

The Funky Raw

Issue 9 - Winter 06/07

Restoring paradise consciousness

magazine

£2.75 / €3.50

To be inspired by the stars...

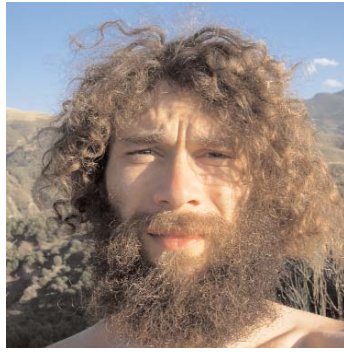
is to know you are a part of it.

The Stars

Steve Frisby

From the Editor

The most common question I get asked at this time of year as a raw fooder is "How do you stay warm?" My top tip is exercise - even if it is cold outside, going out for a brisk walk or run is sure to warm you up. A woolly jumper and a nice cup of herbal tea also help! For more on this subject, see Jess's article on page 11.



And as winter arrives what better thing to think about than next summer! I'm planning another Funky Raw festival, hopefully down in Cornwall again. If you would like to be involved in the festival in any way please get in touch.

A revelation to me is that someone would want to do anything with chocolate apart from eat it, but it seems this is the case as you will find out in Tanja's article "Chocolate Therapy for your skin" on page 13.

It's good to see another cartoon on page 5, although I still want to see more visual creativity in the magazine if anyone feels like helping...

And finally, some sad news, Rob Preston, Tai Chi teacher at a couple of Funky Raw festivals, has passed away. Steve and Paz have written a bit about him on page 33.

love Rob - rob@funkyraw.com

The Funky Raw Magazine is open for your **writing, recipes, artwork, food preparation tips, poetry, cartoons, short stories**, etc. Contributors receive a discount from the shop and of course a free copy of the magazine. Please send your submissions to rob@funkyraw.com or post to the address on page 3.

Submission deadline for next issue: **30th January 07**.

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

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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!

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

Cover Artwork

This months cover is by Steve Frisby and is called The Stars.



"This star was created by using a line that follows a pattern or predetermined path through related points, like when drawing a pentagram, but with multiple inner points, though this one has eight outer points, not five. Painted in acrylic on paper, 2000. There are many things that I am trying to say with my art. The Stars is an acknowledgement of the awe of just being alive, and how it this guides me to paint simple images, in the hope of sharing awe. There are no limits when we embrace simplicity, things can just happen, and life surprises us.

"I try to add elements to my paintings that scream out certain energies. It's difficult to capture how deeply awesome things are beyond the limits of time and conditions. I sense that all humanity will soon see and realise an increasingly broader perspective of why we are here and what's to come, and be quite overwhelmed by inner and outer changes. We live in awesome times, though dark things happen, there has never been so much inner light and transformation, it is the inner light that I seek to share and inspire.

"A really good and informative book that has inspired me recently is Beyond 2012 by Geoff Stray,stuff we need to know!

"I've been painting geometric work since around 1992 when my first LSD trip redefined and focused my path, but I was always intuitive and artistic. It has been largely a journey of illustrating what comes to me as I seek the truth of awareness and inner transformation. I was diagnosed with Asperger syndrome (autistic spectrum) in 2005, which is the reason why I have such an impersonal and detached relationship to life, but it is a deep and inspiring position to be in, if you can call it a position. It is what makes me a truth seeker and an artist. I have exhibited in Cambridge, Twickenham and many times around Sheffield since the mid '90s. All my work can be seen at www.stevefrisby.co.uk"

Advertising Next issue deadline **7th Feb 07**.

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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Contents

- 2 From the Editor
- 2 Cover Artwork - Steve Frisby talks about his art
- 4 News, events and more
- 5 Readers Tips - making nut milk
- 5 Raw With Laughter - Cartoon by The Man From U.N.C.O.O.K.
- 5 Rima reports from the Fresh Festival
- 6 This issue's selection of delicious raw recipes
- 8 Tonya Kay visits the Living Cuisine Cafe in Salt Lake City (USA)
- 9 The Art of Raw - Warren's new series, this issue covering raw dairy and kefir
- 10 Pure Plan Potions - More skincare recipes from Star
- 11 Jess looks into how we might stay warm this winter
- 13 Chocolate is not just for eating! Tanja makes chocolate cosmetics
- 14 Zeolite: The Healing Power of the Earth by Ken Abraham
- 15 Zakhah talks about a health conscious community in Israel
- 16 Poetry from Terri, Kate and Paz
- 18 Paradise in the pacific with Rima
- 19 Terri explains the concept of Eco-psychology
- 22 Joanna discovers the magic of Peru
- 24 Ocean Wave Vibrations - Holly looks into some high vibrational foods
- 27 Shantigarbha on NVC - Four Ways of Listening
- 28 Dani explores healing without doctors
- 30 Holy Shit! Learn the natural way of dealing with our 'waste' with Max Salad
- 33 Rob Preston 1961-2006



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 3 to 8 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

Raw Magic Christmas Party

Friday 22nd December, 3pm onwards at the Raw Magic shop, 19 Gardner St, North Lane, Brighton

Warming drinks, raw snax, party games, and reduced price chocolate and seasonal goodies. Entry £5, booking not necessary.

Totnes Friday Market, Devon

'Naturally High' and 'Ocean Wave Vibrations' High vibrational food and supplements, exotic botanicals, herbal highs, raw treats, etcetera. Rejuvenating teas served by the cup.

See www.oceanwavevibrations.com for online sales.

Raw Magic Expands

Raw Magic has now expanded to take over the ground floor of 19 Gardner St. They now offer even more raw food and superfoods as well as hemp and fairly-traded organic clothes. Upstairs are Hunab Ku www.hunabku.biz, who produce shamanic herbs, incenses and cactii.

Raw Gaia Natural Skin Care

Raw Gaia, a Brighton-based natural skin care company, announces the launch of an unusually pure range of hand-crafted creams, moisturisers, lip balms and massage bars made using organic, raw and vegan ingredients.

The main benefit of a skin care product made with raw, living ingredients - such as cacao butter, cold-pressed oils and essential oils - is that the body is nourished from the life force, antioxidants, vitamins and minerals present within these substances. In contrast, a high temperature treatment - such as that used to make the vast majority of skin care products - destroys most of this goodness.

Available from www.rawgaia.com.

(Some Raw Gaia products are also available from the Funky Raw shop www.funkyraw.com)

Valentines in Leeds

Valentines Love In with a Valentines Raw Cake Competition. Saturday 10th February 7.30 at Beanos. Email s.evasdaughter@ntlworld.com for more info.

Local Gatherings / Potlucks

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

13th January 2007 - Ice skating at Hampstead Heath, meet at 3pm at the rink. Afterwards we will head over to Vita-Organic for some raw/live food. Email Waz on the_stealth_protector@yahoo.co.uk if you want to go or for more info. For info on the rink see www.hampsteadheathicerink.com

Hull

FEAST (Food Education And Social Transformation) is Hull's conscious eating group which meets once a fortnight or so to eat, chat and organise. All welcome, call 07908 018251 for more info.

Workshops

Sat 27 Jan 07 - Raw Chocolate Goddess Training - *Jess Michael*

£55, Gerrards Cross (near London)

www.totalrawfood.com/events/ * 0700 340 1233

Learn 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!

Sat 27 Jan 07 - Raw 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 and weather permitting, 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.

Sun 11 Feb 07 - Chocolate For Lovers! 12-4pm, £60 p.p, or £99 per couple, near London.

www.totalrawfood.com/events/ * 0700 340 1233

New Online shop in Netherlands

Raw Superfoods in Amsterdam have opened an online shop, with books, superfoods, raw equipment, etc

www.rawsuperfoods.com

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



Readers Tips

Raw needn't make you Poor

Do you find muslin cloth too slow for filtering nut milk (or like me never seen a muslin cloth in your life save the pictures of Victorian mediums surrounded in suspicious looking ectoplasm.)

Of course there is the nut milk maker on the market if you've got a spare sixty quid (no, me neither). Well help is at hand, astute raw fooders have been using the fruit filters on some ordinary blenders to make some deliciously creamy nut and seed milk.

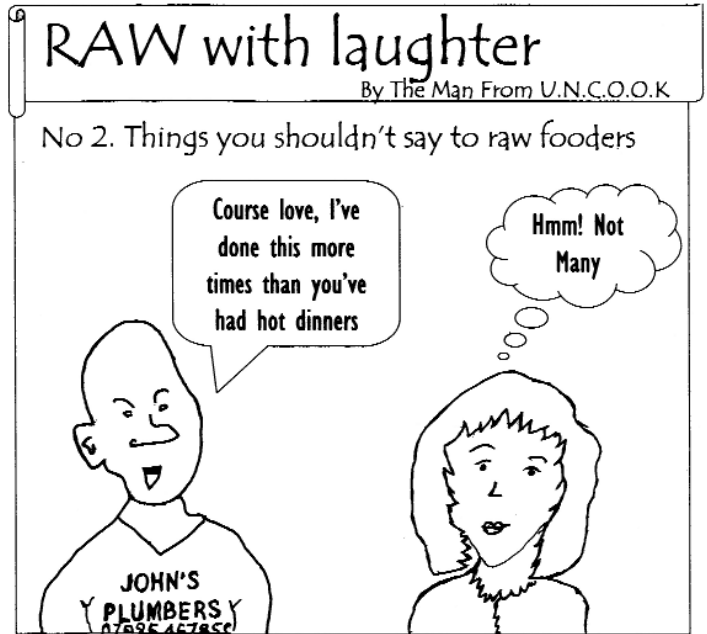
The two blenders on the market are the Philips HR1757 'Cucina' (thirty quid new from Argos or dirt cheap on ebay, often unused unwanted presents) and Jack La Lanne 'Express Chopper' (yes it's really called that), which is fifty quid (haven't seen one on ebay yet) but for that you get a juicer, blender and chopper and of course the fruit filter. You can probably get one even cheaper at boot sales, we recently got an unused grinder for 50p – who needs antiques?

The fruit filter is a fine mesh sleeve that fits snugly into the normal blender jar over the whizzing blades and this is where you put your presoaked nuts or seeds and (if you're like me) sweetener. Give it a whizz and pour off the milk the pulp is left behind in the sleeve. They can't

even milk cows that fast!

Handy Hint: Once you've poured out the first milk give it another spin and it will produce more, or add some more water for a 'second pressing' and even a third, which we do and give to our dogs – they love it. Use the pulp for cakes and biscuits (or again for your pets). SD

Send your readers tips to rob@funkyraw.com There is a prize of a £15 Funky Raw gift voucher for the best tip each issue.



Report from the Fresh Festival

The third Fresh Festival, held in Somerset in the last weekend of October, provided a very informative gathering to help everyone in their raw journey, as well as a great place to hook up with other raw foodists.

The setting, Rookery Manor, a 16th century building, near Weston Super Mare in Somerset, provided an excellent space, having large rooms and six acres of gardens and being only a short taxi ride from town. There were many different events, from Ruth Allen's yoga to Jackie Rawe's inspiring singing at the banquet on Saturday night and at the opening and closing ceremonies on Saturday morning and Sunday evening. Everyone was friendly, and there was different food and equipment on sale – and lots of people to get advice from on what's best to buy, including people with decades of experience with raw food. And at the end of the festival, much of the raw food was discounted, with seaweed available for a pound (reduced from 3) for instance.

The pre-festival social on Friday night provided the first chance to mingle. The smoothie making competition in the banquet hall was great fun and the audience participation went swimmingly, particularly when the remaining smoothies were tasted at the end! Joint winners were Trish Tucker, from Australia, of Passion 4 Juice, with her berry smoothie and British chef, Russell James, and his

by Dr. Rima Morrell

'very sensuous' strawberry, coconut water, cashew and chocolate smoothie. Lots of great recipe ideas were available such as green smoothies and lots of things to do with chocolate!

The programme of talks lasted from 9am to 6:30 pm on both Saturday and Sunday. 'Juicemaster' Jason Vale gave an energetic presentation, in which he talked about the necessity of freeing your mind. For instance on dieting, and being tempted by a forbidden food: 'have it and shut up, or don't have it and shut up. Either way shut up!' His valuable advice cut to the chase, and he reminded us not to be a snob about juicing and that it was more important to juice than it was for example, to use a Green Star juicer. There's no attitude in nature of lack of abundance, just juice and then LIVE. The raw chef from America, Paul Nison, gave two great talks, when Matthew Kenney couldn't make it over from New York, reminded us of the power of prayer and was always available for a chat. Elaine Bruce, of the UK Centre for Living Foods, gave an excellent presentation on the value of detoxing, in which she said the most important thing is to focus on sorting out head and heart and take yourself off that familiar emotional hook! This is useful to remember, for it can be



easy to get carried away by the new great diet, and forget the even more important stuff! Although, guess what, raw food certainly does bring up our emotions ... as does having a baby. Professor Rozalind Gruben-Graham gave a particularly inspiring talk on bringing up her daughter Faychesca on the raw vegan diet – and she got pregnant for the first time at age 46 with no fertility treatment but with a couple of decades of raw food diet behind her. She gave birth naturally with no pain relief! Quite a testament to the power of the raw food diet. Jill Swyers sold wheatgrass and presented on the value of living foods and read us a fabulous poem about the importance of tending the seeds in your garden with care (see page 17). A number of talks such as Doug Graham's, focused on a lot of scientific information, which is useful if one needs to talk to the not-yet converted. The raw food demonstrations were very interesting, although some of them were quite complicated and relied on dehydrators and so on, and were beyond the range of the beginner. Karen Knowler's were not and were excellent and simple, and she was an elegant and inspiring hostess.

Most fun was the banquet meal and eighties disco on Saturday night. It was some people's first raw food banquet, and showed what was possible. Starters included carrot rosti with almond feta and black cherry jam and two other delicious ones and the main course was stuffed grape leaves, local and baby greens with flower petals, fettuccine, rainbow potpourri and minestrone soup, which contained flax seed oil. Desserts were delicious and included macadamia orange and pecan raspberry tartlets as well as chocolate torte with raw vanilla ice cream and forest berry coulis. Having two was much appreciated and the chefs had a standing ovation. Then the eating area

and stage were transformed into a disco at which it seemed like most of the conference came to dance! The kitchen obviously remained very busy throughout, for all the cooks didn't come out to dance until the last song, when they did a very energetic rendition to Tina Turner's Simply the Best. The disco wound up at 1m and participants went back to their hotels or bed and breakfast establishments.

A couple of recipes from the festival:

Paul Nison's Simple Dessert

- 1 cup pine nuts
- 1 cup medjool dates
- 1 cup dates

Mix and ingest

Rene Archner's Vanilla Mystic Shake

- Almond milk
- Ground vanilla bean
- Coconut butter, 2 tps
- Agave syrup

Blend to froth and enjoy!

The food provided by Rene and Lydia Archner, was a source of inspiration. It included Vanilla Mystic smoothie, local kale and avocado salads, and cream of fennel soup which consisted of fennel and avocado with a squeeze of lime. The autumn apple cake, made with Fijian vanilla crême was lovely. Lydia performed a logistical marvel, as she organised it all from New Zealand! They live there and run a restaurant in the Bay of Islands. Some people did complain that it was a bit expensive though, and the prices on Sunday went down by a pound.

Most of the audience went to most of the talks, although there were a steady stream

of people at the food and juice stall, and the shops. Plenty of comfortable seating areas provided a forum for discussion, whether more formal – such as Paul Nison on vegetarianism in the Bible – or informal, such as people sharing tips for how they make their lunch in the mornings. The whole festival was very child friendly, with plenty of space for them to run around and new friends to be made, and obviously attracted a number of affluent people with well-paying jobs.

Next year the festival will be held in the summer. Many of the same speakers will be there, and there will be some new ones too. To book call 0845 833 7017 or visit www.fresh-network.com. To join the Fresh network costs £25 a year and includes copies of their magazine, and access to wide network of events. ❁

Recipes

3 ways with ... Sweet Potato

1. Chop into chip shape pieces and eat raw with a dip made from blended orange, parsley and avocado.

2. Grate and mix with soaked almonds, hiziki seaweed, alfalfa sprouts and grated carrot.

3. Chop in half and using a Spiralizer / Saladacco create 'spaghetti' and serve with a pesto sauce

by Terri - Kitchen Buddy
(See advert on page 7)



Purple Power Tea

Serves one

Equipment needed: kettle
Time: 2 mins

- ¼ tsp purple corn
- ¼ tsp dried chilli flakes
- juice ¼ lemon
- 1 cup water

Boil the kettle! Put purple corn, chilli and lemon in cup and add hot water. This tea is warming, revitalising, cleansing, and 3rd eye activating! What more could you want from a cup of tea?

by Kate & Alex www.rawliving.co.uk



Sweet & Spicy Carrot Soup

Serves one

Equipment needed: blender

Time: 10 mins

2 sticks celery

4 carrots

1 red pepper

1 avocado

1 tomato

1 red chilli pepper

2 tbsp goji berries

handful dulse

1 tbsp hemp oil

water to blend



Prepare the vegetables for the blender. Make sure to remove the seeds from the chilli and wash your hands after. Rinse the dulse and put everything in the blender to blend to a puree. You won't necessarily need to add any water, it depends on your taste and if you prefer a runnier soup. Heat very gently over a low heat or in a double saucepan. In the winter it's good to eat warm food. You can buy a cook's thermometer for a few pounds to dip into your soups and sauces and check their temperature (ideally not above 38 deg c/118 f). You'll be surprised how warm raw food can be!

by Kate Wood - www.rawliving.co.uk

Cherimoya or custard apple eating in the Alpujarras!

Cherimoya eating reached new heights recently with a cherimoya eating competition at the latest raw gathering at Sam and Dani's near Orgiva, southern Spain...raw delights included cherimoya cheesecake, trifle and custard! Most participants ate an average of 6 cherimoyas not including the deserts!..Even cherimoya dislikers aged 6 were fooled into one or two in the cheesecake..which you too can hopefully enjoy:

Cherimoya Cheesecake

Base

Cacao butter

Coconut butter

Ground cacao nibs

Soaked raisins and dates

Grated coconut

Middle

Cherimoyas!

Creamed pine nuts

Topping

Raspberries or other fruit of your choice

Melt butters gently. Mix base ingredients, spread into tray. Blend cherimoya and pine nuts and spread on top..leave to cool a little so base hardens..top with raspberries..devour with loved ones!



Sam - www.rawcommunities.com/crude-food

Raw Curry

This is a quick and delicious curry, ideal for cold winter nights.

In the blender put:

1 medium sweet potato, chopped

1 big handful of almonds (soaked if desired)

2 cups of chopped spinach

Big dash of olive oil

Big squirt of tamari

Juice of 1 small lemon

Half clove of garlic

Half inch of fresh ginger

2 tsps of cumin seed

1 tsp of fennel seed

1 tsp of fenugreek seed

Seeds of 8 cardamom pods

Salt to taste

Blend well, slowly adding warmish water until it turns over.

To get it really yummy, put it on a teflex sheet and dehydrate for one hour.

Serve with grated parsnip or sprouted buckwheat on warm plates.

By Lisa, Raw Gaia - www.rawgaia.com

Chocolate Milkshake

Ingredients:

Approx 125g of coconut 'meat'

(about half a brown coconut)

4 dates, soaked

1 tablespoon raw cacao powder

Method:

Chop the coconut and put in the blender with the soak water from the dates and more water to cover the coconut. Blend until smooth. Strain through a cheesecloth or sprout bag to get a coconut 'milk'.

Now put the 'milk' back into the blender with the dates and cacao powder and blend. (Works best with a high power blender).



Rob - www.rawrob.com

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For further details contact Theresa Webb
020 8697 2755 / 07734 166 738 kitchenbuddy@hotmail.com

'It's brilliant showing how raw food is possible without using expensive equipment' Poet Paz



Living Cuisine Cafe Salt Lake City, Utah (USA)

I wanted to be a football player first. Before I even knew what it meant to “be”, let alone could even comprehend growing up, what I wanted to “be when I grew up” first, before anything else, was a football player.

I was 3 years old when the subject was breached. I wore a humongous football helmet around the house and ran with no seeming direction - sometimes in circles, sometimes into walls due to oversized helmet vision - whenever a game was on television. But I also wore a mask and bounced on a spring horse when Zoro was on. And acted out every A.A. Milnes character on the stage of my childhood bed when I was read “Whinnie the Pooh” bedtime stories. Think I was a do-er, right from the beginning?

Oh, how early we display our unique personalities...

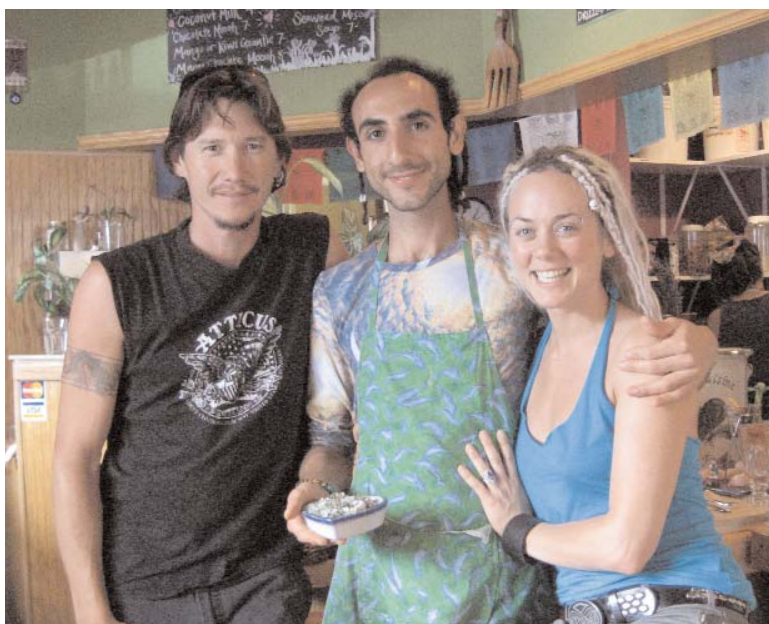
I guessed his name right away - the man behind the counter. I just knew the man singing and chopping tomatoes had to be the chef himself. Who also turned out to be the owner, himself. Right in the heart of Salt Lake City's funky Sugar House neighbourhood, next to the political-statement bumper sticker store. And the metaphysical book store. Third door down; tobacco and glass pipes. But proudly on this corner, with singing chopping chefs and abundant natural light; *Living Cuisine Cafe*, serving entirely organic, raw fare. The exact kind of joint I wanted to spend my 4th-year-raw anniversary.

Chef Omar Pure Heart's Nigerian and Lebanese upbringing makes for an exciting selection of dishes gigantic with texture and exotic in spice combinations; like a perfectly-crumbling-crust pizza with a delightfully *unAmerican* pesto.

Immediately after completing school in Lebanon, our singing chef and his mother moved across seas to Utah, where Omar attended engineering university and his mother opened up the renowned Lebanese restaurant, *Mazza Cafe*, in the 2 million-person big/little city. Omar studied Geophysical Engineering for years before awakening to raw food for himself. Indeed the story of *Living Cuisine Cafe* seems unlikely indeed (but Chef Omar Pure Heart would certainly say it was divine): he went all the way for his love of raw vegan food, abandoned engineering studies and opened *Living Cuisine Cafe* in July 2005 on only \$3,000.

Restaurant Review by Tonya Kay

And now he stands with one assistant behind the counter just radiating - just radiating light with a smile as blinding as the Boneville Salt Flats, as he relishes the feel of a knife through a tomato and concentrates on feeding his customers. He knows he is feeding their souls and he knows the importance of his work. I've never seen a man bask in such genuine pleasure from slicing a tomato.



The kiwi-cacao pie, with macadamia creme, chocolate mousse and a gentle berry sauce was served in a heart shaped bowl. It feels good to eat food prepared with this much love. Heck, it feels good just to be in proximity of people as radiant as Chef Omar Pure Heart - people who have truly come alive.

“Don't ask yourself what the world needs. Ask yourself what makes you come alive. What the world needs is people who have come alive.”

My parents told me I could do it. They didn't giggle, they didn't tease, they just said, “You'll be the best football player ever, Honey,” as I tackled another wall. When I was 8 they told me I'd be a fantastic children's book illustrator. When I was 11 I was a horror author and at 16 I was a tattoo artist, but the entire time I think I really knew it was dance - and they told me I could do that, too. All that mattered it that I had something to love and I believed it was possible.

What would life be if we, like Chef Omar Pure Heart, against all odds, believed we could do anything and then did it? Like a song in the kitchen, like the infectious blinding smile, like a knife through a tomato when we live our love.

TONYA KAY is a raw food athlete, a cast-member of the Off-Broadway phenomenon **STOMP** and was most recently seen playing *Creature* on the Sci-Fi Channel's *Who Wants To Be A Superhero* and spinning fire on Simon Cowell's *America's Got Talent*. Her DVD, *How To Spin Poi With Tonya Kay* teaches the techniques used in fire spinning a fantastic way to tone the core and upper body, center for meditation, and explore an exotic form of artistic self-expression. When not on stage, Tonya Kay is road tripping North America in her waste-vegetable-oil-fuelled Jetta and lounging around in other people's hot baths. For her current performance, teaching and lecture schedule, visit www.tonyakay.com. ❀



The Art Of Raw - Volume 1

Traditional dairy and the medicine from the mountains

This is the first of what I hope will become a series of articles on supporting a successfully vibrant and holistic raw lifestyle.

There are many reasons why milk, as found in the grocery store, should be avoided by anyone intent on following a healthy lifestyle. Briefly, they relate to the chemically altered composition of milk in virtue of the deranged breeding and feeding practices that promote productivity and increased profits. More dramatically however, they highlight the overwhelming destruction of nutritional content; including the loss of almost all the enzymes, and a significant denaturing of the milk proteins. Because it is not my intention to 'SHOCK' anyone into altering their commercialized dairy practices, I will leave it up to the individual to further investigate why these reasons are so conclusively 'health robbing'.

Today the all powerful dairy establishment is a little less proactive; not quite as noisy as it once was in promoting its hallowed 'white elixir' to the masses. Primarily this has to do with the vast array of scientific evidence and damning reports which directly link the consumption of commercially produced dairy to a fascinating variety of diseases and disorders. In stark contrast, prior to the diabolical practices of factory farming; before conglomerates, pasteurisation and homogenisation took their stranglehold on the convivial relations of dairy farmer co-operatives, one found a very different type of beverage in milk.

Partly in relation to the disgrace of the dairy industry, and partly due to the rise in consumer awareness regarding what constitutes nutritionally appropriate dietary choices, traditional dairy farming has made a small but notable resurgence. As such, for many people (perhaps with a little perseverance) it is possible to find a good source of organically produced, unpasteurised milk from an ethically minded local farm. Traditional dairy (milk as your great grandmother knew it) was never flash pasteurised or irradiated, never homogenised or antibiotically enriched. Raw milk was largely the norm, and unpasteurised butter, cheese and yoghurt were widely available.

Raw milk and dairy sourced from an ethically reared traditional variety¹, is replete with a full range of enzymes, vitamins and minerals in the correct proportions as nature intended. This is the milk the early naturopaths commended and that the religious scriptures speak of, and many people do very well on this ancient and highly revered form of nourishment. Conversely however, many people simply do not thrive at all on milk and its derivatives, no matter how perfectly intact it reaches their person.² As such, general allergies and lactose and casein intolerances are extremely common and contribute to a

1 Whether cow, goat, horse or polar bear.

2 Pure butter (even when pasteurised) seems to be the most tolerated of all uncultured dairy products. This can be largely attributed to its very low lactose and casein content.

by Warren Vialli

staggering number of unrecognised allergic reactions in susceptible individuals.³ The majority of people come somewhere in between, and though they may derive a good deal of nutritional benefit from traditional dairy products, they are likely to be missing out on the



amazing benefits that cultured dairy provides. Cultured dairy is 'head and shoulders' above its 'uncultured' counterpart, both in regards to its nourishment value and its digestibility. Cultured milk products, including butter, cheese and yoghurt and a wealth of other variations distinctive to particular global locales, are produced when normal milk comes into contact with a microbacterial (typically lactic acid producing) culture. Cultured or 'soured' dairy, as a living art form in constant evolution, offers a unique flavour and nutritional composition that is dependant on a myriad of variables including the time, temperature and style of the fermentation procedure itself. Cultured dairy is usually much better tolerated by the individual predisposed toward difficulties with the plain product thanks in part to its much improved bio-availability. Furthermore the correctly cultured⁴ form of dairy is teeming with life-enhancing probiotic qualities that often greatly assist in repopulating and balancing a compromised biological terrain.

In my mind though, the cultured milk product par excellence is kefir. Kefir is the medicine from the mountains. Its origins are full of intrigue and excitement⁵, but it is widely accepted as coming from the Moslem tribes of the Northern Caucasus Mountains. Kefir is made from a liv-

3 This said however, many who are so disposed may do well (typically after a period of adaptation) on cultured dairy.

4 It is important that the culturing process only fosters a fermenting opportunity for the probiotic or 'life-promoting' cultures. Most dairy inoculants are fairly temperamental in their medium and care and competence is often required to create a safe haven for these 'friendlies' to proliferate. Kefir however, is an extremely stable form of cultured dairy; it is a cultured 'superfood' that can be safely, quickly and easily created on a regular basis.

5 Different accounts suggest that either Allah or the prophet Mohammed originally gave kefir grains to the Caucasian people. Whilst in the early 20th century a beautiful Russian woman allegedly outfoxed a Caucasian prince to acquire some of the highly protected and revered grains. Ever since her return, kefir has been highly acclaimed, both as food and restorative, across many parts of Russia and Eastern Europe. Its story continues...

ing culture resembling small gelatinous pieces of cauliflower. An amount of this culture or 'grain' (as it is generally called) is put into a portion of milk⁶ to start a fermentation process, which depending on temperature may be left for 12-48 hours⁷. The grains are then carefully separated from the fresh kefir and used to ferment a fresh batch. Kefir is much less demanding than the majority of other cultures and it can continue to propagate in an extraordinarily wide temperature range of between 4°C and 35°C. Kefir grain, in virtue of its beneficial yeast and bacteria, provide many therapeutic properties which are either totally lacking, or only minimally active in the 'unrefined' counterpart. It has amazing antibiotic and antifungal properties (including anti-candida), it is very effective in addressing a compromised gastrointestinal tract and biological terrain, and it is widely reported to improve digestion. Additionally it is very good for a wide range of skin conditions, and significant further benefit may be derived through direct application on the affected area once or twice a day. Kefir is the probiotic 'without equal'; totally natural and 'uncapsulised' and complete with a very wide spectrum of beneficial bacteria and yeasts.

Now for the lactose intolerant or similarly allergic indi-

6 Even nut/seed milks may be successfully cultured in the short term, though a little more practice and additional ingredients may be required.

7 Depending on desired tastes and goals, this may be significantly longer.

vidual, kefir may be very well accepted.⁸ Kefir not only reduces the milk lactose, it also provides a host of important enzymes including lactase (which is used to breakdown lactose). More so the fermentation process (like any other) actually helps to predigest the nutritional components of the milk, whilst creating an entire portfolio of nourishing elements that are not to be found in the standard, unpasteurised product. As a result, kefir is (for most people anyway) very easy on the digestive system; not only does it significantly increase many vitamins, minerals and proteins such as B12, calcium and tryptophan, it also significantly enhances the assimilation of them.

Pushing for Paradise with love, Waz

For more information on traditional milk go to:

www.realmilk.com,

For the most comprehensive kefir site online check out:

<http://users.chariot.net.au/~dna/kefirpage.html>

Warren is a fully qualified nutritional consultant providing highly tailored dietary and lifestyle advice. He specialises in the use of whole and living foods for prevention, cure and vitality.

Warren can be contacted by email:

the_stealth_protector@yahoo.co.uk ❁

8 Though it is always wise, (particularly with cultured foods) to allow the body to acclimatise gradually, rather than to 'knock back' a litre from day one.

Pure Plant Potions! DIY Vegan Skincare

This issue: Spicy bath puds!

A winter welcome and yuletide greetings to this festive Flow'r'd up potion-making session. In keeping with the seasonal theme we're going to craft ourselves some spicy and gorgeous bath puddings. Yum!

Think of sweet spice smells, the tang of winter orange and the homely waft of mellow almonds as you lay bath in the warm water while the icy winds whip around outside. Emerge as delicious as a Middle Eastern dessert!

So I can't eat it then?

Well, technically, these lovely bath puds are edible. I personally try to use only edible ingredients in my potions as these will be the best for our beautiful skin. These bath puds are for using in the bath and a yummy mix of oats, almonds spices and sheabutter. Designed to melt in the warm bath water releasing the warming fragrance of spice and moisturizing you with luxurious buttery-ness. Cor pass the brandy!

Into the pudding basin goes....

We're going to do a couple of variations on a basic bath pudding recipe so you can try them all out. These cute little bath treats are ideal as gifts for friends and family. You

By Star Khechara

could put them into mini muffin cases and decorate the tops with a clove or a curl of orange peel. Just remember to say that they are for the bath!!

So put your fairy lights on and weave some holly into your hair.....

Ingredients (for basic mix)

2 tblsp Fine oatmeal

1 tblsp Ground almonds

Enough shea butter to stick everything together

To make the spicy puds add:

1 tsp ground cinnamon

1 tsp ground ginger

1 tsp ground cloves

1 tsp ground nutmeg

3 tsp finely grated fresh orange zest

To make resinous puds add:

2 tsp powdered* frankincense

2 tsp powdered* myrrh

2 tsp powdered* bay leaves

2 tsp Gold (err...probably best not actually!)



To make flowery puds add:

5 tsp powdered* dried rose petals
1 tsp ground cloves
1 freshly scraped vanilla pod (or a drop of essence will do)

Decorate with a rose bud. Ahh!

**powder your resins/petals in a pestle & mortar or a coffee grinder*

How to make your lovely cute puds

Choose which recipe you're going to make then put all your dry ingredients into a bowl. Start adding sheabutter lumps and rub into the mix with your fingers (like making pastry). Keep on doing this until the mixture sticks together nicely and holds a shape. Divide the mixture up into truffle sized lumps and roll up into neat balls. As a variation you could roll the balls on some dried spice or rose petals to further decorate them. Put them into the fridge to harden up a bit then they're ready!

You could put each one into a mini muffin case (or petit-fours case) to present as a gift or simply put them into a large glass jar to have near the bath.

Store in cool dry place out of direct light and they should keep for at least 6 months.

Go on indulge yourself this winter with a spicy pud!

Xxx Star

Ps Some exciting news! My website www.flowrdup.co.uk should be up and running by the time you're reading this. Come and visit my fab and funky site, it's got loads of info on holistic beauty and natural potion making so do drop in.

Star Khechara is a Naturopathic nutritionist and Holistic potion-maker. She teaches fun potion-making workshops and has just launched her own booklet series of eco-skincare recipes.

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

Raw Food in the Cold!

Over the last few weeks I've noticed it get just a little bit nipper here in the UK, as we swiftly move into the winter months. The good news is that your raw intentions don't have to suffer...

There are a few key things that you can introduce to your diet, which will help you stay nice and raw and warm...

My Top Tips

Add some heat into your food

When a friend says to me "Don't you miss hot food in winter" I invite the person who dares to question my round the year diet over for one of my (100% raw Vegan) Indian Curry meals. Believe me, after curry, Popadoms and Indian Crackers they don't complain about cold weather and raw food again!

Heating your food naturally, by adding a bit of spice, can really help you to stay on top of the chill. If you're not a big fan of spicy or hot food, you can add just a little for a bit of warmth. Funnily enough, I hated hot and spicy food with a passion, until my first 100% raw winter. I've never looked back!

Here are my top 10 favourite warming ingredients (not in order)...

Red Hot Chilli Pepper
Cayenne
Garlic
Cinnamon
Ginger
Turmeric
Cumin Seeds



Coriander Seeds
Nutmeg
Parsley

Warm your soups

Winter is the perfect time for making thick, creamy warming soups. Don't think that to be raw and healthy you have to eat them cold either... Warm your soup (and the dish) in your dehydrator, or very gently over the stove in a wide bottom pan, to distribute the heat evenly through the food. This still retains the food's nutrient content, providing you don't hit the 40-degree mark – the cut off point, where the foods enzymes get destroyed.

Here's a really lovely soup recipe that I made up and eat regularly in the cold...

Winter Warming Soup

5 Tomatoes
1 Carrot
1/4 Red Hot Chilli Pepper
3 - 5 cloves of Garlic
A bunch of Basil
1/4 cup of Water
2 fresh, juicy Dates
2 Avocados



Your next step...

If you have a Dehydrator, turn it on full power to warm it up. Put your serving bowls in there too. If you don't have



a dehydrator, switch your oven on, on it's lowest setting and leave the door slightly open.

Add all of the above ingredients to your blender, and blend until thick and creamy.

Give it a taste.

Pour the soup into a shallow Pyrex dish and place in you dehydrator / oven until warm. Usually about 45 mins.

Take your warmed bowls out of the dehydrator / oven, pour, serve and enjoy immediately.

Serves 2

For more recipe ideas, visit my raw food recipe page www.totalrawfood.com/recipes

Adjust your fat intake slightly

It just so happens that the vast majority of raw fooders that I coach eat far too much fat. It's fact that people embarking on a raw food diet turn to fat to fill up on as it's quite filling, and takes longer to digest than carbs. Fat can also be quite grounding, which can give you a sense of security during the common changes that naturally start to occur once you 'go raw.'

Despite all this, if you've been raw for a while or you're one of those who don't eat too much fat, then increasing your levels very slightly, could help you stay a little warmer through the cold. It's worth experimenting with.



Invest in the ultimate piece of raw winter kitchen equipment

In the summer I barely use mine, but in the winter I have it on regularly. You've guessed it; I'm talking about the fantastic dehydrator!

What on earth is a dehydrator?

A dehydrator is a machine that heats food slowly, with settings to stop it being turned up too high and heating food to over 40 degrees. During this process moisture found within the food is extracted, to dry the food and preserve it's lifespan. Dehydrators can also intensify the foods natural flavour. Dehydrated food can taste very much like cooked food, so it can be a handy piece of equipment during your transition to eating more raw and healthily.

Adding a bit of dehydrated food to your day can drastically brighten up your raw food diet! Just make sure that you drink plenty of fresh, clean water, as 'you are what you eat,' and obviously don't want to dehydrate yourself!

Here are just some of the fantastic raw foods that you can create in a dehydrator...

Crackers ❖ Breads ❖ Pizza bases ❖ Biscuits ❖ Veggie crisps ❖ Cake bases

I also frequently...

Dry my own fresh herbs if I see that they're on their way out!

Dry food in the fridge that hasn't been eaten fresh, so I never have to throw away off food.

Dry different fruits to have as a snack, or decorate a cake with

Heat up my soups, curries and sauces

Melt my Chocolate Butter

Dry a mixture of nuts with different yummy mixed spice coatings

Exercise

Not only is enough exercise vital for a truly healthy lifestyle, but if you do some cardio you'll be fully heated up for a while too, not to mention ridding your body of toxins and helping to keep your heart strong and healthy. If sweaty gyms aren't your thing, then wrap up in layers and hit the outdoors for a bit. Power walking and jogging (or a mix of the two) are great ways to get those endorphins flying round your body. If you find exercise a bit boring on your own, persuade a mate or your partner to go with you. You're much less likely to cancel, if you've arranged a time with another person. If you like exercising alone (I love it, it's my meditation) then think about asking good old Santa for an iPod this Christmas. Jam it full with your favourite songs ever written (the ones that really make you hairs stand up on end and motivate you) and get to it!

Hit the Sauna

During the cooler months I head sown to the sauna at least 3 times a week. It's the perfect time to allow harmful toxins the chance to leave your body, whilst you sit back and relax. Warming yourself in the sauna when it's blowing a gale outside is one of the most amazing things that you can do for your mind, body and sanity, whilst you wait for the summer to return!

Jess Michael, who is also widely known as The Raw Lifestyle Coach is a professional raw food consultant, speaker, writer and raw food chef - with a difference!

As seen on ITV Central News, BH magazine, Top Sante magazine and a selection of newspapers.

She is the creator of www.TotalRawFood.com and travels around the UK and Europe, spreading the word of the extraordinary benefits that can be discovered when one eats raw, natural foods. She is also known for her famous Raw Chocolate Goddess Training sessions. Next one is 27 Jan 07 (call 0700 340 1233 to book a ticket) ❀

Need help with your raw food diet?

Rob has been eating a raw diet for over 4 years and can help you with either support over the telephone or face to face.

Workshops and individual food preparation lessons in London.

Next workshop Saturday Jan 27th South East London.

For more info contact Rob by email rob@funkyraw.com or phone 020 7358 8502.

For recipes and more info see:

www.rawrob.com



Chocolate therapy for your skin

I can only think of few things better than curling up on the couch with a blanket, munching on sinfully good creamy raw chocolate, but who says chocolate is only for eating? Why not take it with you in the bath or apply it to your face?

Chocolate cosmetic treatments are becoming the new trend at luxurious spas and hotels, but you can make the same treatments in your own kitchen at a fraction of the cost, and they will be even better – yours will be raw!

Raw chocolate works wonders on your complexion with its anti-inflammatory and anti-wrinkle properties. The scent also helps to lift the spirit and increase concentration. Here are some recipes to get you all “chocolated” up for winter.

Renew me chocolate face oil

8g raw cocoa butter
1/4 tsp raw cocoa powder
60ml cold pressed rosehip seed oil
10ml cold pressed wheat germ oil
20ml cold pressed jojoba oil
6 drops lavender essential oil
6 drops lemon essential oil
6 drops palmarosa essential oil

To preserve the oil blend use 2g vitamin E oil or 6 drops organic rosemary antioxidant extract.

Note: for oily skin omit the cocoa butter and add 8ml jojoba oil instead.

Gently melt the cocoa butter using the Bain Marie method (double boiler) and mix with cocoa powder. Transfer blend to a glass bottle with the rest of the ingredients and mix by shaking it well.

Apply a few drops to damp skin. Leave on for a few min. and wipe off excess by pressing a piece of tissue onto the skin until no oil is showing on the paper.

Cleansing chocolate face mask

4 tbsp powdered rhassoul clay
3 tbsp raw cocoa powder
1 tbsp melted cocoa butter
4 drops lavender essential oil
10 tbsp cooled chamomile tea
8 tbsp Irish moss gel

First prepare the Irish moss gel by pouring 10 tbsp hot water over 2 tbsp Irish moss and leave to cool down.

Scoop up the Irish moss gel avoiding the moss bits and thoroughly mix it with the rest of the ingredients in a jar.

Apply the mask to clean skin and leave on for 10-15 min. Rinse off with lukewarm water, pat dry and gently massage or “press” a few drops of chocolate face oil into the skin. Mmm... How wonderful to have soft sweet-scented skin! Stored in the fridge, the mask will keep for about a week.



by Tanja Eskildsen

De-stressing creamy chocolate bath melt

50g raw cocoa butter
50g raw coconut butter
1 tbsp cream of coconut
2 tbsp raw cacao powder
20 drops geranium essential oil

Gently melt cocoa butter and coconut butter the Bain Marie method and combine with the rest of the ingredients. Pour into 4 small moulds, ice cube trays work well, and store in the fridge until needed. When the feeling of bathing in Turkish delight overwhelms you, pop one into the water while lying in it, and enjoy the irresistible and calming aroma of creamy chocolate and roses.

Detoxifying chocolate body scrub

250g fine ground sea salt
2 tbsp dried ground orange zest
30g raw cocoa butter
2 tbsp raw cocoa powder
220g cold pressed sunflower oil
20 drops grapefruit essential oil

To preserve add 5g vitamin E oil or 15 drops organic rosemary antioxidant extract

Mix all the ingredients together in a beautiful jar and keep cold if you choose not to preserve it.

In the bath, gently rub the scrub onto wet skin and soak in the water for at least 20 min. to let the sea salt and grapefruit oil draw out toxins and cleanse your body. Enjoy the rich chocolate/grapefruit aroma and relax.

Remember to drink a bottle of water after the bath.

Your skin will be so smooth and fresh-scented that this is all you'll ever want to wear!

Sensual chocolate massage oil

20g raw cocoa butter
80ml liquid raw coconut oil
1 tsp raw cocoa powder
5 drops ylang-ylang essential oil

Gently melt the cocoa butter the Bain Marie method and thoroughly mix in cocoa powder. Pour into a glass bottle with the rest of the ingredients and shake well. Store in a dark, not too warm place such as closet or cupboard.

In the Far East, ylang-ylang was traditionally mixed with coconut butter and rubbed into the body to keep it warm and healthy during the cold and rainy season. What is more, Ylang-ylang is rumoured to seduce the heart into intimacy so combined with chocolate this massage oil is just made for the cold winter nights;-)

Edible chocolate massage bar

50g raw cocoa butter
1 tsp raw cocoa powder



10 drops essential oil (optional)

Use lemon &/or lime for an energising massage, grapefruit for a mild detoxifying effect or orange &/or mandarin for a relaxing massage.

Gently melt the cocoa butter using the Bain Marie method and stir in the cocoa powder and if you wish essential oil. Pour into mould (I prefer a nice heart shape) and place in the fridge until hard. Release the bar by warming the

mould in your hands or dipping it in warm water (be careful not to get water onto the bar).

Warning! The scent (and taste!) is so intoxicating you'll end up licking the oil off again!

Note: all the recipes containing essential oils are formulated for use on adults and are too strong to use on children. The chocolate bath melt will be suitable, however, only if 1/4 of a small cube is used. ❁

Zeolite: The Healing Power of the Earth

"Zeolite is simple, elegant, and extraordinary: and vital for healthy living in today's toxic world. I believe this most unique, natural substance is an alchemical gift from God to help us face our present-day health challenges due to ecological ignorance, or as they are called in Ayurveda, prajna prathara or crimes against nature" - Dr Gabriel Cousens.

There are about 70,000 commercially used chemicals of which 65,000 are hazardous to our health according to the US Environmental Protection Agency. Four billion pounds of toxic chemicals are released into the atmosphere every year of which seventy two million are known carcinogens.

This is having an effect on us. A study in 2004 by the Environmental Working Group tested babies umbilical – cord blood and found 287 industrial chemicals including 180 known to cause cancer and 217 that are toxic to the brain and nervous system.

Clearly, if toxic waste continues being released into the atmosphere uncontrolled there will be a catastrophe. But until it is brought under control we can for now at least eat all the right healthy food but have little or no control over what we breathe in from the atmosphere. Or so I thought until I found out about Zeolite.

Jane who has been into raw food and nutrition for over quarter of a century and has encyclopaedic knowledge in the area drew my attention to Zeolite and I have developed a fascination with this amazing mineral.

I have known always that the planet could take care of the needs of all the creatures and plants that occupy her. And spreading the word about Zeolite helps that task.

Now as never before in human history we need to tap into that earth energy if we are to save ourselves and the planet.

Zeolites form as the molten lava from volcanoes and ocean water fuse at great heat. It is the classic combination of the elements air, water, earth and fire. I knew about the kind of effect this can have from what I knew about moldavite which was formed as meteorites entered the earth's atmosphere at great temperature and carry an energy force to many who touch it.

So it is not altogether a surprise that Zeolite is one of only two negatively charged minerals. It has a strong cage like structure that acts as a "magnet" that attracts toxins. A tetrahedra with silica at the centre and oxygen atoms at the corners it can link at the corners. It absorbs and retains and safely expels toxins from the body. (The struc-

ture only breaks down at temperatures above 900 degrees centigrade and so it does not leach).

Zeolite has been taken as a general health aid by people in Asia for over 800 years. It is approved as safe by the US FDA. The potential uses for zeolite are still unfolding as a natural earth supplement but some are

A chelation-like effect removes heavy metals (particularly lead, mercury, cadmium and arsenic), herbicides, pesticides, PCBs and other toxins from the body.

It improves liver function so improving natural detoxification

It creates an optimal Ph level between 7.35 and 7.45

It absorbs free radicals.

It stops diarrhoea.

It also removes cesium and strontium-90 and was used to clean the contaminated water supply at Chernobyl.

Many anecdotal reports claim full or partial remission from cancer and research continues in that area.

It appears to block viral replication.

It even prevents hangovers by removing toxins from the alcoholic drink!

As a result people taking Zeolite say they are able to think more clearly, feel more healthy and have more energy.

I was initially sceptical about Zeolite until I became convinced by the effect of Zeolite on my friend Marian's dog Keke, a twelve year old, her vet gave her a couple of weeks to live with Cancer of the Lymph Nodes so I gave Marian some Zeolite to see what happened and the results were indeed miraculous

"She has steadily improved since she started on Zeolite. She has been less tired and has her old sparkle back. She went for her annual jab and check up today and the vet says that her lymph nodes have receded and in his words 'it is looking hopeful for her'. I am delighted that she is in remission and I have no doubt, because I saw it from the very first day of taking it, that Zeolite has been responsible."

And she is still going strong 6 months later!

I think Zeolite should be a part of every family's armoury to meet the challenges of everyday living in the 21st Century

To find out more about Zeolite visit

www.vibrationalgaiarisng.com and go to the research page for links and articles. ❁



The Joy of Living Live: A Raw Food Journey

by Zakhah

Close your eyes and imagine a community of 100% vegans living a holistic lifestyle. A community virtually free of disease, crime, and immorality. A healthy environment where animals have no fear of being eaten. What would you call this place? Heaven? Paradise?

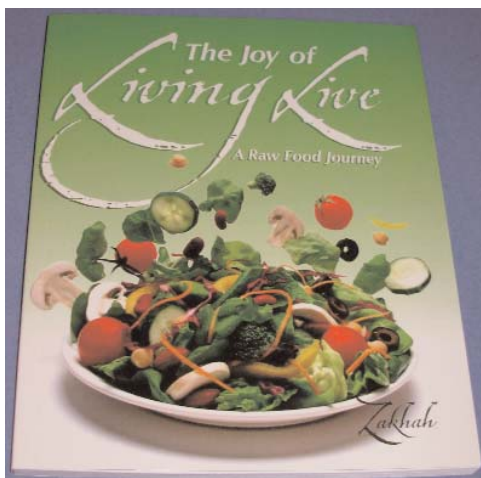
Now you don't have to just imagine it anymore. It's here on earth. Open your eyes and see the Village of Peace in Dimona, Israel. This is a community of former Americans who moved to the Holy Land to establish a peaceful, harmonious, self-sustaining environment. According to the Ministry of Health of this 39-year young community, there has only been one case of diabetes, two strokes, one heart attack, one cancer patient, no STDs, no HIV or AIDS. Meharry Medical College in Nashville, Tennessee tested adult

members of this group and found that the community has essentially eradicated high blood pressure even if they had a family history of the disease.* There are no nursing homes and the elders of the Village have been known to defeat the younger teams in sports activities. Since the community's establishment in 1967, there have been fewer than 30 deaths in this community of over 2,500 residents.

The leaders of the Village of Peace see the value of a natural diet for healthy people and have incorporated it in their lifestyle. They eat only fruit, vegetables, nuts, grains, and seeds. Each week, the adults in the community have 3 no-salt days, 2 raw food days, and one day of fasting. Four times a year with the change in seasons, the community prepares to elevate their diet even further with the observance of a "Sugarless Week" where the only sweeteners consumed are maple syrup, date syrup, and the stevia herb; and a "Live Foods Week" where they consume 80% to 100% raw and living foods and cleanse their digestive systems. As a result of changes in diet and lifestyle, evidence has emerged that this may be the healthiest group of collective humans existing on the planet today. And did I mention that they own the largest chain of vegan restaurants in the world? They have 13 Soul Vegetarian restaurants on 4 continents.

The "secret" to their diet and lifestyle now has been

revealed in a new book called *The Joy of Living Live: A Raw Food Journey* by Zakhah (Communicators Press). This full-



color photographic book explores over 100 raw and living foods tasting experiences from various regions of the world, including the Mediterranean, Asia, West Africa, the Caribbean, and the Americas. Complete with recipes for health drinks, breakfast, lunches on the go, desserts, and spices; recipes such as Live Spring Rolls, Pizza Wraps, Brazilian Nut Milk, Kale & Avocado Salad, and Orange Cake with Maple Cream Icing will make you want to lick the pages. Instructions are simple and easy-to-follow for food items generally found at local markets

and health food shops. They are designed for raw foodists no matter the stage of development: 50%, 80% or 100% live. These delicious pages share wisdom on diet transitioning, eating organic, exercise, meditation, prayer, fasting, food combining, sprouting, healing properties of food, low-cost superfoods, detoxification, holistic dental care,

gourmet food preparation, ... WHEW! In other words, this book is a powerhouse for your practical raw food needs.

One of the most exciting features of this book is the testimonies from long-time raw foodists who have been raw 5, 10, 20, to over 30 years. They are doctors, raw food restaurant owners, celebrities, raw moms and their raw children, community leaders, and more. They answer questions like what physical health changes can be expected by eating live foods, how vegans and raw foodists can prevent nutritional deficiencies, and how to have a raw pregnancy. *The Joy of Living Live: A Raw Food Journey* will make you scream and jump for JOY.

The Joy of Living Live: A Raw

Food Journey is now available from www.joyoflivinglive.com and several local book and health food shops throughout the UK. For a listing in your area, e-mail thejoyoflivinglive@yahoo.com.

* Visit www.kingdomofyah.com to read the article.

Sunshine Cashew Cheese

2 Cups Cashews, soaked
¼ Cup Nutritional Yeast
2 Garlic Cloves
1 teaspoon Sea Salt
½ Cup Purified Water

Place all ingredients except water in a blender or food processor and mix on high speed. Slowly pour in water until texture reaches desired consistency. Store in a refrigerator.

Sea Vegetable Salad

2 Cups Wakame Seaweed
1 small Onion, chopped
1 large Tomato, chopped
2 Garlic Cloves, sliced
2 tablespoons Mixed Herbs
1 tablespoon Granulated Garlic
2 teaspoons Onion Powder

Chop seaweed in a food processor using slicer blade. Soak for about 1 hour and drain. Add remaining ingredients. Enjoy!



Oh Sweet Mama by Terri Henry

Oh sweet mama, look at your beauty as your belly swells with a new life inside. You are to be nurtured as you nurture, respected, treated with love and care and blessed above all.

Pregnant mothers are encouraged to get the best nutrition for the whole nine months and even before conception.
Eat natural foods, drink fresh juice and water
So the baby will be a healthy son or daughter
And if feeling sick the best cure is just bed rest
As most prescription drugs have negative side effects
And I think it would be really insane to suggest
That she take chemical hormones or synthetic fertiliser
To make the developing fetus grow bigger or faster
Or inject her with spliced genes, altered DNA and chemicals
So the baby can be born genetically modified and sterile
No, these things would not be right for a process that's so natural.

So why do we treat so differently our sweet Mother Earth
On her journey to conceive, carry, nurture and give birth?
The seed and fertile soil join in a magical, blissful union
And the living womb expands with the miracle of creation.
Yet for the sake of bigger profits she is saturated and laden
With artificial substances to speed up her gestation
And fatten up and multiply her developing baby
I'm telling you this situation is crazy, crazy, crazy!
Short-term financial gain can only lead to long-term costs
As our incredibly rich bio-diversity is lost
Pollution in our water flows into our blood stream
and both we and the planet suffer sickness and disease.

When will we see the results of our actions
and work to bring forth regenerative solutions?
We are the earths children and with each application
of weed/pest/insect and herb-icide
we are killing ourselves and committing suicide.
So let us transform conventional farmers into land midwives
Who give the mother and child support to thrive
And bloom and blossom naturally
With a harmonious and safe delivery
There is no need to induce labour, nature knows the perfect timing
And both people and planet will be rejoicing and smiling
When all of our food comes from Organic farming.



Dancing in the One by Magic Kate

It's both and it's neither
It's all things and it's none
This is what u realise
When ur dancing in the one

We're multi-dimensional beings;
We're mighty-dimensional beings.
We're warriors of the light,
Never resting in the fight,
To move beyond the 3-d,
Leave behind duality,
Remember what we came to see,
Return to heaven's party.

www.myspace.com/katemagic

Seeds to Plant in your Spring Garden

Tiny seeds in tidy rows
The gardener innately knows
Exactly how his garden grows
That he shall reap what're he sows

Plant four rows of peas
Peace of mind
Peace of heart
Peace of soul
Peace on earth

Plant four rows of squash
Squash gossip
Squash indifference
Squash grumbling
Squash selfishness

Plant four rows of lettuce
Lettuce be honest
Lettuce be cheerful
Lettuce be grateful
Lettuce be compassionate

Plant four rows of turnips
Turnip on time
Turnip with a smile
Turnip for service
Turnip for life

No garden would be complete without thyme
Thyme for work
Thyme for play
Thyme for others
Thyme for self
Thyme for God

Instructions
Carefully cultivate your new starts
Weed out intolerance
Water often with kindness
Allow plenty of sunshine and hope

As read by Jill Swyers at the Fresh Festival.
Living Foods for Health,
www.jillswyers.com

New World by Paz

This poem's a radical rhyme
Concerning the new paradigm
That novel way of perceiving
Dreaming thereby make/believing

This is one verse
About the Universe
As an integral whole
With Love its goal

For I'm a scribe
Writing 'bout the sublime
Putting in Paradisal prose
Views tinted by rose

Describing a time
Eternal, Divine
An age peaceful and golden
Soon to be beholden

For we're leaving dark Pisces
With its veiled, occult mysteries
To enter happier days
Of Aquarian rays

There's sensed a fresh breeze
Winds of change test beliefs
This bearer pours his water
Cleansing murky, muddy quarters

Cleaning up grime and pollution
As part of the overall solution
Freeing and enlightening minds
From falsehood's limiting confines

The principles of liberty
Fraternity and equality
Make their presence gradually felt
Through this turn of Zodiac's belt

Soon comes apocalypse
An unveiling of hidden tricks
Of the Truth a revelation
True science manifestation

Technology's made that heals
Not just one producing pills
Adding to the number of sick
Manufacturing more addicts

Harnessed is electricity
Anti-gravity, levity
While marvel of television
Used cautiously, aids growth and wisdom

Whilst the amazing internet
The wicked, wondrous worldwide web
Though most used for shopping and porn
May help souls be renewed, reborn

For on many website pages
Is the knowledge of the ages
'Mongst the detritus, debris, dross
Is found the Key of Life's true cross

For the modern-day arcane seeker
Needn't go to Northern Africa
Forget temple Egyptian
For Google's awesome search engine

Truly, this is a renaissance
Sun is rising to ascendance
Bringing a more vital culture
Dove defeating carrion vulture

A time of transformation
D.N.A. activation
A transfiguration
Of the face of Man and nation

A new society's emerging
Of filth, corruption, at last there's purging
Death, pestilence, plague, disease
Replaced by health and blessed ease

Famine, poverty, lack and want
Shall be unknown and long-forgot
A global regeneration
Surely arrives with mass salvation

Note, sweet sisters, blessed brothers
This time's unlike any other
Cycles within cycles ending
Culminating in transcending

So kick off suede and leather shoes
Go barefoot else don hemp boots
Put away your black, beige, grey
Bright rainbow hues are all the rage!

This era respects trees and flowers
Gone are days obsessed by power
Folk care & share, give & take
Not just fear and money-make

An age of justice, karmic lore
Sweeps across the plains and shores
Control, corrupted government
Are defunct and redundant

All strive to Self-empower
Sitting still, meditating an hour
Finally to Self-realise
And welcome in this brand new Life

Cosmic Christ Consciousness
Heralds global happiness
Thence heed, beloveds, my mellow words
And be prepared for this great New World

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Creating Your Island of Paradise

If thou follow thy star, thou canst not fail of a glorious haven.

Dante

'Restoring paradise consciousness', the wonderful subtitle of this magazine, shows the quality our world most needs. For paradise is not just about our diet, as important as that is. It is about our consciousness. Something the Polynesians, the denizens of those green islands of the Pacific have known for a long, long time. Through increasing industrialisation humans lost our connection to primal magic, we even lost our feelings. Now, in a world whirling on the wrong course, what can we learn from those hot, bright islands?

Raw foodists are amazing people, for by 'uncooking' we allow the original crystalline vibration of the food to shine. Then we ingest it. By this act, which on first glance, represents a simple act, we are attempting a return, return to the world we once knew. The

word 'paradise' comes from the Persian word *paradeisa* meaning 'an enclosed garden', almost like a garden on an island in the greater sea. That garden is our original consciousness of growth, fertility and lack of limitation. That garden is the garden of our origins. Nothing is more important than returning to the land of light.

The islands of Polynesia, such as Hawaii and Tahiti, with bulging fruit hanging from the trees and lying on the beaches, represent that departed land. The belief that there was a "paradise lost" somewhere a long time ago, a fertile land where desire could flourish, made people of 'the enlightenment' want to see if they could discover it in societies separated from us by space. When the sailors left following their 'guiding star' they discovered islands of lushness where the word for work was unknown, of beautiful inhabitants with amazing ceremonies, islands of free love and great sex.

Sadly for us, we no longer know the *hula uliuli* performed under the flaring light of the *kukui* nut torches, on the nights of the full moon, to the invitation of the dancers' magic wands. We have lost the lights in the night that were the torches thrown over the *Na Pali* cliffs in Kaua'i to your waiting lover in the Pacific ocean far below, from the cliff called *makana* or gift. We have lost some "guiding lights" and stories of the stars in helping us sail our canoes across the ocean. The web of stories and poetry and meaning has been altered, the world has been flattened, things that were previously connected in an invisible web tugging on family, friends and consciousness are



by Dr. Rima Morrell

now squashed and separated out. Many live their lives in terms of their job, or computers, or DVD's. Separate islands in a deeper sea, there is still a voice deep inside, that tells us things used to be different once. And we can see how in Polynesia.

Life there was integrated in a wave of bliss. People 'worked' together for about four hours a day or less, gathering food, using freely available materials to make simple huts, which couples shared.

There was no idea of land ownership, merely sovereignty. Sovereignty, 'ea, is a fascinating concept which Leonardo Da Vinci in our society said best by saying: 'man has no greater or lesser dominion than the dominion over himself'. It is everyone's responsibility to the best he or she can be, and there was plenty of time

for doing it through fun, games, gathering and family life. The spirits, 'aumakua were part of daily life, and called upon at will. Everything was sacred, whether it is the breeze that blows, the light on the ocean (which is a sign that Laomaomao, the god of the surf is playing there) or the hummingbird darting among the leaves. People talked to nature and the creatures around, who are our guides (the mythology of each one and how it helps take us home is described in the Hawaiian Oracle). We were all part of a greater golden world. Couples slept together 'on the same tapa mat', which design represented the design of the Higher Self. The Higher Self is the greater part of ourselves, which knows and understands all things. Huna, the ancient wisdom of Hawaii, teaches how to access it. Polynesians say the world of bliss goes back aeons, to a world before the flood (of which they also have legends), to Lemuria, the land of light.

But, even in Polynesia, the world changed as the earth became denser. People and other creatures no longer lived on ether, light, although they still lived on a fresh, raw, vegan diet, effortlessly and communally gathered. The idea of eating meat, fish, humans or insects was unthinkable, because it was cannibalism. We were all the same. Then, about eight hundred years ago, Polynesian oral traditions record an invasion occurred. This chief from Samoa took over most of the islands, and instituted rites such as the eating of meat and fish – and even human sacrifice where the victim was known as a 'long fish'. Temples to the cult of blood were built, abattoirs in the West are a reflection of this cult. That's when the western



world came in, and still today anthropologists wrongly understand Polynesia in terms of it. Yet there was still enough brightness left for the islands to be the best thing these sailors had ever seen. As a young boy perched on top of a mast said in the film *Polynesian Odyssey* asked a crusty old sailor as the white man's ship arrived and the canoes were sent out from the gleaming island:

"Is that what it's always like?"

"Aye lad, welcome to paradise. Paradise will change forever."

"Change, sir?"

"Yes lad, maybe for good, maybe for evil, it will never be the same. May God judge us kindly."

The changes, as we have seen, did occur and the bright islands became dimmer.

Yet even today the islands still shine more vividly than anywhere else. The colours are brighter – witness Hawaiian shirts – and the coral reefs still skirt the islands. Surveys show islands such as Hawaii and Tahiti represent paradise to most people. People go on holiday there to try and return to that paradise, even if only for a short window of time. When I was in Raiatea I met a rather weathered yachtie called Philip, originally from Chalk Farm in London. He'd won the Lottery and was sailing the South Pacific in his own yacht. He admitted he was in Tahiti to find a wife, yet he felt used by the Tahitian women, and said candidly he was lonely and: "it's not like in the films." They do not yet realise the vibration we need is within. "Almost all the world is asleep. Everybody you know, everybody you see, everyone you talk to ... only a few people are awake, and they live in a state of constant, total amazement." That is where raw fooders win. For the vibration inherent in the unaltered food sets off our ancestral memories and catapults us into the world of light. And the food does not even have to be kukui nuts, which traditionally stand for enlightenment in Hawaii, to take us home.

In this sacred journey, never doubt you are a hero. For you must firstly think for yourself, then have the courage to follow this by your action and leave the seas of the majority. You then make the effort to gather and eat raw food, open up to your insights and intuition, increase your level of being and then integrate the vibration in your life. Inevitably this involves letting go of certain beliefs and people. Yet others will notice your increased vitality and radiance and want to know what you're doing. That's when you share the knowledge. You are following the hero's journey, as defined by mythologist Joseph Campbell. To quote him: "the standard path of the mythological adventure of the hero is magnification of the formula represented in rites of passage: separation-initiation-return. That is exactly what every raw fooder is doing, separating himself or herself from the values of society, undergoing the raw food initiation and vibratory change, then returning to share your knowledge. What an amazing force you are!

Through your sacred journey you help change the world. You green your own island, the Hawaiian represent it as *Kane Huna Moku*, the hidden island of paradise, which I describe in my books and teachings. This isle of the inner garden ultimately exists inside you. Through nourishing it, through your diet and consciousness, you are helping to restore paradise consciousness to the world. Then, as the poet Rupert Brooke said "new stars burn into the ancient skies'. Those stars will always guide you as you return to your true home.

Star-gazer, anthropologist of the Pacific, teacher of courses Huna, the ancient wisdom of the Pacific Islands, in London and on Skye. Author of The Sacred Power of Huna and The Hawaiian Oracle and is co-founder and director of an animal sanctuary and charity. Visit www.hunalight.com or call 07957 752 001 ❀

An Evolving Exploration of Eco-psychology

A spinning blue and green oasis in the vast expanse of dark space, Earth is the only planet in our entire solar system known to be capable of supporting life. The now widely circulated 'Gaia theory' of James Lovelock has shown the Earth to be a self regulating, intelligent and alive organism where all parts affect and support each other to reach a state of homeostasis. This intricate and dynamic balance of life-sustaining features are the very basis of our survival as in every single moment all human beings are completely dependent on the resources of the Earth such as fresh water, air, sunlight and food. However at this moment in time our future existence is more fragile and threatened than ever before as human activity has ravaged, polluted and drained the planets resources and compromised Gaia's ability to effectively regenerate and replenish. A critical question to be asked at this juncture in the evolution of human history must surely be: "why do we as a society continue depleting our natural

by Terri Henry

resources even though we know that it is to the detriment of our survival?"ⁱ Bringing together the disciplines of Ecology and Psychology, Eco-psychology has emerged to answer this question and provide solutions for the sicknesses of both our psyche and the planet.

Eco-psychology asserts that many of our personal, societal and planetary crises stem from disconnection with nature which is especially prevalent in the modern Western world. With both theory and practice Eco-psychology explores and demonstrates the ways in which humans can contribute to the healing of the Earth and how nature can

ⁱ Dominique Larocque - ECOPSYCHOLOGY 101-Therapy For a Stressed Out Society
www.ecopsychology.org/journal/ezine/archive2/ecotherapy101.html



contribute to the healing of humans in a mutually beneficial relationship. With an understanding that our relationship to the Earth is far richer than simply as a consumer to a limitless store house, Eco-psychology also shows how a connection with nature is necessary for our full psychological, mental, emotional and spiritual health. Dr Sarah Conn, a Harvard professor and practicing psychologist states the obvious, but seemingly forgotten idea that "There is no such thing as 'individual' health separate from the systems within which the individual exists."

Although Eco-psychology is seen as being relatively new as a formalised discipline, many of its theories and ideas are rooted within ancient wisdom sources and indigenous cultures who continue to live in harmony with their surroundings. The actual term 'Eco-psychology' has been attributed to Theodore Roszak who in 1992 wrote *'The Voice of The Earth- An Exploration of Eco-psychology'* In the short space of time since this book was launched there has been an explosion in academic literature and practice within the field to demonstrate that in order to heal both people and planet "ecology needs psychology and psychology needs ecology"ⁱⁱ The ways in which Eco-psychology continues to fuse the expansive earth-wide subject of ecology with the deeply interpersonal perspective of psychology is summarised in this article with examples of the various theories and methods used to contribute to the scope of each discipline.

Ecology broadens the focus of psychology to acknowledge that the problems of an individual may legitimately stem from the state of their environment. Buddhist scholar and systems theorist Joanna Macy recounts that when she spoke to a psychologist about her concerns on nuclear war, these fears were reduced to represent a personal pathology. Macy has since developed a powerful and experiential group practice which allows people to acknowledge their pain for the world without it being viewed as a private neurosis. Her work operates under the principle that our pain for the world is natural and necessary and that our biggest problem comes from our repression of our despair which "produces a partial numbing of the psyche"ⁱⁱⁱ Professor of Psychiatry John E. Mack resonates with her experience and urges fellow professionals to consider that "when we hear expressions of distress about pollution or other forms of environmental destruction in dreams and other forms of communication, we not hear or interpret these simply as displacements from some other, inner source" Eco-psychology explains that since we are so interconnected with the web of life we all feel the pain for the world, whether or not we are consciously aware or acknowledge it and many Eco-psychologists have argued for a new definition of sanity that would include our relationship with the natural world. Indeed psychologist Sarah Conn asserts that the earth is speaking and is heard most loudly through the most sen-

sitive of us. Thus Eco-psychology could eventually show that feeling pain for the Earth is sign of an awakened and enlivened psyche rather than a disturbed one.

The natural world can also be a valuable therapeutic tool for Psychotherapy and many therapists are bringing ecological connection to aid their patients healing. This eco-therapeutic approach allows both therapist and client to draw on the expanded references and healing opportunities of the outdoor environment and recalls a time when all therapy was done within the healing context of nature. Australian Clinical Psychologist George Burns feels that Nature Guided Therapy brings new insights that enable us to "create effective positive, relational behaviours rather than just eliminate the undesired." A relationship with the natural world can also be used as preventative and remedial health care for the general population to combat a variety of malaise that may never make it to the psychotherapy office. Michael Cohen, founder of Project Nature Connect advocates direct sensory contact with nature to alleviate our lack of fulfilment in nature 'substitutes'. Feedback from participants in the PNC programme report that people are much healthier, happier and reduce or eradicate their dependence on medication drugs or self harming behaviour. The field of eco-therapy is vast and its range includes work such as wilderness journeys, outdoor adventures, vision quests and gardening.

Eco-psychology also offers a radical review of mainstream psychology which has been criticised for "its general promotion of adjustment and conformity to a 'mad' ecocidal social order"^{iv} Depth Psychologist and wilderness guide Bill Plotkin (Ph.D) echoes this radical view through his practice of 'Soulcraft', which encourages participants to fully explore their soul calling and unique gifts on the premise that finding our true purpose will allow us to live in harmony with the Earth. Plotkin feels that psychologists must have a greater appreciation of the soul in order to fully grasp the healing journey of the individual as "The essence of the soul cannot be separated from nature. This is why an adequate psychology must be an eco-depth psychology"^v Taking into account our embeddedness in the ecological world, all psychology becomes Eco-psychology and in this context Eco-psychology can be seen as more than just another branch of psychological theory but the entire context in which the field of psychology must be held. Indeed the fact that psychology has been able to exist for so long without consideration of the natural world is highly indicative of the human-centred world view of modern society. In the view of Eco-psychologist Andy Fisher, one of the major aims of Eco-psychology must be to "offer models of human psychology in which the Earth is not a resource filled background to the human enterprise, but rather the living matrix out of which we are born and in relation to which our self understanding and well being lie."

ⁱⁱ Theodore Roszak – *Ecopsychology - Restoring the Earth Healing the Mind*

ⁱⁱⁱ For further information on Joanna Macy and "The Work That Reconnects" view www.joannamacy.net

^{iv} Andy Fisher - Radical Ecopsychology in *Alternatives Journal* 22:3 July/August 1996

^v Soulcraft – Bill Plotkin. Check this book out it's amazing!!



As the scientific study of mind and behaviour, Psychology also has a great deal to contribute to ecology. Bringing a deeper sophistication to the usual scare, shame and blame tactics of environmental campaigning, psychology can introduce more affirmative methods which empower potential and active adherents to become involved in preservation or restoration of the environment based on their desire to live in accordance with what they love and value in life. Eminent biologist E.O. Wilson has suggested, with the Biophilia hypothesis^{vi}, that humans are genetically predisposed to love nature and Eco-psychology works on rekindling this love as the basis for environmental action and behaviour. A great example of applied Eco-psychology recently occurred in a London borough where recycling bins were painted to resemble Friesian cows and then placed underneath a bill-board which depicted a countryside scene with children feeding the 'cows' and the slogan "FEED THE COWS." The bins were then situated in the midst of a busy urban area on a pavement which was sprayed green to resemble grass! The success of the fun message over the preaching tone was demonstrated with a 61% increase in recycling in the painted bins over the plain ones and a spokesperson for one of the groups involved in the project explained that "We hope our Feed the Cows concept will inspire more people, especially children, to change the way they think about recycling. We want the experience of dropping off waste to be fun, not rubbish."^{vii} Certainly a key contribution of Eco-psychology is to transform environmentalists from doomsday prophets to healers who bring a celebratory attitude of the joys and creativity of the healing journey in amongst the very harsh realities.

A conference held in 1990 entitled "Psychology as if the Whole Earth Mattered" came to the conclusion that "If the self is expanded to include the natural world, behaviour leading to destruction of this world will be experienced as self destruction." Norwegian Philosopher Arne Naess who developed the field of Deep Ecology felt that it is vital for humans to develop their 'ecological self' which would shifting environmental care from being a 'moral' to a beautiful act' and demonstrating that Earth care and Self care are one and the same. When we view the Earth not just as a valuable resource but as an actual part of us we realise that to keep destroying it is tantamount to chewing off our own arm whilst trying to feed ourselves! Thich Naht Hahn, a Vietnamese Zen Buddhist Monk holds similar views and expresses that "The feeling of respect for all species will help us recognise the noblest nature in ourselves." Thus Eco-psychology encourages us to shift our paradigm from the anthropocentric perspective, where humans sit at the top of a hierarchical pyramid with all other life forms under our dominion, to the eco-centric view of equally sharing the earth with all other aspects of the natural world and view ourselves as "inter-being" with the entire planet.

^{vi} For more on Biophilia hypothesis check out www.wilderdom.com/evolution/BiophiliaHypothesis.html

^{vii} Check their cool project at www.feedthecows.org

Eco-psychology is highly relevant for today's world where we face a planetary demise of immeasurable proportions. There are an incredible multitude of practical measures that must be taken to heal our Earth such as environmental education, community building, renewable energy, sustainable agriculture, zero-carbon transportation, and so on. Eco-psychology creates the foundational underpinning for these transformations by beginning and nurturing the transformation of our minds. In her explanation of the process of shifting from the "Industrial-growth society" to the "Life-sustaining society" Joanna Macy shows that the foundation upon which all other actions will be built and sustained is in the realm of our values and ways of thinking. This view is echoed by Thom Hartmann in his book 'The Last Hours of Ancient Sunlight' which concludes that in order to halt the damage and create a sustainable culture we need to remodel the old cultural stories upon which all actions are based. Nature conservationist, Iain Scott also insists that the only way the earth will be restored and regenerated is if humans develop a consciousness of 'non-selfishness'. Hungarian philosopher of science, Dr Ervin Laszlo explains in his earth-healing manifesto 'You Can Change The World' that in order to effectively create positive change we need to examine and evaluate our ethics and use them as our primary navigation tool for our lives. Eco-psychology encourages and fosters these new and expansive ways of thinking which are crucial in creating change which is crucially necessary because as Einstein advised "we cannot solve our problems with the same thinking that created them".

Ultimately Eco-psychology offers a hopeful vision of a restored Earth and a future where humans enjoy a sustainable, healthy relationship with their environment and themselves. This harmonious co-existence has the potential to enrich our lives, bring a greater level of satisfaction and self realisation for the good of all beings.

Terri Henry is the founder of 'Onelove Livty.' She is passionate about the health of people and planet and sharing ways which can uplift both. Terri creates and facilitates 'Sacred Nature' workshops, using applied eco-psychology alongside ancient traditions to restore our relationship with the Earth, enhance our own inner nature and awaken our aliveness, vitality and inspiration! For more information please email

onelove@onelovelivty.com or view her website www.onelovelivty.com

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The magic of Peru

by Joanna Bristow-Watkins with Kathryn McCann

Carved out by the powerful Urubamba River, the Sacred Valley of the Incas in south-eastern Peru is protected by the slopes of the Andes that surround it. The air is warm and humid, crops flourish and the agricultural terraces, originally hewn by the Incas, are still in use today.

The presence of Pachamama, Mother Earth, is strong in this primal landscape and, despite the advent of Catholicism, belief in the goddess and her powers to bring safety and abundance is still prevalent. Before putting up a new building it's common practice to make offerings to Pachamama, leaving coca leaves and *chicha* (traditional corn beer) in the foundations to ensure her blessings.

The Sacred Valley is home to native Quechua people, who depend on Pachamama's bounty for their survival. They live in adobe dwellings, made from the earth they stand on, and still mostly wear traditional dress, as they tend their fields, working on the time-honoured principle of *ayni* – 'today for you, tomorrow for me'.

Many of the Andean people still consider each mountain to be a spiritual entity – an *Apu* – to be honoured and respected and shamans lead sacred ceremonies to tap into the core essence of the peaks. In their shadow, throughout the Sacred Valley, are many megalithic temples, immersed in the geo-energetic wisdom of the ancients.

Ancient stones, ancient wisdom

Sacsaywaman is a natural power site made with perfectly engineered stones weighing in excess of 300 tonnes. This multi-tiered site includes some intriguing volcanic formations, some resembling petrified waves. On my visit in 2002 I found many children (and adults) sliding down the stone flumes! There is also a fascinating circular construction, marking the focus of an energy vortex. This would have been filled with water to reflect the stars, creating a giant cosmic calendar.

At Ollantaytambo there are incredibly complex structures constructed from stones weighing over 230 tonnes taken from non-local mines. How these incredibly heavy and bulky materials were transported across the high altitude

peaks is a subject of much speculation. Some say the area was a landing pad for the ancient ones – a pre-cataclysmic power spot. Perhaps the stones could have been transported by aircraft belonging to an advanced civilisation long gone.



The stones fit together with such precision that it's supposedly impossible to fit a razor blade between them. There is evidence to suggest that the builders of the site had access to an acidic substance, perhaps extracted from a jungle plant, that softened the surface of the rock causing them to bond. Most of the rocks have small raised areas. One theory proposes that they were used as grips for positioning the stones but I favour the idea that these nodules contain encoded messages that we are yet to decipher.

The highlight of any trip to Peru has to be a visit to the mythical ancient city of light – Machu Picchu – surrounded by the cloud-forested slopes of the Andean foothills as they sweep down towards Amazonia. The ancient sacred site is fed by a grid of powerful

natural energies flowing from the surrounding peaks above and from extensive caverns below.

Many cultures have built at Machu Picchu but skilfully-crafted megalithic structures suggest that an ancient, highly advanced people, many thousands of years vanished, were the first to make this their home. Through the millennia Machu Picchu has served as an initiatory centre for students of a higher learning.

A personal experience of Machu Picchu

On my first trip the city and its vast scale simply took my breath away. The architecture embraces a constant flow of water, which cascades down in gentle stages via carefully chiselled channels. Water vapour disperses into the air, magnifying the combined elemental forces. The effect is wonderfully empowering. I had brought a few crystals with me from home and delighted in finding little nooks and crannies in which to place them, leaving me with a permanent connection. Some of them I placed in the water, enjoying the way they caused the rivulets to deviate slightly.



Synchronicity led me several times to bump into the same few kindred souls in our group with whom I had already connected. At one point I sneaked into a narrow passage between rocks which I felt had beckoned me in for an impromptu ritual. As I drifted off into a meditative state, I began to sing and found that my vocals were answered by another of these folk who had crept into the same gap from a different direction! I had a strong sense of a tunnel below me, like a deep lift shaft, going miles down into the rock. It felt like an access point to the centre of the Earth. Interestingly, I later discovered that many mummies have been found in this area, known as the Condor.

The energetic climb to the top of Wayna Picchu, the iconic sugarloaf mountain next to Machu Picchu, is well worthwhile, not only to appreciate the stunning views of the ruins below but also to connect to the powerful energy vortex which runs through this sacred aerie.

The climb up there was more strenuous than I had expected and as we all travelled at our own pace, I soon found myself walking alone. At one point I took a wrong turn and reached a dead end with a branch overhanging a ten foot drop. I took off my rucksack to assess whether I could successfully negotiate the drop and as I did so, my water bottle slid out of the side pocket and disappeared over the edge of the mountain. Finally emerging at the top, after a tight squeeze through a cave, I felt a real sense of achievement.

Our party gradually congregated at the top, affording us an ideal opportunity for reflection and integration of our experiences. In the presence of such powerful energy I was only slightly surprised to find that I had a signal on my mobile phone, allowing me to text my family back home and share the moment with them.

One member of our group was determined to climb down a back route to the Temple of the Moon, a stunning example of Inca stonework aligned with the Pleiades. The rest of us dithered at first, fearing that the diversion might cause us to miss the last bus back to our base at Aguas Calientes. However, we hadn't come this far to miss such an exciting opportunity.

The climb was steep, difficult and tiring, at one point including a narrow vertical ladder set into the

rock. Eventually we reached the temple and grouped together in the cave at the back. We gathered in a circle, all reaching our right hands into the centre to hold a moonstone crystal, charging it with our combined energies. After leaving the crystal on a high shelf we went back outside and lay on the grass to form a wheel, placing our heads together so that our bodies formed spokes. We spontaneously found ourselves singing and chanting.

Soon the air was spangled with energy and we all felt fantastic. More people joined our wheel, some of whom were not with our group, so that it kept expanding. We didn't want to move, but realised we had better return for the bus. We hadn't realised that the Moon Temple was well below Machu Picchu, so we needed to climb up again before hiking back down. I called on Archangel Michael to give us strength.

Having lost my water I was feeling parched and asked around to see if anyone had any spare water. A lady who had less than most offered me half her remaining supply, which I gratefully accepted. We got back half an hour after the last bus should have left, but amazingly one was waiting. Thank you angels!

A sacred retreat

In the midst of the Sacred Valley nestles Willka T'ika, a yoga retreat and guesthouse created and run by Carol

Cumes, author of *Journey to Machu Picchu – Spiritual Wisdom from the Andes*. Willka T'ika, which means 'sacred flower' in the Quechua language, is built completely from local natural materials. The rooms are scattered around lush organic gardens, full of medicinal herbs and fragrant flowers, which are regularly visited by hummingbirds.

Connected by meandering flower-lined pathways and arches draped with fuchsias and honeysuckle are seven sacred gardens, each representing one of the energy centres of the body. The imagery used is a combination of Andean and Asian, reflecting the fascinating fact that the traditional Andean belief system recognises the same chakras as yoga, and other eastern philosophies. There is also a huge spiral garden, which Carol felt directed by nature to create. Originally intended to facilitate walking medita-



tion, the swirl soon also became a plant hospital, as the staff discovered that ailing plants quickly began to flourish when moved into this energetic position.

In a secluded nook there are outdoor pools where you can bathe in solar-heated water infused with salt from the local Incan mines and healing herbs and petals. Lying in the warm, aromatic water, with either the sunlight and mountain views surrounding you or the phenomenal starlight of the Andean night above you is an unforgettable experience.

The centre's staff are trained in traditional Andean herbalism and can recommend a combination for whatever ails you. There's always an array of fresh herbs and hot water available to make delicious healing infusions to sip during the day.

The centre has a crystal bed, which is reputed to have amazing healing powers. Carol brought the bed back from Brazil following a stay with the legendary healer João de Deus. There's a range of other therapies to choose from, including Andean massages. There is also a purpose designed yoga studio, fully equipped with mats, belts and blankets. Guests are free to use the facilities at will, and can take the equipment out into the garden or one of the cosy round rooms if they prefer.

The food at Wilka T'ika reflects the traditional Andean diet, which is largely vegetarian, with native grain-like seeds such as quinoa and kiwicha (amaranth) providing

excellent sources of protein. The staff gather organic vegetables from the garden daily to create the sumptuous gourmet vegetarian meals.

Peru is home to many other amazing superfoods including yacon, lucuma and purple corn and adaptagens like maca, and suma, which seem to be used by the body for whatever it needs. These products are available locally for a fraction of the price you would pay at home!

As well as providing employment, Willka T'ika gives back to the community by helping local children in times of need. The Willka T'ika Children's Fund also supports a school at a village high in the Andes, providing a meal for the pupils each day. Weather permitting guests may have the opportunity to visit the children, who still wear traditional dress.

Willka T'ika is the main base for Harmony Journeys trips to the Sacred Valley. Staying in this inspiring place gives participants a perfect opportunity to fully absorb the life-changing experiences that seem to be part of any trip to this mystical land.

Why not join us in November 2007 and discover the magic of Peru for yourself?

For a full colour brochure contact: Joanna Bristow-Watkins, Harmony Journeys. Tel: 01932 244518

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One of the best, most energised feelings I ever experience is that of being beside the sea, by the ocean. After a day of it I wonder why I would want anything else, my cares and worries and lists of jobs become strange memories, vestiges of an antiquated reality where we struggle to make things okay ongoingly. Like many people I fantasise about a life by a warm sea, where my daily activities take place in this nourishing, vitalising environment and I relax going about my tasks just living for the day. Increasingly life is becoming more like this anyway as I relax my mind and create a more conducive lifestyle and at the moment the thing that feels most important is to help myself and others around me feel as relaxed and energised as possible.

That is why I have opened my on-line shop www.oceanwavevibrations.com. The products offered are ones that will help cleanse, clear and protect us, nourish and rejuvenate us, and help wake up our dreaming self, lift our spirits and give us a better experience of life.

Medicinal and psychoactive plants have been treasured by peoples of the world for thousands of years to help protect them, nourish them and activate those dormant brain cells. 'Psychoactive' obviously does not have to mean a full-on hallucinogenic trip, it can be a gentle gradual awakening, opening up parts of the brain that make

us feel more real, more connected, more alive, more relaxed and flowing, more in love with life. As this happens creativity comes more easily and we create more consciously. I'll come back to this in a minute or two. Also

as we activate those unconscious bits of the brain that make us feel more complete and connected we become more sensitive, feel more, feel better and naturally create lives that give us more joy rather than following our egos' demands. In this more open state the connection between us all at an energetic level is so obvious it is automatic to care for others. I think love is just a feeling of being in an energised state. And when someone else makes us feel that way we love them. In our highest state this feeling is just there anyway without any need for the concept of love – or any particular arrangements. Everyone, however strange their behaviours seem, is, I guess, trying to feel better. It's just that helpful information and examples of

by Holly



how to do it effectively have been in short supply for most of us as humanity has been in a collective muddle.

A Little Help from Our Botanical Friends

Recently, Graham Hancock with his book 'Supernatural' has helped people appreciate the value of psychoactives. He speculates that they were a crucial player in the development of human culture. Perhaps humans increasingly turned to them to put them back in touch with their intrinsic expanded consciousness which they had experienced and started to lose long before they saw a reason to draw or write about it (read about Tony Wright's model of consciousness - see www.kaleidos.org.uk.) Whatever reason, it would seem that many if not most of us benefit from a bit of a jumpstart to get our brains into a higher gear. Hence the popularity of tea, coffee and other stimulants. We also tend to get stressed and find difficult to let go of our worries and concerns. It sometimes seems like we need waking up and relaxing all at the same time which wonderfully is what some of the botanicals now becoming available on the world market are able to do – without the disadvantages of caffeine, alcohol and chemical drugs and with beneficial health effects longer term. Shifting consciousness also allows our bodies to work better – those sleepy bits of brain are important for the immune system, hormone regulation, assimilation of food etc. 'High' is our natural state – there is almost certainly something inherent in our brain structure at present which prevents us from showing our true potential but some of it can be accessed by changes in diet and living habits. Issues apparently related to the past can become irrelevant when higher level, less conditioned brain function is accessed. Raw food of course can rejuvenate and wake up the brain especially if a good balance of undamaged amino acids; essential fats; various fruit compounds, especially those generally found in tropical fruits, are included. Psychoactive botanicals take things further in the same direction and have special value as part of a raw diet – less quantities are needed and the brain is better nourished to respond.

Many diseases are being found to be metabolic and caused by nutritional deficiency through limited availability of good quality food, depletion of soil, and lack of information about what constitutes a good diet. Superfoods with their high nutritional density can help fill the gap. Pollution has spread everywhere including, obviously, the very air we breathe – personally I prefer not to dwell on it in my mind too much but put into place positive measures such as choosing organic foods where possible, drinking filtered water and taking supplements which carry toxins out of the body and protect against radiation. This is why I got so excited about zeolite (listed later in this article).

Creative Consciousness

Even scientists at the cutting edge are now saying that consciousness creates energy and matter. It doesn't always seem obvious how this happens but I think a lot of this is maybe because a lot of our so-called 'consciousness' is in a dream-like state so creative processes are going on unconsciously while our minds are distracted by concepts and

ideas or entrapped by fear and conditioning. This unconscious dream-like sense of self within us is consciously experienced by people at extraordinary moments but we routinely access it in dreams, heightened states and through our feelings and intuition. While this other bit of us remains unconscious we create much of what we create in an unaware manner and are easily influenced. New

Scientist carried an article ('Everyday Fairytales', 7th October) recently pointing out that most of our decisions are made for unconscious reasons and we make stories up in our mind to explain them. Or John Lennon's famous quote 'Life is what happens when we are making other plans'.

One of the keys, I think, is to be, as they say in the movie 'The Secret', '*informed but not inundated*'. We need to know what we have at present and with it create something we would like. It's helpful to let our imaginations wander to situations that we would like rather than stick with just what we believe with our analytical minds to be true or observe to be the case right now. Daydreaming is good! Information is great if it helps in some way while at the same time remaining open to other possibilities. Reality is constantly changing – only belief systems keep it apparently fixed in our minds. Part of our minds craves the security of knowing and the so-called ultimate truth on an intellectual level but part of our consciousness wants to be free and leave options open. For me I feel this latter part of the mind is a happier place to lean towards – certainly more scope for joy and freedom. My ultimate belief has to be that 'Anything is Possible' – anything less than that is far too depressing.

'The Secret' was interesting to watch because while the apparent message was one that yes, we can create our reality, some of the subliminal images on the film were strangely unrelated to human happiness and the visualisations suggested a bit indirect – like imagining cheques arriving through the letterbox. Of course the idea is that those cheques would be cashed to pay for a better life but the reality the person was seeking was presumably not to be sat at his front door waiting for cheques but in the situation that he hoped that the money from the cashed cheques would buy.

By its nature life is mysterious.

High Vibrational Foods and Supplements, Exotic Botanicals, Art, Etcetera

These are some of the products available so far:

Zeolite removes heavy metals e.g. mercury, lead, herbicides, pesticides, xeno-estrogens, and radioactive elements. It is an anti-oxidant and may also be anti-viral. It



gives a sense of well-being clarity and happiness, possibly it increases serotonin levels. I take a teaspoon of it in water every morning – I love its effects and even its taste - it clears my head and if I eat anything dodgy (yes it still happens!) it helps clear the feeling much quicker. My wake up for the day drink is currently a big glass of filtered water followed by a smaller glass of water with zeolite, Green Dragon superfood and MSM.

Kefir culture - my old favourite – it makes a powerful form of yoghurt that establishes healthy bacteria in the gut, helps protect against unwelcome fungi in our environment, boosts serotonin levels, energises cells, provides B vitamins and lots more. The name means ‘good feeling’. We eat kefir every day with our breakfast. Very easy to make – you just mix it with raw milk and leave for about 24 hours. (See page 9 for more on kefir.)

Rhodiola – an excellent coffee substitute, after giving up caffeine as bad news years ago I am delighted to have this in my life. When I need to wake up early I get a cup of tea brewed with this straight down me and I am awake, clear-headed, warm and ready to go. Also very useful when one wants to stay awake late at night to work or party. Ideal for study and intellectual work, it is also an all round tonic and one of those things that is good for everything. I will be stocking two varieties: Rhodiola rosea from Russia and Rhodiola kirilowii, one of the ‘sacred herbs’ of Tibet, believed to enhance wisdom and prolong life.

Ashwagandha is a perfect treatment for many of the health problems caused by the frenetic pace of modern living, It is a powerful adaptogen which means that it helps helping the body’s systems to achieve balance. It’s used as a tonic that both strengthens and calms. It grows all over India as a biennial root that burrows deeply into the earth, and although it is known as ‘Indian Ginseng’ because of its similar resemblance and tonifying properties it is not stimulating and also far less expensive. It rejuvenates, clears the mind and is also used to help with depression and alcohol addiction. It can be used as a sexual stimulant, safe sedative and tranquilizer. It can be brewed as a tea, stirred into drinks or blended into smoothies. It lifts my mood and it has helped me when I have felt a bit emotionally wobbly.

Clavohuasca is in the same family as ayahuasca and is sometimes mixed into ayahuasca brews to make them gentler on the digestive system. It is also an analgesic and traditionally used to treat rheumatic pains. It is a highly prized aphrodisiac which enhances sexual experiences.

Camu camu is the highest natural source of vitamin C, important because so much of our food is less than fresh and so deficient in this important substance. Some schools of thought say most of us are deficient in vitamin C and this is part of the cause of many modern diseases

e.g. heart disease. It is also rich in minerals and other vitamins.

Purple Corn is an ancient Peruvian food and medicine since antiquity. Highly nutritious, packed full of powerful antioxidant polyphenols and flavonoid anthocyanins responsible for one of the richest purple colors found in nature. Blended into recipes it is stunning. Anthocyanins are known to be anticarcinogenic, antimutagenic, antimicrobial, and antiviral; they are found to promote connective tissue regeneration, stimulate collagen formation, improve circulation, enhance vision, boost immune function and reduce inflammation. It is gaining popularity as an antiaging herb, it is also produces a tranquil state and is said to bring us back in touch with ancient wisdom.

I have been incorporating camu camu and purple corn into my chocolate pudding along with strawberries

recently and it has been extra tasty and felt extra complete. The purple colour is what appeals to me the most. These foods are also delicious and energising in home-made raw chocolate. This is my favourite chocolate concoction currently for the feeling it gives me:

Mesquite enhances raw recipes with its nutty, caramelly flavour and goes particularly well with cacao. It is rich in calcium, potassium, iron and zinc, all minerals which many of us lack. It helps stabilise blood sugar.

Tish’s beautiful seascapes – I have these at the foot of my bed to see when I wake up and go to sleep. They evoke the feeling of the ocean so vividly. !

Ideas for future include other herbs such as ayahuasca, reishi mushrooms, tinctures,

uplifting books and music

Of course these kinds of substances have their maximum value and effect as the topping on a healthy lifestyle including:

- ♥ A wholesome, balanced diet
- ♥ Plenty of good quality filtered, spring or bottled water
- ♥ Exercise which helps in lots of ways including working the lymphatic system and generating helpful neurotransmitters such as endorphins.
- ♥ Fresh air, or what passes for fresh these days.
- ♥ Sunshine, catch what there is preferably early in the day to regulate melatonin production. Look up at the sky to improve brain waves and lift spirits.
- ♥ Beauty, colour
- ♥ Time in nature and close to the earth – lots of reasons – one is it normalises our electromagnetic field.
- ♥ Relaxation
- ♥ Loving touch
- ♥ Something we do that feels right to us, that motivates us



Chocolate Vibrations

60g cacao butter or other raw butter melted
 1 tsp green superfood powder
 3 tablespoons chocolate powder
 30g bee pollen, ground
 30g goji berries
 ¼ tsp camu camu powder
 ¼ tsp purple corn
 ½ tsp ashwagandha powder
 30 – 60g flaxseeds, ground
 3 dates, mashed

Mix all the ingredients except the dates and flaxseeds. Mash the dates in with a fork followed by the flax seeds. Roll into truffles.



Four Ways of Listening

Are you fed up with hearing blame and criticism? Here's an exercise I use to remind me that there are four ways of listening, and that I need never hear blame and criticism again!

Here's a situation from my life: I arrive for a regular appointment with a friend and he says, "You're late again." Sometimes he doesn't actually say the words, he just looks at me in a certain way and I interpret the look as, "You're late again."

Now it's important for you as a reader to realise that lateness is hereditary in our family. I was born late, and with any luck, I'll die late. Be that as it may, the message I'm hearing is, "You're late again." Through Nonviolent Communication I've come to understand that I have a choice how I hear this message. There are four ways, two of them more life-serving than the others. To maximise learning, I suggest you select a message from your own life to go through as I explore my example.

The first way (and my habitual response) is to respond to "You're late again" in terms of judging and blaming the person who said it. This might sound like this:

"Who are you calling late? You should stop being so self-righteous. If you give me a hard time about this I'm going to stop coming." etc. etc.

And then I flip into a second way of listening: hearing the message, "You're late again." in terms of judging and blaming myself. In my head it sounds something like this:

"He's right. I'm always late for our meetings. I just can't get it right. I'm so inconsiderate – I just don't care about my friends."

So these are two ways of hearing messages of this sort: 1. hearing them in terms of judging and blaming the other, and 2. hearing them in terms of judging and blaming myself.

Would you like to live in a different kind of world? A world in which people relate compassionately to each other based on respect for needs? There are two ways I might hear a message like "You're late again." The first is hearing the message in terms of what is alive in me – what feelings and needs are touched in me when I hear this message. Here's how it might sound to express it:

"When I hear you say "You're late again.", I feel, well, disappointed, because I'd like acknowledgement of the effort I made to get here, and understanding that it's important for me to honour agreements."

And if I really get in touch with my feelings and needs in this way, I might have the space to listen to what is alive for him when he says, "You're late again." This is the second way of listening in this other world. It might sound something like this:

"Are you exasperated because you'd like respect for your time?"

by Shantigarbha

In Nonviolent Communication, I make a guess (ask a question) rather than make a statement. I've found that a question is easier for the other person to hear. I guess what he's feeling and what basic human need isn't being met in the situation. I've found that my guess doesn't have to be 'right' to make a connection. You can't guess 'wrong', only human! If my guess is inaccurate, I've found that the other person usually tells me what's really going on: "No, it's not that. We don't see each other as often as I'd like. When you're late, we spend less time together."

OK – so I guessed it was about respect, and it turns out that it's about valuing our time together. So I didn't need to guess 'right' to get the understanding and connection I was looking for. And I'm confident that when we connect on this level, on the level of basic human needs, that it will take only a few minutes to find a solution that we're both happy with:

"For the next month, would you like me to ring you, if I think I'm going to be more than fifteen minutes late, and discuss arranging another time to meet?"

"Yes!"

Shantigarbha is certified as a trainer with the Centre for Nonviolent Communication www.cnvc.org You can contact him via his website: www.seedofpeace.org ☸

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A Doctors Cure?

The role of doctors should be a caring and sensitive one which complements the natural workings of the body, but it is often far from that.

Today natural medicine, herbalism and homeopathy are being heavily legislated against in an attempt to keep power firmly in the hands of the medical professionals. Healing, the most natural thing in the world has become an over complicated and difficult process, the prospect of which quite rightly strikes fear into the hearts of the stricken!

Norman Cousins, senior lecturer at the University of California school of "Man and Medicine" writes "I have learned never to underestimate the capacity of the human mind and body to regenerate, even when the prospects seem most wretched...Human lifeforce may be the least understood force on earth".

My aim is to empower you by reading this to mentally reclaim your strength and implement actual physical healing through good diet, fasting and herbs.

Maria Tresben in her book "Health from Gods Pharmacy" aims to help people suffering from diseases of civilisation by re-introduction of the simple plant remedies used by our ancestors. A profound believer in self-healing she writes "to find a way out of the hopelessness of ill health by ones own strength and free will is, thanks to natures medicinal herbs humanly elevating. To win back ones health and bear responsibility for oneself elevates human dignity to such a degree that the sick person is taken halfway to recovery".

To be able to move on we must first know where we are, many people who have effected successful self healing impress upon me the importance to first accept your illness for what it is. Many turn to pharmaceuticals as a quick route to repair not wishing to face their reality or searching for comfort or distraction.

Where then, if illness begins and ends in the mind, does the blind technique of randomly kicking the ball towards the goal as hard as possible as doctors do, fit in? They can bring about amazing results when they score but all too often drugs fail, the body is weakened, time is wasted and patients are lost!

I honestly doubt in the ability of modern medicine to heal. Drugs create false conditions within the body, they weaken and pervert its natural responses and leave the immune system unprepared and confused. Your body will be responding to pharmaceuticals and not the cause of its problems. It will respond slowly and messily like a drugged child, repressing your symptoms, its natural warning signals, and when your body regains its strength the symptoms re-occur and more new drugs are used in a further attempt to quell the re-emerging symptoms of disease.

Healing begins with positive internal vibration, followed

by Dani Baxter

by fundamental re-channeling of the bodies energies. Aided on its natural path by complementary dietary guidance, fasting, herbs, homeopathy, therapy or hands on healing.

To embrace the unknown is a leap of faith attainable through selflessness. Conditioning however runs deep in our society and the task of releasing oneself from the powerful attachments it imposes can seem like a hopeless one whilst under the influence of a minefield testing ground for cash-crazed drug companies hell bent on increasing sales figures for annual profits!

The so-called professionals taint values and morals to suit themselves on a daily basis and we are taught to blindfold ourselves and routinely trust what authority tells us, a sure fire recipe for disastrous national health.

The primary functions of the human body are to assimilate nutrients and to eliminate accumulated toxins, as a part of this eliminatory function we can repair ourselves. Our bodies are clever organisms with many automatic functions that we are little aware of. We have adapted to withstand many different climates and conditions. We have evolved and manifest as we now are because of our amazing determination of will coupled with our natural intuition. As soon as a spark of life is awakened within us we know we must try everything possible to restore health once again, and we will not tire until we have explored every avenue open to us. This relentlessness is what will help us to achieve our goals. No-one cares for your own health as you do, doctors are trained to solve problems one after another, they do not have the time for compassion on a human level.

Listening to the advice of a doctor does not mean that you have to take it. The diagnosis is just a snapshot of the internal condition of the body at that moment and, by no means an overall reflection of the general state of health. Our feelings, emotions and state of mind have a large part to play in our physical state as psychosomatics, placebo or hypochondria clearly show. The diagnosis is one opinion and should rightly be viewed with a critical eyes as our fluctuating mental or emotional state could see a physical change in health, prompted by new knowledge, helpful guidance, care, love or spiritual empowerment. If we allow ourselves to accept the prognosis of the professionals we face a vicious circle of synthetic solutions and deteriorating health possibly leading us up to the operating table.

Maybe it is time to look at your life, your partner, your job, your surroundings, your diet. Only too often one or all of the factors must be changed. Begin at the beginning and the way to uncovering your path to recovery becomes ever more evident. Most of us know deep down, only too well the root of our discomforts, however prefer to ignore



them because they seem too difficult or painful to face up to. In cases like depression where therapy not drugs are called for or allergies or arthritis where food aversion therapy has proved more successful, doctors are correctly criticised for prescribing and repeatedly prescribing drugs when in days gone by sufferers may well have turned to relatives or friends for care in the community rather than littering up the doctors surgery. Dosing people with tranquilizers and anti-depressants has become commonplace today as a temporary solution to dealing with the problems in hand. Naturopathy or complementary therapy has more time to deal with the proper causes of stress, tension or emotional worries which often lead to manifestation of more serious physical symptoms.

After speaking recently to a young lady on the telephone concerning her depression i was left in no doubt that her symptoms of anxiety had been formed as a child when her mother had repressed her natural instinctive gift for visionary guidance. She had been able to warn her mother of people or situations which were detrimental but instead had been ignored and told to be quiet neither had she been allowed to attend dance classes for which she had a passion. Then later in life living in London has all but crushed her sensitive nature spirit. The ideal to make money for its own sake, and spend it on useless items which neither benefit the environment or society left her feeling flat and ineffective. All this had culminated in her manifesting clear symptoms of depression. After receiving one course of anti-depressants she moved to a farm in scotland where she showed no symptoms and felt great, however she was aware that the move back to london would be the real test.

As sure as night follows day, her return to london saw the re-emergence of her depression stronger than ever and on consulting her doctor began a course of anti-depressants with therapy to begin 3 weeks later. However the first tablet had made her feel a thousand times worse and having had a friend with a similar conditions, who had eventually healed himself with a self-help regime of meditation and raw food had decided to ring me to see if i could offer any advice.

She seemed very sure of herself and in control, if a little confused. I echoed her feelings and offered positive possible solutions to her problems and impartial advice that could benefit no-one else. I urged her to drop everything and come to our retreat centre in southern Spain on the understanding that she retained her even keel by not taking any more pills. However the next day she had walked into a busy gym and become overwhelmed by the noise, the lighting and the false energy of the place, people working on machines instead of developing their fitness naturally. Once again she phoned me, and i tried again to calm her worries. In the proceeding days she took independent advice from a therapist who concurred with my prognosis, and openly advised her to take a break in spain to see something different. So later that same week she confirmed her visit and i was very happy to learn also that her therapist had mentioned to her that analysing her dreams could be of positive help in untangling the reasons for her depression.

I find dreams very useful and informative on a daily level, mine help me in many ways which i have documented in an article printed in the last issue of funky raw. I try to follow the messages within dreams as closely as possible as i believe them to be the strongest available connection to the forces of creation we have.

This previous case highlights one example of a psychosis brought on by the rigidity of our society and shows how easily the situation could have been drawn out by unnecessary medication, again suppressing the symptoms without getting to the root of the cause.

This routine trust we have in doctors is even harder than one would imagine to break, it involves re-empowering yourself with responsibility for your own health and few wish this responsibility for themselves.

How often does your doctor talk to you about nutrition or diet, the only fluctuating factor to affect us on a daily basis? Your body is perfectly capable of repairing old wounds or returning itself to its natural state given the right combination of herbal stimulation and dietary advice.

The "5 fruits a day" campaign is now receiving worldwide popularity as a way to help people maintain a healthy alkaline ph and as a simple message to eat more raw fruits and vegetables. Pioneered by the national cancer institute of america some years ago it was designed to show the power of diet in preventing disease. Any help we can give our bodies in the form of absorbable nutrition, or indeed to help redress the acidic condition induced by an excess of meat, wheat and dairy, all high acid-forming foods, will be taken kindly by our systems when it comes to healing. In fact the body has little chance of effecting healing whilst the ph is acidic, ideally we have neutral ph however the problem is that many of us do not eat enough greens or veg to ensure a healthy ph (level of alkalinity), which promotes healing.

Any one seriously interested in bringing about a change to themselves could embark on a 70% raw food regime to begin with, also making careful concessions to cooking methods such as steaming and slow baking. Good food combining as the "Hay diet" suggests, also helps conserve important energy for other processes than digesting the complicated mixes of foods we often throw at our bodies. This process mainly involves separating the starches from the proteins and should more properly be called food separation, although it would be ok to eat anything alone with a salad.

Paying attention to the bodies natural cycles of assimilation and elimination which dictate that whilst eating from 12 midday to 8 pm, we digest between 8 pm and 4 am previously undigested matter, then eliminate accumulated toxins between 4 am and 12 midday, making this last period a sensible time to eat fruits and foods of high water content so as to place minimum load on digestion to continue eliminating.

For some people the extra energy alone created by paying attention to this simple technique of cutting out the heavy breakfast has had sufficient impact on their energy levels



to make their physical recovery from illness a reality.

Just over 100 years ago, doctors performing operations at a hospital in Bromley, London carried out dietary tests on patients by feeding 50% of them raw fruits and the other 50% a standard diet of meat and potatoes for a period of one month before their operations. Such was the success of the trial that the entire hospital nursing staff adopted high fruit diets and complained that the patients eating standard diets should also be given fruit. Both for its anti-septic properties and high vitamin and mineral content the fruit had given half of the patients increased immune response and decreased risk of infection, although despite these tests carried out in a national hospital, today we see no evidence of that knowledge being used or incorporated into modern healing.

Arnold Ehret, author of 100 years ago, wrote *Rational Fasting, The Mucusless Diet Healing System* and *The Cause and Cure of Human Illness*, all fascinating reading for anyone who wants to live a long and healthy life and who is willing to take full responsibility for their own wellbeing. Ehret suggests that we create mucus to absorb the toxic material that we consume and store it within the mucus. When we find the energy to expel it we do so in the form of a cold, flu or fever but if not it continues to accumulate until we can no longer support any more. At this point we develop the symptoms of disease clearly defined by the location and acute nature of symptoms. He states that

clearing these build ups can best be done by the adoption of an alkaline diet of mainly raw fruits and vegetables, to slowly increase the health and vitality of the patient until such time as a fast can be undertaken to allow the body complete freedom to work on its own without the energetics strain of daily digestion. His books, still in print are instruction manuals to healing and his life's work shows many documented successful cases. His books were written for seekers of truth, to inspire those who are ill or concerned about the loss of youthfulness or worry about symptoms of aging. I firmly suggest a search for his material if you have not come across it already, he pulls no punches and takes no prisoners, the attitude necessary if one is to display the willpower needed to affect full and lasting cures.

Always know you are right, never allow attitudes of dispersion to deter you from your truth and know that you and you alone are master of yourself and your own healing.

Dani works with his partner Samantha at their centre for detox planning, fasting and raw food preparation in southern Spain. After two years work he has learned much from their visitors and finds his calling very rewarding, check out crude-food's web page www.rawcommunities.com/crude-food or do not hesitate to email or call directly for any advice or help concerning dietary healing crude-food@wildmail.com, tel 0034 699 714 613 ❀

Holy Shit ("There's nothing so grateful as Land, nor as forgiving...")

For about the last 2 years I have been recycling almost all my body wastes back to the earth where I think and feel they belong....Two years ago it didn't take me long to realise that, having grown vegetables and fruit and eaten them, there was a whole new world opened up by the question – where does the shit go? A bit like “where does the veg waste go?”, but a much more complex issue!

Thankfully I have a very good gardening tutor/friend, and for the last two years I have been learning methods of Local, Organic and Biodynamic practices which work specifically for an urban organic allotment context. (I and my friends testify to the Clear Energy and Taste in the produce!) When I asked him about dealing with shit he explained that he had dealt with his shit by using a comfrey sewage system. He first taught me that one has to separate the “liquids” (piss) from the “solids” (shit). Firstly, the piss is easy to deal with – it can go on plants if it's fresh as a liquid feed (depending on how comfortable you feel about pissing on your plants.) or on the compost heap to help activate decomposition. I have a large plastic commercial fluids container for piss. It holds plenty! Secondly he taught me that the shit goes on a couple of sheets of newspaper and the “packets” are saved up in a sealed container, like a chicken manure box, or large wholesale food plastic boxes, large enough for a weeks worth or more. And then once a week or so you simply dig a hole (with a spade) and empty the “packets” into the hole and cover with soil and plant Comfrey roots on

by Max Salad

top. He has been following this method for dealing with his own waste for the last 15 years or more...

Why Comfrey?

Comfrey is a potassium accumulator and will “mine” out the potassium abundantly present in human manure. It can then be used as mulch or composted or made into a rich liquid feed for tomatoes and other fruiting plants. Potassium is particularly useful for fruit formation where as nitrogen (found abundantly in nettles) is particularly useful for leaf formation. There are many varieties of comfrey plants, all with similar characteristics but the best one for the job is “Bocking 14” common to most organic allotments, it's the one which has deep roots and doesn't spread like the others. You don't need to buy the plants, just dig up some roots, divide them up by chopping them into 2 inch chunks and plant on top of your shit pit – you'll have comfrey in no time! As a little side point, comfrey is the most amazing wound healer (common name Bone Set) and is so effective that you have to be careful not to trap dirt in the wound before it sets...Comfrey is also edible, but I wouldn't eat comfrey plants from my sewer system – the best comfrey for eating that I've tasted is the wild creeping comfrey. Caution about eating too much of it as well, since it contains some plant toxins, but it is unlikely that you'll over eat this plant!



And this leads me onto my next point which is about plants being able to take up whole molecules into their cell structure from the minerals present in the soil. The brassica family is the one that is most able to do this, so it is especially important that you grow these plants in shit free toxic free soil otherwise they will end up tasting like shit! Literally! By growing comfrey on the shit you are able to send the shit through two loop systems before it returns to the food system. Shit breaks down, comfrey grows, it breaks down, fruit grows.....

Now, this summer I went to visit some communities living lightly on the earth, and got to see a variety of compost toilets, and most of them seemed to follow the same basic design. A wooden structure with solid walls (to prevent animals getting in and smells getting out) placed on open ground (so the worms can be introduced) and a platform raised off the ground with a hole to shit through and wood chip to cover with so as to mix well, adding air and micro bacteria and prevent too much smell. They all had walls to give one privacy when doing ones business. When the structure is "full" then it is left for the shit to fully break down, the worms and micro bacteria to do there magic and turn shit into gold. Then you have a rich material which could be used to spread around the garden, preferably fruit trees or bushes or fruiting annuals, which will benefit from the abundant amounts of potassium in the Humanure.

Now, from my view, the benefits of dealing with it in compost toilets as opposed to individually in comfrey systems is that you can get people to use them who would not deal with it individually (most people would even find compost toilets a bit weird to be fair) but the benefit of the comfrey system is that it is very simple and effective for the individual. Also it increases the possibilities to deal with shit in an urban context since it needs less space and is dealt with quickly. The size of land I need for a comfrey sewage system is only about 12 square foot for all my shit. (By the time I fill up the space with comfrey the first lots will have broken down completely).

So, what has this process taught me over the last two years?

Firstly, it has shown me that in every difficulty there is opportunity, or to phrase it differently, the problem is the solution, or, the stone that the builder refuse will be the head corner stone. If we could see our "problems" as "solutions" rather than as problems then what a beautiful world we could create. On a meta level, **everything creates more of its self**. If we see problems, we have problems. If we see solutions we have solutions.

What, metaphorically speaking, is Shit? It is "what is left"

from what I can't assimilate into my being from my food. It is a symbol of the subconscious mind. It is a reflection of my connection to all that is. It is what I don't know. I don't "know" what it is, since once I know, that's not it. So I have to let it go – give it away. Holy Shit Indeed!

Secondly, that crouching is the natural posture for humans to shit in. Bowel movements are a lot easier and more natural when this posture is adopted.

Thirdly, observing my shit has taught me a lot about digestion. Sorry about getting graphic (I hope your not eating while reading this!) but when I look down after doing my business I know when I've rushed a meal and not chewed my sunflower sprouts properly, and cant help noticing the skins of fruits which are hard to digest....



Nuff Said! You'll have to discover these things for yourself! In other words, my shit is a symbol of my state of health and wellbeing. So what is "normal"? If only I knew – what works for one person may not work for another...everything is "normal".

Fourthly, it has tuned me into Nature in a deeper more understanding bond than before. Yeah, I have shit in the woods on starlit nights, scraping away the leafmold, seeing the frost sparkle in the moonlight! Magic! But this is perhaps not the best solution because rodents can easily dig it up and eat it. Yep, Rodents will eat shit! (That's why there are so many rats in the sewers! I wonder if they prefer fruity shit to cooked shit....)

I now find it hard to go back to sitting on a toilet seat again, it feels so weird! A bit like eating cooked food again after long periods of Raw. In some ways I feel more motivated to deal with my shit than grow vegetables! It's something I have to do. I am human! I shit! AGGHHH what am I going to do? Get back to nature!! Create the culture I want to create!!!

Fifthly, it has kept it real for me. It's easy to get lost in illusion about our nature. We loose our natural instinct, and become disconnected to the cycles and the seasons. For example, we may think food "comes" from the shops, whereas in reality the shops come from the food. Without food there would be no shop. I believe that since we are mostly water and so is most life on the planet, eating food directly from its Origin, will help to awaken in us a remembering of our Cosmic Origin, the tidal systems and larger planetary systems which influence us all the time.

I easily forget that eating local food straight from the Earth connects me straight to the Earth and in a way that is so much more powerful than commercial food will ever be to me. It helps awaken my intuitive sense (especially with wild food). I feel my Illusions drop away. (I put them



on the compost heap!) I suddenly remember who I am again –Eternal Light Source Energy! It's the joy of Harvest, Receiving, the Awareness that Mother Earth Provides, and that we *are* the Elements, Air, Water, Fire (Light, if you prefer the word)...“Nature is One and indivisible”...

Just a few personal points – I don't rely on human manure as my sole source of fertility – It has been observed that cows don't eat the grass growing directly around their shit; they leave it for others. We need to understand our place and relationship to Mother Earth and all her Creatures. And who needs to rely on one source of fertility when there is so much ignorance of the value of organic matter around Human “settlements” (cities). Just go and raid a few fruit and veg shop bins for a few weeks and you'll know exactly what I mean... Or sweep leaves off the street to make leaf mould... But back to the subject -Holy Shit.

So get to know your Holy Shit as a Solution, a Resource, a Symbol, a Reflection, a Teaching. Let it grow comfrey! “There's nothing as grateful as land, nor as forgiving...” (By the way, women have access within them to a much more potent source of fertility than men have ...Make a liquid feed with it for fruiting plants –they'll love it!)

“The Mystics of all religions keep telling us ‘All's well with the world’”. External reality only reflects my own inner life, thoughts and feelings. If I see suffering, and illness, I am suffering and ill. If I think harmful thoughts towards someone, sooner or later I'll feel threatened by someone; will feel fear. So the negativity is in me – the shit is in me - and I have to take that responsibility for dealing with it.

We are a Microcosm of the larger Macrocosm. If I pollute my Inner Environment (ones thoughts and consciousness) I pollute my Outer Environment, and vice versa, since the two are not separate. I often find myself out of balance. Nowadays we are constantly encouraged to go to extremes in every thing we do, as if our success or happiness was some goal to be attained at the end of an arduous struggle. Refusing to use a flush toilet can be more effort than its worth, believe me, I've been there. It has meant that I've never spent long times away from Home, due to following my Calling despite knowing that I'm always “Home” wherever I am, and that whoever I am, I always Am. So I try not to label myself: to flow, and not limit myself to the infinite possibilities of the universe.

The healer and the healed are One.

When ever we are attached to anything we stop flowing and experience illusion. Illness is the breaking of the illusion, the manifestation of that illusion into external reality. Illness is the healing happening.

Its easy to fall into judgment mode as soon as we find we can let go of what others “need” ...like cooked food, or meat, for example, or flush toilets, as the case may be. Since mind and body are One both have to work together to create change in our life. If our mind isn't ready to change its patterning then our body won't be either. And yet if we can't listen to our body's needs we won't have

the motivation to change habit.

I read something like this the other day – when you are on the Raw path its hard to accept the views of anyone more “toxic” than you, since their environment is more polluted, and will not be giving them a “clear” view on reality. We begin to think we “know it all” and that is a very toxic state of mind to be in. My health is seriously at risk if I think this!

It's our openness to Change, to let go, which determines how we grow through life. To live is to grow and to grow is to change and to change is to continually die to your self. What Dies Lives! Only plastic flowers never compost...reality breaks....When our motivation to Change comes from an unconditional love for what is then we really start to live. “You ARE that, that you shall become.”

Final ponderance: will there be shit in Paradise?

Before enlightenment, Shit: after enlightenment, Shit. But with Awareness!

I like to think that we will all transcend matter and live off cosmic energy direct from Source... we will just be one with all that is: Whole and indivisible.

What makes us Us is not that we have the capacity to eat anything (which we do) and live of virtually anything, (where there's a will there's a way...) but that we have the capacity to Love. And it is that Love that IS Paradise. It is within us and comes from us, it cannot be described in words.... When our illusory self (ego) has been fully composted (its getting more broken down every day...) we will suddenly realise that we are Here in Paradise Now, always and forever.

(And Compost doesn't know failure: it will always get there in the end....like all water finds its way to the sea...eventually....)

Love to da MAX!

By the way, I currently have a strong vision of living a tree based tropical culture lifestyle, and have a long term project in mind that I'm going to call the Fruit Path Project. The basic idea is to start planting fruit trees right where I am, aiming at wild trees preferably, which will can be propagated from seed, and make Fruity pathways across England, then Europe, then the whole earth till I end up in a place that where ever I choose to go, there will always be Fruit....Who's up for joining me?
maxsalad@googlemail.com ❀

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For more info contact Max at maxsalad@googlemail.com



Rob Preston 1961 - 2006

Rob Preston, tai chi teacher, fitness and conversation enthusiast, enjoyer of life.

Rob will have been known to many of you who attended the first two Funky Raw festivals - for his tai chi sessions, his conversation and no doubt for his laughter - and to those involved with the Festival of Life. Rob is no longer with us, in this physical world at least.

Above all I will remember Rob for his laughter and his enthusiasm, for his in-depth and often intense conversation, for his incredibly wide reading, for his love of tai chi, badminton, weights and swimming, for his love of living life in his own way, for his encouragement of others to find their own path and for his enjoyment of people and

the pleasure that can be generated between them.

It was a great comfort to Rob's family to hear at his funeral how much love his friend's shared for him and how much he had helped and supported friends and others in his life.

I learnt and shared a lot with Rob since I met him in 1990. He was a great friend, and a unique personality, and I miss him.

For another, very heartfelt piece, with some nice photos of Rob, by another long time friend of his, please visit:
www.veggies.org.uk/page.php?ref=881

Steve Charter

Plans are in progress to have a memorial gathering and plant a tree in Rob's memory. This will take place next spring in South London, anyone wishing to be kept informed about this please contact Janet - janetspence26@hotmail.com or phone 020 7209 3976

Tai Chi Rob - a poem by Paz

T'ai Chi Rob died the other day
It came as a shock
But no great surprise
To learn of his passing
His sudden demise
At just 44

He seemed well and strong
Fit and young
For some the forties is when life's begun

Yet Rob played a dangerous game
Trialling drugs
As human guinea pig
A course many thought unwise, insane

But the pharma company is not to blame
Warning of possible fatal consequences
Spelling out the risks of radiation
From radiographs used in the
experimentation
The chance of harm
From taking part

However, the cash was tempting
Almost money for nothing
Swallowing a pill
A few X-rays
Feeling tired or lousy some days
The odd injection
Blood tests and physical inspection
Though who would guess one might get
seriously ill
Even to suffer heart attack
Even to be killed

For someone so involved in sport
Kung Fu, cycling, running
Endless hours swimming
Who'd shy away from mere aspirin
And gladly eat raw food's offerings
Drug trials appear a bizarre, crazy choice
Counter-intuitive, logic-defying
Like he cared not about potential damage...
Or dying

So T'ai Chi Rob paid the ultimate price
Forfeiting his life
By selling his soul to Satan
The wealthy pharmaceutical corporation

And what price his life ?
Less than two thousand pounds
A small expense relative
To a multinational's profits
But a high toll on Rob and those left behind

Not an innocent victim
He knew the score
Thus learning a lesson
None ought ignore

For easy money
Karma dealt a blow hard
And what's ironic, perversely funny
Rob drifted into The Big Sleep
By a substance intended as a sleeping
draught

While the pill he popped
Is known generically as "Zalephon"
Trade name sweet-sounding "Sonata"
With such a label one would fear no wrong

Yet, beware !
Chemicals are not smarties
Not to be taken lightly
Whether for sickness
Or recreation and parties
But to be cautiously used
Yet best avoided
Where long life is pursued
Else health is lauded

Well now Rob travels once more
(He'd been round half the globe before)
This time, though, for a much-needed rest
In subtler realm of the Interlife or Heaven
There to meet his angelic sistren and brethren

While down on Earth
His possessions are examined
To box confined
Likewise his body
Autopsied then to coffin consigned
Sealed and buried
As his larger-than-life personality
Fades to faint, fleeting memory

Still, we recall Rob's better traits
His eco-nature, helpfulness and friendly face
And perchance reflect -
Without regret -
How his premature death
Was nevertheless
Such an awful waste

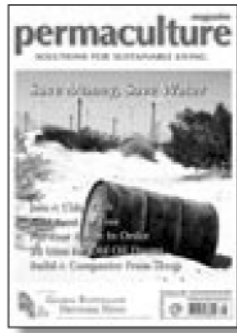
Anyhow, all cycles, recycles and turns around
And maybe it won't be too long
In a new fitter form
His soul shall be re-embodied
Once again found
Walking fair Earth's green lawns

[R.I.P. 23-8-2006]

Paz 29-9-2006 www.metaphysicality.com



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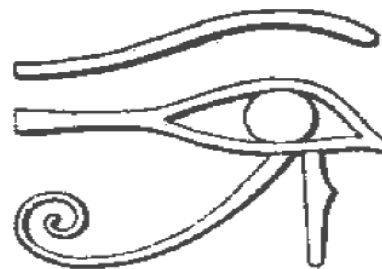
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