter12oct04.shtml](http://www.educate-yourself.org/cn/davemcgowan70newsletter12oct04.shtml) for one possible scenario.

<sup>7</sup> Try [www.educate-yourself.org/cn/peakoilindex.shtml](http://www.educate-yourself.org/cn/peakoilindex.shtml) or [www.home.earthlink.net/~root.man/sci.html](http://www.home.earthlink.net/~root.man/sci.html) for starters and surf from there.

<sup>8</sup> [www.educate-yourself.org/cn/oilnotfossilbfuel29sep05.shtml](http://www.educate-yourself.org/cn/oilnotfossilbfuel29sep05.shtml)

<sup>9</sup> [www.davesweb.cnchost.com/nwsltr64.html](http://www.davesweb.cnchost.com/nwsltr64.html)

<sup>10</sup> New Scientist, Feb 2003.



# Poetry

## De-Tox by Lisa Ceneri

Time to de-tox,  
leafy greens.  
Can't feel a lot,  
so must get clean.

Take green powder,  
everyday.  
Holy cow,  
eat beef, no way.

Carrot juice,  
and enema's.  
Get your shit loose,  
I'm tellin' ya.

Psyllium husk,  
and some of that clay,  
is sure to sweep,  
that crap away.

Don't eat fish,  
and don't eat bird,  
on your food list,  
is heavy herbs.

That's exclusive,  
herbs the word.  
Herbs for beauty,  
herbal turd.

Your intestines,  
are so mucky.  
Fruit ingesting,  
if you're lucky.

Animal products,  
not a chance.  
Take your pot luck,  
with any plant.

Rid those toxins,  
that's the game.  
HOLD ON, YOU'RE BOXED,  
-----  
INSIDE YOUR BRAIN.  
-----

THAT'S YOUR PROBLEM,  
THAT'S THE C\*\*\*\*.  
YOUR HEAD'S A FOREIGN,  
INSTRUMENT.

So go on, order,  
a plate of fruit,  
BUT BRAIN DISORDER,  
IS THE ROOT.

CLEAN YOUR FAT ARSE,  
ALL YOU LIKE.  
YOUR HEAD'S THE BASTARD,  
THAT CAUSED THIS SHITE.

YOUR BRAIN, YOUR COLON,  
SAME OLD BALLS.  
FIX THEM, GO ON,  
ORDER TALL.

THAT'S WHERE I'M AT,  
SO DON'T BE DUMB.  
GET YOUR HEAD ROUND THAT,  
GET YOUR HEAD UP YOUR BUM.

## Heaven Hemp by Lisa Ceneri

Hemp seeds will nourish,  
You if they are soaked.  
So no-one need wish,  
for old porridge oats.

Just put them in water,  
and watch them float.  
Rinse then you ought ta,  
be patient and hope.

A heavenly drink,  
can be made from these seeds,  
which just couldn't mimic,  
a cows mammary.

Blend up a cup,  
Then add fruit & greens.  
Savour the stuff,  
for you're sure to be weaned.

Drink everyday,  
and you'll be slim and lean.  
The fact is that they,  
are the new soya beans.

Break, lunch, or tea,  
It's all the same.  
Leave the fish in the sea,  
Hemp's the food for the brain.

Hemp's the piece missing,  
from the jigsaw,  
on condition it's eaten,  
only when it's raw.

So sprinkle a hand,  
On your salad bowl.  
Heal your mind, body, and  
soul.

## !we are all om! by Young Roots

We are one, we are one  
You and me, we are one  
We're the all encompassing  
Eternal om

We're the sun and the moon  
The wind and the rain  
We're the sea and the sky  
the land and the lake

We're the yin and the yang  
The hot and the cold  
We're the woman, the man  
The young and the old

We're oppressors, oppressed  
Burglars and Buddhists  
We're nihilists  
Forgiving lovists

We're the monkey, the snake  
The sparrow, the toad  
We're that tree that grows  
at the end of your road

We're the seeds and the shrooms  
The sweet smelling ganja  
The vine of our soul  
Ayahuasca

We are one, we are one  
You and me, we are one  
We're the all encompassing  
Eternal om



More poetry by Lisa at [www.rawpoet.com](http://www.rawpoet.com)



## Have Your Raw Cake...And Eat It by Lisa Ceneri

Beds are for sex,  
and coffins are for sleeping,  
so 'stay up' and get,  
Enlightened for keeping.

Sleep deprivation,  
leads to orgasmic bliss,  
so get your face in,  
to portions of this.

Sexual energy,  
aint what people think,  
it's dismantled cleverly,  
so we take 40 winks.

More like 40 days,  
of solidified sex,  
Jesus's way,  
according to my text.

Sleeping is like 40 winks,  
getting off on yourself,  
the ego's fat bank,  
of greed ridden wealth.

Yoga is practice,  
so do your asanas,  
but you know the fact is,  
it's all about 'bananas'.

Raw food is orgasmic,  
'cause I am uncooked,  
I'm raw and I love it,  
not by the book.

That's why interlectuals,  
really turn me off,  
they forget we're perpetual,  
sex bombs going off.

I am the fruit,  
and the fruit is in me,  
it's an infinite loop,  
the result is, we're free.

No prostitution,  
in any way, shape or form see,  
what's the solution,  
just admit that you're horny.

No sex for money,  
'cause the worlds going round,  
when I'm horny, that's funny,  
I'm a Queen with a crown.

It's purely energetic,  
universal connection.  
Everybody can get it,  
you don't need sex lessons.

I'm aroused by the trees,  
I'm turned on by the skies,  
'cause they're part of me,  
it's foreplay you know guys.

I might be a tree hugger,  
but that's just enhancing,  
what I feel with my lover,  
when the seed is in planting.

It's all about balance,  
half out, and half in,  
meaning half cosmic currents,  
and half doin' dat fing.

For heavens sake,  
it's no forgotten secret,  
we can have the cake,  
and we can eat it.



Love Cake by Holly

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# Eden's Apple and other forbidden delights in the Commonwealth of Dominica

It is a banana. It's not a banana. It is a banana. It's not a banana.

Warning to all my fellow raw fooders: tropical travel with ruin you forever. For after three weeks on the remote island of Dominica, only 26 miles long / 15 miles wide, I sit here now, in springtime Lincoln Park Chicago, trying to convince myself the thick-skinned-no-seed-having yellow piece of food I just paid \$1 for at the coffee shoppe is indeed a banana.

It's not a banana.

The last my taste buds remember, a banana was small, sometimes bite-sized fruit, ripe only when fully brown and soft as jelly, erupting with multi-dimensional flavors - sometimes aromatically figish, sometimes undeniably hibiscus. But this...this fruit I am eating now I think is some kind of artificial syrup pressed into an elongated phallic shape, created in a laboratory to match the taste of Runts candy - America's accepted standard for fruit taste. I am ruined forever.

How can I forget the farmer's market in Roseau (with a population of 10,000, Dominica's biggest village): I asked to taste a mango, ended up eating the entire thing, and when negotiating price for her goods, the vendor charged exactly what the earth had charged her that morning. This happened repeatedly, this gifting of fruits - handfuls of yellow island "cherries" or bundles of sugar cane stuffed in my hands. Tell me now, with generosity like this, what health food salad bar can compare in nourishment?

Or what about the roadsides, practically polluted with jelly coconuts: so available are these bowling ball sized treats, the locals commonly carry machetes for impromptu hydration breaks. So abundant are these delicious rocks in the sky, the Pirates of the Caribbean II & III movie hired an official coconut cutter to protect the unaware noggins of cast and crew. And so fresh and clean was the green coconut's tonic water, I fear I may never be able to stomach the over sweet and pesticide dipped Thai atrocity again.

If that wasn't enough, this equatorial paradise spoiled my palate with an array of exotic new fruits, picked right



by Tonya Kay

from the tree myself. Count on two hands: the consciousness altering fresh cacao pod, the feathery vanilla-like cass pod meat, the cinnamon/date flavored chapotilla, the similar-textured brown-golf ball-sized tambrine fruit, and the luscious mango/pumpkin flavored mame apple (known to the locals also as "apricot"). But even the more common fruit fare in States is reduced to factory flavors when compared to Dominica's in-season watermelon and powerful pineapple. Still, by far, nothing lifted the proverbial produce veil from my eyes nor had a deeper affect on my total being than one oddly shaped, smallish spiked, iguana green fruit blob, eaten soft as a mother's breast, with pulp the color of dawn...with a texture stringy and almost transparent and as softly sweetened as heaven's iced tea...these statements might not be FDA evaluated, nor the potency of said effects legally regulated,

but my personal research confirms in repeated double-blind studies, the strange sour sap is officially a dangerous aphrodisiac.

How can one go back to limp raspberries in a plastic container after that?

So I beg you, raw fooders and produce lovers alike, give up your gardens, abandon the farmer's markets and stay as far away from the southern Caribbean as possible. Leave the life of wandering and compulsive perpetual travel to those of us who have already bitten Eden's apple, dooming ourselves to a destiny of dining dissatisfaction and fatal fruit snobbery.

So until I can return to the volcanic coasts of some tropical jungle, eating precisely the way climate, season and location dictate, I shall somehow try to relish a bag of baby carrots. But as far as bananas go, this spirit is unbroken, and Dole, and their new "organic line" can kiss my Dominican pawpaw!

*Tonya Kay is a raw food athlete, professional dancer, cast-member of the Off-Broadway phenomenon STOMP, waste vegetable oil driver and full-time gypsy. For her current performance, teaching and lecture schedule, visit [www.tonyakay.com](http://www.tonyakay.com) ❀*





# Spirituality

## Is our immune system malfunctioning?

For a long time after I (Tish) went raw I believed that if one ate an exclusively raw diet, other than detox, one would never be ill again. I believed the literature that things like viruses do not exist and any symptoms of illness were simply the body going into a detox from incorrect eating habits. Oh the naivety! As my understanding grew I realised what folly this was. Viruses do exist and it is our immune response to them that keeps us healthy or not. Although eating a diet rich in nutrients and antioxidants will go some way in protecting us it would seem that our immune system is far from working as it should.

The thymus gland is the most central essential organ in the body's immune system. It produces several hormones that are important to the development and maintenance of our immunological defences. These thymic hormones promote the development and maturation of the white blood cells (lymphocytes) which are the sharp end of our immune response. Approximately 80% of the circulating lymphocytes are T – cells and these are dependent on the thymus gland. There are many different types of T-cells and all are important in maintaining health of the body. Some attack foreign cells or cells infected with viruses. Some stimulate regional inflammation and local defences in injured tissue. Some are helper T-cells that stimulate the activation and function of both T-cells and B-cells (those that are derived from bone marrow), and some are suppresser T-cells that together with the helper cells regulate and fine-tune immune response.

This gland reaches its maximum weight of about 40 grams just before puberty. After this major life event, it gradually diminishes in size and secretory abilities and by the age of 50 it only weighs on average less than 12 grams! Obviously this has a significant affect on our ability to fight disease, but why does this gland shrink so much after puberty? Perhaps even more worrying is the fact that the puberty age is dropping therefore reducing the window for it to fully grow in the first place!

It seems that the decline in size of the thymus gland after puberty is in direct response to an increase in sex steroid activity, and evidence in various research would back this up.

Richard Boyd and Jayne Sutherland of Monash medical school have recently found that in castrated mice the thy-

by Tish & Tony Wright

mus gland regained its youthful appearance within 4 weeks and the number of T-cells it produced increased to pre-pubertal levels! Of course we are not advocating castration, but this research is very interesting

As we mentioned in the previous article, ancient myths all tell of a time when humans lived for a very long time in bounding health. Was it that for some reason their thymus gland did not shrink and they continued to have pre-pubertal levels of T-cells for the whole of their lives? And if this were so then how?

We propose at some point in our evolutionary history chemicals that were abundant in a tropical fruit forest initiated a positive feedback loop. This triggered a neuroendocrine response that was unique and staggering. The newly evolving brain pushed the pineal to work ever harder, this in turn accelerating the brains expansion. In this mechanistic response, increasing amounts of melatonin were produced and being pumped around our systems day in day out. Melatonin creates an environment that changes steroid activity and how DNA is read. If we had an abundance of this chemical swimming through our systems, inhibiting the activity of these steroids, it isn't difficult to see that this may have had an effect on our thymus gland.

However there may be even more to this story! These same sex steroids are also the ones that some researchers are suggesting have a deleterious effect on the left cerebral cortex of the brain. As we have proposed before we think that the left hemisphere, the one in charge of us, has become damaged by these chemicals and is currently dysfunctional. A negative feedback loop created this damage and was set in place when we were unplugged from our evolutionary fruit based diet that helped inhibit these steroids.

The dominant left hemisphere seems to live in a perpetual state of fear and stress. When we are under stress the adrenal glands and the brain produce cortico-steroids. Cortico-steroids are structurally very similar to steroid sex hormones and thus suppress our immune function too. It is not new that stress without doubt lowers our resistance to disease. Our immune system under these conditions



just can not function as it should. As our physiological functions are currently being run by this hemisphere this negative feedback loop gets even more powerful, and is permanently switched on. This damage that we think has occurred means our dominant hemisphere, the left, no longer has the ability to keep the pineal gland working permanently as we think it would have. Therefore we no longer have melatonin flooding our systems and inhibiting steroid activity.

We would also like to add here that we think the brain in its own right also has a more powerful affect on our immune function than is currently accepted. Those for instance that have a high fever can experience hallucinations and delirium as a different part of their brain, we propose the right, starts to work.

Much more research obviously needs to be done in this incredible area, and we can only imagine what we might be like if not only our thymus gland did not shrink after puberty, but our brains were fully functional as well.

There are things however that we can currently do to help ourselves with the situation that we find ourselves in, and here are our guidelines:

- 1) Eat a diet rich in raw plant chemicals.
- 2) Practise techniques that switch on and enhance the right hemisphere such as meditation. Practising meditation has been scientifically proven to greatly increase melatonin production.
- 3) Take time out to regularly relax via massage etc
- 4) Take a melatonin supplement.
- 5) Use herbs that are known to help support immune function, particularly at times of illness and disease, such as Echinacea and Pau d'Arco.

And for the health of the human race I can only pray that science will begin to take this all very seriously! ❀

## A Journey of Appreciation, Pain and Response-Ability

For the past month I have been away from my usual island paradise home of Dominica and visiting Atlanta, USA. It's interesting being in an urban environment again with tall city buildings as the horizon and neon luminescence lighting up the night sky instead of stars. But amidst the cars and pollution, the noise and the concrete, the voice of nature is still present and I give thanks for her strength and beauty, which continues to breathe life to all. I appreciate and give thanks for nature wherever I find her and all is valued, cherished and enjoyed.

One of my great joys since being here is in riding my bike. Once my behind is on the seat and I put my feet on the pedals I am a child again exploring a world full of wonder and adventure. Who knows what is around the next corner? I am part of the outside, engaged with the entire world when I ride – people, places, trees and flowers everything is noticed, felt and experienced. Overhanging branches comb through my hair as I pass underneath their reach. I smell fragrances of rose petals, dirty diesel engines, freshly cut grass and food from restaurants in the breeze. I see spiders webs cast over hedges and spun at length in between branches. Despite roads and pavements nature knows no bounds - tree roots disturb flat concrete paths forming ridges through which other plants settle into and creeping ivy gradually takes over the walkway. The expansive sky is exceptionally bright and blue and I see a half moon in the noontime sunshine. Autumnal leaves cascade towards the ground and I watch the trees to see squirrels running up and down the trunks, bobbing their tails and stuffing their faces with acorns a-plenty. Higher up



by Terri Henry

the tree is an abandoned birds nest, which once held tiny eggs that hatched, grew and flew away and somewhere else another nest is being built.

My ears are filled with sounds of these birds whistling their songs of praise and communication alongside crickets chirping mating calls in the tall green grass by the roadside. The soundtrack of my journey changes in every moment as I hear the sounds of all that I pass - laughter, conversations, music from car stereos "boom, boom, boom" - I love that bass sound!! My heartbeat pounds strongly in my chest, I feel it throbbing in my head as waves of blood circulate rapidly to deliver vital oxygen to my cells - I am fully alive! The wind blows through my hair and screams in my ears as I fly full speed down the hill, my smile is wide and tears stream out from the corners of my eyes as the cool air blows inside them. I stand up on my pedals and shout "Freedom!" The hot-sweaty-upward climb, out of breath with burning legs, using several gear changes and sheer determination was worth every minute for the sweet reward of this exhilaration!

My lungs and joy are expanded, my body and soul are strengthened, and my mind and spirit are renewed.

I seek out quieter roads to enjoy the natural scenery and prevent my lungs from being overloaded with pollution. However on some journeys I find myself in 3 lanes of city traffic with 12-tyre trucks roaring by. I feel like a bike riding warrior in amongst gas guzzling SUV's and FedEx vans - this is pedal power!



The cars and trucks thunder over the bridge whilst I stop to watch the delicate flow of a river trickling underneath – acknowledging it's presence and feeling our unity knowing that it is the same water that flows through my veins.

By holding this sense of wonder and appreciation for all that is good and flourishing and sharing this excitement with others, I/we give them the possibility to see with new eyes. The joy of celebration is infectious and provides much needed balance to the bad news and battles we face on behalf of the natural world. Since more people want to go to a party than a lecture by reconnecting them with nature in joyful, fun and creative ways they are more likely to engage with and continue the work. And once people learn to love nature (including themselves) then they are much more likely to want to preserve and restore it. However, this celebration and feel-good joyousness is in fact only part of the

journey to restore the health of our psyche and the planet. The underlying reason why many people are unable to express or even see and feel the inherent joy and love in and with nature and themselves is because it is locked down under repressed fear and pain. Interestingly whilst in the midst of creating this article I went for a ride and had a minor accident. I fell off my bike and bashed my head, shoulder and leg and left my body with a few sore cuts and bruises. Ouch! Now I have a choice – do I let the fear of falling and being hurt prevent me from experiencing the immense joy and pleasure I get from cycling or do I allow

myself to feel the fear and do it anyway? Deep ecologist and activist Joanna Macy explains that because we are scared to feel the hurts of the abuse we have inflicted on the natural world and worried that by admitting to even the slightest form of anguish we will unleash an overwhelming flood of guilt, shame and despair we tend to keep all these emotions heavily guarded. Unfortunately, in attempting to diminish our pain we simultaneously crush the life force of love and light inside of us.

One of the main reasons for denial of pain is the desire to remain socially acceptable. For instance, an employee would be perfectly justified in taking a sick day off work for a migraine or bad back and usually work colleagues

are understanding enough when a person takes a few days off to look after a member of the family or mourn their passing but imagine calling the boss and announcing that you were not coming in to work today as the pain deforestation, air pollution and extreme ecological injustice was hurting you too much to be able to do your job effectively. At the very best you would be ridiculed and more realistically you are likely to be fired! However, because we are connected to the earth we do feel the pain as she does and maybe it is time to do something as radical as the previous example in order to gain recognition for this!

The web of life is completely interwoven and when we realise that the pain, sadness or depression we may feel in our lives are more than personal neurosis but are symptoms of a planetary crisis we can move forward to

dealing with the root cause of the problem rather than attempting to treat the symptoms with palliatives. Thankfully the field of Eco-psychology is now broadening the causal factors for our psychological functions and dysfunctions to a wider realm. This allows us to realise that many of our feelings result from more than personal issues and far from being problematic they are a normal response to our ecological situation. Our ability to experience pain is a natural and highly functional part of our design – a feedback mechanism, which allows us to move to more life affirming situations and solutions when faced with threat or danger. Just like the burning heat of fire

causes us to recoil for self preservation, if we admit to feeling the feverish heat of the planet we will be moved to do something about it. By ignoring the increasing temperature, hoping it will go away or doing all that is possible to distract from the reality we are simply going to get very burnt! Our sensitivity is a gift that needs expression not suppression. If we do not acknowledge dangers or fears then we are liable to become overwhelmed, make foolish choices, and ultimately be destroyed by them. In denial of our collective suffering we are stuck like a fox in headlights seeing the dangers looming ahead but paralysed and unable to move or create effective solutions.

Thankfully the process is not all doom and gloom!

#### Natural connection activity

Sit in a natural place either alone or as a group; take a notebook and pen(s) with you. Meditatively let all other daily thought flow away and be in the present moment. Look around you then close your eyes, breathe deeply, feel natural surfaces - maybe a tree or the grass (be careful not to touch anything which may cause a reaction!) Fully experience where you are. Listen, Listen, Listen with all your senses and with your heart. After 5-10 minutes of this sensory awareness write or draw what you heard from this natural area - what is its story? Let it tell you its fears and write your own – express your pain, anger, shame in words or images – it's okay to cry or display feelings of upset. When you have exhausted this perspective take a deep breathe and start to write and draw all the things you appreciate about this place, nature, this moment, be in full appreciation of everything and list all the good things that are present and available to you. When complete ask yourself or discuss as a group your feelings from both lists. Share your sorrows and joys, listening to one another with minimal interruption. Then look at what can be done in your lives to move from the first list to the second. Identify at least three things you can do in your own life within the next week that will make a positive impact on the issues raised in list one and allow you to more fully experience the joys and pleasures of list two. Commit yourself to achieving these things by stating your intentions to your group or sharing them with someone else after the session and enjoy the process of moving from pain to response-ability & empowerment.



Sharing our fears connects us with each other and allows a space for creative community movement and proactive choice. As Macy states "The very distress that, when we hid it, seemed to separate us from other people, now uncovers the connective tissue now bonding us." She skillfully demonstrates with her inspirational and interactive work the importance of acknowledging and connecting to the pain as part of the process of healing and in her book 'Coming Back to Life' with co-author Molly Brown outlines numerous ways to engage with this process. This sharing rather than making us weak or unattractive opens us to greater strength and honesty. The idea is to not get overcome or by fear but to feel it and use it as a platform to push you into new realms. Once we admit to that which we are afraid of its power over us is diminished and we can then move forward with full awareness of our

fears yet not allow them to take over our joy. Rather than getting caught in the pit of pessimistic misery with the formidable triplets of Shame, Blame and Guilt we find the courage to climb on their shoulders and move upwards and onwards into brighter possibilities!

Onelove, Terri Henry, November 2005

Post Script: A few days after my bike fall I received a timely reminder in an email newsletter by Suzen Larsen King that "Every period of growth is accompanied by bangs and bruises. Welcome these signs of life in yourself and rejoice in your own courage to push into unknown territory!" So I'm ready to face and be unafraid of my fears, be fully in the present in order to grow into future of our creation! ❀

## Finding Paradise - Part 1

So here I am starting my new column for the funky raw magazine, no longer the editor !

For my first article I would like us to ponder what exactly IS PARADISE?? I feel like somewhere I have been pondering this question all my life....

**What is Paradise?**

**How would it Feel?**

**What would it Look like?**

**Taste like?**

**Sound like?**

**How would we Act towards one another?**

Through my search for these answers I have concluded that:

Paradise IS pure consciousness and pure consciousness IS paradise !

Paradise is pure ecstatic bliss (the stuff of the universe) pulsating and being experienced and expressed through this physical existence and beyond COLLECTIVELY!

As everyone comes from this earth, and this universe which is made up of this energy has created the earth mysteriously and awesomely, then I have to trust that everyone is this energy too!

Myths and legends talk of a golden time when we experienced A UNIVERSAL MIND, when everyone lived in a state of pure openness, wonder, and reverence. Where every need was met effortlessly. Paradise myths seem to say that the experience of universal oneness is the natural and healthy condition of human consciousness – and that the customary state we are all familiar with now– that of egocentric separateness – with all its ramifications- is unnatural and unhealthy. And I completely agree!



by Tish

There are 2 selves that reside in each of us, both with very different agendas. Is it any wonder that the world is in conflict when the one that most of us live our life's by is

the egocentric one, and most of the time we are all blissfully unaware of this. However if we look at the current state of humanity we can see its not actually so blissful to live in the delusion and ignorance that is inherent in this egocentric condition. If we step into any collective group of people we will find conflict even when it appears on the surface that there is a common aim within that group! Humans have a great deal of trouble with getting along in a harmo-

nious and peaceful way, and we are never going to create paradise if we continue to go down this path where we are dominated by this inherited self.

When we take a more focused look at the 'ego' that lives within each of us and dominates most, it is not difficult to see why this is. The 'ego' has no real ability to feel. It can think in ideas, thoughts and concepts, but generally it can't feel. It has no ability to connect on an energetic level, so in turn can not feel the oneness and bliss of the universe that all mystics talk of. If the ego can not feel this oneness then its only desire is to serve itself, even if it doesn't appear so on the surface. Because the ego is just a conditioned machine it will basically play out all that it has learned from childhood in a mechanical way. It's just a program even if it can be re programmed. And the conundrum is that it is STILL a program, and programs can't feel!



I propose that to create heaven on earth we need to step out of the program and into our 'divine' feeling self. One that I believe still resides in each of us, and one that doesn't need to DO much. When we look at the anecdotal evidence of what properties are inherent in the perception of this divine self it becomes obvious that if everyone was experiencing this in a sustainable and permanent way there would be no trouble what so ever in creating paradise again, it would happen naturally.

When we look at the descriptions of those who have had powerful experiences of altered perception, such as those who have been practising long-term deep meditation or those who have experienced a powerful plant chemical experience such as ayahuasca, or other powerful shamanic practises that shift our consciousness we find they tell of parallel experiences. Feelings of utter bliss, a cosmic force penetration that is ecstatic, deep love and compassion for everyone, a connection to the essence of the earth, a harmonic resonance with nature as well as the manifestation of seeming latent extrasensory abilities, etc are common. These are not experienced as a concept or a thought but as an actual energetic feeling experience to the point when most who have experienced such phenomena find that words are a very limited and restricted tool for communicating this.

Imagine if everyone experienced this state at the same time where everyone's intent was to create this in a sustainable and permanent way . Imagine how different the world would be. The vision I have for humanity is of the highest and purest vibrational existence. If we felt an actual complete harmonic resonance to the earth how could we ever pour poisons over its skin, for we would be pouring it on our own? If we felt utter bliss and connection with our fellow humans, why would we ever want to create war, when it would mean we would hurt ourselves, literally? Yet our egocentric self can only understand this in a very limited form. In some way paradise will occur when we become utterly selfish, but the 'self' that is selfish isn't the one that normally dominates.

Yet of course its not as simple as this. Currently our egocentric mind and self is in such dominance on this planet that things have got pretty heavy. And somehow we got into this mess in the first place !! Which when we ponder is a trip in itself, with a myriad of different and conflicting explanations and opinions !!

For this 'finding Paradise' column I want to explore ways in which as a collective species we can go about creating paradise on earth once more, and next issue I am going to explore the need for scientific consciousness research labs! Far from paradise I hear you say(!) but is it?



We will explore more next time.

For this first article I want to finish by giving you my own vision of paradise. Part of my own healing has been to develop my own vision of this grandest dream. It has helped keep my mind focused and my path clear. Since doing this I haven't felt one ounce of confusion at any deep level anymore...

So here it is in a bit of a nutshell:

- \* A collective vibrational resonance with and respect for all of life
- \* Every human having their nutritional needs met in a biologically active, clean, nutrient dense and sustainable way, and unified action to bring this forth at all times for all humans
- \* A deep reverence for and connection to nature/earth
- \* Homes and dwelling spaces being made completely organically and sustainably, and collective action to bring this forth for all humans
- \* A feeling of shared bliss
- \* Extra sensory communication and experience
- \* Radically heightened senses eg colour taking on a luminous quality, the ability to hear all sounds in nature simultaneously, and taste buds fully alive and awakened
- \* Complete collective and harmonious co-operation in meeting everyone's natural need for connection and love
- \* Natural beauty at every turn
- \* A lack of desire to DO much other than to co-operate in mutually supportive ways in living an ecstatic, deeply relaxed, sensual, playful and natural existence

If I were to write a guide to how humans go about creating paradise I would make the number one step to create a vision, even if its limited, of how as humans we would be existing if we were living in paradise. Of course I could expand on the above a lot more, but I will leave that for your own imaginations. By collectively coming together with a unified vision energy can be utilised and focused in putting practical steps in process to bring such vision into reality. So please feel free to create your own vision, the more of us that do it, and put our vision into action, the quicker it will come about....

And I think its fair to say the grandest dream of all is that of paradise.

If you would like to share your own vision of paradise on earth with the Funky Raw magazine then please send me some scribbles at [tish@funkyraw.com](mailto:tish@funkyraw.com) 🌸



# Consciousness Journey

by Polly

As a child, I was very interested in magic and the supernatural. I was also deeply unhappy and always felt very repressed.

As a teenager, I was a heavy drug user. I started experimenting with cannabis and alcohol when I was 15. At the age of 17, I left my parent's home in London, and got my own bedsit; this was 1988 when the rave scene was just kicking off. I was right there where it was all happening, and completely at liberty to immerse myself in it. From 1989 – 1991, my life revolved around drug use. I was smoking a lot of cannabis – at the heaviest period it was an eighth a week. At the weekends, we would go out on a Friday night and stay up till Sunday night. We would usually do a combination of acid and ecstasy. I would guess there was a period of about a year, around 1989, where we would do this more or less every weekend. I experimented a little with cocaine, speed, mushrooms, and ketamine. I ate a high raw vegan diet, but ate erratically, often not eating for days, suffering from mild anorexia.

I had a lot of out of body experiences on acid. Once in a field in Amsterdam I went so far out, I couldn't remember my name or who I was or anything. On a beach in Brighton I became a seagull and then couldn't get back into my body for hours, which was very painful. I had a lot of good trips where I experienced oneness with nature, a peace and harmony with the universe, but also a lot of bad trips where I went too far out when I didn't feel safe, or where I experienced negative energies around me that I allowed into my own energy field.

On ecstasy we would experience pure bliss together. In the early days, the ecstasy was really pure and the people really special and it was a magical experience. We most often did it in clubs and we would dance to uplifting tunes, and we really were in heaven, in a transcendent state together.

But because it was all drug based, it had a very weak foundation, things fell apart very quickly, and by about 1991 the whole scene had soured. Personally I was burnt out from too many chemicals and poor nutrition, and it was no longer possible to experience those states on drugs. So I began to look for ways to achieve them naturally. I read a lot about spirituality, and started practising yoga daily (this was in 1992, when it was still relatively unknown). I learned more about raw foods, and used them as a way to overcome my rocky relationship with food. The light vibrational energy of raw foods suited me, and by 1993 I was a committed raw foodist. The main thing though was observation of consciousness. I realised that the goal was to still the conscious rational mind to allow those ecstatic out of body states to occur naturally. But it was a very hard thing to do on my own without guidance, and there were many periods when I became so

immersed in the process I forgot what I was actually doing and why I was doing it. I knew I had to become present, to become fully in the moment, but sometimes the moment led me to some very strange and unnatural places and situations, that it was difficult to work my way out of.

It was at the end of 2004, that I really came back to myself. I feel now I have worked through my major blockages, and resolved my major karmic issues. Of course, there is always stuff remaining, always layers to peel away, but I am now living more in the light than in the darkness. I am awakened more than I am asleep in my unconscious programming. This is partly due to the work I have done on my own conscious processes, but also thanks to the amazing superfoods I have in my diet which facilitate high vibrational states. I am very blessed with three amazing sons who continually drag me kicking and screaming into the present moment when I would much rather be floating off on my cloud somewhere. And as my external world beautifully mirrors my inner being, I am attracting in more and more magical people and experiences into my life which keep me high.

In 2005, I am increasingly experiencing states of super-consciousness. They often occur late at night, when I am trawling the internet, or in the bath – times of stillness, always when I am on my own, more often at the weekends. I feel like connections are being made in my brain as I understand stuff about the nature of reality. It is like pathways are being built. It feels like an orgasm but only in my head. Sometimes they just last a few minutes, the longest one I had was on a Sunday morning a couple of weeks ago, and it just went on and on for the whole morning, I couldn't move. Every time it would pass, I would try and get up, and it would start again. It feels amazing and wonderful, but sometimes it is too intense, it almost hurts and I want it to stop but of course I don't. It is a bit like giving birth in that respect, surrendering to the pain, allowing it to move through you. It always makes me cry.

I feel as human beings we are like radio receivers, when I am in these states I am receiving transmission signals. It's like there's a cosmic radio, and we are tuning ourselves into it. The more tuned in we are, the more we can channel breathtaking amounts of cosmic energy.

The more I experience these states of being, the more I feel in a state of ecstatic bliss in my normal everyday life. I know that this world is an illusion that we are creating, and none of it is real and none of it matters. I am less and less attached to outcome and more and more immersed in a high vibrational state where being is the only reality. A



lot of the time I feel like I have been plugged into an electrical grid, my whole body is on fire. I have less and less need for sleep and for food.

The other amazing thing that is happening more frequently is the mirror meditations. I catch sight of my reflection, and I see deep into myself. I stare deeper and deeper, so I am looking through myself, through the veil. My face shifts, and I see multiple faces in my body. I see lights and colours and experience a huge welling up of peace. It feels like watching a firework display: it is beautiful, and I stare and stare, just appreciating the magnificence of it, losing myself in the wonder of the experience. I often feel when this is happening that I am receiving information from a higher source, it speaks through me to me. Things become clearer, veils fall away. I am seeing into the true nature of reality.

I feel like the sixth sense is being awakened in me. At the moment I feel a bit like a blind man, fumbling around in the dark, I do not really know what I am looking for or how to find it. But I am learning to use this sense, to see/feel with it, on a new vibrational level. I feel like I can see into the fourth dimension. It is the energy between the spaces. It is where we are all one, and we can communicate clearly through time and space, it is beyond time and space. This is just the beginning of experiencing a new dimensional reality, where we are aware that we create the world and the world we're living in is simply a result

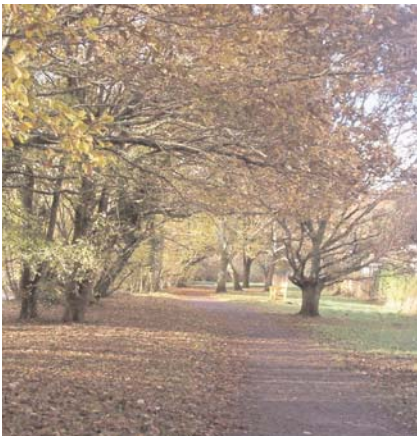
of our current limited programming. As we start to develop our powers and all come together, we are creating real magic.

All the prophecies say 2012, and I believe the next seven years is a real period of accelerated growth and learning. I have read that time is compressing, and that is being borne out in my own life. Time just keeps speeding up and we are going through lifetimes of experience in shorter and shorter periods. As we approach 2012 this process will intensify. Our lightbodies are being activated, we will shed our physical bodies. We will make contact with beings from other dimensions. We will be able to leave earth at will and move freely through time and space.

It is our role to be a bridge between the old world and the new. We will help humankind make the transition, the interdimensional shift. We will build a new heaven on earth for those who want to stay here. We will be galactic ambassadors, earth's representatives as members of the galactic federation.

We are doing this energetically, with the light we are manifesting in our beings, but also physically, by creating spaces of bliss and harmony. These spaces are just being seeded now, but they will grow exponentially in duration and in number, until they become universal and constant, the only reality that exists on our planet. ❀

# RAW AND WILD WEEKEND



*in the beautiful countryside near Totnes, Devon  
29 & 30 April 2006 with Holly and Rob*

A weekend of raw food preparation and consciousness exploration including a wild food walk, eye connection meditation, bhajans/chanting, superfood brain nutrition and of course learn how to prepare delicious raw food which will satisfy and sustain you. Dishes will include chocolate pudding, wild green soup, lasagna, pizza, wild garlic and olive paté and various cakes and desserts.



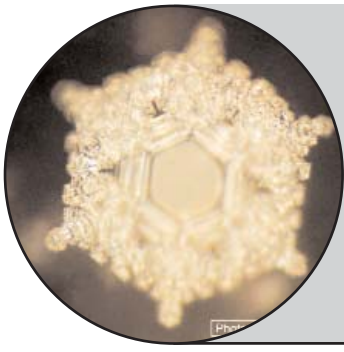
Prices from £110 if you bring your own tent, more to stay in a tent we provide or in the house. See website for full details.

Price includes 3 meals each day plus snacks and a hot water bottle!

To book or for more information call Holly or Rob on  
01803 762245 or email [holly@funkyraw.com](mailto:holly@funkyraw.com)

**[www.funkyraw.com/workshops](http://www.funkyraw.com/workshops)**





# Holistic Lifestyle

## Feelings are beautiful

by Shantigarbha

According to Nonviolent Communication (NVC) feelings are beautiful because they guide us to what is important to us – what we need to make our lives whole. In this issue of *Funky Raw* I'm going to lead you through a process to help you see the beauty of your feelings – an 'inner dance' of understanding and self-empathy. It's something I regularly guide people through on my workshops, and many people have told me that it has had a profound effect on how they feel about themselves.

So, if you are willing to go with me on this inner dance, first **recall a situation that you aren't happy with** – it might be a situation at work or with your partner or children. It might be something somebody says or does that annoys or upsets you.

Now, **listen for your thoughts** about this situation. What are you telling yourself about it? It might help to make a note of these thoughts. Look for 'should' statements – what the other person 'should' do, what you 'should' do. And look for labels and judgements about what's good or bad, right or wrong.

Now, **recall what was the trigger for these thoughts** – what did the other person *actually* say or do? Try to separate out the facts (e.g. She said "I don't like that dress") from your evaluation of those words or actions (e.g. "She was criticising me"). Write down the facts as you heard or saw them, and if they are words, write them down as accurately as you remember.

Now ask yourself: "**How do I feel when I recall this trigger?**" Give yourself space to fully sense this feeling. Where do you feel it in your body? Is it tightness and tension, heaviness and dullness, or sadness and anger?

Whatever you're feeling at the moment, **give yourself space to explore it**. I suggest putting your pen down and spending a few minutes on this. What is its energy? If you made a sound with this energy, what would it sound like? If you made a gesture or expression with this energy, what would it look like? If this feeling was a colour or an image, what would that be? You might like to get a piece of paper and draw or paint it...

When you're satisfied that you are fully in touch with how it feels in your body, ask yourself this: "**What do I really want at the moment?**" What's the need behind or underneath this feeling? What do I need to make my life whole – to make it complete, to bring it into balance? Again, give yourself space (I suggest a few minutes) to explore this question.

The answer may come slower than you expect – **give yourself space**. Notice how the feeling changes in your body when it does. This is a sign that you are fully in touch with your need – what you really want to make your life whole.

You might want to stop there, and just enjoy being in touch with what would make your life whole. And you might want to go on to imagining **how to get this need met**. If you want to do this, I suggest you go wild in imagining something you might ask yourself to do. Then things you might ask the other person in the situation to do. Then other people around you... And as you imagine each request, check: Is it doable? i.e. is it specific, measurable, achievable, within a specific time etc.

And to ground and complete this dance, this process, I suggest you **choose one of your requests to act on right now** – or within a specified time e.g. today or this week. Check if it's doable and if it will take you one step towards meeting the need you are in touch with before agreeing with yourself to do it.

When you've done this, I suggest pausing for five seconds. How are you feeling now? To meet my need for connection I'd love to hear from you...

Next issue: 'You never listen to me!' – NVC in Mediation

*Shantigarbha is a certified trainer with the International Centre for Nonviolent Communication ([www.cnvc.org](http://www.cnvc.org)) He runs NVC workshops in the UK, Germany and the USA, and teaches at the Cambridge Buddhist Centre. Visit his new website at [www.seedofpeace.org](http://www.seedofpeace.org) For information about all the trainers in the UK, visit [www.NVC-UK.info](http://www.NVC-UK.info) ❀*



# Post-orgasmic Bliss?

After some recent experiences I would like to share what seems to be a simple basis for conscious love-making that may help people who are perplexed as I was about relationship dynamics and what is going on between the sexes.

Briefly, as I moved gradually into a more 'meditative' way of living it seemed increasingly bizarre to leave that state for a mad scramble to the finish that seemed to be what passes for 'normal' sex. I knew that there was a different form of sex to that which I was experiencing. I always objected to the term 'making love' because I knew that the sex I was experiencing wasn't that. I knew what making love would feel like and I read books about it but I still didn't know how it could be done. The procedures and rituals I read about in books of tantra seemed too complicated or superficial and to somehow miss the point. I also knew that after being with a man for a few weeks I began to feel not right. Long term relationships had been managed with long gaps and 'taking space' and I considered the possibility that, while I longed to merge with my other half, I had to be on my own.

Recently, having met the perfect man for me and feeling so right and having such amazingly beautiful sex I was deeply shocked when after an initial period of total harmony, the same kind of patterns started to show up – sparing the details - my energy and happiness were decreasing rapidly and yet I was with someone who was to me the most delightful man I had ever met. I now understand that both of our brain chemistries were being massively interfered with by that most sought after of experiences – the orgasm.

Various tantric texts warn of the perils of the male orgasm in terms of depleting energy but I had never heard that the female orgasm was dangerous or that orgasms seriously damage relationships until I read 'Peace Between the Sheets' by Marnia Robinson. It seems that orgasms radically change brain chemistry for the worse and in a nutshell cause partners to go off each-other. Extrapolating Marnia Robinson's work in terms of Tony Wright's model, it would seem that while conscious love-making fires up the right brain, energises the body and creates feelings of love, harmony and union, an orgasm blows the fuse and sends us tumbling into the confines of the left brain with its criticising, controlling, analytical and fearful behaviour, perfect for finding problems with your lover and making yourself equally undesirable. The left brain cannot experience real pleasure, only plan for it in the future with a series of strategies that separate us from everything around us. We need to be in our right brains to experience real pleasure by deep feeling. That is where truly making love can lead us – to a state of oneness with our partner and everything else and also deepening attraction to our lover. This, lovemaking with our right hemisphere, is tantra.

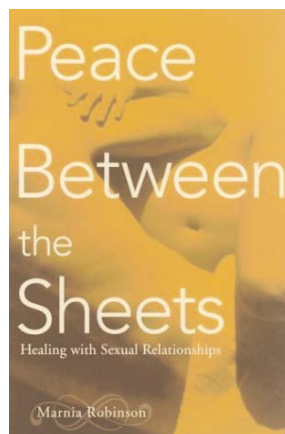
But isn't orgasm the goal of all this activity? And if it isn't then what is? And this is exactly the point. There is no longer a goal in the future. We do not seek an orgasm in the future. We make love in the present. Lovemaking in the right brain isn't planned and thought out – it happens through feeling and sensing. The right brain moves the body differently to the left brain – it is more sensual, more aware. It is pleasurable rather than exciting. All we need to do is relax with the one we love – to bring our bodies together. Ah, but if only human life were so simple. The tricky bit is that first we need to deprogram ourselves from orgasmic sex. This is where Marnia Robinson's book is so useful – to help us with this process.

So far we have followed a simple method of avoiding titillating situations and calming things down whenever we feel ourselves 'in danger' of orgasm. Through this our style of lovemaking naturally has been changing as we let go of chasing orgasms and feel and enjoy the sensations in the moment.

It feels like we pick up each time where we left off last time – like one continuous lovemaking session rather than separate events, the pleasure mounting each time. There is no definite starting or stopping time. I lose the distinction between my body and his, my pleasure and his, my energy and his. And this spills over into everyday life with growing connectedness, harmony, telepathy, a feeling of being in sync and delight to be in his company. After a few minutes making love I experience lightness in my body, that my body is moving itself as in a dream, waves and ripples of energy up my spine and into my out of the top of my head, pleasure beyond any normal orgasm, and total love and acceptance of him – as if he were me.

For us one orgasm 'blows it' with distressing results. If I orgasm I soon feel down and very irritable - with everyone. I recognise this feeling as one that I have had apparently inexplicably many days of my life – I guess after an orgasm. If he orgasms I feel as if he has left me for about 36 hours afterwards – even though he does nice things for me and is kind and considerate – it is the loss of energetic connection. When you become used to being so in sync it is devastating to lose it. Also mental coping mechanisms we have for not being in harmony and just not feeling right get out of practice when you are used to being around each-other so happily and easily. Our experience has been that if one of us does have an orgasm it is wise to wait a while before making love again, but to stay close and sleep together still.

It is early days but I feel that I have experienced enough to know that this is the way forward just like eating raw food, being in nature, waking up. Putting together a raw diet, sleep deprivation and non-orgasmic lovemaking is a powerful combination. ❀



# Making the Reconnection

by Aranya

I came to Reconnective healing<sup>1</sup> the usual way that these things happen, via a series of undeniable synchronicities and an inner knowing that it was the right thing for me to do. Whilst it has happened very quickly, the chain of events I can trace all the way back to a 'Flower of Life' workshop that I attended in the Spring, which led me to then connect with Slim Spurling<sup>2</sup> and later organise a workshop for him to teach in the UK at the beginning of October. And in the meantime I had stayed awake again for three days and nights with Tony and Steve at this summer's Funky Raw Festival, experiencing a newly increased visual perception of energies<sup>3</sup> as a result.

I have been feeling energy in my hands ever since our staying awake experiments started nearly ten years ago, but on 11th September something new occurred. I had travelled to Shrewsbury to attend a workshop with author and trance channel Barbara Marciniak and whilst the weekend was a great experience in itself, the most significant moment for me occurred whilst sitting waiting for the event to start. I wasn't surprised to feel a lot of energy in my hands given the circumstances, but as I turned my palms up on my lap I was amazed to notice that as I glanced from one hand to the other I could feel energy move at the same time! Excitedly I played with this, looking up and down different fingers and feeling the energy go where I placed my attention. Then I noticed that if I just shifted my eyes but not my head, less energy moved than if I moved my head too. I had read about this idea in many places before, but now I knew for sure that energy really does move where we direct our attention! Try it for yourself and see....

Three weeks later I was running Slim's workshop, having brought him over to the UK for a weekend of learning to dowse geopathic stress lines and to use his Light Life Tools. Since Barbara's workshop I had moved home and

<sup>1</sup> See [www.thereconnection.com](http://www.thereconnection.com) for more information.

<sup>2</sup> Acclaimed dowser and creator of the Light Life Tools (see my article in issue 3)

<sup>3</sup> On the third morning I was clearly seeing energy fields around power lines and sheets of energy coming from them down to the ground. I had earlier developed this perception by learning to see the energy field in the Light Life Rings. I could even see the pattern of energy emitted by a transmitter on the horizon. More surprisingly, I also noticed sheets of energy between wooden marquee poles and the ground, I later saw these also occurred between living trees. I have since retained this perception, but to a lesser degree.

lost my phone line, so communication had become, shall we say, challenging. One such miscommunication after the workshop meant that I needed to send a packet to Germany by 48 hour delivery and this meant an unwanted, rare trip for me 40 miles into Exeter. Wanting to make the most of the journey, I headed for the bookshops in search of a new book by another inspiring author. I didn't find that book, but a different one 'jumped off the shelf' at me. The title that caught my eye took me back in time to the Spring when I was given a free copy of 'Kindred Spirit' by a friend. I had never read the magazine before, but flipping through it, I came across an article about Reconnective Healing. As I turned the page I experienced a great rush of energy through my body, which was so strange, that I even turned the page backwards and over once more to see if it would happen again! It didn't, but I still read the article, finding it really interesting.

However, until seeing this book on the shelf, the article had slipped my mind. Needless to say, I went home that day with a book that I didn't go looking for, but was nevertheless meant to read.

What had seemed like a frustrating turn of events (having to make a journey that could have been avoided) had set me on

a new and exciting pathway. Funny how the benefit of hindsight can so easily change our perspective!

Although Dr Eric Pearl is more a healer than a writer<sup>4</sup>, 'The Reconnection' is still a fascinating read and highly recommended to fill in all the many details that I don't have space for here. It was one of those books that I couldn't put down, but because my brain decided that it still needed regular time out to absorb what it was receiving I often dropped it instead – each time I tranced out! When I reached the last few chapters of the book which deal with ways in which the energy can be used by healers, my immediate reaction was that I didn't need to read them as I 'didn't do any of that'...! But that thought brought to my attention what a huge resistance I had to the idea of me doing any kind of healing work (and yet I teach permaculture (Earth healing) and hang out with a lot of local healers!). So even though I had no idea where this resistance had originated from, I knew that it was something that I had to address. So I read on.... However, upon reaching the end of the book, I had no obvious way forward. I had read it all and found the energy perception development exercises easy, but still had no idea what to do about it.

<sup>4</sup> He also excels however as a teacher and seminar leader.



Aranya dowsing



Then the following week, when mentioning the book to Jay and Terry<sup>5</sup>, they mentioned that Dr Pearl was doing a seminar in London next week...!! I could only consider this another synchronicity as he had only taught in the UK once before a year previously and so after some very logical and cautious pondering I booked myself onto the seminar. I wasn't sure what it was going to offer me and upon arriving for the Friday evening session and seeing another 400 or so people in the hall I wondered what I could possibly get out of such a large scale event - yet I found the evening completely engaging. For several hours Dr Pearl (who for once is a healer who actually looks and sounds healthy himself!) did a few demonstrations and talked about how the Reconnective healing energy found him. And although this is all covered in the book I'll give a brief outline here.



Dr. Eric Pearl

Dr Pearl was a successful chiropractor who was one day talked into getting a reading from a gypsy at the beach. She mentioned 'this other work that she did for healers', but upon enquiring the price he decided to decline her offer and go home. However, he couldn't get it out of his head, so he eventually went back and she drew lines all over his body with her fingers. At first he noticed nothing and figured that he had just been mugged, but then strange things started to happen. His patients described feeling other people in the room, sometimes on the side where the couch was up against the wall and sometimes even flying around! These were common experiences for his patients, who then started consistently describing other beings that they met in their imaginations who had messages to pass on. As a confirmed skeptic it took a lot of this to make him take notice, but after several dramatic healings he dropped his chiropractic practice in favour of working with this energy. Then as part of his exploration into what was happening, he read a lot and went to meet lots of other healers and psychics, but none of them were able to explain what he had been seeing

As he watched other healers work, one of the things that he noticed was that nobody else doing 'healing with hands' was eliciting any response from their patients. Eric however, was commonly seeing immediate reactions; what he calls 'registers' from the patient as soon as he started working with them. These registers varied from REM - rapid eye movement (a very common one), to breathing changes, movements of limbs (sometimes dramatic!), swallowing, yawning, head rolling, twitching etc. Then there was something else that was unlike any other forms of healing that he was shown; the effects of Reconnective Healing increase in strength with distance - almost as if the extra tension placed on the connection when 'stretching out' the energy, exerts more pressure on the process. When asked how it works, he just says 'I don't know' and suggests that to be a healthy attitude for us all to take. As soon as we decide we know what is

<sup>5</sup> You know.... Jay and Terry!

going on we place restrictions upon it - so we are best off placing ourselves in a state of childlike curiosity and just playing with the energy, allowing ourselves to simply be guided by divine intelligence.

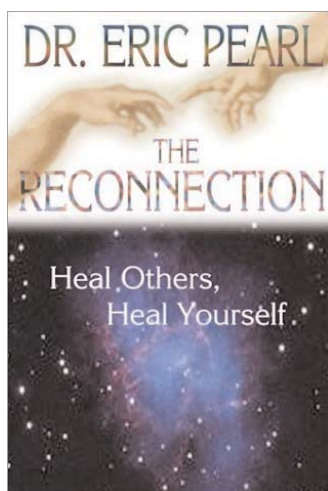
Dr Pearl also noticed as part of his exploration, that as soon as he started to bring little protection rituals into his work (at the recommendation of other healers), the results he was seeing became less and less effective. Eventually he threw out all the rituals and the dramatic healings returned. He suggests that as soon as we demonstrate our own fear, we block some of the healing energy from coming through. And as love is the opposite of fear, this makes total sense.

So back to the Seminar; on the Saturday morning the room was laid out with about 200 chairs on one side and 52 massage tables on the other, with the stage in between. The teaching alternated between seated lectures and practical work and because we were split up into four groups, we all rotated around different experiences. The whole thing was beautifully orchestrated, with a lot of teaching assistants to help us out and it proved to be a very full weekend. At one point late on Saturday afternoon I realised that we still had over a day to go, even though I had learned so much already!

Now, it was one thing to have read about how working with this energy elicited registers in the person on the table, but to have the experience of doing the same myself was particularly weird. To position my hands, stretch out the energy and be able to consistently generate eye movements by simply moving my hand over two feet away from the back of someone's head was an amazing experience. This was still a small response though, because looking around me I could see that one or two people laying on tables were actually throwing their arms and legs around quite dramatically - believe me, this energy is not subtle!

Dr Pearl explains that Reconnective healing is not a therapy and involves no diagnosis. In fact the less we know about what ailments a person has, the less we are likely to overlay what we think we should be doing over the session. He has also observed that there is often no connection between where we might be working on a person, where they exhibit registers and where they experience a healing. We can even work on an imaginary hologram of the person (as was demonstrated!), still elicit registers and achieve the same results. Divine intelligence always knows best and all we do is to act as a conduit for this energy.

By the end of the seminar, a significant number of people had experienced either a dramatic reduction or complete disappearance of pains that had been plaguing them for years, sometimes decades. More importantly, we were all taking away what we needed to do the same elsewhere. What I got most from the seminar though was a way forward, an understanding of how to work



with this energy and a clarity about what this energy thing had been about with my hands all this time. Now I knew what it was for! I set about playing with the energy and doing sessions with some friends.

Working with people it was easy to get feedback through the registers, but I soon learned to also receive feedback through the feelings in my hands, so that when I used the energy on my food and drink I was able to sense into just where my hands needed to be. I can also now feel how strong the energy is coming off of different foods - freshly made juice seems to be the most potent of all... Later I went out and played in nature and had a very lovely time. Walking away from my first session with a large Oak I felt all the qualities of the tree (words cannot describe this adequately). It seems that I experience an energy exchange with these connections and maybe this sharing of qualities and information was the original basis of shamanic healing...

Working with this energy came very naturally, so I took the plunge and travelled to Germany two weeks later to attend a Level 3 seminar. This next level teaches how to perform the Personal Reconnection (effectively what the gypsy originally did on Eric, but now off the body). Where Reconnective Healing is the equivalent of 'freestyle', the Personal Reconnection is a set pattern of actions, performed over two sessions, with a night or two in between. If we decide to have a Personal Reconnection, it can have a tendency to set a whole lot of things in motion, "throwing us onto our life paths" as Eric describes it. Reconnective Healing can be appropriate at

different times in our lives to move stuck things along, whereas a Personal Reconnection is a one-off. Once you have it done, you are done....

So I continue to play with the energy and explore the new sensations of feeling it move around different parts of my body, directing it with nothing more than my attention. It's a lot of fun and something I'm convinced we can all do given a little practice and a few awareness exercises. So for the curious... yes I have decided to throw out my previous ideas of what I thought I was and wasn't here to do and am now also offering this work at my local Healing Centre in Bridport. This has all happened in a little over a month; things can change very quickly these days, so be prepared! But as a Hopi teaching reminds us: "We are the ones that we have been waiting for".

...And those of you who like synchronicities, as I finish writing this article, BT have finally reconnected me to the telephone network after over two months. The date? 11.11. ❀

## Next Issue...

The Pleasure Principle - Holly will discuss why doing the right thing is the ultimate pleasure.

Tish will be asking how consciousness research labs can help us find paradise.

Rob will be back with more seasonal wild greens.

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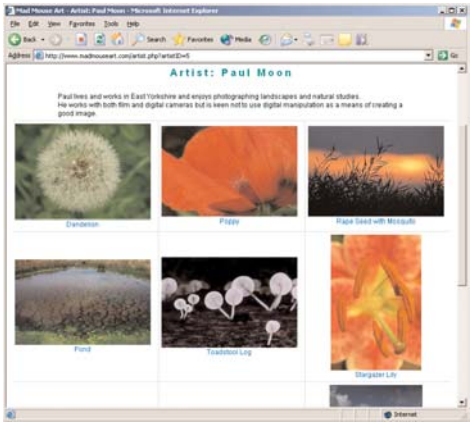
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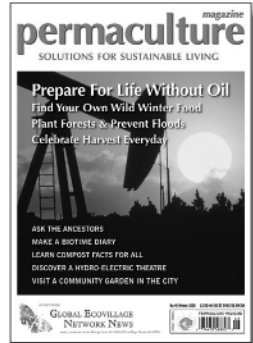
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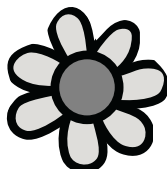
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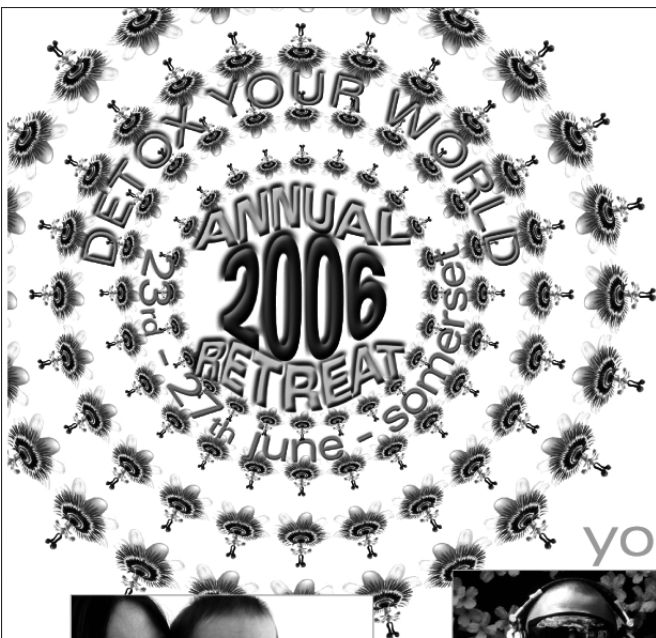
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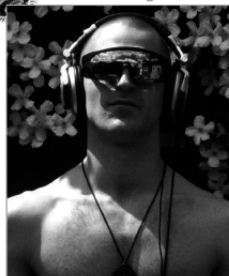


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