

The Funky Raw

Issue 8 - Autumn 2006

Restoring paradise consciousness

magazine

£2.75 / €3.50



From the Editor

Welcome to Issue 8! Lots has happened in the last few months, the Funky Raw festival was a success, with yoga, delicious food and lots of great music, see the photos on pages 6 and 7. Then this Sunday we had the Festival of Life in London, read Nirankar's review on page 10.



Working on a stall at the Festival of Life with Steve Charter

We have a new columnist, Dr. Doug Graham, who many of you will have heard of, see page 26 for his first article. And my favourite, we have a raw cartoon series starting this issue, turn to page 33...

I'll be running workshops in London over the next couple of months, so if you want to learn about raw food and wild food, see my advert on page 29.

Hope you enjoy reading, and as always, if you have anything to contribute to the next issue, please send it over.

love Rob - rob@funkyraw.com

Cover Artwork

The illustration on this month's front cover is from a water colour by Catherine Somers of **Spellwear** called 'True Love' It is reproduced on a **Spellcard** by **Spellwear**.

Spellcard are 100% hemp paper greeting cards which are spells, or positive affirmations. The spells are cast by saying the words on the back of the card and then by leaving the **Spellcard** where the owner can see it, trusting in magic to do the rest.

The words for the True Love **Spellcard** are 'I love the partner within to love the partner without'. It is based on a symbol known as the Buddhist Endless knot which is of two interlocking hearts, denoting the flowing relationship between our higher and lower selves. Its meaning is that we attract true love through loving ourselves as our first priority. True Love is set amidst the abundance of Nature, making this illustration ideal for Funky Raw.

Spellcards can be purchased on www.spellwear.com, www.allthingsgreen.net and www.rawliving.co.uk



Who are the Funky Raw crew?

Editor: Rob Hull - rob@funkyraw.com

Regular columnists: Holly, Tish, Terri Henry, Star Khechara, Lisa Ceneri, Warren Vialli, Aranya, Free R Cannabis, Shantigarbha, Jessica Michael, Dr. Douglas Graham, The Man From U.N.C.O.O.K

Contributors: Polly, Emma Turtle, Suz, David Gillingham, Amy Levin, Joe Hollis, Steve Charter, Paz, Max Salad, Tony Wright, Linda Joy, Dani Baxter, Katie Star, La Veronique, Nirankar Singh

Proof reading: Emma Turtle, Tom Fenton

Advertising Next issue deadline 7th Nov 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: **31th October 06**

Copyright of submissions remains with each individual author or artist.

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

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



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Subscriptions and Back Issues

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

Back Issues 2 to 7 are still available. United Kingdom - £3.80 / Europe £4.70 (6.95€) / Rest of World £5.30 (US\$9.20). Prices inc. P+P.

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



News, Events and more

Tempress. Goddess. Siren. Intacta. Strumpet...

What's all this then? Oh, it's Shazzie's new range of raw chocolate bars! We've got 5 to give away, send an email including your postal address to competitions@funkyraw.com with the subject Tempress (or write to us using the address on Page 3). We'll pick 5 people at random on October 15th to win one. (We won't keep your details or use them for anything else.)

You can purchase them from www.detoxyourworld.com



Raw Travel eGroup

<http://health.groups.yahoo.com/group/TravelingRawFoodists/>

When you go away, it can sometimes be difficult to find good places to find raw food. This internet group aims to help with that, and also connect you with raw foodists at your destination. You can also find local raw restaurants (if there are any!).

At the moment this group is very much US based but as more people join it could be more global.

Raw Magic Café in Brighton

A new raw café has opened in Brighton, in the Indoor Market on Ship Street. Serving savoury snakes like paté, crackers, nori rolls and salads, hemp milk, wheatgrass and their famous chocolate cakes and puddings.

Open 12-2 Tuesday to Friday and 12-5 on Saturday.

Official opening party on October 14th. Tel: 01273 691011

Report back from Raw Lunch at the Bare Cafe Todmorden in July

In July five of us went from Leeds to the raw lunch at the Bare Café in Todmorden. We had a scrummy three course lunch and a talk on raw food by the chef. She had trained at the Tree of Life foundation with Gabriel Cousins – author of Conscious Eating. While at the foundation she said that there had been a trial on treating type II (late onset) diabetes with a raw diet and that 7 of the 8 people came off medication. We had a brilliant time and the food was excellent.

The organiser will soon be starting food courses and we will keep you informed of when and where these will be held through the Leeds Veggie Vegan Newsletter.

Festivals / Retreats

Detox Your World's annual retreat with David Wolfe, Shazzie, Mike Nash, Daniel Aaron, Debbie & Natasha

Friday 6th - Tuesday 10th October 2006, Croydon Hall, Somerset

From the website:

"Waking up to yoga, enjoying great workshops, living foods and all the leisure facilities, and going to bed with meditation and inspiration, you'll witness your own transformation day by day.

"Four full days and nights of luxury, transformation, thriving, relaxation, laughing, sauna, being, living foods, sharing, spa, breathwork, pilates, reconnecting, meditation, rejuvenation, remembering, healing, cleansing, swimming, information, stunning scenery, love, inspiration, fun, walking, games, yoga, new friends, talking, tranquillity and bliss."

More details and bookings: www.detoxyourworld.com 08700 113 119

Fresh Festival

Saturday 28 & Sunday 29 October, near Weston-Super-Mare, Somerset.

They've got music, yoga, talks from Dr Doug Graham, Karen Knowler, Elaine Bruce, Paul Nison, Jill Swyers, 3 course buffet dinner and more. For more info see www.fresh-network.com * 0870 800 7070

Winter Sun Retreats

Winter sun retreats is an opportunity to embrace a week in the beautiful setting of Lanzarote. Our mission is for you to return home happier with yourself. We provide our guests with an inspiring weeks break, the finest food and small-group tuition in dynamic yoga.

www.wintersunretreats.com * 01992 579 507

Food and Wellness Event

Sun 8th Oct, Amsterdam, Holland. With Dr. Gabriel Cousens and Dr. Brian Clement.. Topics include "The six foundations of spiritual nutrition" and "Making longevity a reality". In the evening there will be a raw Greek dinner prepared by Gina Panayi.

For more info and bookings see www.rawsuperfoods.com or phone +31 (0)20 4038844.

Raw and weight loss

Suz in Leeds is doing research into raw eating and weight loss. If you would like to share your story please contact her at: s.evasdaughter@ntlworld.com

Local Gatherings / Potlucks

Leeds

Leeds Raw Food Funday in conjunction with Beanos Wholefood Collective

Sun 3rd December - 2.30pm for food prep, meal at 5pm

Location: Beanos 70 North Street Leeds LS2 7PN

Cost: £10 per event any profit to Animal Rights

We are inviting guest raw chefs and teachers to demonstrate how to make raw staples and desserts so that you will find it easier to be raw at home.

As part of the evening we will be having a silent auction to raise money for Animal Rights. If you have anything you would like to donate to the auction please get in touch with Natalie or Suz or just bring it along.

We expect to be making :

A non-meatloaf, burgers, lemon and almond mayonnaise, nettle and basil pesto, Butternut squash and mango soup, nut milks, chickpea curry, homous

We expect to be serving, along with the above:

Xmas pudding, Garlic toasts, Flax seed crackers, Fresh salads and much more

To book contact s.evasdaughter@ntlworld.com or 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/potLuck_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

Sat October 21st, raw buffet with live music and poetry at the Spirited Palace, 105 Church Road, Crystal Palace, SE19 2PR

7pm till late - £10 including food. To book contact Waz by email the_stealth_protector@yahoo.co.uk or phone 0162 2872 341.

To be kept informed of London events email Waz as above.

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

Workshops

If you want to learn about raw food, here we have a list of workshops:

Sun 24 Sept - Total Raw Food Day - *Jess Michael*
£65, 10.30 - 5pm, Gerrards Cross (near London)
www.totalrawfood.com/events/ * 0700 340 1233
The raw food crash course.

Come and find out how to use your blender, dehydrator and other pieces of raw kitchen equipment to their full potential! Learn how to make the tastiest recipes in the land.

Sat 20 Sept - Raw Food and Wild Food Day - *Rob Hull*
£65, 10am-4pm, New Cross Gate, London SE14
www.funkyraw.com/workshops * 020 7358 8502

A chance to learn about eating a balanced raw food diet. We'll make a variety of delicious foods, go for a wild food walk and collect some nutritious and free food to add to our meal.

We'll make a selection of different foods including chocolate pudding (with hemp milk), soup, salads and dressings, cake, chocolate, etc.

Sat 7 Oct - Raw Food and Wild Food Day - *Rob Hull*
As above. www.funkyraw.com/workshops

Sun 8 Oct - Healthy Sweet Treats - *Liz Bygraves*
£35, 2-5pm, Muswell Hill, North London N10
020 8883 7210 * lizbygrave@yahoo.co.uk

Want to have a fun afternoon learning how to make scrumptious sugar, dairy and wheat free sweets, desserts and chocolates?

They include chocolate ganache, strawberry mousse, chocolates, lime mousse, summer pudding, sweets and macaroons...and more!

Sat 21 Oct - Raw Chocolate Goddess Training - *Jess Michael*
£45, 11am - 3pm, Gerrards Cross (near London)
www.totalrawfood.com/events/ * 0700 340 1233

Learning how to make truly amazing raw chocolate, which will fool even the biggest chocaholic's taste buds! Enjoy loads of tasters and take away a Heavenly Chocolate recipe package, for you to put what you learned into practice when you get home!

Sun 22 Oct - Raw Food and Wild Food Day - *Rob Hull*
As above. www.funkyraw.com/workshops

Sat 11 Nov - Raw Food and Wild Food Day - *Rob Hull*
As above. www.funkyraw.com/workshops

Sat 25 Nov - Raw Chocolate Goddess Training - *Jess Michael and Kate Wood*
£35, 2.30 - 5.30pm, Brighton
As above. www.totalrawfood.com/events/

Sat 2 Dec - Raw Food Masterclass
£59/£49, 10.30am - 2.30pm, Camden Town, London
www.rawpower.com.au/uk.html * 0208 8856 509

How to Create Mouth-Watering Gourmet Raw Food.



The Funky Raw Festival in Pictures

Photos by Rebecca, Nirankar and Shazzie



Hi all funksters
Wishing you were here..food great, Festival of Life cafe delicious and there's an abundance of chocolate delights to keep us all super-alert and yummed up! Weather good. Keveral a lovely place to be with farm animals and loads of things to look at to keep the kids happy. Great walk to beach with heaps of wild food to pick. Workshops wonderful, am chanting stretching, yogaing, singing and dancing all day long! Next time you must come! love Sam and Alice



Conscious Dance

For some, there is a long, lonely and isolating bridge to gap, from dancing and channeling ones creativity in and amongst a drug infused culture, to expressing these energies in and amongst a more pure vibe.

My own journey was an extremely turbulent one. Years on and I am only just beginning to recover from my own hedonistic traits, now leading a more wholesome, happy, constructive and creative life.

It recently dawned on me, that we are the ones to gather our experiences, old and new to create something extra special Conscious Dance Events. Where we can move beyond the spaces and places offered by main stream society, filled with people knowingly harming themselves to spaces and places filled with people knowingly healing and evolving themselves.

I would like to thank Rob and others, including Keveral Farm members for organising the Funky Raw Festival (www.funkyraw.com) and to all those that attended to enable the gathering to happen. Much inspiration has stemmed from this meeting of like minds, with new networks forming and future events in the making....

by Emma Turtle

Oswaldtwistle Presents a Conscious Dance Night with a Difference....

Taking you on a journey, ignited by an ambience of deep groove, tribal codings and MC guidance. Including; mesmerising decor an organic fresh juice bar, super food delicacies and a festival like stall.

Date: New Moon Saturday October 21st

Time: 8pm arrival/warm up, 9 - 10pm MC guided dance, 10 - 11pm warm down/chattalong

Venue: Canolfan Iorwerth Rowlands Centre, Central Beaumaris, Anglesey, North Wales (www.circ.org.uk)

Price: £8 adults/£4 children online, £10 adults/£6 children on the door

Booking: www.goatindustries.co.uk/tickets.html

Contacts: Emma/Paddy: vegetableoildiesel.co.uk

Kath: 01248 750029

This is a smoke free, substance free event, for all ages. Wear loose, comfortable clothing, shoes/bare feet & bring a blanket. A list of B&B's/campsites can be provided.

Funky Raw III Festival DJ's



Polyrhythm
Chilled & Funky



Emma Turtle
Deep Groove with Tribal Codings

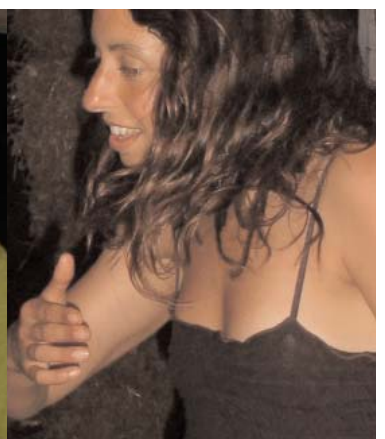


Adam Natural Living
Deep Techno



Keveral Matt
Eclectic & Fun!

Mean while on the dance floor....



Vegan Fitness, Built Naturally

DVD Review by Jess Michael



Being a raw Vegan fitness fanatic myself, I was given the delightful task of reviewing *Vegan Fitness, Built Naturally* the DVD starring Natural Bodybuilder, Robert Cheeke, Professional Dancer, Tonya Kay, and Professional Ironman Triathlete Brendan Brazier. *Oh, It's a hard life being The Raw Lifestyle Coach!*

At first glance, the cover looked interesting, despite it looking just a little bit on the 'budget movie' side. Nevertheless, I couldn't wait to switch it on! I watched in anticipation, with little pre-conceptions of what was about to unfold before my very eyes...

Each Vegan athlete is then taken separately as an individual case study, with a full breakdown of what they buy when they go food shopping, what they generally choose to eat during their average day, and an outline of their entire weekly training plan. This section alone provides the average non-Vegan the information and motivation to adopt this planet-friendly lifestyle. This insight communicated in such a friendly, casual way will provide even the most sceptical viewer the confidence and detail needed to take the plunge, and train smart – the animal-free way. I feel that vegetarians, as well as Vegans, will be pleasantly surprised at the film content.



About Vegan Fitness, Built Naturally

The DVD delves into the nutrition and training lives of three Vegan athletes; Cheeke, whose key focus is purely a Vegan diet and lifestyle, and who doesn't focus too much on the raw food thing, Kay, who is 100% raw, and Brazier, about 80% raw. Their introductions to the feature-length movie are interesting, and leave you hanging on for more... I must say at this point that I really love Tonya's common-sense philosophy towards her raw diet and fitness regime. Her messages were sound, and I found myself really able to resonate on a deeper level with the subjects that she spoke about. For example when commenting on people who ask her if she misses cooked food in her diet, she replied with "Don't people miss all the unique tastes and textures that they might never try, if they only eat cooked food?" Sad, but true!

Ready...

I loved the scenes that showed all three athletes participating in their chosen sport / activity. Even if Cheeke's bodybuilding posing competition made me giggle a bit. They all had mighty fine physiques, and looked ultimate pictures of health and beauty, with their radiant complexions, bright eyes, and glossy locks. The DVD is motivating, and if it hadn't have been midnight when I'd finished watching it – I'd be straight down the gym – pumping iron! It's great to see assets within the raw movement actually inspire and encourage people to do exercise, as so many people out there think that if they eat raw food, there's little point in bothering with the fitness part! As *Vegan Fitness* reveals, exercise should be equally as important as the food that you eat.

Vegan Fitness, Built Naturally can be purchased from www.veganfitnesssteam.com

The Raw Greek by Gina Panayi

If you go into a book shop and look at the recipe book section you are sure to find books on many different types of cuisine - maybe Italian, French or Indian. When you look at raw recipe books, most of them are just that, general raw recipes. Well, here we have something a little different, a Greek raw recipe book.

The book starts out with a brief introduction to raw food and why it's a good idea, then moves on to the Mediterranean diet and Greek cuisine. There is a section on ingredients which explains some of the more obscure raw food items and an excellent section on what equipment you may or may not need to eat a raw diet.

The recipes are organised into the following sections - appetizers, dips, salads, dressings, finger foods, main meals, sweets and drinks.

The best way for you to get a flavour of the book is from a recipe (reprinted with permission):

Moussaka - Layered Vegetables with a creamy sauce

'Layered Vegetables'

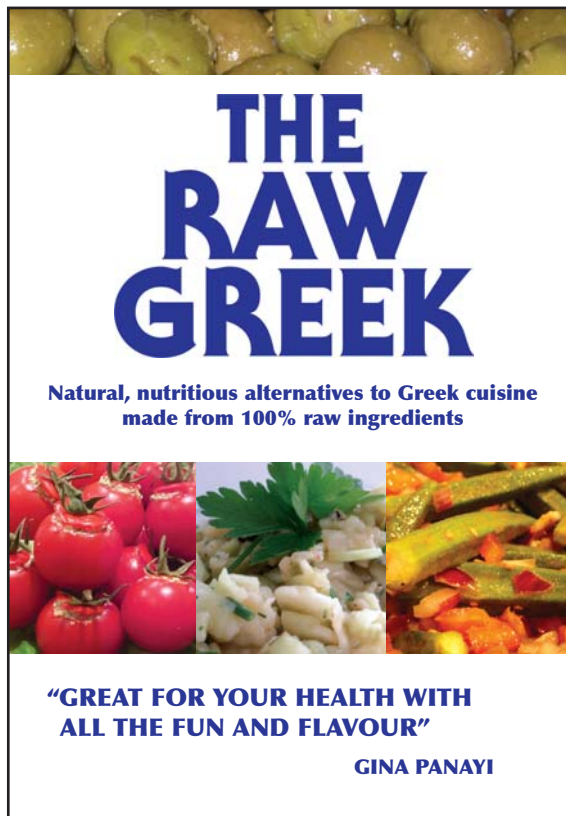
- 1 aubergine peeled and finely sliced using a mandoline
- 1 courgette finely sliced using a mandoline
- 10 large button mushrooms
- 6 carrots grated
- 1 tsp Celtic sea salt

'Mince meat'

- 2 small or 1 medium red onion finely chopped
- 2 tomatoes finely chopped
- 4 tsp olive oil
- 1 tsp Celtic sea salt
- 1 tsp parsley finely chopped
- 1 lemon juiced
- 1 garlic clove crushed

'Crema'

- 1 cup pine nuts
- 1/2 cup hulled sesame seeds



Book Review by Rob

- 1/2 cup almonds soaked and peeled
- 1/2 tsp salt
- 2 tbsps orange juice
- 1/2 cup water
- 1/2 - 1 tsp cinnamon
- 1/2 - 1 tsp nutmeg

1. Finely slice the aubergine and courgette using a mandoline. Lay some kitchen towel on a plate, or tray and layer the aubergine and courgette sprinkling each layer with a little sea salt. Set aside for a few hours to let them sweat in order to take away the bitter taste.

2. Slice the mushrooms thinly using a knife, the stalks and pieces which are too fiddly to slice set aside. Marinate the slices in the juice of 1/2 lemon, 2 tbsps olive oil and 1/4 tsp sea salt,

set aside and let marinate for a few hours.

3. Finely chop the remainder of the mushrooms, onions and tomato and marinate in 2 tbsps olive oil, 1.4 tsp sea salt, the juice of half a lemon, 1 tsp parsley and 1 clove of garlic crushed. Once all the vegetables have been marinating for at least 2 hours, grate the carrots, place in a bowl and pour the marinade from the sliced mushrooms over the carrot and mix together well.

4. In a 6.5" x 8.5" flat bottom glass dish layer half the courgette slices, followed by the sliced mushrooms, grated carrot, half of the aubergine slices, "mince meat" and finish off with the other half of the courgette slices and the other half of the aubergine slices. Place in the fridge.

5. Blend the pine nuts, sesame seeds and almonds until smooth, add the nutmeg and cinnamon, adding more if desired, and smooth the mixture on top of the vegetables. Leave the whole dish to chill in the fridge for 30-60 minutes before serving. Before serving

sprinkle with a dusting of cinnamon or garnish with a sprig of parsley and serve with a nice "Greek Salad".

The Raw Greek is available from www.therawgreek.com



There is life in the body, life in the mind, life in the spirit and life in Kensington Town Hall. The Festival of Life has shed its skin and joined with the London Vegan Festival to hire this enormous space and the response has been overwhelming!

The hallways were packed with conversations; speakers and performers shared their visions; hundreds of people crowded the foyer; dozens of stalls sold gourmet raw food, raw cakes and superfoods, radical books & conscious DVDs. A very special healing area beamed in energy healers from Zeta Reticuli who worked energy vortices with their fingertips. There were amazing musicians and wandering clowns, peace poets, magicians, campaigners, children in fancy dress, a huge white rabbit, dozens of workshops, mantra and meditation and a permaculture demonstration area. Who'd have imagined we would be doing yoga and dancing barefoot - doing the conga to Praying for the Rain, in Kensington Town Hall?

Through networking and synchronicity and a positive mind we have arrived at a unique event. People have travelled from all over the country, from Yorkshire, from Cornwall, Manchester, Wales, and the people who come here are unique. We have all made a choice; we know there is something changing in us and changing in the world and we're ready to embrace that change and share our experience. We understand that reality is plastic, our minds are elastic, our dreams are fantastic and we are God. We can create a better world with every interaction

Review by Nirankar Singh

and we come here to serve each others consciousness and transform life from struggle to paradise.

The festival is a chance to learn from each other about the issues we face together. Workshops and talks were about indigo children, the goddess revolution, 2012, peak oil, permaculture, live food diets, building with hemp, healing with hemp, raw lifestyle coaching, conscious parenting, vibrational healing and creating a culture of change.

We are a festival with purpose. There are no commercial interests; we come together for the rewards of the spirit. We have already broken free and where we go from here is an exciting question. There isn't another event like this anywhere. It's grounded in compassionate living and a raw lifestyle and focused on consciousness, intuition, knowledge and experience. We are all arriving from different places but through honouring life we have created our own sacred space in the urban chaos. We are growing together, gaining under a banner of life. For our future and our children's futures lets keep coming together and celebrating! Life loves life.

If you were inspired and would like to help steward at the next Festival of Life or would like to join the e-mail list please contact info@festivaloflife.net

Find Your Power - Boost your inner strengths, break through blocks, and achieve inspired action by Dr Chris Johnstone

What may at first seem like just another self-help, positive psychology book, is that and more. It has an outlook that aims to increase our own personal well being, and also to look at how this is intertwined with the well being of the wider world at large. Therefore it can be taken as a manual to inspire us into greatness for our own sakes and for that of the planet and the "greater good". Too often we lose our power by giving up, feeling helpless or hopeless, and so end up feeling negative and we don't live out our dreams. This is a book packed with techniques to reverse that and put us back in touch with our inner power to succeed in our ambitions.

Whether you choose to take it all on or maybe just a few key points that may inspire, what the book teaches is that no matter how little each betterment of ourselves, or situation, may seem, it all adds together towards our goals or even unimagined outcomes. Even if just one gem of wisdom is taken from here, it may be just what you need to spur you on towards a happier, healthier, and more active you.

Book Review by David Gillingham

It is written in plain English, easy to understand and follow, with lots of stories and examples throughout. At times it may even appear over simplistic and would be easy to say "I know that", but then not do it and not achieve our goals in this dismissive way. But despite its simplistic process, these things really work- if you do them! Whether you're looking to give up a bad habit, or adopt a new lifestyle, or even to become an eco-warrior super hero, these tools will put you in touch with your power to make it happen.

Further information on workshops run by Chris Johnstone can be found at his website www.chrisjohnstone.info

Also for more resources and courses on eco related empowerment you can subscribe to his free e-newsletter at www.greatturningtimes.org ❀



Recipes

Italian Burgers

2 c sunflower seeds – soaked 6 hours – overnight
3 medium carrots – peeled and roughly diced
1 tbsp fresh rosemary – minced
2 fresh vine tomatoes – diced
6 sun-dried tomatoes – soaked 4 hours/overnight – minced
1 small leek – minced
1 clove garlic
5-6 black olives – chopped
2 tbsp capers - chopped
2 ½ tbsp dark miso
½ tsp salt
1 ½ tbsp lemon juice – juice of about 1 lemon
3 tbsp minced basil
1 tbsp olive oil
2 tsp dried Italian herbs

Drain and rinse sunflower seeds. Run carrots and sunflower seeds through a juicer with the masticating plate in place. Add remaining ingredients to the bowl and mix thoroughly. Shape into burgers about 4 inches wide and 1 inch thick. Put into dehydrator at 110 degrees on mesh sheets for 4 hours, then flip and dehydrate a further 4 hours.

by Amy Levin www.rawliving.co.uk

Pumpkin Pie

Base:

1 pint walnuts, soaked overnight
4 medjool dates

optional:

1 Tablespoon carob powder

Topping:

2 pints pumpkin flesh
½ dates, soaked overnight
1 avocado
1 teaspoon fresh grated ginger
1/8 teaspoon allspice
1/8 teaspoon cinnamon

Process the base ingredients and press into a flan dish

Blend the topping ingredients and spread on base.

by Holly www.rawcuisine.co.uk



Purple Mashup

100g cacao nibs
50g cacao butter
30g sesame seeds
50g goji berries
2 tsp coconut butter
4 dates
couple of handfuls
fresh blackberries



Grate the cacao butter. Grind the cacao nibs, sesame seeds and goji berries in a Vitamix or coffee grinder. Then put everything in a food processor and mix up. The result is an intense purple colour and is delicious!

by Rob www.rawrob.com

Confetti Pate

1 ½ c sunflower seeds – soaked 6 hours - over night
2 Carrots – peeled and chopped
6 sun-dried tomatoes – soaked 4-8 hours to re-hydrate then roughly chopped
½ red onion – finely diced
1 Corn on the cob – kernels removed
½ c Fresh Coriander – finely minced
¼ c green olives – diced
1 red and yellow pepper – finely diced
1 tbsp Hemp sauce or nama shoyu
1 tbsp Light Miso – (optional)
Juice of 1 lemon
2 tbsp extra virgin olive oil
2 tsp Smoked Paprika
½ tsp Cumin Powder

Process sunflower seeds, carrot and sun-dried tomatoes through your juicer using the homogenising plate and into a mixing bowl. Add the remaining ingredients and mix well using your hands to be sure to fully incorporate all ingredients. While mixing, gently squeeze the veggies in your hands; this breaks the cell walls of the veggies allowing more flavour to be absorbed and also softens them for a more cooked/wilted effect.

Variations:

Hollow out a cucumber, stuff with pate and slice into thick colorful rounds

Cut a large vine tomato in half, scoop out seeds and rind and stuff with pate

Shape into burgers or croquettes and dehydrate at 108°F for 4 hours on each side

by Amy Levin www.rawliving.co.uk



Wild Foods

by Rob

What a great time of year for wild foods! I'm sure many of you will be picking blackberries, there are loads around here, then there are elderberries, rose hips, and I've been finding plums which have been delicious.

I've just found these giant rose hips near where I live. Now, I like normal rose hips but they never seem worth the effort to get all the seeds out, but these are amazing. I gave one to Katie and she said it was just like a sweetie. From a bit of internet research it looks like it might be *Rosa rugosa* (Japanese Rose). You've got to be careful when eating rose hips because the seeds they contain are covered in hairs which can be irritating to the throat. Max Salad suggests mashing them up with water and then straining for a fruity drink which gets around the problem of the seed hairs. I've not tried this myself yet but it sounds like a good idea. Rose hips are extremely high in Vitamin C and the seeds are high in Vitamin E.



Rose (*Rosa rugosa*)

As for greens, there is a lot of mallow around at the moment which I find particularly mild and tender. There is also a good selection of thistles (the ones without too the less spiky spikes are good to eat), one of my favourites being Sow Thistle. I'm still finding some fat hen, but most of it has gone to seed now.

During my wild food walk at the Funky Raw festival, someone asked me if Bindweed (*Calystegia sepium*) was edible. I said I didn't know so when I got home I looked it up and found that it is actually edible! Now if you are a gardener, I'm sure you've come across this "weed". It seems to grow everywhere - it grows up other plants and chokes and suffocates them. But now instead of throwing it on the compost heap, you can eat it. Plants for a Future (www.pfaf.org) give it an edibility rating of 2 (out of 5) saying "This species is said to be purgative, some caution is advised." I find the leaves tender and without a strong flavour.



Cherry Laurel (*Prunus laurocerasus*)

I made another new discovery recently, the Cherry Laurel (*Prunus laurocerasus*) above, which as the name suggests, is similar to a cherry. The fruits are black with transparent flesh and a stone like a cherry stone. They are sweet but there is a hint of astringency so something I would only eat in small quantities. Other parts of this tree, including the leaves, are poisonous. If any fruit is bitter then it probably isn't ripe and shouldn't be eaten.



Hawthorn berries (*Crataegus monogyna*)

Hawthorn berries (*Crataegus monogyna*) make an interesting change. They're not particularly sweet but the more I eat them the more I like them. They contain vitamin C and are good for the heart. Hawthorn leaves can also be eaten, they can be a bit tough at this time of year, they are much more tender in the spring. ❀



Raw Food Problem Page

Question: I'm too busy to eat more raw!

I really want to eat a raw food diet, but I work long hours and just don't get the time to be chopping up vegetables. When I'm really hungry, I find myself turning to vegetarian fast food! Please help.

Emma, Essex

Answer:

If you add up the time taken to prepare the average cooked meal, against the average raw meal, you may be surprised as to how much time you can save eating in this way! If your typical evening meal is a take-away, or a microwave meal then there are going to still be time differences due to you having to wait for delivery etc (and depending on how many 'fag breaks' your pizza delivery guy's had on his way round to you!) If you are eating 'junk' food, because of time constraints, you have to seriously ask yourself how important your health actually is to you - rank your health out of 10... Any score above a 1 urges you to invest in your health more wisely!

Get in the groove - raw food doesn't have to be about chopping carrots and other pieces of veg - unless you want it! Infact there are 101 ways to make eating raw food the quickest, easiest, hassle-free diet ever! For example, 'fast food' - walk into a greasy hamburger joint, wait in a queue full of chavs for about half an hour, just to be served by an un-washed teenager with a terrible skin complaint. Enjoy you fat filled purchase in a chemically sanitised 'restaurant', whilst groups of youths throw chips at each other. Alternatively, don't leave the house without a couple of bananas and a bag of mixed nuts and raisins - find a bench outside in the fresh air and munch! You choose. We all have choices. Now with the added bonus of ultra timesaving devises - such as the Cuisine Art Food Processor DLC2011 (RRP £179 - available from www.TotalRawFood.com)

You can throw all your salad stuff down the chute, and watch it do the dicing and slicing for you! Another fav... The Hemp Milk Maker (RRP £59.99) will make the most delicious, creamy nut or seed milk in about 3 mins flat. Add a drop of Ionic Silver (RRP £16.99) and keep in the fridge ready to use for 3 days or so. If your budget is tight (which it's probably not if you work so many hours!) then you don't have to miss out. You can still gain the benefits of a raw food diet. The big trick is to be organised. If you stay on top of what you have on hand to eat then being raw is as easy and fun-filled as can be!



with Jess Michael

Question: Poor and raw?

I'm a student so I don't have a lot to spend each week on food, do you have any suggestions on how I can still improve my diet?

Allan, Newcastle

Answer:

Raw food doesn't have to discriminate against sex, age, religion, or being a student, for that matter! Eating a diet bursting with live, fresh fruit and vegetables needn't require another student loan. Infact, with a bit of budgeting, and a hint of discipline, you can be the coolest, funkier and healthiest student on campus. Google 'local fruit and vegetable markets,' in your area, and go visit one nearby. Usually, in busy areas (where student life tends to kick off) there are markets that are open at least a couple of days a week. Speak to the stallholders and ask if they can give you a good deal, either at the end of the week on un-sold stock, or if you buy from them frequently. It worked when I was at uni... Just wink and smile! Otherwise, between lectures, head down to your local shops and look at different food offers and deals around. Most student areas are spoilt for choice when it comes to local price competition, as stores have to be competitive - because students aren't known for being loaded! Whatever your choice to do, remember that your body is an investment - so invest wisely, or else you could find yourself picking up some form of illness, before you pick up your graduate qualification!



Question: Raw start to the day

I tend to really struggle at breakfast time to stay raw. I've tried eating fruit, but I don't find that it always fills me up enough in the morning. I'm not 100% raw, but I'm trying my best to be high raw.

Answer:

You're not alone - I hear lots of people who struggle with totally raw brekkies, especially in the early days of going raw. I recommend adding Mesquite Meal (RRP £9.99 / 500g) to a smoothie, as it keeps hunger at bay for between 4 - 6 hours, and have proven to be highly sustaining. Raw porridge is another good brekkie, that'll set you up for a very busy day! Here's the recipe...

1 cup of Oat Groats* soaked overnight in a little water
¼ cup of Agave Nectar / 3-4 juicy, fresh dates





A little water / raw nut milk for blending
2 tablespoons Mesquite Meal

Now...

Add the ingredients to your blender, and blend until smooth. If you blend with water, instead of nut milk, this makes the perfect

low fat brekkie, in no time at all!

** Oat Groats can be purchased from larger health food stores. Please note that these are not truly raw. There are truly raw Oat Groats available online (quite pricey though.) So if you don't have a 100% raw diet, then using health store varieties at a fraction of the price works just as well.*

Jess Michael, the director of Total Raw Food (www.TotalRawFood.com) is also widely known as The Raw Lifestyle Coach she is a professional raw food consultant, speaker, writer and raw food chef - with a difference! As seen on ITV Central News, BH magazine and Top Sante magazine.

Send your questions to sally@TotalRawFood.com ❀

Pure Plant Potions! DIY Vegan Skincare

This issue: Sweet smell of underarm success

by Star Khechara

Autumnal greetings funky raw-ers! Seems strange to me because as I write this article it is July and I am blessed to be in a beautiful part of Devon with the sun shining in a most un-English way. I love the sun; although it can get makes the flies pesky and make the skin feel sticky and grubby. With this in mind I thought that I'd share my information and recipes for homemade natural deodorants and body sprays.

Something smells funny

So what's the difference between a deodorant and an antiperspirant? Well technically speaking a deodorant is something that smells nice and covers up the smell of sweat; an antiperspirant is designed to clog the pores to stop the action of the sweat glands. (Not sounding too good huh). Confusingly there are also antiperspirant deodorants too, hurray twice the toxicity for the price of one!!

In my opinion, antiperspirants have got to rank as one of the leaders in 'anti-health' personal care products. Our bodies sweat for several reasons and to interfere with this important process is undermining the innate intelligence of the body and therefore a risky manoeuvre. We should no more stop our bodies sweating than put a cork up our rectum to stop defecating!! Honestly, it's that absurd.

Not to mention all those lovely anti-health chemicals that are thought to be able to pass through the skin and into the bloodstream, very worrying considering that the armpit is rich in lymph nodes and is very close to the breast, no surprise then that certain chemicals from cosmetics have discovered in breast tumours. Of course there's 'no conclusive evidence.....' blah, blah.

Hmmm, As far as I can see it's not worth the risk. Besides fakey scents in these underarm sprays smell yucky!

Rockin' out

As for those 'natural' and 'pure' bits of rock that are used as deodorants, I'm mighty suspicious of those too. Why?

Well what are they exactly?? Most of them don't list any specific ingredients on the label, merely stating 'Natural mineral salts' ok, which ones?? From where? Are they synthesised mineral salts or naturally occurring ones?? See what I mean? I found a label that said 'Pure Alum' hmmm, well Alum isn't a 'pure' anything, chemically speaking alum is anyone of a series of isomorphous double salts that are hydrated sulphates of a univalent cation and a trivalent cation. (sorry, had to add the science to illustrate a point). What this means is that alum isn't a specific 'thing' as such, more of a term to describe a group of chemical salts.

Do we now know what's in our armpit crystal? Nope. Ooh, a bit more specific, one label stated 'Ammonium alum', which I discovered is a skin irritant as listed on the MSDS (Material Safety Data Sheet). Rock on!

Even if these items were lovely sparkly safe and kind, do we know how these minerals were extracted and from what country? Are they mined in an Earth-friendly and sustainable way? Answers on a (recycled) postcard.....

Tickly under there..

So now we've all thrown away the chemo-deo-perspire-retardant, how do we keep those underarms as sweet as a spring flower? Firstly, a natural musky aroma emitted from the pit is sexy (all those pheromones are there for a reason!), we're supposed to smell like that. Flowers smell like flowers, humans smell like people. If the interior of the body is sweet and clean there should be no rank odours arising from the underarms. A water-rich diet of fresh raw foods, plenty of pure water and the wearing of natural fibres (trust me, nylon makes a stink!) should be all we need. If your attracting flies (or worse, suffocating them!) look to the diet before spraying. Alcohol, drugs, junk foods and curry are some of the worst offenders for bad pits. Detox!



There are times though when little help comes in handy, if the in-laws of visiting or there's a job interview to attend then a bit of natural aroma goes a long way.

Magickal mist and scented spritz

These recipes are easy and can be used as underarm or all over body sprays. I've included a recipe for the ladies and a different one for the men, as we all appreciate different smells. These sprays won't stop the sweating but will smell gorgeous for several hours.

Equipment needed:

A 200ml glass or plastic spray bottle (can be found at aromatherapy shops/suppliers)

Ingredients for Aromatic Man spray:

100ml Rosemary water (hydrosol)
100ml Lemon water (hydrosol)
20 drops Frankincense essential oil
20 drops patchouli essential oil
10 drops Lavender essential oil

Ingredients for Flower Girl spray:

100ml Rosewater (hydrosol)
50ml Lavender water (hydrosol)
50 ml Geranium water (hydrosol)
20 drops Lavender essential oil

20 drops Geranium essential oil
10 drops Lemon essential oil

To make:

Add the flower waters to the bottle followed by the essential oil drops. Shake before use and spray on to be as fragrant as nature herself!!

Store the new potion in a dry, cool place out of direct light, it will keep for up to 6 months.

Enjoy aromatic armpits!

Star Khechara holistic nutritionist, eco-aromatherapist and potion-maker. She teaches fun potion-making workshops and has just launched her own booklet series of eco-skincare recipes.

For more info or skincare advice email star at flowrdup@hotmail.com

Ethical Suppliers

www.organicherbtrading.com - Sells herbs, oils, waxes, flower waters (hydrosols) 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.neoils.com - Sells uk grown and distilled pure essential oils and flower waters (hydrosols) Excellent quality, price and service! ❀

Raising The Vibrations

When you sit down to have a meal, if indeed you do sit down, how do you feel? Do you feel happy, contented, calm, relaxed and centred? Do you remain conscious and present in the moment, uninhibited by the demands of any schedule you believe you may have. Or do you feel anxious, nervous, jittery, depressed, and plagued by a multitude of thoughts vying for your attention: causing you to become anything but present.

Similarly pertinent, how is your emotional state as you prepare your food, are you in a positive, meditative spirit as you slice and dice your vegetables or do you feel rushed, angry, frustrated or apathetic. Do not underestimate the power that your mind has upon the process of eating. Your thoughts (both conscious and unconscious) and emotions have a profound impact, not only on the body-the vehicle through which the food is to be assimilated, but also on the food, the sustenance itself.

Many people are acquainted with the notion that we should avoid or postpone a meal when we are feeling pronounced emotions such as anger, rage, frustration and sadness. The common understanding being, that in this negative mental condition, the body's autonomic nervous system is switched heavily towards the sympathetic side, which increases heart rate,



by Warren Vialli

blood pressure and adrenalin and generally initiates an environment which is far from conducive to proper digestion. The digestive organs themselves tighten and con-

strict as the blood flow and digestive juices are inhibited and blood and energy is transferred elsewhere to promote other facilities in the body. Consequently any food taken in this state (particularly one that may require more intensive digestive attention) will not be sufficiently integrated into the system and toxic by-products will likely linger and accumulate in the body contributing to dis-ease. Efficient digestion is a process that requires the dominance of the parasympathetic system, and as such our mental faculties determine to a large degree which system will predominate as we take in physical sustenance. This is only one example, and as prevalent and highly applicable as it may be, it serves not solely as a dietary guideline, but perhaps more

significantly to make us aware of how our mind and body are inherently interconnected. Any mental negativity, period, during the eating process will transfer a degree of encumbrance upon the breakdown and assimilation mechanisms of the body. Less extreme emotional dispo-



tions to the ones we have already discussed, like general depression, nervousness, irritation and mental clutter play lesser, but important and cumulative contributory roles to the inefficiency of digestion. The particular negative mental dispositions of an individual may even produce specific and more pronounced effects on single organs, causing a 'weakest chain in the link' scenario. For many the colon is such an organ, while for others it may be the liver. Even long-term emotional imbalances operating on an unconscious level have their sway on our digestion, and so it is not simply the changeable, obvious and easily isolated emotions and thought patterns that compromise our digestive wellbeing. Much of our mental undoing may need to be dealt with gradually, consciously and holistically till we find ourselves as the effervescent embodiments of positivity that is our birthright: the perfect ally to a happy and efficiently functioning digestive system.

When we are growing, preparing or digesting our food there is an additional and widely ignored/unrecognised facet that comes into play relating to the way in which the mind contributes to our wellbeing. Our mental state, the thoughts thereof and the intentions thereof, directly affect and transform the energetic qualities of our food and liquid sustenance. Our thoughts and feelings that accompany our food practices may be just as significant as the nutritional value of the food itself. Perhaps more so, depending on an individual's (or indeed a group's) ability to energetically enhance or degrade his cuisine. Many of us that have discovered (or more appropriately rediscovered) the joys of raw and living foods seem to have naturally acquired a certain level of awareness concerning the vibratory consciousness of food. However, there is also a good proportion among us that believe, as long as they are eating an organic, raw or living foods diet, (and perhaps remaining sufficiently active), they are doing everything necessary to achieve total physical, emotional and spiritual wellbeing. So let us 'Stop The Presses' and consider the following illustration.

While our energetic and radiant friend (friend A) remains, from our perspective, only moderately health conscious; she has a bit of a sweet tooth and cannot resist a good slice of coffee house chocolate cake, nor is she entirely concerned with whole and unprocessed food choices. She does, however, eat her food in a positive frame of mind, consciously and at ease, savouring the tastes and textures of every mouthful, whilst radiating love, reverence and respect. Intentionally or not she is raising the vibrations and the nutritive value of her diet, and her total wellbeing is enhanced as a consequence. Conversely another good friend of ours (friend B) may appear on paper to have adopted a life enhancing diet par excellence, composed of a well-balanced variety of raw and organic foods, yet despite his ten year adherence to the lifestyle he exhibits a lacklustre complexion, and remains energy depleted, apathetic and at times plain grouchy. A closer inspection of his eating practices however, reveal that he is anxious, uneasy and jittery as he prepares and masticates his food, is plagued by doubts and uncertainties pertaining to the healthfulness of his dietary choices, and possesses a general negative emotional demeanour that resultantly

depletes and degrades the energetic structure of his food. Food, that is likely, as a fresh and living entity to be more prone to vibrational transformation than its cooked, processed counterpart.

Developing an awareness of our innate ability to affect the nutritive quality of our food is a fundamental component of a healthy, raw and living foods diet, particularly if our present eating habit shows more similarity to friend B than to friend A. Needless to say the ideal eating practice integrates the mental vibrancy of friend A with the dietary lifestyle of friend B. Before I leave you with my blessing, I would like to point out that I am not for one second advocating the consumption of a junk and processed food diet (or for that matter a high-percentage cooked food diet) with the understanding that we can just raise its energetic qualities. It takes much more energy and mental ability to raise that which is already depleted, than to enhance that which is already vital and energetic. Rather I am suggesting that if we do at times eat such fare, we should do so with peace, love and gratitude, not with shame, guilt and apprehension. Prepare and centre yourself to eat comfortably and consciously, and whatever you eat savour and love every mouthful.

Intentional prayers and blessings offered to our physical sustenance, either vocally, mentally, as visualisation, or in written words have been (until very recently) an integral feature of preparatory and dining habits in the great majority of cultures throughout history. The intentional blessing not only raises the vibration of our sustenance, its preparation also facilitates the calmness and positivity necessary to carry out the blessing itself.

Below is a blessing I have recently adopted to enhance the vibrancy of my lifefood. Create or adapt your own in line with what you feel you most require at the time.

I have also printed out the words and use them as a table/prayer mat to further promote structural and energetic vitality when my bowl of gastronomic delights is placed on top of it.

"Thank you, food, for bringing your sustenance to me.
May love bless us both as I welcome you in my life. *
I bless you with my soul brothers and sisters for the
highest good of love and light,
for healthy weight maintenance, antioxidants and
nutritional richness"

*The first two lines of this blessing are taken from the book *Aura Advantage* by Cynthia Larson

Pushing For Paradise with love, Waz

Email me at the_stealth_protector@yahoo.co.uk ❀



High Energy Food

by Holly

High Energy Food helps you
Feel Good

Experience Energy

Universal Connection

Notice How You Feel

Increase Sensitivity

By Informed Choices create an Environment which supports you

Nature, Colour, Music, Food, Friends, Love, Laughter

Notice What Each Bit of Your Environment Does to You

See What Your Current Reality is

And Create What you Want starting from this moment

Using the resources you have in this current reality

Feel what makes you feel good, visualise it

As you start to feel better and better

Notice What You Want to Do

Do it with Awareness

Support others to feel good and do what they want to

You feel better as soon as you start to create what you want, what genuinely makes you FEEL good

We don't need to have an idea about being good people – we are good people – we just need to feel good

Is this what love is for?

Helping others to feel good feels good too

Their feeling is our Feeling

We have Let Others Create Our reality while we have not been looking

Lost in our minds, our thoughts, trapped in belief systems, our rationalisations our justifications, ramifications and explanations

When we don't like what we experience we can change our visualisations, change our feelings, change our thoughts

Ideas are useful if they make us feel good, if they make our world feel good

If they point to more possibilities

Careful that they don't turn into Limitations

Anything is Possible

It is possible that Anything is Possible

High Energy Foods at this moment make our brains more flexible, more creative, more intuitive

They help us reach out of the Matrix

To a Place unrestricted by Numbers

- or words, nothing Fixed

Number is the foundation of the Matrix

Everything is Constructed from it

And astrology can be used to predict

From 123 comes endless Complexity

But there is something Else, somewhere more free

The Plants can take us there

A place where we create reality in front of our eyes

Where love is almost superfluous because we feel reality

That there is only one of us

There is only us

And fun.



For Rob 🌸



Poetry

The Secret (Law of Karma, Return or Retribution) by Paz

It's the current fashion to be angry
But I'm gonna buck that trend
And, like Jesus, love my enemy
Like my persecutors and harmers
For 'tis solely *my own* karma
Which they help resolve
My past misdeeds that must be undone
Knots *I* made to be unwound

So I should not swear, scorn or curse
Those who hurt, do their worse
Even should they kill
Since it's simply the fruits of *my* prior ill

Yet this karma business gives me a chill
It means I'm fully responsible
For each event in my life
Both the Good and Evil
Oh, if only I'd known earlier
Else been lectured somewhat sooner !

Why is this not taught in school ?
Why must I play dumb, a fool ?
Always having wanted to pass the buck
Divert the cause of *my bad* luck
Whilst accepting praise, applaud
Owning to merit, keeping reward
Isn't this quite illogical ?

But in future
I'll take the wrap for everything
Both Fortune and Fate
The consequences of virtue and sin
Thereby hope to start anew
And even renew
Wipe clean the slate
Cleanse toxin
Through catharsis, deep healing
And deconditioning brain-washing

I'll no more blame, desire vengeance
For my evolution it does nothing
'Cept hinder the path to ascendance
Put good, hard work in the dustbin

From now on I'll none scapegoat
Government, corporation I won't bemoan
They have enough stuff to atone
Bad karma from *their own* crimes and wrongs
Be they agin' me or anyone
Without *my* adding to the sum

For needs must there come recompense
But woe to those causing offense
Nature has to run its course
Be that peaceful or through war
But *I'll* not be the Devil's pawn

Justice surely will be done
No-one may hide, flee or run
Then when tried or on trial
Bearing witness, giving testament
Ignorance be but poor defence
There's no escape by lie, denial
No use pretence, false evidence
Honesty making better sense
Truth will out in the end
Make a note, Bush, Blair and friends

Though through understanding this Wheel of Life
The Law of Karma, Cause-and-Effect
One is able to Self-protect
Cease anguish, trouble, toil and strife

Knowing prevention beats the cure
One may avoid being injured
Good intentions also help
Turn life around
Reverse the grind
Achieve prosperity and health

No longer will I put poverty
Down to lack of opportunity
For *I alone* create my reality
Else co-create with the human family

I won't think sickness is owing to chance
Unhappiness due to happenstance
But realise instead
The link with diet
The import of lifestyle factors
And spiritual practice

Then, is this the secret :
That like attracts alike ?
Is this the hidden key :
Life begetting further Life ?
Would this relieve my grief
Fatigue, pain and despondency ?
Let's put it to the test
Await the results
The answer see

Certainly, old ways have been found wanting
For too long I've been wondering and wandering
Lost, bewildered and confused
My Self and Earth battered, bashed, abused
But from this present day
I'll try to make misery history
In my own life to begin
Later worldwide, universally

www.metaphysicality.com



At Funky Raw's Fest of Life

by Paz

Campfire's blaze
Drums' rhythmic pace
Long festive night and lazy day
Becalm the race
Of worldly ways

Out of sight
Out of mind
Competition's left behind
And worthless work's laid aside

Thought lifts to quantum height
Kundalini rises to lotus' height
Travellers and revellers delight
At Funky Raw's Fest of Life

Balathon plays
Didge relays
All harmony as harmonium waves
Its soothing sound
Tranquil tone
And numinous, narcotic note

Tribal rifs
And ancient pitch
Recall simpler society
Before confusing variety
Entangled
And mangled
The innocent mind
And brought left-right bicameral divide

But duality's drawn so thin
Reached the end of the line
So imbalanced
It stands no chance
To further nurture life
Even to allow survive
Without circle and sacred trine

So from the limits comes reverse
To the Source a return
Centrepont, scale's pivot or mean
Heaven / even is what I mean
And this be no ephemeral dream
But prophesied New Jerusalem

Therefore I say to all and one
Come quick, kingdom come
Come the Christ
And come the Sun !

www.metaphysicality.com

Where do i belong?

by Max Salad

Belonging here now
Rock plant motion
One Move Other
Feeling space Breathing space.
Becoming the landscape,
Each moment containing the Whole.

Where am I?
Inside seeking within
Who am I?
Balance bringing Being

Permanent perennial wisdom
Watering quality on quantity.
Be for now
Longing for peace

Fruity Poem

by Max Salad

The sunlight on the river plays,
Blackberries in holidays.
Apples, pears and plums I pray,
So from this love i'll never stray.

Summer heat it dies away,
Let me here with autumn stay,
Fruit falls from the tree law says;
Letting go to natures ways.

So someday, sun day,
Fruit for humans I pray,
And when the summer dies away,
Back in paradise we will play,

And as the years pass there days,
we'll blossom in a thousand ways.

Goddess Rising by Polly

The goddess
Is always present.

She is a
Clear
Channel
River
Receptor
Mirror.

She owns nothing, but holds the universe within her.
She embraces her humanity, surrenders to her divinity.
She gives love and takes the pain.

She is everything, unseen.
She is the truth, unspoken.
She is the dance, undone.



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Finding paradise

by Tish

In my last article for funky raw I talked about creating a vision of paradise on earth as a guide for our actions. I believe that paradise is a state of blissful consciousness that is felt and that it did (and will) manifest itself here on planet earth when everyone was (is) feeling this same 'state of mind'. I believe paradise will not be created until everyone on earth is feeling and experiencing it again. Humanity has to be united to really create paradise, and I believe this state of mind is going to be created when we have restored the biological lens (our brains) for this state of 'continually and eternally existing blissful consciousness' to penetrate. When this is fixed (and I am working within the framework that the human brain is currently NOT working as it should) we will automatically be in a state of consciousness that will make all techniques (and stories) redundant. Techniques are only a way for us as humans to help minimise the state of mind that does not lead us to creating paradise on earth again. It is our ego that gets attached to the techniques (and stories) as if they were important in themselves – for me they inherently have no meaning. This state of consciousness, that as yet I personally have only had minor glimpses of experiencing (and oh does my poor ego, and others suffer when I am not experiencing it!!), will mean that all solutions to all crises will be resolved in an instance, for this state of mind that will manifest will mean we begin to function as one organism again.

So how do we fix our lens so that this can be felt is possibly the question that has perplexed those on a spiritual quest for thousands of years. Ancient mystics have discovered various techniques that have helped and possibly the most powerful ones being the use of ethnobotanics and meditation. But what exactly are these techniques all doing, and if we can answer this will we be closer to finding a permanent solution to one of life's greatest mysteries?

Of course I am sure all of you familiar with my rants will guess what I am about to say, but to be honest as far as I can tell Tony's model of consciousness is the only one that addresses this question mechanically, and I personally find this very reassuring. There are SO many stories out there about how humanity ended up in the mess that we find ourselves in (crises currently exist on every level of human interaction with each other and the environment), but none actually fully address this from a neurological basis. Mainly they attempt to explain it away with cosmic ideas that currently can not be tested, or they attempt to explain it psychologically/behaviourally. That is humans are behaving in a way that *creates* separation. Yet what if this **behaviour** is actually a **symptom** rather than the cause of humans destruction and separation? Of course I think it is, and I will go further by adding that it is a symptom of the current domination of everybody's left hemisphere. Tony proposes in his radical work that the left hemisphere is a damaged version of the right and the reason it has taken control is because its 'sense of self' needs constant familiarity and control. His ingenious explanation at how this side of the brain became damaged in the first place took no less than 12 years worth of intensive research, and it would seem that there is a mountain of evidence to support such a scenario.

To sum it up it would appear that at one point in our evolution both hemispheres of our brain functioned as one single sense of

self, holographic of each other. An increasing specialisation in fruit eating led to a positive neuro-endocrine feedback loop. This increased our brain size and our capacity to resonate with the energy of creation – god -as some people like to call it. Such a situation is supported by the ancient myths of a golden age that appear universally. An environmentally forced change to our diet meant this mechanism stalled and finally reversed and we were and are faced with an ever increasing negative feedback loop that meant our brains were exposed to higher levels of sex steroids. The left side of our brain was damaged more than the right due to a genetically lateralised predisposition to steroid activity originating in archaic specialisation/adaptation between the hemispheres. Testosterone has been proven scientifically to damage specifically the left neo-cortex and it is one of the reasons that boys are 10 times more likely to suffer from autism than girls are.

As this condition worsened, and the left hemisphere became more damaged there was no longer a single sense of self and our brains became schizophrenic in nature – we experienced ourselves as 2 beings. In 'The Origin of Consciousness in the Breakdown of the Bicameral Mind' by Julian Jaynes it was investigated that until 3 thousand years ago this was excepted as the norm and we lived with 2 voices in our heads: the human and divine. The divine voice was the one that people listened to, and it instructed human behaviour. This was eventually lost as the left hemispheres human voice began to take dominance; and this loss was originally severely lamented. Humans would cry out to the heavens asking what they had done to make it go away, and those who still had access were valued highly. Over time however this also changed and now we are in a position where most of us do not even know a second self exists.

So what other evidence is there that the left hemisphere is damaged?

A paper that recently came to light is perhaps one of the best for highlighting a scary condition that appears in those with right hemisphere damage due to strokes, called anosognosia. In the paper titled 'The Evolutionary Biology of Self-Deception, Dreaming and Depression: Some clues from Anosognosia'(1) Ramachandran highlights how subjects become severely deluded to their symptoms and make up all kinds of stories about why they can not move their paralysed arm for instance:

"Curiously when asked to perform an action with their paralysed arm, they employ a whole arsenal of grossly exaggerated 'Freudian defence mechanisms' to account for their failure (e.g. 'I have arthritis' or 'I don't feel like moving it right now')"

Sometimes (even more scarily) some patients go a step further and believe they are moving their paralysed arm: One patient who when asked to clap truly believed she was, when she was only moving one of her hands!(the Zen question of what does it sound like to clap with one hand perhaps!!) Or another when asked to throw a ball responded, as her hand and the ball lie there, that she was 'throwing the ball now'.

The thing that I want to highlight here and what I think personally is important is that none of these patients had any idea what so ever that they were 'lying' or in 'denial', and essentially hav-



ing right hemisphere damage meant that they were **UNABLE** to update their reality. It was also apparent that when pushed to see reality the patients would just freak out and cry, but still they did not update. I also think it is important to highlight that **all of us** also have a left hemisphere and therefore to some degree we all have this condition. Interestingly ancient mystics say that the fall of human consciousness meant that we became deluded to the true nature of our reality.

Because of the nature of science, and its belief that as the left hemisphere 'specialises in speech and language'(2) it is the evolutionary advanced hemisphere, it is difficult to fully interpret the scientific evidence that exists. It is always coming from the adaptive selective framework i.e. there must be an evolutionary reason why it has taken control as well as an evolutionary reason why it is deluded and makes up stories that are not real. Yet it is safe to say that when people have right hemisphere damage some perplexing anomalies come to light, considering it is the dominant hemisphere in normal individuals.

What is possibly even more interesting is that it would appear that all of humans higher function on every level from interaction (the ability to empathise, love, connect, have a whole body orgasm and laugh), as well as genius skills in maths, art, language, memory, science and music and the ability to 'problem solve' and see the bigger picture exist in the right, and **only in the right**. It also has to be said here that all of the research thus far has been done on individuals who have not got the correct evolutionary bio-chemistry flooding their systems, and yet still what we find exists in the right is beyond what most of us could imagine. The savant Daniel Tamet for instance learnt Icelandic in a week, and can work out complex mathematical sums in seconds better than a calculator. The right can also understand what somebody is feeling and empathise just from the tone of the words, where as the left does not even have an ability to know how somebody is feeling and empathise, even when told *with words*.

Currently I would say that humans are living with a very perplexing condition, and I think it is of the utmost importance that we get to the bottom of it. All of us writing here for funky raw must on some level believe that we can avoid 'apocalyptic purification' by making changes to ourselves and being active in our help towards humanity. Maybe we are all mad, and should just pack our things and go and hide somewhere 'safe' until the predicted chaos is over. Yet I believe deep down we are all searching still for an answer to what the hell is going on, and I believe that Tony's work holds a very very precious key. And even if Armageddon were to happen tomorrow and left only a small % of people, it may still be important to find out why we have created so much destruction if we are to avoid it again.

Whether the ins and outs of Tony's model are completely correct is missing the point; he has highlighted a condition that has unified all our stories (ancient and current). What we are doing when we engage in mediation, improved communication, ecstatic dance, ethnobotanics, yoga, etc etc etc is moving our sense of self that predominately comes *through* the left hemisphere to one that predominately comes *through* the right. In doing this we get to glimpse our true nature beyond all the stories that our left hemisphere loves to make up. ***For it would appear that our psychological condition is inextricably connected to the neurological structure of our brain.***

Consciousness it would appear becomes heavily distorted and deluded (having the propensity to make up stories that are not real) when it penetrates the left. And it is those that are the most

'left hemisphered' that currently control every single institute on planet earth, and programme all other left brains creating delusion on mass. Is it any wonder that we are in such a mess?

To create paradise again I would like to propose that, like meditation helps in doing, we need to create a state of being where the left hemispheres voice is quietened down completely and the right hemisphere is allowed time out of its shackles. For most of us our right hemisphere and the multitude of function that exists within it is massively suppressed. To go a step further I would also propose that we need to rebuild the brain with its potent evolutionary bio-chemical material. There has been no research on brain function to date that has even begun to take this seriously.

The consciousness research centre Tony and I are hoping to create will thoroughly and scientifically investigate this phenomenon. I hope that we will be able to prove without a shadow of doubt that within each of us is the capacity to experience bliss and oneness beyond any words, as well as get access to genius abilities that when the right is accessed appear **naturally and effortlessly**(3).

Paradise I believe will be created when we are all feeling this sense of bliss and oneness sustainably, for when we do we will never ever be able to hurt another or mother earth and finally we may be healed. Convincing the left to shut down its control and hand over function to the right may prove to be slightly tricky (and has perplexed the most advanced spiritual student since time immemorial)– but if we can express in the language that it seems to value that there really is extreme latent function just waiting to be tapped into, even the most highly lateralised individual might find it very difficult to resist.

Only time will tell if this is just a delusion of my own left hemisphere, but for now as heretical as it is to the alternative movement, I believe that there are **no environmental problems or political problems or humanitarian problems** rather humanity has a severe psychological 'problem' due to an unrecognised neurological condition. And if we can solve that then paradise may be just around the corner for all of us again...

(1)This paper can be downloaded from www.tinyurl.com/zp3ve

(2)The right does have a language centre contrary to what we would be led to believe, it is just normally very suppressed in most individuals. Evidence from hemispherectomies (removal of a whole hemisphere!) done on children to help with epilepsy found that when they removed the left hemisphere the children were not mute as expected, but learnt to speak fine. The right hemisphere can also sing a much more complex version of speech, something the left hemisphere has no ability to do.

(3)For more information on what skills we might glimpse please see www.wisconsinmedicalsociety.org/savant/faq.cfm which outlines the extraordinary savant skills. As well as the research done at the centre of the mind that proposes we all have these savant skills locked away in our right hemisphere - www.centreforthemind.com

If you would like to learn more about Tony's radical theory as well as download the first draft of his 160 000 word manuscript then please visit www.kaleidos.org.uk

Any financial support at this time would also be very welcome, there are also a number of investment opportunities that you can find on Tony's website. ❀



Paradise Gardening

by Joe Hollis, edited by Steve Charter

Paradise is, first of all, a garden, where everything we need is there for the taking. Paradise Gardening is a way of life which maintains the garden, and which in turn is maintained by that garden; a way of living that uses a small fraction of the available energy, whilst serving the functioning and continued survival of the garden ecosystem.

Paradise gardening is a way both to deliver our birthright and with-in which to fulfil our duty.

Everything needed to be completely human is available to us in the environment – the garden and the neighbourhood. We can rely on this because ‘human-ness’ is a creation of the environment. You and I are recent manifestations of a coevolution between our genes and all the other genes ‘out there’ – a co-evolution that began with the start of life on earth. When we live in Paradise Garden we are specialists of working with nature to help create and sustain diversity.

In the modern world clearly there can be no going back to foraging. However, there can be going forward to Paradise Gardening – which can be described as ‘intensified foraging’. This is a move from massive agricultural manipulation of ecosystems, to more subtle transformation of ecosystems.

This involves the alteration of selected components of the natural system rather than its wholesale replacement. It is a method of cultivation which places certain preferred species in particularly suitable ecological niches, to simulate the structures and dynamics of the natural ecosystem. This is based on the realisation that “many ‘non-agricultural’ people were in fact engaged in intensive and sophisticated plant exploitation, previously unrecognised because their plant management practices did not fit into our idea of agriculture.” (Harris, Ed. From Foraging To Farming)

On this path, our goal is to ‘naturalise’ ourselves in the environment, by changing ourselves and the environment to an ecological ‘fit’ that suits both.

What we need now is a process that leads us to that garden; a process that is justified in its own terms. Seeking the ‘ideal’ Paradise Garden will only perpetuate the same old patterns of selling out the present for some imagined better future.

We are widespread and greedy; evolution and natural succession indicate that eventually the ‘competitive advantage’ will pass to those that practise permanence, rootedness, slow growth and steady accumulation, with vertical expansion of the human spirit into uncharted or long-forgotten realms.

Paradise Gardening involves re-attaching our life-support systems to the natural world of the garden and the neighbourhood. This is a gradual process requiring a deep analysis of

our needs and expenditures (of physical, emotional and mental energy, as well as of money).

The Tao Te Ching says: ‘The country over the border may be so close that one could hear the cocks crowing and the dogs barking in it, but the people would grow old and die without ever once troubling to go there.’

Satisfaction from things bought usually peaks at the moment of purchase and declines rapidly. Needs met through our own interaction with nature are more deeply met, with wonderful surprises along the way – as most people that have made anything ‘from scratch’ will know. What seldom occurs to us is that an entire life can be lived in this way; through a re-integration of needs.

Food, exercise, healing, entertainment, learning, creativity, spiritual inspiration – all these needs can be met by the garden at the same time. This begins with both the present vegetation and the potential ‘natural’ vegetation, and to this are added species from similar ecosystems worldwide, with slight habitat enhancements. This brings about possibilities for new species; a ‘cornucopia’ never available to previous generations. ‘Planned biotic enrichment’ is within our power – to not only hold down the rate of species extinction but to reverse it, through ‘species packing’ that creates assorted equilibria that exceed any occur-



ring in nature. This game of life involves creating new (biotic) communities and ecosystem transformations that offer creative work with huge benefits to people, place and planet.

We live within a narrow 'window of opportunity' – and we cannot put off our choice for any more lifetimes. A revolutionary shift is needed. We have little time to achieve this transition – before long the environment will be too degraded, the soils too depleted, the waters too polluted, the resources lost, with too many species extinct, and a human population that has increased massively. The paper tiger of more trade and economic growth just cannot deliver in to the future.

We all have two hands, one lifetime, twenty-four hours a day. This democratic factor means that we can all help

create a Paradise with relevance for all. Paradise Gardening at the personal, communal / neighbourhood and social level is vastly more meaningful than any biotope experiment to a world in need of examples that show a 'better' way – a sustainable, democratic and life-enhancing way.

This edited article appears in Steve Charters book, "Eat More Raw"

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Tropical forest biochemistry, the driving force in human evolution

The evolution of the large human brain remains one of biology's greatest unsolved mysteries. Primates generally have a relatively large brain to body ratio, apes, the extinct hominids and particularly humans have taken this trait to extreme. No theory to date has come close to explaining this phenomena.

Some of the key elements

The relatively large brain to body ratio exhibited by primates generally.

The continued expansion of the brain from apes through the extinct hominids to humans.

The rapid and accelerating expansion of the brain in the later phase of human evolution.

The abrupt stall in neural expansion about 200,000 years ago and the subsequent shrinkage.

Associated traits that have also proved difficult to explain, i.e. retention of juvenile characteristics, fertility/menstruation, nakedness (lack of hair or fur), gut morphology, dentation etc.

Attempts to explain the large brain and other unusual traits have centred on adaptive selection i.e. identifying environmental/social pressures that may have led to such unusual physiological adaptations.

The savannah was virtually accepted as the environment that must have driven these traits though it could not account for what was already a significant mystery i.e. the relatively large ape brain that had already evolved in the forest. However without solving that unique problem a totally new one was invented, how to explain the extra large brain of the hominids. That two such clearly related and unusual phenomena would have two utterly distinct causes seems unlikely.

The savannah model has in recent times been significantly discounted, subsequent pollen analysis at famous 'savan-

by Tony Wright

nah' hominid fossil sites has clearly indicated that the habitats were wooded or forested. In addition Dr Michael Crawford a biochemist from the Institute of Brain Chemistry and Human Nutrition at the University of North London has pointed out that there are insufficient fatty acids (specifically DHA, the brain is composed of 80% DHA) available on the savannah to grow a large brain.

Crawford and others support a coastal dwelling scenario whereby human ancestors moved from the forest to live by the coast as this environment provides an abundant supply of DHA. The implication being that the expansion of the brain was limited by DHA and providing a ready source was all that was required to induce rapid expansion.

(An ape can grow a approximately 400 cubic centimetre brain in around 8 months from essential fatty acids in a forest diet. By simply extending the growth window a much larger brain is feasible without recourse to additional DHA. Humans brain growth occurs over a much longer period than apes. Longer gestation and a very significant period of postnatal brain growth are a unique feature of human development.)

Another contender is the aquatic ape theory, it suggests many human traits could be explained by a long period of living in a semi-aquatic environment. No mechanism is proposed to explain how the association was responsible for producing such a large brain.

The reality is that no coherent model exists and there is no consensus to explain the unique features of the primate brain particularly the apes, extinct hominids and humans.

Perhaps it is reasonable to consider that evolution of such rare traits may have required a novel mechanism to pro-



duce them. Genetic mutation and selective adaptation seems to account very well for virtually all traits in all organisms. In the case of primate/human evolution a subtle variation may have been at work.

One well known anthropologist, Dr Colin Groves has suggested that the large brain may be a fortuitous consequence of neoteny (retention of juvenile features). This contradicts previous ideas where neoteny has been presumed to be a consequence of the expanding brain. In recent correspondence he stands by his proposal though he has not proposed a mechanism to account for this.

A common factor central to juvenility and brain development is our own endocrine system and the hormones it produces particularly the sex steroids. They play a major role in governing windows of development and directly influence the structural development of the brain. In addition steroids are directly involved in the transcription of DNA, they are part of the reading mechanism dictating how the code is translated into bio-chemical structure. Anything that alters the action of steroids will inevitably alter all of the above.

I have proposed that the powerful steroid modulating chemicals that are abundant in a typical primate diet were responsible for modifying the growth and development of the brain and the window that such growth and development occurs.

The chemicals in question are particularly rich in fruit and flowers and typically inhibit the activity of sex steroids such as testosterone and estrogens. In addition they have mild to moderate neuroactive properties (Monoamine oxidase inhibitors).

Flavonoids are increasingly the subject of research in part because they demonstrate such powerful endocrine altering properties.

Any animal consuming these chemicals in quantity will be affected.

A tropical forest environment has the capacity to provide these chemicals 24/7 for evolutionary time scales.

In effect eating a diet rich in fruit/flowers significantly alters your endocrine system. This creates a blanket effect, all aspects of growth development and physiology will be modified though any part of the physiology that is particularly steroid sensitive will exhibit the most significant response ie developmental windows, developing neural tissue, fertility cycles etc.

This almost certainly happened when proto-primates began to eat flowers and then fruit as well as leaves etc. The potential to extend the juvenile phase by inhibiting sex steroids and in turn allow a longer period of brain growth is perhaps the most obvious effect.

These effects have never been considered in an evolutionary context. Rather than trying to explain brain expansion from an adaptive perspective in regard to single traits it becomes possible to see the brain and other features as a fortuitous by product of a bio-chemically modified endocrine system.

(I have proposed one further step in regard to hominid/human evolution. Given sufficient variation in the effects of flavonoids on the developing neuroendocrine system it seems plausible that in some instances the modified endocrine system itself begins to add a layer of steroid inhibition. For example elevating the activity of the pineal gland produces more melatonin and pinoline, both powerful steroid inhibitors. In such a scenario the scene is set for a classic runaway feedback loop, more steroid inhibition further expansion of the brain and modification of the endocrine system equals more blanket steroid inhibition etc. As these effects are not locked into the DNA in an adaptive sense they are potentially unstable, lose any part of the positive feedback loop i.e. the tropical forest flavonoids and it will stall. There is some evidence for such a scenario.)

There are undoubtedly a number of variables to consider

The genetic predisposition/sensitivity of any given primate lineage.

The variable % of fruit/flowers in a given dietary specialisation.

The variable outcome in any combination of above.

While these and other factors need to be considered the overall effect of these plant chemicals is not in doubt. Their power is sufficient that detrimental as well as beneficial effects may well have initially occurred. However it is entirely plausible that any primates that significantly specialised in fruit/flowers would exhibit the greatest effects.

The question that needs to be addressed is how can our neuro-endocrine system possibly function without a complex cocktail of powerful steroid modifying chemicals that were permanently present during 70 million years of evolution.

Aside from proposing that plant chemicals initiated and drove the structural/functional evolution of our brain I have also proposed that the loss of these chemicals left our uninhibited endocrine system unable to provide an appropriate hormonal environment for our brain to develop. Once our connection with the forest was lost our brain stopped expanding and now fails to develop its full function.

Due to archaic specialisation between the cerebral hemispheres I have proposed that the effects of the loss of these chemicals is lateralised one side being more affected than the other. Cerebral dominance and handedness etc are symptoms of this condition.

Significant evidence is emerging to support this scenario, Professor Alan Snyder (Director, Centre for the Mind, Australia), Dr Darold Treffert (University of Wisconsin Medical School) and Professor Vilayanur Ramachandran (Director of the Center for Brain and Cognition) amongst others have increasingly highlighted a somewhat perplexing scenario. The dominant side of our brain is considerably less functional than the non-dominant side, the emerging data is still considered within the framework of



adaptive selection i.e. there must be an evolutionary reason for the phenomena.

Shamanic techniques (i.e. sleep deprivation) and ethnobotanical use of plant chemicals were an attempt to address the emerging condition. For example the widespread use of plant DMT combined with MAO inhibitors was simply a crude attempt to ameliorate a progressive reduction in the production of neural DMT and pinoline in the brain. These and other deficiencies emerged as the human neuro-endocrine system struggled to function normally once the plant hormones were lost.

Summary

Flavonoids are **extremely** potent endocrine modulators.

They were an integral part of our endocrine system for tens of millions of years, their impact on our general health is only just beginning to be researched. Their effects on growth and development in an evolutionary perspective have not been considered.

Flavonoids powerfully inhibit the activity of steroids

Flavonoids powerfully inhibit the conversion of steroids (androgens to estrogens)

Flavonoids inhibit monoamine oxidase increasing pineal production of melatonin

Melatonin powerfully inhibits the activity of steroid.

Steroids are central in all aspects of development growth and function. Neural development in the uterus is particularly sensitive to steroids as are steroid governed developmental windows i.e. puberty.

An increasingly specialised fruit diet rich in flavonoids would it seems explain many of the mysteries surrounding human evolution. The gross nutritional aspects are of some relevance i.e. larger fuel hungry brain requiring an ever greater quantity of simple sugars, however it is the hormonal effects that have thus far been ignored.

Once equipped with an increasingly large brain and the intelligence it conveys it is feasible to survive in a range of hostile habitats. No doubt repeated waves of forest migrants did just that and survived and adapted as distinct species on the savannah or in temperate climates. The orthodox assumption is that the expansion of the brain must have been driven by selective adaptation in relatively hostile or challenging environments. Is there any evidence that the brain continued to expand in these environments or was it the relatively benign tropical forest and its complex hormone modifying biochemistry that played an essential part in the brain expansion formula?

See www.kaleidos.org.uk for more of Tony's work. ❀

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The Challenges of Going Raw

Only a few people have consistently maintained a completely raw diet over a period of years that lasted into decades. For many folks, the raw diet is an experiment that fails rapidly. Initial weight loss results are deemed positive when a person has weight to lose, but for those who are already thin, this first response of rapid weight loss and subsequent fatigue tends to be received in a negative light. Of course, everyone blames the diet, ignoring the details of how they actually applied it. The old adage "practice makes perfect" is applicable, but it should be amended to say, "perfect practice makes perfect," for those who fail early tend to give up rather than persist and pull through.

Calories Per Bite

A crucial steppingstone for success in a healthy raw diet is understanding the concept of "calories per bite." Raw fruits and vegetables yield far fewer calories per bite than cooked foods or fatty foods, so we must eat more bites in order to consume sufficient calories. Just as a bodybuilder trains to lift more weight or a runner trains to run longer races, in order to succeed on the 80/10/10 diet, we must train our body and mind, over time, to eat the kind of volume we would eat in our natural environment.

Every once in a while, we hear an isolated fact about what an animal in the wild eats. The volume is always staggering to our imagination. Animals such as sea otters eat 30% of their weight in food each day.ⁱ Lions have been known to eat eighty pounds of meat in one meal.ⁱⁱ I have watched little capuchin monkeys (the type that organ grinders used to train) eat banana after banana after banana. Our perspective of "normal" volume has been skewed by the low-water, low-fibre, high-fat meals we have been eating all our lives.

Cooking Reduces Volume

Due to the reduced water and fibre found in cooked foods, we are accustomed to eating small-volume meals. By eating cooked foods our whole lives, we have never developed our stomach's potential elasticity.ⁱⁱⁱ It is not too late; however, for the new fruit eater, the unnaturally low flexibility of the stomach muscle causes us to feel full after eating a relatively small volume of fruit and calories. Upon adopting a raw program, many people attempt to solve this problem by adding fat in order to make a meal more sustaining and more calorically dense. They add oil to their fruit smoothies, nuts and seeds to their fruit desserts, and fats to their vegetable salads.

To give you a sense of the magnitude of the divergence in calories per bite between cooked and raw foods, let's take

by Dr. Douglas N. Graham

an extreme example. A slice of a large pan crust Round Table "Montague's All Meat Marvel" pizza contains 350 calories. At an estimated six bites per slice, that's about 60 calories per bite, the same number of calories as a 12-ounce head of lettuce. If four slices of pizza filled you up, it would take about the same (very small) volume of lettuce to also fill you up, in terms of sheer bulk. But the lettuce wouldn't be satiating, because it would only have provided one hundredth of the calories. To actually eat the same number of calories from lettuce that you got from eating the four slices of pizza, you would have to eat six heads of lettuce per slice



of pizza, or one head of lettuce per bite! When we do the math on this example, we get a staggering result: we would have to eat 24 heads of lettuce to consume the same number of calories in four slices of pizza!

Dehydrated Foods

One of the reasons that people like cooked food is that cooking intensifies flavours. Many people new to the raw-food diet gravitate toward dehydrated foods, because the dehydrator functions quite similarly to

the oven and produces dishes reminiscent of those cooked in an oven. Water deficient, these foods are more condensed calorically, and more dense in flavour, than their raw counterparts.

When dehydrated, foods take up less space than the same foods eaten whole. As with cooked foods, their compact size disrupts our natural satiety triggers, which respond to volume. Dehydrates also take longer to digest because of their complexity and dryness. For both of these reasons, we tend to overeat dehydrated or cooked foods before we realise we are full. A similar thing happens with dried fruits, which, in addition to being low in volume, also release their sugars more slowly. These two factors contribute to our tendency to overeat them, a phenomenon not common among people who eat whole, fresh fruit.

What is the 80/10/10 diet?

The 80/10/10 diet recommends consuming (as a percentage of total calories) 80% carbohydrate, 10% protein and 10% fat. This recommendation is best applied to a diet of whole, fresh, ripe, raw, organic, plants. A raw diet that follows this recommendation bases its caloric consumption upon whole, fresh, sweet fruits, with an abundance of tender leafy greens to balance mineral needs.



We compound these problems when we add the various fats (oils, avocados, nuts, seeds, olives, coconut meat, and the like) used freely among raw foodists to make their dehydrated dishes look and taste similar to their cooked-food counterparts. Added to low-calorie vegetable recipes, fat becomes the overwhelming caloronutrient in the entire dish. Many dehydrated raw entrées such as lasagna, pizza, and chili offer 50 to 80% of their calories from fat, sometimes even more.

Dishes of this sort slow digestion, forcing foods to be delayed in the stomach and giving us that “stuffed” feeling we have come to associate with satiation, even though they do not contain the volume that our stomachs are designed to handle. The fact is that most people consume their food in an extremely condensed form—cooked, dehydrated, and fatty—and are eating a far smaller volume of food than is truly healthy. This concentration of our food is part of the reason we tend to overeat in terms of total calories.

Contrary to popular mythology, there is no reason to think of dehydrated fruits or vegetables as “super” or “special” in terms of nutrition. Certainly they are not as nutritious as their fresh counterparts, in any quantity. Supplement vendors publish convincing literature to convince you that their green powders or “whole-food-based” supplements supply concentrated nutrition in amounts you could not get from fresh fruits and vegetables. But taking them can serve only to imbalance you, as even in deficiency conditions, *we do not need more of any nutrient than we can get in whole, fresh, ripe, raw plants eaten in sufficient quantity to maintain our body weight.*

Of course, low-temperature dehydration causes less nutrient damage than cooking, but dehydrated foods are nutritionally far inferior to fresh food, regardless of processing method. Not only that, but eating them dehydrates us, increasing relative bodily toxicity, and requiring yet more water to be consumed to maintain proper hydration. The eight to twelve glasses of water we are told to drink every day are a good indicator of how low in water—or if you prefer, how toxic—our diets really are.

More Bites and Raw Success!

The challenge of eating more bites is often one that people are not prepared for, as evidenced by the considerable weight loss common among new raw fooders. After initial water weight losses, if a person still loses weight regularly, he or she is very likely under eating in terms of total calories. (Digestive, absorptive, or assimilative problems could also contribute to the problem, but these must be considered the exception, not the rule.) While a huge percentage of the Western world’s population is suffering from impaired digestion and compromised absorption,^{iv} these conditions tend to self-correct when the causes (high-fat, cooked, processed, toxic foods unsuited to our physiological design) are eliminated.

Eventually, most people agree that eating more food per day is not a hardship, but one of the many rewards of healthful eating. **The 80/10/10 Diet** is the only *healthful* plan that allows you to eat as much of the recommended foods as you care for.

How Do I Eat That Much Fruit?

With **80/10/10** firmly in mind, we return to the question of how to obtain the calories we need, now that high-fat, low-fibre, low-water foods are removed from the diet. To get 80% of your calories from the carbohydrates in fruit, you will have to create some dramatic new eating habits, perhaps more dramatic than any dietary change you have ever made. As you drop the fat from your diet, you must *significantly* increase your daily fruit consumption, a habit that takes practice to develop. The good news is that your health and your waistline will show you immediate results to let you know you are heading in the desired direction.

One tactic to achieve more bites, and to support our caloric needs, is to start with several fruit meals per day, approximately four. Over time, depending on your exercise program and other healthful habits, you will be able to reduce this number of meals down to three and then possibly even two. Also, make a practice of eating just one or two bites more at each meal than you otherwise would. The elasticity of your stomach will promptly accommodate, just as all of your other muscles would elongate if you were to adopt a practice of regularly stretching them. I must stress: the goal here is not to eat until you hurt but to gently encourage your digestive system to regain its flexibility.

You don’t have to make this transition all at once, either. If you are not ready to eat just fruit for your breakfast and lunch meals, it is perfectly acceptable to simply begin your meals with fruit. You can eat all the fruit you care for at the start of the meal, and then follow the fruit with other foods. Over time, the amount of fruit you desire at the beginning of the meal will increase. Eventually, you will be able to eat a satiating and calorie-sufficient meal from fruit that will hold you all the way until the next mealtime comes around.

*This article has been excerpted from the book **The 80/10/10 Diet: Balancing Your Health, Your Weight, and Your Life, One Luscious Bite at a Time.***

Dr. Douglas Graham, a lifetime athlete and a raw fooder for more than half his life. Currently, he is an advisor to world-class athletes and trainers from around the globe. He is serving his third term as President of Healthful Living International, on the board of advisors of Voice for a Viable Future, Living Light Films, Vegetarian Union of North America, and EarthSave International. www.foodnsport.com

ⁱ See

www.vanaqua.org/education/aquafacts/seaotters.html

ⁱⁱ See www.tinyurl.com/ef7da

ⁱⁱⁱ According to the Mayo Clinic, an adult stomach is capable of stretching at the sides to hold nearly a gallon of food and liquid. (See www.tinyurl.com/hen4y) The Indiana University School of Medicine, however, reports that the average adult stomach stretches to only about a quarter of its capacity, about two to three pints. (See <http://tinyurl.com/mbz35>)

^{iv} See www.nutramed.com/digestion ❀



Raw Music

by Linda Joy

Our society is addicted to junk food and to junk music. Standard radio stations pour out processed crap that all sounds pretty much the same, and has very little real music in it. And we're forced to listen to it in certain shops and workplaces. Phone most large organisations, and instead of silence, I get electronic tat (or, if I'm lucky, classical orchestral tat) while I wait to speak to a human (quite a rare event with some 'helplines'), or get put on hold for ten minutes while they try to find my file which has mysteriously been mislaid.

I believe that food and music both have the potential to nourish or to harm us. Quality is more important than quantity. Silence and fasting are both good, cleansing practices. And music, like food, should be as fresh and alive as possible, rather than canned and processed.

Thirty years ago, I decided I didn't want to eat meat. Soon after that, I gave up fish, then dairy products. Alongside this went a desire to eat wholefoods rather than processed foods, though I still used canned beans, commercial veggie burgers etc. Over the last fifteen years, health problems led me to experiment with giving up sugar, acid foods, yeast and wheat. I also increased my intake of raw food, and included juices and sprouts. My diet became more and more restricted, until...

On a dance weekend I was inspired by Annie to try raw food only. Instant bliss! The digestive problems that had plagued me for years seemed to vanish overnight. What's more, I suddenly had lots of energy, and felt more alive. Cooked food lost all its attraction. A year later, I'm still 99% raw, having survived my first winter without craving hot food, and can't imagine ever going back to it.

If only I could give up processed music that easily! I have experienced, many times, music that comes straight from the Soul, and it is a transcendent experience. But I'm still drawn to listen to familiar recordings, and play or sing familiar tunes.

I'm a musician, trained in the classical tradition on violin/viola, and for many years I played in orchestras. Orchestral playing is a left-brain process, with no room for creativity. Then a life change introduced me to sacred singing, and sacred circle dance, which I have now been teaching to others for twelve years. These beautiful songs and dances brought me very rapidly from a spiritual desert to a place where I could feel very deeply the connections between all times, all places, and all beings. They have helped me to live lightly on mother earth, and follow a path of integrity wherever it leads.

Soon after I started Sacred Circle Dancing, I met Bob Minney, musician, composer and choreographer, who has been a close companion ever since, and has taught me so much. With his help I learned, by ear, to play beautiful circle dance tunes. It was a wonderful experience for me, after the orchestral discipline, to be able to play music in relationship with other musicians, and with the dancers who move their bodies to the gift we give. Dancing to live music is a very different experience from dancing to recordings. Some of the recordings I dance to are exquisite. But there isn't the relationship with the musicians that exists when I dance or play with a live band.

Bob also introduced me to what he called Free Dance. I had danced this before, Gabrielle Roth - style, with the music telling you what to do. But his way involves totally spontaneous, creative live music, often with no discernible tunes or rhythms, constantly changing, in harmony with the dancers. In fact, there is no distinction between dancers and musicians, they are interchangeable, and no musical experience is needed to produce amazing sounds. No musical instruments are needed, either. Although they are usually included, we have also used voices, kitchen utensils, and even a bicycle!

We now call this experience Muse Channelling. It is impossible to describe, but I will try. We begin from silence, and wait to feel moved to add to the silence. Everything we do comes simultaneously from our inner selves and from the cosmos. We each follow our own path, while following each other. The sounds ebb and flow, clashing, then harmonious, quiet, then loud. Sometimes we play, sometimes we dance, sometimes we listen. Somehow it all ends, and we return to silence. But it is not the silence we started with. It is a profound silence, which contains the whole universe within it.

Having experienced the creativity of totally improvised, unstructured music, which comes from the heart and from the cosmos, nothing else can be quite so satisfying. So, am I now following a diet that avoids pre-recorded or pre-determined music? No! In fact, it's rare that I get a chance to explore music in its raw form. It does require a committed group of people, and a safe space to play in, and I don't yet seem able to make that commitment on a regular basis.

My passion for Sacred Circle Dance, and for sharing songs with others, is too strong for me to abandon my circle dance tunes yet. But Bob and I (sometimes with



others), are increasingly exploring longer dances, where we play the music for 20, 40 or even 60 minutes, leaving the tune behind as we improvise, in ways which keep the rhythm going for the dancers, as they repeat the steps and sometimes enter a trance-like state.

We are also grateful to our friend Felix for introducing us to the Dhrupad tradition of Indian ragas. This is a structured system, a lifetime's study, and in 6 years of lessons we've only scratched the surface. But once the complex structures have been grasped, there are infinite possibilities for vocal improvisation, and each performance is a new and unique prayer.

I'm convinced that back in the mists of time, music was simply a conversation with God/Nature/The Universe, in which anyone could participate. Then people invented increasingly sophisticated musical instruments, restricted in use to those who had access to them, and the time and skill to learn to play them. Musicians became a distinct class of people.

Gradually musicians developed fixed tunes or compositions, originally passed around by ear. Later in history they were written down, so they could be spread more

widely and accurately, and their composers turned into superstars.

Finally, in the 20th century, with the advent of recording, musicians were separated from their audiences. One performance, by one artist, can be heard by millions of people, and some people hear music all day, whilst rarely encountering live musicians. When they do attend a concert, or even a more informal performance, the music is likely to be amplified (and frequently distorted), creating a greater distance between players and listeners, and also dulling the ears. Listening has become a far more passive experience.

My recipe for developing good listening skills, creativity and a sense of connection, is to avoid recorded and amplified music, and to play and sing as much as possible (regardless of talent). I still make too much use of recordings, but I would love to hear from others who are moving towards a raw music diet. With the right support, we can gradually create a new Eden, filled with beautiful, spontaneous sounds.

Contact me: LindaJoy1@hotmail.co.uk or 07969 982968 ✿

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with
Rob

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This Being Human

Here's another poem by Rumi that I sometimes read at the start of my workshops. I use it to illustrate how we might apply the insights of Nonviolent Communication to our inner dialogue. I guess that it's more of a challenge than the first one, so I'll offer some tools as I introduce it.

Rumi says:

"This being human is a guest house.
Every morning a new arrival."

The way I understand this is that being human is like running a hotel - every day new guests arrive. And who are these guests?

"A joy, a depression, a meanness,
some momentary awareness
comes as an unexpected visitor."

The guests who come to our hotel are our feelings, and unexpected moments of awareness of how our feelings come and go...

So how do I deal with my feelings - of joy, depression and anger? Well, I don't try to 'deal' with them - I try to 'stay' with them, to 'be with' them. For me, this an important difference between Nonviolent Communication and some other processes, where you try to 'change' your feelings e.g. from unpleasant to pleasant. In Nonviolent Communication (NVC), feelings are caused by our needs. If the needs are met, the feelings are pleasant. If the needs are unmet, the feelings are unpleasant. Trying to change the feelings is like trying to change the warning lights on a dashboard without understanding that these are signals to tell you about the state of the engine underneath.

So I try to 'stay' with my feelings, to stay with whatever is alive in me at the moment. And now I'd like to bring you in - to ask what comes up for you when you imagine 'staying' with whatever is alive for you? Perhaps fear? Or confusion? Or frustration?

If you are feeling fearful, do you need to protect yourself? If you are feeling confused, do you need clarity and understanding? If you are feeling frustrated, do you need choice about who your guests are?

In my workshops I encourage people to go through this process for each of their feelings - to get in touch with the basic human need behind or underneath. I'm doubtful that just getting in touch with the feelings will have an integrating effect. In my experience it's at the level of basic needs - when you start understand and get in touch with the engine (what drives us) - that I connect deeply with myself and the people around me.

So this is how NVC suggests that we get in touch with what's alive in us: by fully experiencing the feeling and then focusing on the need behind or underneath it. And when we do this, something surprising happens - we feel different. The feeling changes - becomes sweet in some way.

By Shantigarbha

Here's an example from my own inner world. Since I was a child, I have been bothered by feelings of grief and loss, without an obvious reason for them. At times these feelings, and my confusion, contributed to a sense of hopelessness and depression.

Meditating for more than fifteen years helped to lighten these feelings, but didn't transform them completely. Psychotherapy helped me to understand more about the triggers - what made me uncomfortable - but didn't give me a way to tackle it directly.

It was only when I came across NVC that I realised that my feelings of grief and loss were caused by my unmet needs - for connection, dignity, love, belonging, meaning, safety, contribution and seeing the fruits of my efforts. My feelings of grief and loss became sweet when I connected them with the unmet needs that caused them. Suddenly I didn't want to change the feelings - they were important reminders of what is deeply important in my life, and a spur to trying to get these needs met for myself and everybody.

Coming back to Rumi's poem and the image of guests arriving at a guest house, Rumi suggests that we:

"Welcome and entertain them all!"

Even if they are a "crowd of sorrows", dark thoughts, shame, or malice, he suggests that we "treat each guest honourably" and

"meet them at the door laughing,
and invite them in."

So this is Rumi's suggestion and challenge, and with the tools of Nonviolent Communication I feel confident to meet it - to stay in touch with what's alive in me.

Shantigarbha is certified with the international Centre for Nonviolent Communication (cnvc.org). He shares NVC in Europe and the US through public workshops and retreats (see his website at seedofpeace.org). For all trainers in the UK visit NVC-UK.org. ❀

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Dreams

Hi there funksters, I'd like to re-introduce myself by laying down a few great quotes which I think will help you to understand where I am coming from:

"The earth does not belong to us, we belong to the earth."
Chief Seattle,

"Let food be your medicine and medicine be your food."
Hippocrates,

And to add one of my own:

"You do not choose your food, your food chooses you!"

Since becoming predominantly raw three years ago I have become more sensitive to my overall food intake and how different foods affect me which has led to me becoming more careful about what I eat and when. It seems pure logic that a raw fooder will need less food than a cooked food eater, with the strong, rich make-up of live and vital food, whereas the poorly diminished substance of cooked food will leave the body hankering for nutrition.

The clearer the mind becomes the easier it is to visualise as much as possible and I believe that this is the key to a successful life. As the old adage goes "where there's a will there's a way".

One story that moved me immensely was the tale of a guru, a man so profoundly accepting and dedicated to the work of following his life's path that he could perform miracles. When I first heard this story it made me so very happy as I too feel heavily led by intuition in a formative way and find that I can realise my will on occasion should the need arise. The specific nature of my intuition however does leave me feeling a little hemmed in at times, although it's reasoning usually becomes painfully clear should I falter.

In this article I would like to touch on a few methods that I have found useful to enhance the connection to the ethereal beauty of nature. When I came to make this list I found it a daunting possibility although nature found ways to constantly remind me that all are valid in their own way.

I would like to start by mentioning the power of the dream state - one very obvious but often ignored in favour of sleep deprivation or astral journeying.

As I understand them dreams are the sleeping intuition as vital as a ship's radar to any living human being. Lost and in darkness is the way I perceive life should I get into a state where I do not dream although I am sure of one thing, and this is that my connection to dreams will only grow as I do.

In fact the way we work with our intuition could also be compared to the development of a growing child. To begin we need everything explained in a very clear way and little by little the body of our experience helps us to work with the subtle indications allowing us the result of higher perceptions.

by Dani Baxter

Dreams to me are sent to help our evolutionary development; they can realign our thought patterns, showing us more fluid lines of philosophy. On a deeper level they are truly special guidance, direct communication with our psyches in relation to the greater universe.

Do not expect that they will become the answers to all of your problems all at once, as we can only take from them that which we are presently aware of or understand, but they can be a very great boon indeed whilst trying to circumnavigate life.

Dreams can prepare us for forthcoming events, by buffering the blows sufficiently for you to retain your calm and accept the reality of the situation as the previous view of it becomes enough to make you realise that everything is happening for the right reasons or that nature knows best.

Dreams offer sympathy and understanding for past troubles. Dreams can advise you about which path to take or more importantly, sometimes not to take, should the road ahead be a rocky one, physically or spiritually.

Dreams can entertain you and bring you up should you feel down in the dumps. Dreams can inspire you to great things, be they ideologically or financially grounded. Let's face it; dreams are essential once you get to know them: the drawbacks of which there are a few I have noted.

Firstly, some things we do as a matter of course can affect the ability to understand or see our dreams. These are smoking or eating marijuana, useful though it is for catapulting one into an immediately intense visionary state where one is prepared to receive information like a beacon. If taken on a regular basis it is well known to obscure dreams. Likewise alcohol abuse will do the same, although I think if taken intuitively in moderation it may not be counterproductive to dream realisation.

Eating late is the other main sticking point that seems to recur if we are using our energy to digest a late supper, as can be the case for any number of reasons we cannot really see our dreams until last thing in the morning. Dreams are difficult enough to analyse at the most connected of times. They come in odd forms, riddles, pictorial metaphors and reverse significance so if we are only to allow ourselves short flashes of these as is the case if we eat late they can become practically impossible to decipher.

I find that I can do a pretty good job of understanding my dreams if I wake up sufficiently to think in the middle of the night or whenever they occur. Some keep dream diaries, dictating with pictures or text the main points of the dream. However interesting this might be as a keepsake I believe that memory is selective and as such is susceptible to changing its mind so I try to leave my dreams in that realm to be on the safe side.



There is, where my dreams are concerned, usually a second chance, to not only view the dream but heed the warning directly as the event arises in the subsequent day, as the last or ultimate dream in the morning usually refers to incidents to befall us as we awaken. As was the case with a dream concerning a wasps nest that I had planned to move in the cool of the next morning.

My dream portrayed my eldest son Lux informing me the eggs contained babies and as I recalled the dream the wasp's nest did turn out indeed to contain some white eggs. Needless to say I relocated the nest as best I could in a nearby tree. Dreams can be scary, sexy, and funny or give us sheer exhilaration as with flying or swimming dreams and I find that if I work hard on perceiving my dreams I can know that I am dreaming whilst still asleep.

If life is a dream invented to create energy by urging beings to respond to emotional stimuli then dreams are practice for life. They test our integrity and if we are true to our dreams we will be true in life, the way we act whilst dreaming influences the here and now of reality.

In dreams we loosen contact with ourselves in some way and our inhibitions disappear so if we can act with decency in our dreams, life will be a pushover. Moving on the validity of my sleeping intuitions has caused me to use visualisations in my waking state in daytime too and they have been quite useful.

As with dreams one can induce waking visualisations. Here's a good one to try when faced with two options about what to do next. Perceive yourself doing either one or the other and sense the vibration. Imagine yourself in one place or the other and you should get some kind of comparison via a feeling of a past experience or a direct good or bad vibe. I find that I can also locate lost objects if I can imagine that object in its current state and if necessity permits it, visualise its surroundings, consequently remembering where it is.

I did say that I would mention other ways to heighten the intuition and now I think about it most of them relate directly to nature and about how best to either help or indeed leave it exactly as it is.

Partial fasting is a term I invented in its own realm and to me it means to embark on a fast of unspecified length accepting that if nature offers you food that you will eat it. It is very easy to tell the difference between being offered something and taking it. Just try the visualisation technique and that should put things fairly and squarely into perspective.

Allow yourself any food as long as it is offered, be it an inorganic tomato shining at you from a plant or just a few leaves glimmering in the light. Just know that this fast is to lighten the load on your body, not to sterilise it and to raise your intuitive consciousness about what is really right to eat on a day to day basis, for once you have undertaken a partial fast of just three days or so you can never binge eat, comfort eat or overeat in the same way again.

This is one really good way to strengthen ones connection to the planet's intuitive magnetism and here are some others; Be aware not to attack possible habitats either while out on a nature ramble or around you own home and open holes in cement or woodwork should be left until winter to repair.

Decaying deadwood should not be used as firewood and people should go as far as possible not to drive on grass. Be aware when entering disused or abandoned properties that there might be something smaller already living there. Do not leave the tops off or leave containers smeared with attractive gook such as honey or oil for insects to come and get stuck in or leave half tea cups or juice glasses or unclean juicers where insects will collect. Try to maintain any compost as separate area and remember that all of this energy is going toward the benefit of the planet and can only serve in your favour.

If you must use a cup or jar with no lid please cover it with a cloth whilst not in use to stop unwanted insects entering the dangerous world we live in. Why not free moths and butterflies head butting the glass, fish any floating but still kicking insects out of drinks or just tip the glass on the grass and watch the freed victim escape. If you have the creature dazed and bedraggled on your finger allow it the luxury of the time to recuperate where it is without shoving it onto the floor to further wonder what next!

Follow feelings like beacons, yet when there is no intuition or silent urge to do anything act as you please, but as soon as there is go with it and act it out until it is done. These feelings are there for good reason, to help us, the general feeling of the people and the nature around us, generally making a brighter place.

Do what you can to follow intuitions even if or especially if they cause you to challenge your conditionings, teachings or beliefs. Flexibility and acceptance can only help to pave the way for more intuitive communication.

Food is a very important and personal consideration, so here more than in any other area we deserve to give ourselves special care where intuitions are concerned. I find the actual act of offering food to another a tempting one, but one which will seldom work in a positive way. If we design a meal how likely is it that another would have in that moment designed the same meal, needed the same minerals or ingredients? Collaboration or compromise can work out, but try to feed yourself and only yourself as far as possible so as to avoid creating uneasy refusals. That said we must be attentive and ready to accept new stimuli, clearly envisage the act of eating the food you have in front of you and feel it on all levels. Will you digest it easily? Will it nourish you? Will it help you in any way; Try to ask the right questions otherwise the answers could come back in vague form.

Good luck raw fooders. Remember life is a balance between enjoying yourself and respecting the body so get on with it!

Love Dani ❀



RAW with laughter by The Man From U.N.C.O.O.K

No 1. The Raw Food Retirement Home



The News! by Rob

No, I've not go any news for you, I want to talk about "The News" as found in newspapers, on the TV and on the radio. I try to avoid it at all cost because it is generally extremely negative and I believe that this fuels more negativity in the world. Many people watch the TV news while eating breakfast, read a newspaper on the bus to work and maybe even have a radio on at work, constantly exposing

them to negativity. I watched an amazing film a few weeks ago called "The Secret" which explains how we create our own reality. If we fill our lives with negativity then we will create more negativity. Some people would say that reading about how well Aranya's apples are growing is boring, but I think it will help spread more positive energy in this world!

Pygmy chimpanzees (Bonobos) are observed to eat up to 200 caterpillars in any one sitting as well as sourcing out other insect matter regularly.

No other animal on the planet excludes animal products from their diet, this is of vital importance to consider when embarking on and sustaining long term a raw food diet.

THINK ABOUT IT !



A bonobo collecting termites.
Photo by Mike Richey

The Salad Undressing by Katie Star

If you're feeling Funky Raw
Right down to your apple core
Then you might find this intriguing

Tanned bodies are rather nice
Latinos add a bit of spice
But for real sex a-peel
There's nothing like the salad undressing

Lettuce is shredding to form the bedding
Miss Aubergine likes to be inbetween
Cheeky Cherry Tomatoes jump straight in
Mung Bean pouts as she sprouts
Carrot's gyrating while he's grating
Courgette's slicing looks so enticing
That corn unzips straight from his cob

And as for cucumber... well
Let's leave that to the imagination!
Oh, it's enough to make the beetroot blush
On Garlic and Ginger she has a crush

But the real Salad Goddess
With the creamy dreamy flesh
Is Avocado peeling and revealing

Even the Salt and Pepper sing
"Let's talk about sex" to lemon zing
Who Olive is massaging with her oil

The excitement and the flirting
Is too much for hemp seed,
He can't help squirting
Everyone with his delicious mayo cream
There's really nothing on earth
Quite like the salad undressing.

I'm in love with my DNA by La Veronique

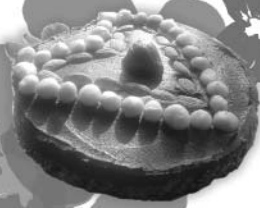
well, its true
i appreciate what it do
it rhymes with may
and even hey day
but most of all
it makes me feel good
to know that my double strands are working hard
to do the things that it must do
in order to make me walk talk laugh wink smile
such a good thing this thing is
i ought to give it a big kiss
but i think it asked for parsley juice in my dreams
so i gave it that instead





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And

Dr. Brian Clement,

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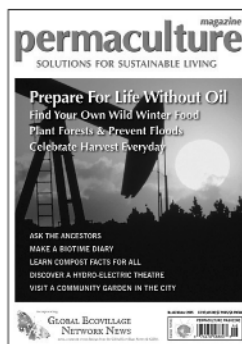
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Cornwall, Wed 22nd to Mon 27th August

Yoga, music, dance, food prep demos, wild food walks, green juice bar and of course the raw cafe and chocolate stalls.

Tickets and more info from the website soon



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