

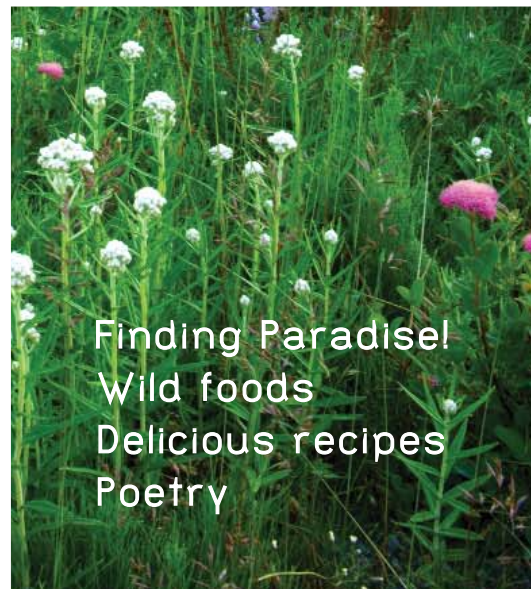
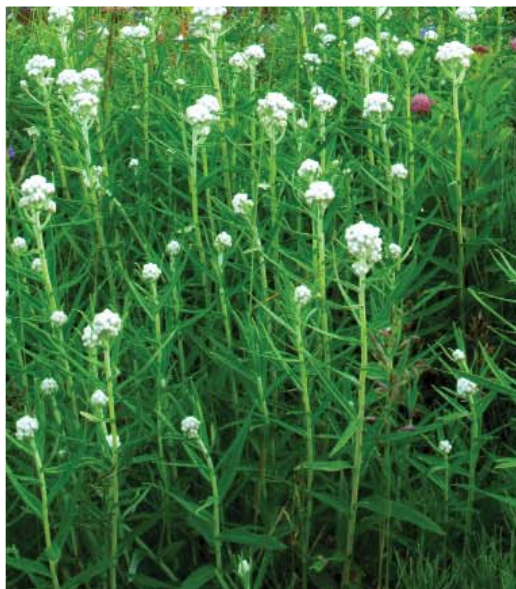
The Funky Raw

Issue 7 - Summer 2006

Restoring paradise consciousness

magazine

£2.75 / €3.50



Finding Paradise!
Wild foods
Delicious recipes
Poetry

From the Editor

I'm so excited that we finally have a colour cover! I've been wanting it since the beginning and now we have it. You might also notice some other changes in the magazine - we've got rid of the various sections to give us more flexibility in how the magazine is laid out and what we can include (but don't worry, we'll still be having similar articles and Aranya will be back next issue to continue his column on Permaculture.)

It's been all change for me this last month also, I moved to London. As with everything, it's got its advantages and disadvantages, but the biggest advantage I've found so far is that I can walk 30 minutes and get to a shop where I can buy Durian. Now for me, that's a serious plus point!

Plans for the festival are well underway. We've found a beautiful site near Helston in Cornwall and got all sorts of people lined up to do yoga, tai chi, prepare delicious raw food and also entertain and relax you with a sauna and music of many different types.



It seems to me that raw food is really taking off in the mainstream. People are finally seeing the connection between what they eat and the state of their health. It will be interesting to see what the general public think at the Food of Life festival in Brighton on June 4th, 1000 people are expected to turn up and discover raw food - we'll report back next issue.

As always, please feel free to contact me with comments about the magazine or if you want to submit an article, cartoon, photo or artwork for publication.

Enjoy...

love Rob

You can email Rob on rob@funkyraw.com

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Contributors: Warren Vialli, Vedina Mosé, Polly, Emma Turtle, Kate Wood

Advertising

 Next issue deadline **14 August 06**.

Rates start at £20 with discounts for block booking.

Please see www.funkyraw.com/ads/ for full rate list and more info or email advertising@funkyraw.com

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www.ink.uk.com



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

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

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

Submission deadline for next issue: **14th August 06**

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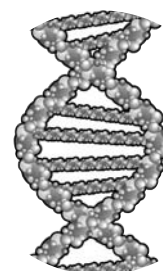
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Everyone who reads this magazine is 100% responsible for what they do with the information presented here!



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Subscriptions and Back Issues

Available in the **UK** for **£15** or £12 concession, to **Europe** for **£17** (25€) or £14 (20.70€) concession or to anywhere else in the **world** for **£20.50** (US\$36) or £17.50 (US\$30.50) concession.

Send your name and address with payment to Funky Raw, 87 Pepys Road, New Cross Gate, London, SE14 5SE.

Back Issues 2 to 6 are still available. United Kingdom - £3.80 / Europe £4.70 (6.95€) / Rest of World £5.30 (US\$9.20).

Subscriptions and back issues by Credit Card at **www.funkyraw.com/shop**



News, Events and more

Funky Raw Festival 2006

August 8th to 13th

We're all looking forward to what is going to be an amazing festival this August. We've found a beautiful site near Helston in Cornwall, we've got lots of people coming to do their funky stuff, like Adam with his Sauna, Jess and Tom with their Juice bar and Kate and Holly with their Magic Cafe.

There will be daily Kundalini Yoga, Tai Chi and Qi Gong sessions, singing workshops, face painting and other activities for kids, and lots more.

Music wise, we have 12 piece roots rockers Macka Ting. Featuring: I-Lodica; Fireocious; The unity sisters and Zagu Zarr, singer/songwriter Cathie, Roots and Reggae from DJ Crusty, deep tribal house from Emma Turtle, plus more to be confirmed.

Tickets are on sale now from the Funky Raw shop www.funkyraw.com/shop Early bird prices £75 Full, £40 concession and £18 child until the end of June.



The festival site near Helston, Cornwall

Kids and Southern Spain

Joe and Carme Brunner, a 100% raw family living in an Ecovillage project in the south of Spain (near Ecoforest), would like to welcome other raw families with children aged 1 to 6 for holidays and exchange. We would like that our children socialise with other with the same "taste"... For more information or if you are interested please write to us at vegadelosrios@vodafone.es or call 00 34 617 937 920.

Please send anything for this page (news, events, for sale, etc) to magazine@funkyraw.com
You can also list your events on the Funky Raw website at www.funkyraw.com/events/events.php

Festivals and Gatherings

Summer is almost upon us so it's time to start thinking about festivals. I hope you will all be coming to the Funky Raw festival, but here are some other festivals you might find interesting:

Sunrise Festival, Somerset - June 15-21

A new solstice celebration which sounds fun and mind expanding. Along with the usual music and stalls there is a whole series of talks including Graham Hancock - "Supernatural - Meeting with the Ancient Teachers of Mankind" and Holly with a talk entitled "Raw Food & Consciousness"

www.sunrisecelebration.com

Buddhafield - July 12-16

From their website: Buddhism - Ritual - Meditation - Yoga - Tai Chi - Healing Area - Kids Area - Cafes - Workshops - Debates - Music - Dance - Crafts.

www.buddhafield.com

European Rainbow Gathering - July 26 - August 23

www.spiralwave.co.uk

Big Green Gathering - August 2-6

The Big Green Gathering is a 5 day family camping event in Somerset. Demonstrating greener lifestyles, music and knowledge about healing ourselves and the Earth.

www.big-green-gathering.com

Funky Raw Festival - August 8-13

www.funkyraw.com/festival

Rawberry - Aug 31 - Sept 3

Lime Tree Farm, Rippon, North Yorkshire (signposted from Gruelthorpe village). £5 per day per person camping, six years and under free!

This will be a very chilled out and natural festival. Lime tree farm is a wild life nature reserve, with badger watches, stone circle, pagan round house, spring drinking water and near by river. Activities include foraging expeditions, nature walks, yoga, meditation, tai chi, juggling workshops. Music and dance in the round house on Saturday night.

More info: www.rawberry.org or contact Steve on raw_raw_inexpert@yahoo.co.uk or 0113 2610057

Festival of Life - September 10

This year the festival will be part of the London Vegan Festival.

www.festivaloflife.net



Local Gatherings / Potlucks

Leeds

At our April meeting as well as a raw feast we went on a woodland food gathering walk and had fun with juggling. For info on future meetings contact Suz on 0113 2264061

Cambridge

Monthly raw informal gatherings with Shazzie. Bring a raw dish to share (or donate £6 cash per person if you want us to provide for you). Our 2006 pot lucks are held on Sunday afternoons between 2pm and 5.30pm. More info:

www.shazzie.com/events/pot_luck_2006.shtml

Totnes

Taste nature's delights in Totnes, South Devon - Bring raw food to share on the 1st Friday of each month

Call Charlie on 07786 456584 for more information.

London

The first of what is hoped to be a regular meetup will happen on May 27th, but that will already have happened by the time this magazine gets printed. To find out when the next meetup will be see

www.rawfood.meetup.com/18/ or email Waz on

the_stealth_protector@yahoo.co.uk

Introducing Raw and Live Food Recipes in Amsterdam

Wednesdays 7th and 14th June 2006, 18:30 - 21:30

Two part evening course including meal each time - 75 €
Contact info@rawsuperfoods.com for more info.

Raw Alchemy

This unique raw vegetarian recipe book written by Holly and inspired by Tish and the consciousness research of Tony Wright' is expected to be available soon. It includes a complete guide to raw nutrition - 'raw alchemy' is getting the density of nutrition our bodies and brains need whilst fuelling our consciousness. The book focuses on brain chemistry and how food makes us feel, also new research on how good raw nutrition can revitalise the right hemisphere of the brain with all that implies.

It also includes practical information such as ingredients, equipment and suppliers, suggested meal plans, tips for getting started, creating your own recipes and psychological tips for success.

And of course plenty of recipes, savoury and sweet. Nearly all the recipes are very quick and simple, ideal for people in a hurry or with a family to feed but good enough to share at any social occasion.

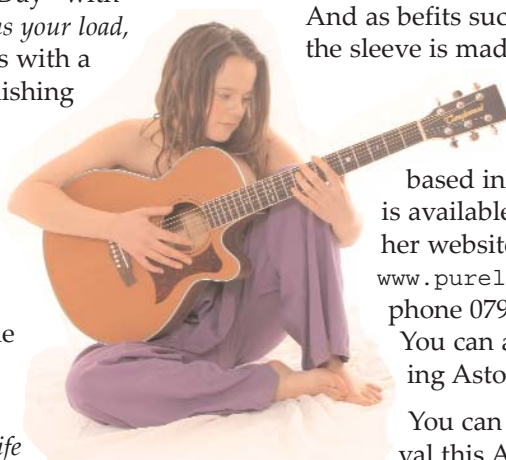
More info at www.rawalchemy.com

In The Flesh - Cathie

An excellent acoustic album from singer/songwriter Cathie. It's mostly her and her guitar but we also get treated to a didgeridoo on "A Good Day" with lyrics including "If my smiling lightens your load, today is a good day". The album starts with a beautiful mellow track called "Astonishing light", my favourite track which has simple but deep lyrics with a captivating tune.

You really need to listen carefully to the lyrics of all the songs on this album because they are filled with beauty and insight. Take for example GAIA:

*People talk of lovers
Like they're aching for a cause in their life
But in this moment we can heal it all
By making the choice to cherish
This beautiful world we're living on*



And as befits such an album, the sleeve is made from recycled card and printed with vegetable

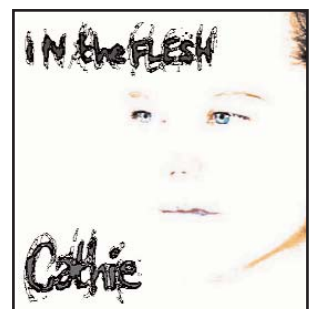
based inks. The album is available for £15 from her website

www.purelove.co.uk or phone 07971 920479.

You can also listen to a few sample tracks (including Astonishing Light) on her website.

You can hear Cathie play at the Funky Raw festival this August. She is looking for more opportunities to perform, so please contact her if you can help.

CD review by Rob



Breakthrough A Raw Film Documentary by Storm Talifero

DVD Review by Rob



This is a beautiful film. Storm is 57 but he certainly doesn't look it. He runs, climbs mountains and makes films. He's been eating raw for over 30 years. It's slow and deliberate with beautiful natural music and imagery - if you are in a hurry this film is not for you!



The film gives us a snapshot of how Storm, Jinjee and their 4 children live their lives. It shows how the children learn through play, and not by going to school. They are growing food in the garden and making animations and having lots of fun.



It is very inspirational, just seeing the amount of energy the children have is amazing. Storm and Jinjee agree that it is necessary to stay active for health and they go mountain climbing, playing tag, etc.



The film also shows two of their family members who come and stay to learn about raw and health and weight loss on raw.

My only criticism is that I think the film could have been edited a little more, it's an hour and 45 minutes long and there are times when it drags a little, but all in all it's worth it.



You can purchase the film on DVD for \$19.95 (about £10) through www.funkyraw.com/breakthrough

Raw Nutritional Science

A Two-Day Intensive Course
with Dr. Douglas Graham and Prof. Rosalind Gruben-Graham



**Finally
Get Answers to Questions Like:**

Why is fiber important?

What are carbohydrates and why do we need them?

What are the best sources of our water?

How much protein do we really need?

only £300 for both days
lunch included

June 24-25, 2006

What are the best sources of fats and how are they affected by cooking?

How can we be sure we are getting enough vitamins?

How are minerals affected by heat?

Pulborough Village Hall, Pulborough, West Sussex, England

15 hour course:

9am-6pm June 24

9am - 5pm June 25

Registration begins 8am June 24th

More Info: foodnsport.com (01)903746572
dirdouggrahamuk@aol.com



Why Eat Raw?

People experience endless benefits from eating their food raw: increased energy, less need for sleep, improvement in general health, uplifted mood, weight control, shining eyes, beautiful skin, younger looks, clearer thinking and intuition, increased effectiveness, calmer and more contented children and heightened physical sensations. Many people notice that their connections to nature and to other people deepen.

Food in its natural raw state has a crystalline structure which carries order and information into the body and brain.

The nutrients, for example protein, carbohydrates, fats, vitamins and minerals are in a form that the body can fully recognise, understand and use.

Raw food is naturally psychoactive and can help awaken the largely dormant right hemisphere of the brain and create the biochemical basis for restoration of full human consciousness.

Cooking is intriguing – there is nothing else in our lives that benefits from being heated to such high temperatures. Anything we apply flames to we can see gets destroyed. We fear fire yet bring it into our kitchens – the



by Holly and Rob

heart of our homes. Imagine a kitchen focussed on sunlight and all it creates rather than fire. Fresh, colourful, aromatic fruit, veg, nuts and seeds, some in soak, sprouting greens by the window, spring water or other living water, flowers. Raw food can be created without stress or time constraints, juggling saucepans or oven gloves. We can stop to talk to a friend or child, to hug, to look at the sky....

These are excellent reasons. But what really keeps us doing it meal after meal, day after day? In the words of Gourmet Raw Chef Juliano:

"Why Raw? Not because it guarantees me optimum health like the other 80 million species on the planet who eat only raw. Not because it's the last word in nutrition. Not for saving time and money, not for the endless energy it provides me, and not because it helps the planet because instead of discarding packaging, which creates trash, I discard seeds, which give life. No, not any of these reasons. So why raw? Taste and pleasure and only taste and pleasure."

Holy Cow by Polly

A higher vibrational level is unfolding,
A new strand of DNA is evolving.
The earth's heartbeat is going faster and faster,
Keeping track of time is getting daf ter and daf ter.
Got to enter the moment with expanded awareness,
Find your own truth and follow where your bliss is.
Now is the age we've always known was in store,
We are the ones that we've been waiting for.
Ascension, enlightenment, an interdimensional shift,
Synergy, the tipping point, critical mass, this is it.
We are the hologram,
We are all one.
Finally,
We can see,
Unity,
Divinity,
Is you and me,
Here and now.
Holy cow.



Recipes

Elderflower Cordial

1 ½ pints/800ml spring or filtered water
10 dried figs
Juice of ½ lime
4 elderflowers

Soak figs and flowers in water with the lime juice overnight. It ferments slightly and is very slightly fizzy

Elders flower in late spring or early summer.



Creamy Tropical Sauce

200ml hemp milk made with orange juice
A little orange zest/peel
30g macadamias
60g fresh coconut
2 dried figs
1 date
1 banana

Blend all the ingredients together until smooth.

This recipe contains the different type of fat the body needs – and sugars – and also important fruit compounds for the brain.

Quick Rich Cheese Sauce

120ml water spring or filtered water
60g pine nuts
60g unpasteurised hard cheese grated (parmesan works well)
A pinch paprika powder

Blend all the ingredients until smooth
Delicious served over a big bowl of fresh young spinach leaves or watercress and salad.

Reuben's Lunch

My son Reuben is eight and he is home educated. He loves to make his own lunch and dinner, it is an important part of his day. He makes the most amazing salads and the best dressings, he must be the youngest raw chef in the country (if there are any others out there he'd love to hear from them, you can write to him c/o Raw Living).

Serves one growing boy.

Kale - 2 big leaves or 4 smaller ones
Dulse - 1 handful
Corn salad - 2 big handfuls - about 50 g
Sauerkraut - 2 fork fulls
Olives - 2 tbsp - about 10
1 tsp tahini
1 tbsp hemp oil
1 tsp apple cider vinegar
1 tsp hemp sauce
1 tbsp nutritional yeast flakes
1 tbsp nori flakes
1 tsp thai green curry paste (from a jar, not raw)

Tear the kale into bite sized pieces. Rinse the dulse. Put the kale, dulse, corn salad, sauerkraut, and olives into a bowl and mix. To make the dressing, put the tahini, hemp oil, vinegar, hemp sauce, yeast flakes, nori flakes and curry paste into a small bowl. Mix, adding water to achieve the desired consistency. Pour over the salad and toss.

Hempiness Salad

Having our Raw Magic shop above the Hemp shop makes us full of hempiness. Here's a raw hemp magic salad for two.

Baby leaf spinach - 4 big handfuls - about 50 g
Watercress - half a bunch
Alfalfa sprouts - half a packet or 2 big handfuls
2 tbsp dehulled hemp seeds
2 tbsp hemp oil
2 tbsp nutritional yeast flakes
2 tbsp atlantic sea salad (dulse flakes)
1 tbsp seagreens
1 tsp balsamic vinegar
Pinch Himalayan crystal salt

Just heap it all in a bowl and throw it around a bit so all the lovely little bitty hemp seeds and seaweeds are evenly coating those beautiful juicy green leaves.

by Holly www.rawcuisine.co.uk

by Kate Wood www.rawliving.co.uk



Avocado and Cheese Salad

1 Avocado
40g parmesan cheese
30ml flax oil
1 tsp garam masala
fresh chili to taste
a mix of greens, including wild greens, water cress, baby spinach, rocket, etc

Mash the avocado with a fork with the flax oil and spices. Grate the cheese and mix in.

Chop the greens and mix with the sauce.

Gazpacho Soup

6-12 Tomatoes
¼ - ½ onion finely chopped (finally chopped chives are also excellent)
½ - 1 Cucumber
2-4 sticks of Celery (optional)
2 tablespoons Olive oil
Garlic – according to taste (pressed or finely chopped)
Juice of 1 lemon.
A little Sea Salt/Dulse/Tamari/Miso according to taste

Optional ingredients: chilli (fresh or powder), black pepper, red pepper, fresh or dried herbs.

Blend all ingredients together in a food processor or hand-mincer (for a thicker mix) or a blender (for a smooth mix), and other optional ingredients if used. This is a much loved traditional recipe from Andalucia (southern Spain).

Bertie's Butterscotch Pudding

¼ pint or 150ml un-pasteurised milk or hemp milk
10 baby figs
3 dates
4 apricots
¼ oz or 10g goat's butter (optional)

If using hemp milk then soak 75g or 3oz hemp seeds overnight or for a few hours. Blend until creamy then strain through muslin.

Simply blend the ingredients together until creamy and smooth. This will blend more easily if the dried fruits are soaked first. With a high-speed blender it will not make much difference.

Bertie (age 5) just announced this recipe one April afternoon. I might be biased but it competes neck and neck with chocolate pudding as my favourite raw recipe. But perhaps it's just because we had it for tea. It takes approximately 2 minutes to prepare, is cheap, astoundingly nutritious and nicer than anything you could buy in a plastic pot.

By the way butter is not usually raw but because saturated fats are very stable, heat treatment does not damage them unduly.

Thai Green Curry Sauce

Ok, so it's not like a cooked Thai curry but it's the best I've worked out so far.



1 1/2 avocados
1/2 sun dried tomato (soaked)
handfull of fresh corriander leaves
a couple of pieces of fresh coconut meat
1 tsp celery salt
3 wild garlic leaves (I guess you could use normal garlic if you prefer)
fresh chili
lemon grass - a piece about 5cm (2inch) long
1/2 tsp ground corriander
1/2 tsp ground cumin
lemon juice
water - quite a bit

Celery salt is a natural alternative to salt, made by drying celery leaves and grinding up.

Put everything in a blender and blend. Serve with your favorite salad.

Strawberry and Mango Tart(s)

200g almonds, soaked
3 medjool dates
400g strawberries
40g dried mango, soaked
2 medjool dates

Process the almonds and 3 dates to make the pie base.

Blend the remaining ingredients to make the topping. It will set if given enough time (best hide it in the fridge!)



Wild Foods

Jack by the Hedge / Hedge Garlic / Garlic Mustard (*Alliaria petiolata*)

The first time I tasted Jack by the Hedge I didn't like it, but in a salad it works well and adds a garlicky flavour. It contains vitamins A and C.



Jack by the Hedge with Wild Garlic



by Holly and Rob

Plant Lore

Yellow Archangel is out in abundance here in South Devon and has become one of our key salad ingredients. It has been associated shamanically with freeing the consciousness. It is a beautiful flower well-deserving of its name and as I munch away I certainly hope it is helping free my consciousness.



Yellow Archangel
(*Lamium galeobdolon*)

We have been using **Elderflowers** to make delicious elderflower cordial (see page 8 for recipe). Elder is a native British tree, one of the twenty trees which were used in the Celtic divinatory system, the Ogham, in which it symbolised change, letting old things go so that new things can take their place.

Picking young **Bramble shoots** will encourage the plant to put out two new shoots so we can help the plant as well as filling the salad bowl with delicious nutty tasting nuggets. In the Ogham Bramble is a symbol of release from the constraints of the rational mind, of the interweaving of conscious and unconscious.

Purple Dead Nettle (*Lamium purpureum*)

In the same family as the Yellow Archangel, the leaves look like nettle leaves but don't worry, they don't sting. The leaves and flowers are edible.





Picking wild greens in Devon - Photo by Stina Richardson www.stinarichardson.com



Struggling on Raw?

You're not alone!

I've had a nice steady day today, and 'raw coached' 4 clients. I feel inspired, excited, alive and tuned in! One thing really stands out, and has made itself quite apparent; all my clients today were expressing concerns as to what they should do if cooked food were to creep back into their lives. Wow, how strange for 4 clients in a row to feel exactly the same way, expressing the same fears and wanting the same guidance. Because of this, I feel really inspired to talk to you guys about what to do when the sh**t hit's the fan!

So, why do people trip?

People 'trip' for a variety of different reasons. The addiction to cooked food that isn't quite out of the physical or psychological system, lack of food preparation, peer pressure, not having family/partner support, work/home stress and anxiety are all common factors that can effect your raw intentions and goals.* When transitioning onto a diet of raw food, these factors can influence your taste buds quite dramatically, mainly because you haven't had the time to establish what's ultimately working for you. Please try to bear in mind that if you never occasionally head in the opposite direction of your goals, you'll never appreciate the feel of the warm loving light that they radiate, on your quest to gravitate closer.

As I discussed in my last column, when we 'go raw' we expect it to be easy and hassle free as we are doing the very best for our bodies. We are hungry for raw related information and usually have quite high expectations of our abilities. It feels so liberating to be so positive and so sure we've found the right way of nourishing our bodies. Our energy levels start to increase, our minds feel strong and determined, our skin glows and our weight changes as we nourish ourselves in the only way humans were designed.

All sounds great hey? And it truly is, it's the 'honeymoon' stage of raw food - so embrace and enjoy it. I hate to be a spoil sport, but in hindsight I just feel that I should warn you, as the law of physics suggests, that what goes up, must come down. Which in effect is what tends to happen. But I feel that it's not the downside you need to worry about if it's managed correctly. For example, imagine the incredible high of achieving a goal of an 80% raw diet only by becoming tempted or pressured by a single cooked meal, only to find yourself soon after turning 80% cooked! But there's no need to fear, you can turn it all into a positive by learning from these mistakes and believe me in my early days, when I was desperately trying to cure my M.E (Chronic Fatigue) I've made them. And that's why I'm here now - so you don't have to be.

* Another reason people fail on raw is from nutritional deficiency - Ed.

by Jessica Michael

Falling off!

When we 'fall off the wagon' so to speak, it's easy to experience feelings of having let yourself down. 'You've harmed your body', 'you can't do raw' and with these limiting beliefs are all the emotions associated with this. I see it frequently from people who have asked for my help as a raw food coach, and I believe strongly that all is not lost. I'd even go far as to say, that if this is you, you've just gained an incredible tool; the tool of having to fail to succeed. Sounds a bit strange hey? But believe me it's not. It's not the falling that's the issue here - it's how you dust yourself off and pick yourself back up again that makes you a brilliant being.

In this case you fell but it's not an issue because you learnt from it, and no one's perfect. You make mistakes and you live and learn. I can't stress enough that it's not a crime to make a mistake; but it's a crime not to learn from it. So that's what we're going to talk about here, because I've talked about it all day with four wonderful clients, and right now I feel that a lot of people trip up and come down hard on themselves and turn the experience into a negative one. But why be negative, when you can be positive? Positivity breeds positivity. Negativity breeds negativity. It's that simple. So if you were to take your cooked food binge, accept that it's happened, thank the universe and learn from how you felt afterwards, there is no better lesson to be learned. You feel so different after going cooked when you have been raw for even just a small period of time - and by no means in a good way! That alone is a good incentive to be as raw as you can be, without giving yourself a telling off!

Why beat yourself up and stress when what's done is done? - it was obviously supposed to be. You were obviously supposed to learn this lesson and experience something. Because if you walk along and never have little trips, you may be in for a big unexpected fall instead. If you focus on the 'failures' then you'll be more inclined to fail. However, the good news is that if you concentrate more on the successes that you have achieved (discovering this 'raw' path is an achievement in itself) and congratulate yourself for how far you've come, you will invite success and more opportunities for success into your raw future.

So, what should I actually do, when I 'fall off the wagon?'

I wouldn't do anything, other than tell yourself you're human, and enjoy the rest of your day! People can make such a big thing about it, which is not so pro-active. I see it as a learning curve. Things have a habit of happening for a reason, so just work with it, as opposed against it. In that way, the situation is a sure winner! When I first went raw, I'd give myself grief for eating cooked food, but now



I would congratulate myself, and say well done, I followed my desires. The funny thing is, because I'm not hard on myself - I never feel the urge to eat cooked. Mainly because it's not 'banned' in my mind. I'm fully aware that it's not going to be beneficial to my health and will probably make me sick, but I don't eat cooked because I don't want to - as opposed I'm not allowed!

I find that it's the following day when people tend to struggle, once the cooked is back in the system. It's addictive stuff, so they crave more of it. At this stage, just assessing what you want is a very good way of helping yourself get back on track. Why are you raw? What do you want to achieve? What are your ultimate food goals? These are all questions that you could address, to help you clarify where you're at. Stay positive and focused - it really helps.

Love yourself unconditionally

I strongly feel that it is so important to focus on all the great things that you're doing to your body by living a conscientious raw lifestyle. If you think about your body as a company and how you have to invest in that company to make it work; not just in terms of money, but also in time, energy and attention then the company will most

probably succeed. If you neglect the company, don't support the company and turn your back when an unforeseen sticky situation arises, then your company is destined to not succeed in any way you would like, and you're naturally more likely to give up on it, which is not the desired outcome.

We are all such wonderful, unique, bright and sparkly beings that we should work on congratulating ourselves more often. Say a big warm fluffy thank you to our bodies, because quite honestly - what would we do without them? The two emotions of love and fear are our making, so why not concentrate more on the former than the latter? Make a special effort for a week, and see how you feel!

Love, love, love, Jess Michael, The Raw Lifestyle Coach

Jessica Michael the UK's first Raw Lifestyle Coach. She focuses her attention on helping people to achieve a level of raw living that suits them. She pays close attention to coaching in a holistic way, incorporating the lifestyle as a whole, and moving away from the raw food only conventional approach. For more information, visit her website

www.therawlifestylecoach.com or call 0700 340 1233. ❁

Pure Plant Potions! DIY Vegan Skincare

This issue: sun kissed body bliss

Hiya! Hope you're all enjoying the fabulous summer weather and getting those over-wintered funky raw bodies outside to expose some naked skin to the fresh air and warm healing rays of the sun. Unfortunately media-hype has made some people afraid of the sun, believing it to strike us down with skin cancer should we dare to enjoy it, so much so that even most commercial make-up and skincare products contain sunscreen chemicals. This is a health tragedy! Vitamin D deficiency is now on the increase and America has seen some of it's first Rickets sufferers for decades! Mostly this has come about from over-zealous use of sunscreen and indoor lifestyles. Our naked skin can only manufacture Vitamin D if it isn't covered in a film of sunscreen or make-up (or Goddess-forbid, fake-tan!). Even natural moisturisers and/or plant oils should be abstained from when about to indulge in some healthy sun bathing. It is essential to human health that we enjoy some daily sun exposure so whip off your undercrackers and let the sun shine on your full moon!

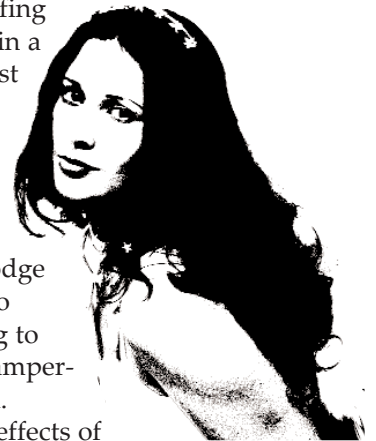
NB: Build up your daily exposure gradually and intelligently, use your intuition and never let yourself actually burn (well, we know what happens to cooked food eh!)

Seasonal skin treats

In this issue I was going to continue last week's theme of bathtime treats, but decided to go with the seasonal flow and instead we shall look at preparing our bodies for

by Star Khechara

summer nakedness by buffing away the winter greyness in a most fragrant manner. Most of us enjoy cleansing the inside of our bodies during the warmer seasons when fresh fruit and wild greens are so abundant and the craving for hot stodge decreases. It is also good to boost this effort by tending to the outside of us too by pampering and polishing our skin. Buffing away all the after-effects of being bundled up in layers of clothing, skin drying central heating and stuffy indoor air. As the Earth warms up, we can be outside more and wear less clothing, allowing our skin to breathe again! Let us banish the wintry grey pallor and dry flaky patches and become pink and glowing like a newborn babe in it's birthday suit!



Gentle body scrubs

Here is a selection of my fave body scrubs for your to experiment with.



Spicy crumble

1 tbsp Ground almonds
1 tbsp Medium oatmeal
3 tsp Ground orange peel (dry peel in sun and grind in nut/coffee grinder)
1 tsp mixed clove and cinnamon powder
Almond oil (enough to make a squidgy paste)

Make this up fresh each time or make large quantities of the dry mix and then mix up enough paste for each session. Massage this sexy spicy mix all over damp skin while in the shower/bath. Pay special attention to dry flaky areas like the knees or elbows or feet. Rinse off to reveal smooth skin with a delicious spicy smell.

Mermaid's treat (or merman, sorry chaps!)

1 tbsp fine sea salt
1 tbsp kelp powder
1 tbsp Rhassoul mud (or other clay/mud)
Almond oil
Essential oils (optional)

Make this up fresh each time or make large quantities of the dry mix and then mix up enough paste for each session. Massage this seashore mix all over damp skin while in the shower/bath. Pay special attention to dry flaky areas like the knees or elbows or feet. Rinse off to reveal smooth skin without mermaid fish scales! I used this the other day and it was fab, although it smells quite sea weedy so it would be nice to add some fresh smelling essential oils, lime or lemon would be good. 3-5 drops will be enough per treatment.

Adzuki Moothie

2 tbsp ground adzuki beans (grind in a nut/coffee grinder)
1.5 tbsp pure plant glycerin (non-vegans could use runny honey instead!)
Half tbsp of rosewater (or her tea or other distilled flower water)
Essential oils (optional)

You can make a large quantity of the first 2 ingredients as they keep really well, and then just mix up enough with some rosewater when you're going to use it. Massage this sticky mix all over damp skin while in the shower/bath. Pay special attention to dry flaky areas like the knees or elbows or feet. Rinse off and feel as smooth as silk! This body scrub doesn't smell of much so it may be nice to add some essential oils, geranium & lemon smell gorgeous together add 2-3 drops of each.

So there you go o' naked ones! Enjoy using these fine scrubs to prepare the body for summer sunshine. You could make a real treat out of it by following up your scrub with a body mask. Try mixing equal parts of Rhassoul mud and warm herb tea (or flower water), leave to stand until the mud has absorbed the water then plas-

ter on and leave for 20 minutes or so then rinse. If you're feeling brave, end with a cold shower and a couple of laps around the garden with a long stemmed rose between your teeth!

Star Khechara will be at various festivals/events this summer (including the Funky Raw Festival) with her "Scented Tent", a geodesic dome featuring practical workshops & holistic treatments. Do drop in for a chat, advice or a herbal tea!

For events diary email star at flowrdup@hotmail.com

Ethical Suppliers

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.

www.chrissie-wildwood.com - Sells Rhassoul mud and various other ingredients for making natural potions. She is a deep ecologist and committed to sourcing only ethical and sustainable products.

www.neoils.com - Sells uk grown and distilled pure essential oils and flower waters. Excellent quality, price and service!

www.wholesale.abbeybotanicals.com - Sell organic and wildcrafted herbs in smaller quantities than the Organic Herb Trading Co. ❀

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Beyond Right and Wrong

Beyond Right and Wrong

When people are in conflict, my experience as a mediator tells me that they are usually thinking and expressing themselves in terms of what is good, what is bad, what is right and what is wrong. One of the things I enjoy about Nonviolent Communication (NVC) is the clarity it gives me that this type of thinking actually fuels conflict and increases the likelihood of violence.

The Sufi poet Rumi didn't invent Nonviolent Communication (he was born in 13th-century Afghanistan and Marshall Rosenberg, the creator of NVC was born in 20th-century America), however, he seems to have been deeply in touch with this aspect of it. In a poem that I often use to start my workshops, he writes:

Out beyond ideas of wrongdoing and rightdoing,
there is a field. I'll meet you there.

As I understand it, Rumi is saying that we get connected with each other in the space that opens up when we let go of our ideas of good and bad, right and wrong.

My partner Christa and I were out for a walk in the bright sunshine this Spring near her village in Germany. She's also an NVC trainer, and this is one of her favourite poems, so I asked her what it meant to her. She told me that when she feels safe and connected to herself, she doesn't need to use the labels of right and wrong. And when she is connected to herself, she is also connected to the people around her. She finished by saying that it is important for her to know the steps towards getting there – the place where she feels safe and connected.

Here's my suggestion for the steps:

Ask myself what am I thinking about a particular person or situation.

Translate the thoughts in my head into what is alive in my heart by asking 'What am I am feeling and needing at the moment?'

When I listen to the other person, instead of hearing their thoughts, asking myself 'What is in their hearts? What they are feeling and needing at the moment?'

My prediction is that if everybody did this, it would lead to a reduction in violence in the world. And in the meantime, Marshall Rosenberg says: If you want to live a long time and have a happy life, don't listen to other people's thoughts!

So I'll start with an example of one of my thoughts from an incident at the airport last week: "It's wrong for that couple with the baby in the pushchair to push in front of me in the check-in queue."

Secondly, how do I get connected to my feelings and

by Shantigarbha

needs? What am I feeling when I have this thought in my head? Well, I'm feeling surprised and hurt. And what am I needing at this moment? I guess that I need consideration and fairness, and I stay in touch with these needs.

Thirdly, instead of listening to their thoughts: that it's none of my business and besides they were waiting for twenty minutes in the queue before they had to go for a loo break, I ask myself: What is in their hearts? What they are feeling and needing at the moment? And I'm guessing that they are tense and tired and needing consideration and fairness too.

It's on this heart level that we connect with each other. I don't need to agree with how they handled the situation: I still would have liked them to say something to me before stepping in front on me.

So these are the steps I suggest to get to the place where I feel safe and connected to myself and the people around me. Rumi addressed his poems to his teacher Shams of Tabriz, as a lover. He finishes the poem:

When the soul lies down in that grass,
the world is too full to talk about.
Ideas, language, even the phrase each other
doesn't make any sense.

It is this kind of heart connection, beyond right and wrong, even beyond words, where we are connected in such a way that it hardly makes sense to talk about us as separate beings, that I want in my life!

Shantigarbha is certified as a trainer with the international Centre for Nonviolent Communication (www.cnvc.org) He runs workshops in Europe and the USA, and teaches at the Cambridge Buddhist Centre. Visit his website at www.seedof-peace.org For information about all the trainers in the UK, visit www.NVC-UK.info. The poem is quoted from Rumi: Selected Poems translated by Coleman Barks, published by Penguin Books in the UK in 2004. ❀

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Rediscovering water with Viktor Schauberger

by Warren Vialli

I first came across Viktor Schauberger and his revelations regarding water and the natural environment in 2004, whilst I was sauntering around on the Internet during a brief respite from the soulless rigours of academic essay writing. Quite by 'chance' I stumbled upon a book entitled *Living Energies* by Callum Coats¹, and I felt impelled to investigate further. After reading a brief synopsis I began to resonate on a deep level with the material. I knew I was 'required' to read this book and expose myself to the prolific insights of this remarkable visionary. Viktor Schauberger was afforded little relevance or recognition during his own lifetime and he, like many pioneers before and after him, suffered greatly at the hands of the establishment. I am writing this piece therefore, in the hope that it will lead more people to become acquainted with his insights; insights that will no doubt prove to be extremely valuable as tools for the transformation of our malfunctioning planet.

Viktor Schauberger, affectionately known as the Austrian water wizard, was born on June 30th 1885 in Upper Austria, twenty fours years after fellow countryman and seer Rudolf Steiner². With eight brothers and sisters, Viktor stood out as being the black sheep of the family, a non-conformist and pioneer, thus possessing early on, the necessary requirements for those that are to be considered 'ahead of their time'. Viktor was perhaps destined to acquire an ardent affinity with the natural world. He was the descendent of a long line of foresters and even from his early teenage years he had developed a strong desire to understand Nature and to discover her hidden mysteries and riches. When the time came Viktor decided not to attend university, in part because he believed his two elder brothers' thinking had been perverted by its influences, and he did not wish to succumb to the same fate. He later maintained, (as this author wholeheartedly corroborates), that the mainstream school is a corrupting influence on creativity, individuality and awareness: indeed on the art of learning itself. It is with no surprise then, that during these formative years, and with his innate way of thinking still intact, Viktor became a junior forest warden where the great-unspoilt Austrian wilderness served both as his



classroom and laboratory (albeit with the absence of both walls and curricula).

As a student of Nature, Viktor would spend vast periods of time alone in areas of remote beauty, often he would just sit quietly and observe. In his own words 'I could sit for hours on end and watch the water flowing by without ever becoming tired or bored'³. Many of us have likely experienced the magnetising affects of natural running water, perhaps felt meditative in its propensity to draw our gaze and quiet our mind. A similar effect can be said to occur when we are caught, captivated, staring intently at the flames as we sit around a fire. Viktor insisted that water was the carrier of 'ur -source' or consciousness and that it has a natural magnetic inclination to draw our own consciousness into its playful flow. Many of Viktor's most revealing insights were developed in this way, through the surrender of his consciousness to the ethereal psyche of the

water. It was through these long 'multi-conscious' engagements with the Austrian wilds that Viktor obtained his essential and profound insights into Nature as a living, breathing and vibrantly energetic organism. Most fundamentally his theories were contingent on water being the 'living blood' of Mother Earth, where he considered the waterways (both under and over ground) to be the veins and capillaries of Gaia's circulation.

In the same way that the health of the human race depends to a large extent upon the vitality and cleanliness of its blood, so to does the health of the planet depend upon the vitality and cleanliness of its waters. As predominantly water-based organisms, and as creatures that are dependent on Mother Nature for our subsistence, water has an innate influence upon the homeostasis of our physical, psychological and spiritual natures. Viktor posed the instinctive conclusion that the planetary upheaval, so characteristic of our modern age, may have much to do with the thoughtless ways in which we mistreat and devitalise water. The prevailing scientific paradigm suggests that water is an inorganic, lifeless compound, a mere solvent, and that though responsible for the abundance of all life on the planet, is not imbued with any life of its own. It is for this reason that water is mechanically engineered to follow alien watercourses, stored in vast artificially sun-

¹ Callum Coats spent over twenty years translating and editing Viktor's prolific works.

² Though the influence they had upon one another's work is not recorded, it is known that Schauberger and Steiner had a number of lengthy exchanges.

³ From Coats, C. 2001. *Living Energies*. Gateway (p4).



exposed containers or reservoirs, and subjected to harsh chemical treatment, all without any regard to how it should behave in order to stay vital. Such large-scale mistreatment will inevitably have dramatic implications, encompassing a serious deterioration of our drinking water supply on a micro scale and a fundamental debilitation of the larger hydrological cycle and biosphere on a macro scale.



After WW1, in which Viktor was drafted and subsequently injured, he became the head warden in a large forest reserve 'owned' by a German prince. Using the wealth of knowledge he had accumulated surrounding the behaviour of natural water, Viktor set to work to design his first log flume (of which he would build 17 in total, all of which were immaculately successful). In contrast to the mechanistic attitude of the

established hydrological sciences, Viktor's log flumes were half egg-shaped, as opposed to rectangular or trapezoid, and the flume channels themselves copied the natural meandering curves of the river and its valley as closely as possible. As Viktor comprehended, water does not function optimally when it is exposed to the unnatural occurrence of the straight line or the hard edge, and over a significant distance we are concerned with the gradual degeneration of its vital force. Natural running water constantly pulsates through the planet in a spiralling fashion; its preferred energy path is the vortex; the pathway most favourable for the efficient transference of energy. The organic vortical properties of water are an essential aspect of its life-giving functions and unless water is stored, processed and distributed correctly, so as to be conducive to vortex formation, then its structure becomes degraded and it loses its propensity to enrich life.

Water is at its densest and most energy invested state at +4 Celsius⁴, and indeed it is living water of this temperature that Viktor considered to be the most structurally mature and beneficial to life. One of the inherent qualities of the vortex is its ability to energise, densify, and thus lower the temperature of the water through which it passes. In effect living pulsating water is self-energising, and as denser water is created, a pulsating or breathing affect occurs as the heavier water displaces the lighter water below⁵. From DNA to whirlwinds, galaxies to shells, the natural world abounds with the visible manifestations of the vortex and its spiral derivatives, and Viktor insisted that the energy pathway for all of life's processes are transferred in this way. Later on, as a scientist and inventor wishing to ameliorate societies ills, Viktor worked

⁴ Also known as the anomaly point of water.

⁵ Additionally this pulsating process is in continual operation as the varying temperatures of the different water strata interact and displace one another.

closely with the life-creating implosive nature of the vortex, and his adaptation of nature's vortical energy processes to mechanical devices is known as implosion technology.

As caretakers or trustees of the present water reserve, the highest regard should be paid, both to our drinking supply and the long-term treatment of water and water pollution on a global level. However, because it is unlikely that any such enlightened water practices will become established in the national arena anytime soon, it will inevitably fall upon the individual to take full responsibility for the quality of his water intake. One of Viktor's primary concerns in regards to proper water storage was that it should not be exposed to the degrading influence of Sunlight or heat⁶. Furthermore bright artificial light is particularly aggressive towards the structure of water causing it to become highly degraded and even toxic. Viktor's observations show that living water seeks to avoid the light and heat of the Sun as much as possible. Natural living water flows through the cool bowels of the earth and wild, pristine rivers and streams are protected from the light and heat of the Sun by a myriad of overhanging trees and plant life. Exposure to the Sun's influences are thus minimised, and the water itself is in constant motion and never subject to the unnatural temperatures that ill considered stored water is. For this reason Viktor recommends that opaque containers are used to store and mature our drinking water so as to block the direct influences of light.

Additionally it is recommended that water be stored in a porous insulated vessel and Viktor singles out terracotta as being especially good for this purpose, though many natural materials like stone, timber and clay can also be very effective. These natural materials are good at keeping the water cool, and ideally towards the highly structured temperature of 4 Celsius. An equally important consideration concerns the shape of the storage vessel. As Viktor recognised, water does not like the hard straight-edged forms unused by nature, and in fact maintains that such shapes impede the pulsating circulation of its natural flow more than any other. As a result stagnant zones can form and cause pathogenic bacteria to appear. Circular vessels are thus vastly superior, particularly ones that allow for a certain amount of natural evaporation (a cooling process) to take place via their porous design. Above all, Viktor Schauburger claims that egg shapes and their derivatives represent the optimal shape for the containment of healthy water, a fact that the early Egyptians were also well aware. The egg and seed shape is a design that nature has chosen to support life, and as a vessel it is free from hard edges, straight lines and stagnant zones. The terracotta egg is most conducive to the formation of water's natural breathing and vortical processes, and in its cool dark environment it will develop increased structure and life-enriching force. It is then ready to be further enhanced with our loving words and blessings.

Love Waz! ❁

⁶ For many of us this advice will be harder to accept and may require further investigation.



Poetry

A Message From The Air

by Terri Henry

Greetings people I am air
Your life force in every breath
Your continual source of nourishment
From your birth until your death

It is an honor to move amongst you
Whilst you work, play, dance or sing
I'll fill you with vital energy
Whether you're sad or happy and celebrating

I am air, in and all around you
I love you unconditionally
Whether you're rich in a castle or poor
on the street
All indiscriminately are welcome to
me

I give power to athletes running a
race
I carry sound vibration
Focus on the rhythm of my move-
ment
For relaxing and peaceful meditation

I am the current's upon which birds
soar
And make vast journeys in the wild
I am the pant of women giving birth
And the first gasp of the newborn child

I am the greatest abundance
It gives me joy to inspire your connection
I invite you to breathe in deeply
And be one with the source of Creation

As air I have no physical form
So you often forget my presence
I understand, you don't see me
But remember I'm your life essence

I speak these words to you today
To remind you of our commitment
It's not written so you may not remember
Our mutually beneficial agreement

I enjoy flowing through your lungs
With pure breathing so automatic
But with the toxic chemicals you pump in to me
I now choke you and make you asthmatic

I desire to carry oxygen to feed your cells
But you have filled me with pollution
So now instead of enriching your blood
I am also depositing poison

I want to carry the smell of rose petals
The aroma of fresh cut grass in the breeze
But as statistics on lung cancer are getting higher
It seems I also carry death and disease

There is nowhere else for these toxins to go
For I am all there is
I want you to know this is not my will
Merely a karmatic consequence

I work with the trees who absorb carbon
and from them I emerge oxygenated
Each time you cut a tree the balance is altered
Every aspect of nature is interconnected

I am gentle breeze and cool relief
So welcome on a hot summers day
But now I'm also class 5 hurricanes
Which destroy your cities and blow them
away

I spin faster and heavier across your land
Leaving huge devastation and catastrophe
I only hope you will soon realize
That the cause of it all is you, not me

Through the process of industrialisation
With fossil fuels, cars and planes
You warmed the global temperature
And are causing climate change

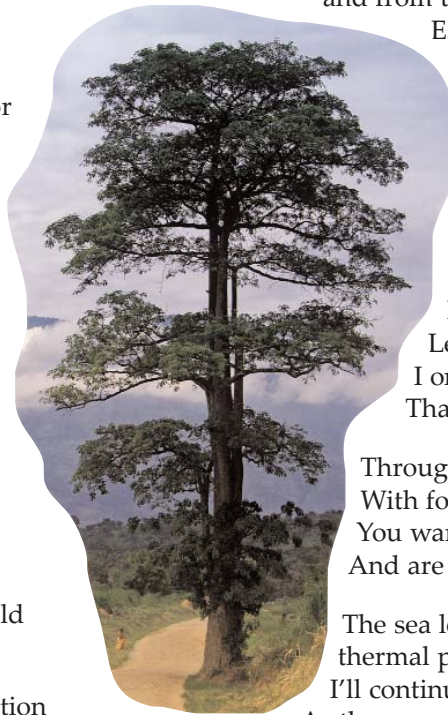
The sea level is rising every year
thermal pressure between us is getting stronger
I'll continue to increase my velocity
As the ocean temperature keeps getting hotter

Government scientists say there is not enough proof
To establish a clear and definite link
But I'd say we've all seen the evidence
Tell me - what do you think?

Some say that it's the price we have to pay
A necessary cost of progress
But since you cannot live without me
I'd say the price for air is priceless

I call to remind you of my love
And all the good things I wish to give
I don't like to see your suffering
My purpose in life is for you to live

I am air and I speak now to remind you
For your continued existence and health
That whatever you are doing to me
You are doing to yourself.



Can We Live In Bliss?

by Lisa Ceneri - www.rawpoet.com

Can we live in bliss,
is the ultimate question.
Well, listen to this,
'cause I have a suggestion.

What shows you the beauty,
and is a herbal cleanse,
has so many uses,
that there is no end.

What's the essential component,
if you just wanna be,
living in the moment,
totally free.

What dissolves the ego,
makes us feel one,
and can be eaten by the kilo,
under the sun.

Ask any Hindu,
what constitutes Shiva.
You have to get it in you,
to become a believer.

If your teeth need a fix,
what repairs their enamel?
What is silica rich,
just like a solar panel.

What is mineral dense,
while it's spirit is light?
Ladies and gents,
me thinks the future is bright.

What's almost identical,
to human milk?
It's how the holy temple,
is truly built.

You bet that it weren't spinach,
that gave popeye his strength.
Come on, don't be timid,
reach for greater lengths.

What's free, and what's wild,
and when you eat it raw,
you become a child,
about the age of four?

Trinity and Neo,
out of the Matrix,
couldn't be free, you know,
until they ate it.

What will fix our chakras,
and our endocrynes?
Better fill your platter,
if you want to reach the divine.

What's a complete protein,
and full of E.F.A.'s?
Time to cross the ocean,
to the Himalayas.

You just cannot beat it,
it cannot be compared.
You'll find when you eat it,
you are there.

Purify your conscience,
purify your appearance.
Time to take the concepts,
and make them the experience.

What kind of plant can heal,
our weeping mother Earth,
and also makes you feel,
like each moment's a birth?

Look at it from science,
or from the point of religion.
It's time to brake the silence,
and escape the prison.

It's naturally salty,
look at it from any angle.
You only have to look at Wolfe's,
sunfood triangle.

You needn't refine it,
because it's perfect whole.
It grows in any climate,
even the north pole.

It has a purple aura,
it gives us profound visions,
that opens up doors,
so we can finally start living.

There are no more downers,
no more wondering why.
It's the stuff that keeps you grounded,
and lets you touch the sky.

You're stuck in a rat-race,
if you're without it.
Where there's hemp there is faith,
so do not doubt it.

Green is the colour,
that's symbolic to the heart.
It's kinda like your mother,
you can never be apart.

Green is at the centre,
of the cosmic rainbow.
Anyone that enters,
will retrieve their halo.

It's there in abundance,
that's why they call it green-gold.
Wonder why the governments,
wanna have it controlled?

Heal your bod,
and get in deep meditation.
If there was a God,
then Hemp's its manifestation.

Let go of your past,
then your future is free.
Take a 40 day fast,
then eat your Christ Mass tree.

It's low in sugar,
your cravings disappear.
It's the food of the Buddha,
have I made it clear?

I have a plan,
I think I have it sussed.
I'll ask Peter Pan,
where he gets his fairy dust.

Put time on halt,
come to the fairyland scene.
It's Jack and the hemp stalk.
Where have you been?

Even Buddha ate,
two hemp seeds a day.
If you wanna be awakened,
then this is the way.

For superior health,
hemp's the solution.
Anything else,
is just mere pollution.

Find perfect equilibrium,
make no more blunders.
To think that it's forbidden,
don't it make you wonder.

Hemp rids the confusion,
makes the truth more clear.
It's all an illusion,
and there is no fear.

Its wisdom is ancient,
it is highly evolved.
Just to be blatant,
problem solved.

Now, what was that question,
How can we live in bliss?
Can I make a suggestion,
EAT CANNABIS.



21st Century Shamanic Awakening

The word 'Shaman' comes from the Siberian word 'saman' and means 'one who is excited, moved, raised'.

by Holly

Traditionally, a shaman goes on an inner journey, entering an altered state of consciousness, experiencing themselves travelling to other 'realms' where they can obtain information or interact in order to heal people or serve their community.

Shamans, seers, medicine men, sorcerers, witches and wizards, magicians, mediums, masters, gurus, priests and priestesses, and hypnotherapists are all of basically the same profession – acting as intermediaries between the 'normal' state of consciousness and more exalted states.

Looking at the esoteric, magical, spiritual, and religious traditions and also modern theories of consciousness and personal growth, a pattern emerges. The basis is always two selves – a higher or spiritual self and lower self, mind or ego. The aim is always to engage more with the higher self. Then there are more complex layers and levels of consciousness described by systems such as the Qabalistic Tree of Life, Timothy Leary's 'brain circuits', the Hawaiian Huna system of psychology and the Buddhist teachings. I love the ancient traditions - Hinduism with its ways of employing the senses to bring one in touch with greater reality and emphasis on succeeding at the practicalities of this life and the inspirational stories of the Essenes with their understanding of the importance of a raw vegetarian diet.

Now Tony Wright's neurological model of cerebral dominance described in 'Left in the Dark' (www.kaleidos.org.uk) gives us a clear and coherent framework for what is going on and a foundation on which to base our experiences and experiments. The right hemisphere is the experiencer of 'higher consciousness', correlating to the spiritual self while the left hemisphere is more of a linear processor, correlating to the mind or ego. Another way of looking at it is that the right hemisphere can experience a greater view of reality. The left brain cannot cope with the mass of data that comes in so usually limits our experience to one that it can cope with.

All the traditional methods of altering consciousness boil down to reducing the hold of the left hemisphere of the brain and firing up the right hemisphere. During this process the brain waves change away from beta to more alpha, theta and delta. Also of course reconditioning the left hemisphere is helpful as day to day we are still confined within its limits.

Bringing together the best of the traditional teachings in the light of new knowledge gives us an incredibly powerful combination of techniques, hitherto unavailable.

The most pure and powerful way known to achieve shift from the left to the right hemisphere is to eat a high quality raw diet then

stay awake - go without sleep for a number of nights. This is because the left hemisphere needs more sleep than the right. Getting the left brain sleepy allows right hemisphere perception and abilities through. I imagine fasting was a traditional method to avoid suppressing the right hemisphere with cooked food. This problem isn't there with a raw diet. The fruit compounds and amino acids present in a high quality raw diet build neurotransmitters while the fatty acids and fruit sugars also nourish the brain and assist the process. The experience of going without sleep on a completely raw diet is very different to on a cooked diet – easier and more pleasant. Various brain functions have already been shown to improve after a few days awake on a raw diet. Of course sleep deprivation is not a sustainable answer and has its difficulties. It needs to take place in a supportive environment where there are a minimum of other demands.

To break through the tiredness the right hemisphere can be stimulated with, for example, music, rhythm and dance, exercise and art.

Plant medicines such as ayahuasca also stimulate the right hemisphere. The DMT in ayahuasca is a vital neurotransmitter which we are deficient in.

A meditative state calms the left brain and brings our attention back to reality from the thought stream of our minds. We need to drop the idea that we will find solutions and answers from our thoughts and open to receive them from the divine, the universal consciousness, through the right hemisphere. Eye connection meditation is a very powerful additional technique for making the shift from the left to the right hemisphere.

Experiencing higher states of consciousness (shifting consciousness to the right hemisphere) can be temporarily disturbing as well as ecstatic. The right hemisphere can process far more data, far more quickly than the left hemisphere and it, the left hemisphere, the mind, the ego can be overwhelmed. Shamans traditionally were trained to lead a disciplined life to keep stable and grounded when they channelled 'higher forces'. There is something to be said for having support around when experimenting with the most powerful techniques as distressing emotional stuff can be released and fears faced, beliefs challenged, self-image and direction in life brought into question. Esoterically the collection of physical, mental



and emotional and spiritual gunk that comprise the 'false self' or 'personality' has gone by the name of Guardian of the Threshold. Beyond the threshold is the truth of who we are. The great secret is that our sense of self is potentially different from how it seems now at a very fundamental level. This can only be experienced, it can never be adequately described in words.

Assimilating experiences of consciousness shift is important for lasting value. It can be a purification and detoxification at all levels – physical, emotional and mental and soul-wise. This path towards increased consciousness requires dedication but the returns increase with time.

The environment and setting is crucial to the experience. Nature or some kind of sanctuary, created to feel safe and beautiful to the senses are ideal. Witnessing sunrise and sunset, birdsong, and the stars at night are profound and sacred experiences lost in everyday life behind the veil of thought. The beauty of colour can be felt to be nourishing us at a deep level – light is waves of energy.

In the future possible new methods include transcranial magnetic stimulation whereby parts of the brain can be stimulated and the left hemisphere can be suppressed to allow the more advanced function of the right hemisphere to be accessed.

So why do all this?

One reason is for our own wellbeing – to increase our own sense of freedom, creativity and happiness. We can



experience healing, physical and emotional. Old conditioning and programming can fall away and we can change our thought patterning. We can gain a new sense of purpose, linking our own fulfilment to the good of the whole and bringing more love, self-esteem and connectedness into our lives. We connect to the greatest source of power we have – the unconscious mind (right brain) – to harness it our creative vision must extend beyond a lim-

ited sense of self. We can let go of limiting fears, emotions and beliefs, connect with higher functions and improve our abilities. The outcomes of these kinds of experiences are hard to predict but generally enhance people's lives.

As the left brain cannot directly perceive reality we need to break free from its grip from time to time to update our working version of reality.

The greatest wonder would be to wake up totally from this dream-world of delusion and to experience our true nature. But any move in this direction is beneficial in my view.

Other reasons are to research and discover more about the nature of human consciousness to bring us closer to a long term solution to the situation. If we were operating properly we would not even need these techniques to experience higher states of being. In this state, as blissed out geniuses, the problems of the world would be nothing for us to solve. ❀

Staying Awake on Raw Retreats

6th - 9th July 2006



For 4 days and 3 nights we will endeavour to stay awake on a high quality raw food diet. Staying awake on raw food is the most powerful and pure way known in the world today to shift. Sleep deprivation on a good raw diet is very different to on a cooked diet because the right hemisphere of the brain is well nourished and less suppressed. During the retreat we will use ancient and modern techniques to stimulate the right brain, calm the left brain and reprogram our minds to serve us better including meditation, visualisation, eye connection, mantras, music, sacred art, nature walks, visits to energetic places, rejuvenation rites, traditional shamanic psychoactive plants, hypnotherapy. Also information will be given on planning and preparing an effective raw diet and models of consciousness.

Price £250 including all meals, snacks and accommodation.

10% of proceeds to Experimental Consciousness Research (www.kaleidos.org.uk)

Contact Holly on 01803 762245 or email holly@rawalchemy.com for more details or to book.

Eating a high quality raw diet in the lead up to the event will enhance your experience. Suggested diet guidelines issued on booking.





Paradise...

Paradise found (again and again...)

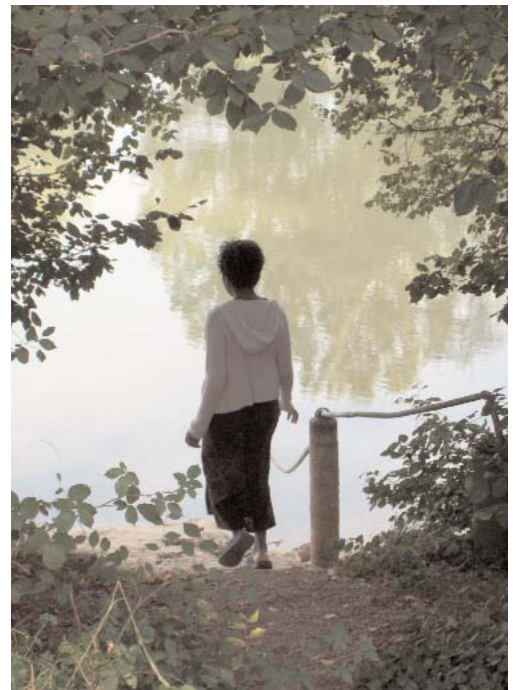
by Vedina Mosé

You feel the cool, mossy earth under your soles, twigs and smooth pebbles nestling between your toes. You scan left and right, almost unable to see through the lush scent and scenery of plush vegetation, and as a butterfly dizzily fleets from flower to flower, you smile as you know what sweet elixir it is drunk on. Is it not the nectar of life?

There is sensual warmth embracing your skin and a light breeze rustles a leaf out of your hair. You reach up to the tree that is drenching you in its shade and grab a fat red apple that's hanging, ripe and waiting to drop. Your teeth melt into it and as you crunch, juice runs down your chin. Then, as you finish the last succulent morsels you throw the core to the ground scattering its seeds on the soil and you breath in the exotic air feeling love throbbing through your veins, dancing in the teasing whip of the breeze and you know that you are in paradise... or do you?

I know that I am not alone when I say that I feel that paradise on earth is coming, I mean, this feeling is what birthed this fab magazine! Paradise is coming and it is something so wonderful that not even the best word-smiths can capture the essence of its grandeur in black and white. Artists will exhaust a million canvases before they manage to capture even a glimmer of its mystery. Paradise won't be a scene of domestic perfection where the sun is always shining, the dinner is ready on time and the juicer washes itself. Paradise won't be soaking in a Jacuzzi with a flute of bubbly stuff foaming at your fingertips. Paradise won't be lying in the sun working on that tan. Paradise may not even be the image of edenistic pleasure I have described above. Why? Well, I wouldn't dare say for certain but I sense that what is coming is something beyond the scope of our currently limited view of, not only, the world but our own minds, our potential and our natural power.

Yet, within all of us is a sense of this side of life. A life with no worries or stresses, abundance all around and a sense of awe and wonder at all you contemplate. Who really relishes having the alarm clock push you prematurely out of bed to face another day of obligation and drudgery? Don't we all



want to linger a little longer in those warm and glorious dreams of ease grace and wonder?

There are two sides to every coin, it is said (and proven when you rustle in your pocket for change at the shop yet again!...) and I believe that life is just the same way. On one side is joy, pleasure, love and light and on the flipside is pain, disconnection and downright distress. The fact that our current life situation features many of these latter emotions indicates that we are on the underside of life's coin. Let's call it tails, for are we not chasing our tails like



the dog in the fable, spending all our time working for money to buy things to bring meaning to our lives? We are chasing our tails looking for just the right lover, just the right job and then finally, we think, we will be happy and get that feeling we crave. We are paying our taxes and planning ahead for that holiday home in the sun and we are still not content.

There is truth to the old adage that the grass is always greener on the other side but on the other side of what? Finally scoring our current hit of fleeting pleasure and keeping the momentous circle going or breaking away once and for all and lifting up the big shiny coin of life and turning it over, Heads up?

But how do we get there, how do we do it? How much is the fare and how strong do we have to be to lift up this hefty thing? Well, we can all speculate on the answers but I would say the cost is nothing at all and we are all as strong as we need to be to do our part of the lifting. Our world is a clear and accurate reflection of our state of mind, our inner world so to speak. We're back to fables again as we remember the dog barking into the stream at his reflection losing his bone in the process... What we see around us is who we are inside. We could then go on to say that if we are, millions one and all, what we see around us then all of us citizens of this heavenly planet are everyone one else we see around us. So, if life is so heavenly why does it sometimes seem like a living hell? Could it simply be because we all created it this way? The laws of life and metaphysics all attest to this simple yet powerful law: you create your own reality. As you think so you become.

It is easy when living in these apparently insane times to feel your blood boil and liver quiver at the injustice and folly all around. Sometimes I just have to laugh to keep from weeping. I laugh and then I notice myself feeling just a little lighter. Then I imagine things how I would like them to be and I feel a slow and soothing pleasure. I feel a little lighter again. Like many of my fellow sisters and brothers I have felt that, with just a little bit more elbow grease I could get the cogs of life's wheel turning for the better. I have gone through multi-packs of Kleenex mopping up the blood, sweat and tears I have put into making life as recognisable to its original supreme state within these limited times as I could. I could have sailed a million hot air balloons with the hot air I have released waxing lyrical and trying hard to turn others round to my way of thinking. I had pinned to my shirt a very shiny "if only" badge. But in all my efforts I never really gave a thought to what that paradise would look like, smell like, what it would feel like and ultimately what it would be. I held strong in my mind an image of all the things that it wasn't, all the things that were wrong. Not surprisingly I never really noticed it getting better either and being quite a free and idle spirit I don't like to spend too long barking up the wrong tree.



Instead, I prefer to climb up the tree, have a good day-dream and slide into those glorious thoughts of ease, grace and wonder. Darn it though! Thinking can get tiring sometimes and I'd rather spare myself the silent mind sweats of organising thoughts and ideas and just feel. Feel joy's engine revving up my heart. My head feels open, ripe and rich and then those cosmic seed of divine potential fall onto its soil like spring dandelions.

My favourite part of all of this is watching nature do its glorious work, like the young spring shoots; I see things in my life slowly start changing. There is potential everywhere, and then I imagine, what if we all did this? What if we all took some time each day to just be still and feel joy? Dedicated a few moments here and there to feeling paradise and creating visions of life as we want it to be and ultimately how we know it should be. Results could be surprising...

Vedina Mosé aka "the raw butterfly" is a full time mother to Aiko, performer, writer and self-confessed life addict. You can read more of her ideas and check out what's new in her schedule by logging onto her blog www.rawbutterfly.blogspot.com



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Finding Paradise

As the sub heading to this magazine is 'Restoring Paradise Consciousness', and there have been several articles about 'Finding Paradise' I thought I would share some of my feelings about 'finding paradise'.

Before I go into the whole concept of finding paradise, I would like to ponder on the that age old question of why are we here and what life on planet earth is all about? Now I'm not going to be so bold as to maintain that what I wish to share with you is the definitive answer to this question, just what I feel in my heart is going on right now.

So where to begin this mystical tale? Well lets start at the beginning, the very beginning before earth existed, and all that was, was the Source, Great Spirit or some may say God. Now the Source of all creation, which I feel is Love, wanted to expand and experience itself, so in an explosion of Love (the big bang), Great Spirit sent out billions of fractals of Loving Light. Now these fractals of God, often called Monads, also wished to expand and experience itself on different levels, so it expanded further into what are often called Soul groups which again wished to expand, so it to expanded into 12 soul extensions, and that's what we are, soul extensions, fractals of God's infinite Love, each with a mission. Now each of those missions may vary but ultimately we are here to realise that we are God manifest in physical form and we are on a journey back home to the Source.

I feel that planet Earth is a 'Star Seed' and there have been many civilizations that have existed on this planet over a period of about 500 millions years. Yes I did say 500 million years, and the reason that archaeologists are not finding evidence of civilizations from millions of years ago is that they existed on a different dimension to where we are now.

I feel that the human race (or you could say 'humane becoming') was created by beings who reached a level of consciousness that made them creator gods. Our motherly aspect was from the star system Sirius and our fatherly aspect the Nefilim from the planet Nibiru, the 12th planet which is in a massive elliptical orbit (3600 years) around our sun, and will soon be visible to us again. They created for us a paradise Garden in E.DIN. Within this garden we were given every fruit and herb bearing seed to eat. This period in our evolution is talked about in the book of Genesis, which as far as I can gather is based upon much older Sumerian texts. Now within the story of Genesis it also tells us that we can eat from the Tree of Life but not to touch or consume of the Tree of Knowledge of Good and Evil, for 'in the day that one eat of it, yee shall surely die'. Now I have long believed that the Tree of Life is Cannabis and I'll explain why in more detail later. However what of the Tree of Knowledge of Good and Evil? Well this is often symbolically shown as a red apple. Now Snow White may well have been cast into a deep sleep by a poisoned apple, but I've never known someone

by Free Rob Cannabis

to die from eating an apple. No of course not, that's because there is a little bit of a riddle within this tale, for the Tree of Knowledge of Good and Evil is, I believe to be a metaphor for something far deeper than a red apple. Now I warn you this bit of the tale may be a bit hard to swallow, and believe you me it took me some time for me to agree with this notion when I was told that what is actually being referred to is fire. Yup, that's it, since we started to use fire we have been cast out of the Garden of Eden and have been forced to till the land and provide for our own means. The more we have used fire, especially in a destructive way, the more we have separated ourselves from God. And in this separation from Source we have experienced every form of suffering; famine, war, disease, cruelty, violence, persecution, racism and so on. So why is the use of fire causing such a problem? Well let's start with what happens when we use fire to cook food. Now humans are the only beings on the planet to cook their food, and when we do this we destroy the enzymes (the catalysts that break food down into their nutritional constituents, vitamins, minerals etc.), so our pancreas (the human pancreas is the most overstressed of all beings) has to create enzymes, which draws upon our life force until we eventually die. And then there's the issue of feeding the fires to cook the food. Much of Africa, and indeed most of the world, was once covered in trees, now however, large parts of Africa are dessert.

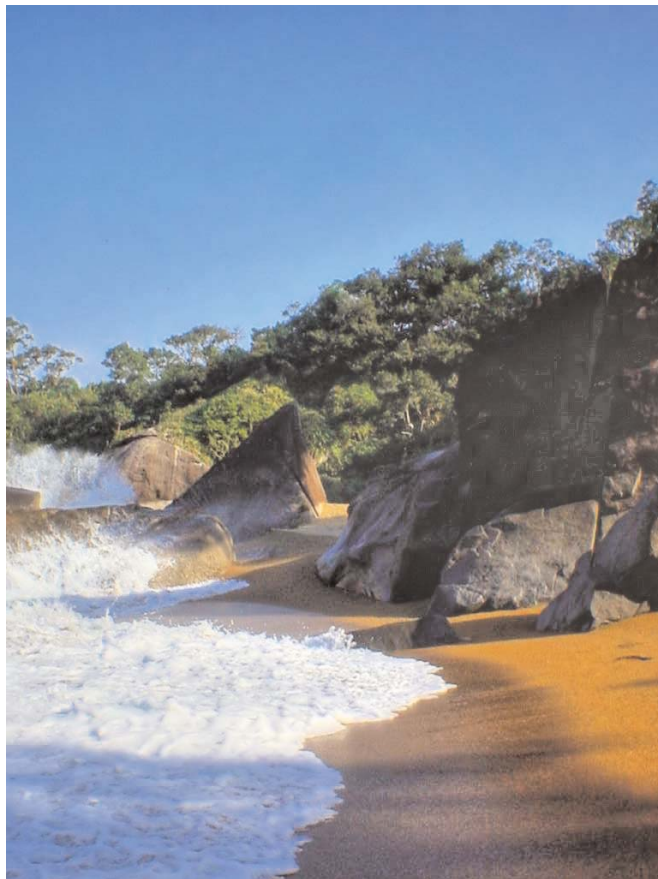
By using fire man has been able to create a whole new synthetic world. This is because fire can break down natural resources into their elemental forms, and then be reshaped through what I would describe as 'black alchemy', into metals such as steel, which can then create machines which run on more fire to create the world in which we now live. Cities of steel and concrete linked together by roads, swarming with gas guzzling vehicles. Ahhhh! What a nightmare. Babylon is trying to create Hell on earth and its dread, totally dread. But fear not my brothers and sisters, God has given us hope, salvation is ours. There is a way out of the Babylon illusion.

Before God cast us out of the Garden of Eden he said 'less yee reach forth and eat from the Tree of Life, and yee shall live forever'. Now the Tree of Life, is I believe to be the Cannabis plant, the Rainbow bridge back to God. There are numerous reasons why I believe this. Fundamentally it's to do with the fact on a nutritional level it provides us with a perfect balance of essential nutrients. The seed bearing flowers contain a perfect balance of essential fatty acids, all essential amino acids (essential proteins) and an abundant source of glyconutrients (essential sugars, yup there are essential sugars and they provide for proper cellular communication). What is unique to the Cannabis plant however is the electron rich Cannabinoids. Scientists have identified sixty of these molecular structures and they are unique to the Cannabis plant. The way they are



created is through the magical alchemical process of photosynthesis. As plants grow they absorb the high vibrational etheric photon light energy from the sun and through the process of photosynthesis step this energy down into the physical dimension of electron rich chlorophyll and unique to Cannabis the Cannabinoids. Now many of you may well have heard of Tetrahydrocannabinol, or THC for short. Well this is the most abundant and powerful Cannabinoid of them all. 21 Carbon, 30 Hydrogen and 2 Oxygen atoms come together to form this super electron rich, pulsating ball of energy. Now when you take this into your body in its raw natural state it floods the body with electrons. By eating electron rich food we can eliminate free radical damage from our bodies. Free radicals are all around us, in pollution, from smoking and from certain types of food, in particular cooked fats. When fats are cooked, they begin to oxidise and lose electrons. Now when these electron deficient molecules are taken into the body, they steal electrons off other healthy cells, which create mutated cells called tumors which grow into cancers. Now when you eat raw Cannabis, due to its abundance of electrons it can rebuild the body on a cellular level, eliminating free radical damage. Fact, in research done trying to prove that Cannabis causes cancer, it has proved the opposite, Cannabis eliminates Cancer from the body (Ref: Anticancer activity of Cannabinoids' Journal of the National Cancer Institute, Vol. 55, No. 3, September 1975). Now once the free radical damage is eliminated from the body you can start absorbing more and more light into the physical body, so that ultimately you activate your light body on a cellular level and wow, that's it you've just climbed the first major step on the stairway to Heaven and back to the Source. Well in reality you are bringing God's light down into the physical dimension of earth, manifesting Heaven upon Earth, so shall it be.

Now this alone is enough to convince me that Cannabis is the Tree of life, but what convinces me even more is the amount of energy that the Babylon system continues to pour into suppressing the most beneficial and versatile natural plant resource on the planet. But what of this Babylon system? What is it? Well it's the system of governments, police, army and courts that uphold this illusionary world created from left brain fire technology. At the head of Babylon sits the 'Illuminati' or secret government who control and manipulate world events through a pyramid of power to further their own goals of total world domination and power. To feed this system they really



upon the exploitation of the planet's finite resources and the enslavement of the worlds populace to work in life draining, stressful jobs so that they can buy into the illusion of Babylon. But Babylon is going to fall because it can not sustain itself. We are running out of oil to burn and trees to cut down. Babylon is scared. It's blowing up it own buildings and cities, to start wars, trying to create more fear within the populace in an effort to distract us from the most beautiful and fantastic event that has ever happened in our history. We are traveling through space in a spiral orbit directly proportional to the helical plane of our DNA and following the path of Sirius back to the centre of the galaxy. We have a cosmic destiny with Sirius. As we approach the centre we will experience a massive consciousness shift, which no doubt many people are already starting to experience. We are already starting to come out of the most 'asleep' part of our conscious evolution, often referred to as the Kali Yuga. As we get closer to the centre the natural pulsing frequency of the planet shall continue to rise until we get to a point when things that are not in natural frequency with the planet, i.e. the illusion of Babylon, will be broken back down into their elemental forms and be sucked back into the earth. Those things that are in natural frequency with the earth, i.e. us, the earth, the trees, plants and animals, shall rise up into the Love vibration and experience Heaven upon Earth. Paradise. So shall it be. What will have happened is that planet earth and those in tune with its natural vibrations will have gone through a dimensional shift from the 3rd dimension to the 4th. Now I did say those things in natural frequency with the earth shall rise up into this paradise world. So I feel that rather than going on about 'saving the planet', it would benefit us more to focus on saving ourselves. I feel that on a physical level we have

become very sick and mutated due to consuming denatured, toxic, cooked 'foods'. So by eating wild organic green foods, especially Cannabis, we can rebuild our body on a cellular level and activate our light bodies before 'the big shift'. The ancient time keepers, the Maya, predict that 'time' as we know it is going to come to an end on Winter Solstice 2012. Well I personally want to have activated my light body well before then so that the journey home to paradise is as pleasant as can be. How we can fully activate our light bodies will no doubt be a topic of discussion for a future issue of Funky Raw.

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The veils are lifting

All the veils are lifting so fast, and it's so great to be here again.

Reality is a matrix, a living hologram, and we create it ourselves. Our DNA is like a receptor, and the pineal gland is the transmitter. So we receive messages from our environment, every single thing that happens in the whole of creation enters our cells. We have the power to transform that, to recreate it as we wish. We channel that power and make it into something new. If we are not clear channels, if we are not flowing, if we have blocks in our energy, it gets stuck, and we carry on creating more of the same. The energy is stagnant, we are not making anything new and fresh. But the clearer we are and the stronger we are, the more power and beauty we create. The more we act in accord with the universal will and the more the magic abounds as we work with the entire force of the cosmos, rather than from a single isolated part of it.

Something happens that we don't like; someone enters our world who we don't like. We have attracted that in, we have created that reality from past experience. We can carp and moan and create more of it. Or we can not believe in it's power, we can see straight through it, we can rise above it, and it will disappear from view. That reality dissolves and we can see through into a new and greater truth.

The veils between the worlds are very thin right now. It is very easy to step through, the portals are open. The next seven years are an opportunity for us all to step through, to dissolve this matrix and create a new one. The new world is paradise, it is heaven on earth. Synchronicity is the norm, there is no need for time or money because whatever we need, we can ask for and it will appear right before us. We will live in a state of harmony and ecstatic bliss. With all our needs met, we will be able to journey further through the inner worlds, the energetic worlds. It will not be scary or disorientating to travel, it will be natural. The blocks will be removed, and we will be able to go far, much farther than we have ever been from the earth.

Increasingly, I experience a electric charge running through my body. A buzzing, a pulse which feels amazing. This is the ecstasy of existence, where simply being in my body is a wondrous and magical place to be. This is what we will all experience increasingly, as we come to be. Life is a gift, this moment is a gift, and that is all there is. On this plane, that is all there is. This single precious instant, which is so fleeting you can never catch it, which is so fast so you can never keep up with it. To try and master it is futile; to surrender to it is divine.

by Polly

As a race we are undergoing a cellular shift, our DNA is evolving and we are transmuted into beings of higher consciousness. Once it starts, the change will come very quick. As the wave spreads, it will increase in force, crash and break very quickly. We are approaching the crest of that wave. Right now it is largely unseen because darker forces seek to suppress it. Those that work from the left brain, the energy of isolation and alienation, don't want to hand over their power. They are resisting the shift. But although it is invisible from the surface, everyone feels it. Everyone is experiencing that sense of transformation. The world is a pretty chaotic place, as the old structures crumble.

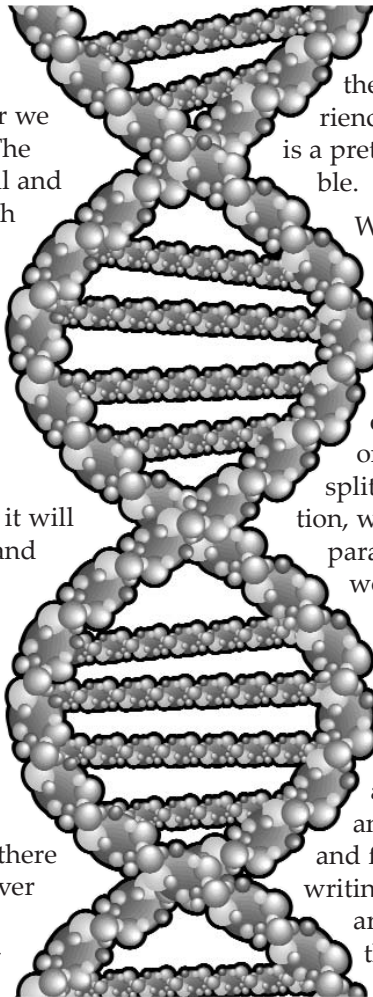
We came to this planet a very long time ago. We came to this planet to carry out a task, to undo an energetic knot in the galaxy. We had to go into the darkness, and find our way out again, without a map. We have done that. We are nearing the light at the end of the tunnel. As duality fades away and oneness is restored, we are healing a break, a split in the matrix. As our work is near completion, we will be free to remain here and tend the paradise garden, or move on and explore new worlds.

It is going to be such a joyful experience. All we have to do is create. We will live together and everyone will feel an intense and profound love and relief at being reconnected. We will need very little sleep and food. We will be always relaxed, at ease and contented; always busy and industrious and fulfilled. We will create music and art and writing that will make people remember who we are and why we are here. We will be happier than we have ever been, because we are fulfilling our mission on earth. There will just be amazing stuff going on all the time, everywhere you look, we will be creating magic and beauty.

We are actors in the last great drama. We must know that these are roles we have been handed out, we must see through these roles and know who we really are. We are starbeings. We have much work to do, but it will seem more like play because the final outcome is so near. It will be relentless and hard and tiring, but we will embrace the task, we will adore it, and we will be uplifted by it. It will be the best thing ever. It is the culmination of this energetic plane of existence, the highest note this world has ever reached.

The personal becomes the universal. The I becomes the we. There is no separation, the barriers dissolve.

It's time to get galactic. 🌸



Updating Our Realities

by Holly

Can we believe our own minds?

And why do we continually hear people say things that just do not make sense?

And why do we struggle to make sense of our own lives?

And why does nearly everybody keep saying they are going to do things that they never do?

And what is this thing we feel – this sense of something greater; and the sense that we could be, do, have something more, and that there may be a better way for us all to be or even that a new era may be near at hand?

Are we in neurological prison and, if so, can we escape?

And what is the role of raw food in all this?

The Hemispheres

Research in Australia by Dr Allan Snyder has shown that when the left hemisphere of the brain is suppressed using transcranial magnetic stimulation, superior brain function emerges. In an article appearing in New York Times Magazine June 2003:

The Medtronic [transcranial magnetic stimulator] was originally developed as a tool for brain surgery: by stimulating or slowing down specific regions of the brain, it allowed doctors to monitor the effects of surgery in real time. But it also produced, they noted, strange and unexpected effects on patients' mental functions: one minute they would lose the ability to speak, another minute they would speak easily but would make odd linguistic errors and so on. A number of researchers started to look into the possibilities, but one in particular intrigued Snyder: that people undergoing transcranial magnetic stimulation, or TMS, could suddenly exhibit savant intelligence — those isolated pockets of genius like mental ability that most often appear in autistic people.

An example cited is of a person who usually finds it difficult to draw becoming able to produce complex and accurate representations of animals. In Snyder's words:

"You could call this a creativity-amplifying machine. It's a way of altering our states of mind without taking drugs like mescaline. You can make people see the raw data of the world as it is. As it is actually represented in the unconscious mind of all of us."

On the other hand, some evidence of what happens when the left hemisphere of the brain is deprived of the influ-

ence of the right hemisphere is given by the condition of anosognosia. Patients with right hemisphere strokes sometimes vehemently deny their paralysis and often employ defence mechanisms to account for their failure e.g. 'I don't feel like moving my arm right now'. This phenomenon is rarely seen when the left hemisphere is damaged.



Transcranial Magnetic Stimulation

Let's put this picture together. The left hemisphere is established as the dominant side of the brain. When it is suppressed, advanced functions of the right hemisphere emerge. But when the influence of the right hemisphere is removed in some way and the left hemisphere is left to its own devices we can get a condition where a person is unable to update their reality.

Tony Wright ponders the following question:

If we were all suffering from a neurological condition affecting the left side of our brain and our perception is dominated by its sense of reality how would we know?

It is accepted that the left side of our brain plays the dominant role in providing us with our sense of who we are and how we perceive the world.

It is accepted that the left side of the brain is deficient in a number of basic functions, it does not perceive reality rather it invents an approximation...

The Bicameral Mind

In his 1976 work *The Origin of Consciousness in the Breakdown of the Bicameral Mind* Julian Jaynes proposed that until about 3000 years ago human brains existed in a



bicameral state in which one part of the brain appears to be speaking and the other obeys and people did not have the interior monologue, the introspection and sense of consciousness that people have today.

This bicameral situation could be described as schizophrenic and I would also ponder whether we are experiencing something similar when we are feeling very inspired and driven towards a particular course of action.

Cerebral Dominance

In his manuscript 'Left in the Dark' Tony Wright proposes that originally our left brain was as highly functional as our right brain would seem to be and has deteriorated over thousands of generations through steroid damage, starting at a point when we left the tropical forests and abandoned the diet rich in steroid suppressing fruit which had allowed our brains to grow so large in the first place. As the left brain became more dysfunctional, ironically it began to take charge, much in the way as a rowdy element can disturb a refined gathering or a mad tyrant can rule a country of basically nice people or greedy humans can desecrate the beautiful earth, or certain people dominate certain other people. Dominance is to do with dysfunction not superiority.

The bicameral stage occurred before the left brain finally took over.

The right brain is where we do most of our feeling and, indeed, experience pleasure as well as experience connection with the divine, creativity, love, 'extraordinary' perception and lots else. It experiences reality as it is in every moment. It doesn't even 'think' as we understand it in our current state.

'The great pleasure and feeling in my right brain is more than my left brain can find the words to tell you' Nobel Laureate Roger Sperry

The left brain or ego, which is now in charge, is more of a linear processor. It works to a story line – an approximation of what is going on – it tries to work things out but needs an update from the right hemisphere when its model gets too inaccurate or out of date. The left brain cannot handle the amount of data right brain can. Uncensored right brain perceptions are overwhelming to it. It must reduce them down to rational concepts.

All the phenomena described above are there to some extent for all of us - we all have moments when we seem to excel ourselves or do something intuitively so right and in extreme stress people display strength and abilities normally beyond them. In states of relaxation too people sometimes do things they wouldn't normally be able to do and do them without trying. I would also argue that we all have trouble updating our realities – because of cerebral dominance we are all to some extent 'out of touch with our feelings' and suffering from comparative low

level depression. It would only take a few moments of experiencing right hemisphere consciousness to know for sure that this is the case.

Our apparent sophistication as modern adult and educated humans is a mechanism which we have developed as a compensation for an ability to operate naturally and intuitively in harmony with each other, the earth and everything else.

Neurological or Psychological?

It was Freud's dream to find a neurological explanation for human nature. A century later, Tony Wright stumbled (his words) upon it. We torment ourselves looking for psychological explanations for our own experiences and the behaviours of others or just judge them however we judge them. The truth I think is nearer to something along the lines that to some extent we cannot help it, although there are various steps we can take which can improve our brain situation – basically to shift dominance to at least to some degree away to less dominance of left hemisphere and more towards the right hemisphere, which I think will give us a better life. It is difficult to maintain any kind of shift as the left hemisphere (mind, ego) tends to jump back in there but at least while we are in the shift we can come up with a slightly more realistic story line to work with.

Shifting Dominance

The spiritual traditions over the ages have taught ways to quieten the left hemisphere and fire up the right: meditation, chanting, prayer and rituals, special diets, psychoactive plants, sleep deprivation, dream work, eye connection. Tantra, communion with nature, visiting sacred (energetic) places, yoga, music, dancing.

A high quality balanced raw food diet, including all the crucial components including fruit especially tropical fruit and figs and undamaged fatty acids will put in place the biochemical requirements for the right hemisphere to operate properly. Diet does not affect the operation of the left hemisphere to nearly the same degree because it is a much cruder organ – people can do left brain work on junk food. My subjective impression is that cooked food suppresses the right hemisphere.

Tony's research aims are to do with find a permanent remedy for the situation so that we can live in a more exalted and functional state. Meanwhile we manage the situation with various techniques.

One of the most powerful techniques is probably sleep deprivation but obviously this must be done with consideration for what tasks one has to do e.g. work, driving, childcare and also it cannot be sustained for long. I find reducing the amount of time I sleep to a maintainable level whilst staying as in meditative a state as I can in the day helps but I still need to have 'catch up' nights. The



point is that a large amount of sleep recharges the left hemisphere (the right hemisphere seems to need much less sleep). Reducing sleep reduces the left's stranglehold but, we need to respect that the left brain is the one that is presently controlling things and it needs its rest.

The Role of Dreams etc

In the paper 'The Evolutionary Biology of Self-Deception, Laughter, Dreaming and Depression', the acclaimed neuroscientist V.S. Ramachandran describes the role dreams can have updating our realities:

'...think of the two hemispheres as equivalent to the separate heads of a Siamese twin of which the left head is you – the conscious talking self – who has a curious alliance with you twin brother who is a starry-eyed dreamer. You are not only the glib press agent for both twins but also the one who makes all the major decision. It is only for a few hours each night that your brother is allowed to communicate his outlandish ruminations to you and you are then just as likely to accept them or reject them as you see fit...Life without your brother would not only be boring and unpredictable but would also lead to you becoming submerged in layer upon layer of self-deception. What keeps you intellectually honest are the illicit nightly liaisons with your twin that shake you up to your very core. Indeed it is 'language chauvinism' that causes me – the person in the left hemisphere writing these lines – to regard the left hemisphere as the repository of the 'true self...'

...during ordinary waking life, the left hemisphere engages in 'on-line' processing of some data, including the temporary ordering of experiences and the imposition of consistency and coherence... This would necessarily involve other kinds of censoring, repressions, denials and rationalisations that characterise most of our conscious lives. In dream sleep, on the other hand, the brain is allowed to tentatively bring some of the repressed memories out for an 'improv' rehearsal on the main stage to see if they can be coherently incorporated into the main script without penalty to the ego. If the new script doesn't make sense, the material gets repressed again... This is what happens 90% of the time in dreaming. which is why we cannot remember most of our dreams.

Paradigm Shifts

Repression can bring people to breaking point where the whole story just cannot be made to hang together any more or the feeling nature breaks through and there is not the energy to continue without some radical changes.

...each of us has a tremendous need to impose consistency, coherence and continuity on [our] behaviour, In other words we need a script - a thread of continuity in time. The left hemisphere is primarily responsible for imposing consistency in to the story line and this would correspond roughly to what Freud calls the ego. At any given moment in our waking lives, our brains re flooded with a bewildering array of sensory inputs, all of which have to be incorporated into a coherent perspective based on what stored memories already tell us is true about

ourselves and the world. In order to act the [left] brain must have some way of selecting from this superabundance of detail and ordering it into a consistent 'belief system', a story that makes sense of the available evidence. When something doesn't quite fit with the script, however, you rarely tar up the whole story and start from scratch. What you do, instead, is to deny or confabulate in order to make the information fit the big picture.

However, once a certain threshold is reached, people must have a mechanism for revising their models completely and that is where the right hemisphere comes in... [It] forces a paradigm shift in response to anomalies whereas the left hemisphere always tries to cling to the original model.

In patients suffering from anosognosia, the left hemisphere is doing all the confabulation and denial as it would in a normal person. The difference is that these patients have lost the mechanism in the right hemisphere that would normally force them to generate a paradigm shift in response to conflicting information.'

Paradigm shifts are necessary because we are continually getting out-of-date about reality due to the dominance of the left hemisphere. But even when a paradigm shift occurs the new story the left brain comes up with is not exact reality – just another story that fits better than the old one.

Encounters with reality, encounters with our deep feelings, encounters with the right hemisphere can cause discomfort because they shake up beliefs and also uncomfortable feelings are experienced because we have been living against our true needs. However repeated exposure to the truth will eventually make us freer, less encumbered by psychological defence mechanisms and false/rigid beliefs and more fulfilled and more functional. Like putting light on in a neglected house – at first we see what a mess it is and what a lot needs sorting out. But as we get on with it we feel better, our lives work better and we become ready to experience a bit more light perhaps.

Further Reading


Left in the Dark by Tony Wright (downloadable from www.kaleidos.org.uk)

www.kaleidos.org.uk/News_Updates_Events/

www.wireheading.com/brainstim/savant.html

www.psychlaws.org/BriefingPapers/BP14.htm

'The Evolutionary Biology of Self-Deception, Laughter, Dreaming and Depression: Some Clues from Anosognosia' by V.S. Ramachandran
www.tinyurl.com/poh6a

My ramblings on www.rawcuisine.co.uk 



A Soul Journey - Part 1

In January I had a dream that was so vivid I felt it physically and it woke me sharply. I wrote it down, looked it up, shared it out and did various inner work analysis with it to come to a greater understanding of its meaning. I knew it was of significance and after trying out many interpretations I eventually realised that the dream was telling me that it was time for me to die. However, before all my loved ones panic I will state that this was not to be physical death but rather a metaphysical demise of old attachments; releasing and crushing the self-imposed boundaries of my own fears and expectations of others in order to recover my true authenticity. It was a time for rebirth and rediscovery. It was time to listen to my soul.

I had already been reading the amazing book 'SOULCRAFT' by Bill Plotkin. The depth of information in this book completely reinforced the importance of this process of getting to know my soul and what would bring it the greatest fulfilment in this lifetime. One of the things that elicited a huge 'Aha!!' moment was in reading the clarity of distinctions between spirit and soul, briefly summarised as: "Soul shows us how we, as individuals are different (in a community affirming way) from everybody else. Spirit shows us how we are no different from anything else, how we are one with all that exists." Plotkin states that "Your soul is both of you and of the world. The world cannot be full until you become fully yourself. Your soul corresponds to a niche, a distinctive place in nature, like a vibrant place of shimmering potential waiting to be discovered, claimed...occupied" Yes, in my desire for unification and oneness I had to embrace my uniqueness, to create and offer my distinctive contribution into the great jigsaw puzzle of life.

By the end of February certain events in my life had flipped me upside down and inside out and I was completely ready for an immersion into solitude to do some concentrated soul discovery. I planned to spend three days fasting and camping alone in nature in order to listen to what my inner voice was trying to express in it's gentle voice that too often gets overpowered by the volume of everyday life. My dearest friends supported me on this journey by allocating space on their land for me and my little tent. It was a clearing in the midst of the forest which was close enough that they could check on me but far enough removed that I would not be disturbed. Perfect.

The three days were full and diverse in the range of emotions and experiences. It was such a joy to be living simply, taking my baths and collecting water in the river, gathering firewood and just being still.¹ I was delighted with the sights and sounds of pure beauty and felt like a

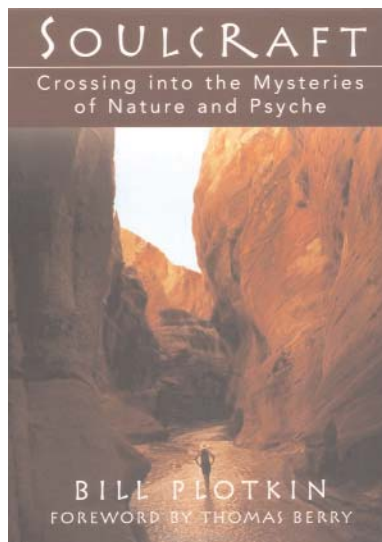
by Terri Henry

privileged guest in a world that usually exists without observation; honoured to watch the ecosystem function so blissfully aware and assured. It is magical to be in this realm reading from the living book of Creation and the peace of communicating without speech was liberating. As I dwelled in the forest I listened carefully to the many 'silent' voices to hear the messages from the trees, the insects and the fungi. The fire smoke that highlights the sun rays through the tree canopy, spider's webs glimmering with the dawn dew and bamboo that creaks in the wind are all conversing with the language of the soul and this resonated through the entire core of my being. I heard the words of the wordless and truth from the timeless and in communication with the web of life I felt that I was being filled with the wisdom of a billion years.

In this space I asked many questions about what the direction and purpose of my life, what gifts were mine to share and how I could be a vessel of healing. One of the responses was for me to share these messages and assist others in communing with

the spirit of nature whilst continuing my own personal journey in this dimension. I am asked to remind others that the Earth is calling out to be heard but she speaks in a language that is beyond words. If we are to survive and flourish we must learn to hear with more than our ears and express ourselves with a language that is beyond the spoken word. As African shaman Malidoma Patrice Somé reminds us, "Language as we have it is a vehicle towards the Source but should never be mistaken for the Source itself. At the Source words would not be necessary, for meaning would be produced instantly. We could see, feel and touch results of someone's thought instead of relying on words to give us a picture of it" Nature encourages us all to open our sensory selves to absorb its multi-faceted language so that the limitations of the spoken word no longer contains us or creates boundaries but when used are merely a part of the chorus with all other creatures in praise of creation – a part of the orchestra which blends in harmoniously with the rest of the symphony.²

Amongst my joyful connections nature also showed me its flip side. I met trees whose trunks were covered in sharp protruding thorns. I did my best to respect their presence and proceed with caution but one large thorn did manage to find its way into my finger and drew a little sacrificial blood. Razor grass also cut my legs and has since left its scars of initiation on my right thigh. On the first day I took a nap without being covered and was feasted upon from head to toe by minuscule red bugs which burrowed into my skin and covered by body in an



irritating rash which itched intensely and incessantly for the duration of this retreat and the week beyond.

I am not exactly sure what it was that woke me in the middle of the second night. It could have been this

unstoppable itching holding me to ransom with the threat of sending me to edge of insanity and demanding to be soothed with oils. Or maybe it was the sound of a forceful down-pouring of tropical rain, beating every side of my tent. Or it could have been the feeling of the banana leaves I had placed beneath the tent to give it more waterproof protection that had now become a source of immense discomfort as the ridges of their hard spines dug into my body. Hmm... whatever it was I was certainly

awake! I was irritated, tired and began to worry that my tent was going to leak and leave me soaked in the middle of this dark night. There was nowhere I could go and nothing I could do - I had to surrender. I gave up on the idea of sleep and sat bolt upright in my tent. A few years ago I participated in a 10-day silent Vipassana meditation retreat and with Divine right timing my mind started to retrieve phrases from this training such as "equanimity and balance, just observe, don't be attached, release craving and aversion and be free..." Amidst the initial chaos of emotion, thoughts and physical discomforts a certain calm began to emerge. I realised that there are many others in the world facing worse discomforts on a daily basis that my little 3am unrest and I was opened up to feel more compassion and caring for all beings. I observed my breath and allowed a flood of ideas to wash over me and cleanse my confusions with renewed visions of my role in life. Everything is a blessing - I was being fortified.

The new day arrived filled with bright sunshine and bird song and I felt a new confidence in my ability to manifest what was put before me in imaginative insights. I enjoyed a day of appreciation, respect and pure love energy. As this part of the Earth rotated away from the sun on the third and final night I lit a fire and having learned from my 'mistakes' of the previous nights I manage to create a really great fire with just the right combination of kindling twigs,

quick-blazing dry fern and large slow-burning logs. I rejoiced in the orange glow of the arising flames and enjoyed the generous heat. Ah yes, this was the first step on a path of journey's into the wild that are part of my destiny in this lifetime ahead.



The next day as I prepared to leave I took down my markers for the four directions and quarter points and said prayers of thanks to each as well as to the sky, Earth and my own heart centre. I felt waves of gratitude for the natural area which had hosted me so graciously and felt a twinge of sadness to leave this sanctuary space which over the past three days had become home. As I turned back for a final glance the last remnants of the fire were

burning slowly and I knew a phoenix was arising from the dying embers. This was time for a new beginning. I marched purposefully forward to my friend's house with stories to share, visions to manifest and enriched with the precious treasures of my soul. This is a journey to be continued...

Based on her personal experiences and using the Applied Ecopsychology techniques of Dr Michael Cohen and Joanna Macy, Terri has created the 'Sacred Nature' workshop. She will be available to facilitate this powerful and positive process in the UK during August and September 2006. Please email

onelove@onelovelivety.com for more information or check the website www.onelovelivety.com.



¹ These actions reminded me of the famous Zen saying "Before enlightenment, Chop wood Carry water. After enlightenment, Chop wood Carry water" and I felt that it was a reminder that whatever our level of consciousness, these basic necessities of life remained the same and with this awareness we are to be humble and mindful to the process wherever we are on the path of life. ☺

² Even as I write this expression there is much that can not be said about my experience - words are too dense a medium to articulate what was felt and understood. ❀



Aloha! Life in Hawaii raw style



With a slow relaxed pace, Paddy & I fled the frigid climes and colour starved world of the UK winter to experience a call to Maui, Hawaii, Northern Polynesia.

Drawn by a match made in heaven: Raw food & Surf, we set off to find the generosity and loving spirit of the Hawaiian people, the beauty of the land & environment and the spiritual energy present in this most isolated land.

The seven islands of Hawaii, have been likened to the seven chakras or energy centres of the body. Maui corresponds to the sacral chakra, the centre of creativity & reproduction, sexuality and pleasure. Geologically, Maui is the second youngest of the islands by a million years. Perhaps this youthfulness contributes to the high level of energy and creativity one finds here?

High Lights:

- ♥ Glimpsing the pastoral world of misty mountainside called upcountry (also the more alternative area), which covers the slopes of the dormant volcano Haleakala. If possible one should try and witness sunrise from atop. Tis a very sacred Hawaiian thing to do.
- ♥ Soaking in the tropical liquid sunshine and not feeling cold.

by Emma Turtle

- ♥ Journeying the Road to Hana, waterfalls galore and a place with the highest population of Hawaiians dwelling.
- ♥ Paddling at Twin falls or The Seven Sacred Pools.
- ♥ Smelling and tasting scents of tropical flora and fauna.
- ♥ Knowing a day will not pass without absorbing a crystal clear, full spectrum of light - a rainbow.
- ♥ Embracing the healing effects of sparkling sun and brilliant blue ocean giants at Ho'okipa beach, wind surf capital of the world.
- ♥ Enduring daily visits to the raw food deli at Mana Foods, where Marteen uncooks for the green beauty inside!
- ♥ Snorkelling the bed of the ocean for turtle amazement, coral reef, fish tales, whale song and last but not least re-surfacing with the spinner dolphins.
- ♥ Sweltering at the Farmers Market, Swap Meet, Kahului early on Sunday.
- ♥ Spending Valentines at a heart wrenching art performance; 'Ulalena' (the rain goddess), portraying some of the story behind Hawaii and her natives.



Low Lights:

- ☹️ Land is being rapidly bought and developed.
- ☹️ Much importing from Bali, Indonesia & Thailand.
- ☹️ Non-organic pineapple plantations destroying the landscape, run off from pesticide effecting drinking water in some areas.
- ☹️ Non-organic sugar plantations destroying the landscape, fumes from the processing plant responsible for asthma in some areas.
- ☹️ Importing 95% of their food!
- ☹️ Hawaiians seem hidden, thus difficult to connect with and experience their culture. When seen are usually in low end paid jobs.

It was a mission for me to seek all that was Hawaiian and remain balanced and non-judgmental amid an American culture. The following are some of my favourite findings....

'Aloha' is the Hawaiian way of greeting. It means: Love, I love you, my love to you. In essence, Maui, Hawaii felt a combination of:

'Aloha' - the generosity and loving spirit of the Hawaiian people

'Aina' - the beauty and energy of the land and environment

'Mana' - the spiritual energy present in this possibly most isolated land in the world

These qualities are intertwined & deeply influenced by the native Hawaiian culture.

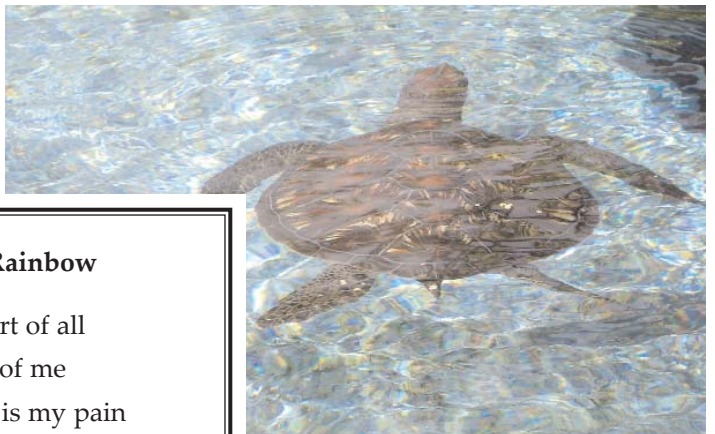
Raw & Juicy Contacts:

- ♥ Joy's Place
1993 South Kihei Road
Kihei, HI 96753
(across from the cove and Kalama Park)
- ♥ Juice Zone
300 Ma'alaea Road
Suite 204
Wailuku
Maui
HI, USA 96793
- ♥ Mana Foods
Baldwin Avenue
Paia
- ♥ Shakti Living Foods
120 Hana Hwy #9-194
Paia
HI 96779
- ♥ WWOOF Hawaii
4429 Carlson Rd, Nelson
British Columbia
Canada V1L 6X3

Books:

- ♥ 'Maui Revealed' by Andrew Doughty & Harriet Friedman (the ultimate guidebook)
- ♥ 'Tropical Organic Gardening Hawaiian Style' by Richard Stevens
- ♥ 'Maui Organic Growing Guide' by James-Palmer, Robert Maika'imau
- ♥ 'Living Cuisine, The Art & Spirits of Raw Food' by Renee Loux Underkoffler

For anyone interested in our work trade situation and what we found ourselves doing, travel to www.kahua-institute.com/newsletter/newsletter3.14.htm and scroll down to the article 'The Enzyme Sprouting Station'. To see additional information on this design go to www.fartyarse.com/sprouter.doc 🌸



Tales of the Night Rainbow

Aloha is being a part of all
And being a part of me
When there is pain - it is my pain
When there is joy - it is mine also
I respect all that is
As part of the creator & part of me
I will not wilfully harm anything or anyone
When food is needed I will take only my need
And explain why it is being taken
The earth, the sky, the sea are mine
To care for, to cherish and protect
This is Hawaiian - This is Aloha

Websites:

- ① www.permaculturemaui.com
- ① www.juicezone.com
- ① www.jambahawaii.com
- ① www.shaktisuperfoods.com
- ① www.euphoricorganics.com
- ① www.onofarms.com
- ① www.woofhawaii.org



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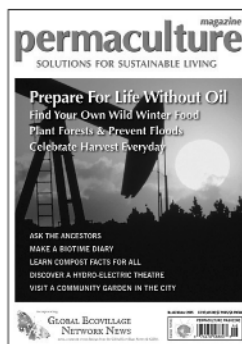
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