



The  
**Funky Raw**  
magazine

Issue 11 - Summer 2007

Restoring paradise consciousness

£2.75 / €3.50

Raw Food • Recipes • Wild Food • Medicinal Mushrooms

# From the Editor

Hello and welcome to issue 11! Firstly sorry for the delay, it's a long story and I won't bore you with the details. And just so you know, next issue will also be late, but this time on purpose due to the timing of the festival, expect it around October 1st.

I'm very happy with this issue, excited by working with three new artists, Mary Egan and [redacted] who have both illustrated articles (see pages 15, 22 and 24) and MC Miller, who has created some cartoons (see pages 30 and 31), a big thank you to each of you. And thanks to Joolz Barnes for the amazing cover artwork "Tree Man", see more of her artwork at [www.myspace.com/planetjoolz](http://www.myspace.com/planetjoolz)

I'm also pleased with the extended recipe section, three pages of mouthwatering recipes - as soon as I've finished writing this I'm off to my kitchen to make the stRAWberry cheesecake... Keep sending me your recipes, there's a free copy of the magazine for everyone whose recipes get used.

And in other exciting news, this magazine is becoming available in more shops, Bristol, Manchester and Durness

## Advertising Next issue deadline 7th Sept 07.

Rates start at £20 with discounts for block booking. Please see [www.funkyraw.com/ads/](http://www.funkyraw.com/ads/) for full rate list.

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!



are the latest places to welcome Funky Raw. And for our international readers, this magazine is now also available in electronic eBook format so you can read without having to pay international postage.

So, on to summer. "What summer?" you may ask (if you live in the UK) as it rains and thunders and lightens and rains some more. Well, don't worry, I've booked a whole week of sun for the Funky Raw festival, so get your self down to Cornwall for six days of yoga, raw food demos, wild food walks, bhajans, chanting, music and delicious raw cakes, plus the beach just down the road.

So, keep sending in items to be published - news, events, recipes, tips, articles, artwork, poetry, stories, well, anything you think would fit, and I'll see you next time (or at the festival).

love Rob - [rob@funkyraw.com](mailto: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](mailto:rob@funkyraw.com) or post to **Funky Raw**, 87 Pepys Road, London, SE14 5SE

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

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

Copyright of submissions remains with each individual author or artist.

# Funky Raw FESTIVAL 2007

**Cornwall, August 22 to 27** (inc. Bank Holiday Weekend)

A relaxing raw food camp! Daily yoga classes, wild food walks, raw food preparation demonstrations, bhajans, chanting, live music, conscious dance. Bring your own instruments and drums for open mic and impromptu jams. Raw cafe and cake stall and fresh organic fruit and veg available for self catering. Taking place on a beautiful organic farm 10 minutes walk from the beach and woodland walks.

Tickets from website £80, concessions £50, 14-18 £20, under 14 free with paying adult.

No alcohol, no smoking, no dogs or other pets.

**[www.funkyraw.com/festival](http://www.funkyraw.com/festival) 0845 003 9515**

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# News, Events and more

## Shazzie's Reader Giveaway

Shazzie's own branded products are now available in high street wholefoods shops including Fresh and Wild. Shazzie understands that raw fooders want to buy superfoods in large quantities, which is why she insisted on 500g packs. Now you can have spontaneous "I need raw chocolate" moments whenever you're out shopping! As a special exclusive offer to our readers, Shazzie is giving one lucky person 500g each of raw organic chocolate powder, cacao butter, shelled hemp seeds, goji berries, and lucuma powder. This prize is worth nearly £90, so make sure you enter right away - just send an email to [competitions@funkyraw.com](mailto:competitions@funkyraw.com) or write to us at Funky Raw, 87 Pepys Road, LONDON, SE14 5SE and include your postal address. The winner will be chosen at random from all entries on the closing date August 7th. All of Shazzie's products can be found on [www.detoxyourworld.com](http://www.detoxyourworld.com), or by phoning 08700 113 119.



## Raw Festivals

### Funky Raw Festival - Cornwall, UK August 22-27

Yoga, music, dance, food prep demos, wild food walks and of course the raw cafe and cake stall and loads more on a beautiful organic farm, 10 minutes walk from the beach and woodland walks.

[www.funkyraw.com/festival/](http://www.funkyraw.com/festival/)

### Festival of Life - London, UK September 1st and 2nd

Celebrating Sustainable, compassionate lifestyles, raw/live food & holistic health. See page 7 for details.

[www.festivaloflife.net](http://www.festivaloflife.net)

### SimplyRaw Festival - Ottawa, Canada Saturday September 15, 2007

The 2nd annual raw vegan festival in Ottawa, Canada's capital city, featuring a lineup of speakers including Brendan Brazier (professional vegan ironman triathlete), Matt Monarch (author of "The Raw Spirit"), Tonya Kay (professional raw food athlete & dancer), and others; live raw food prep demos and workshops; a host of raw food exhibitors; and the highlight of the event - a raw vegan pie contest!

[www.simplyraw.ca/festival07](http://www.simplyraw.ca/festival07)

### Raw Spirit Festival - Arizona, USA October 12-14

The list of speakers for this festival is impressive! Located amidst trees and ponds on verdant lawns beneath Sedona, Arizona's famous Red Rocks, The Raw Spirit Festival celebrates organic raw vegan foods, world class music, spirituality, eco-sustainable solutions, healthy living and peace on Earth.

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

## Accommodation Offered

Room for rent in raw house in south Cornwall 1 mile from stunning coast, short or long term let with use of shared raw kitchen. Ring Tish on 07952 694 901.

## Accommodation Wanted

Place to live wanted, long let, rural/semi rural with garden or nearby space to grow veg, or maybe community? into permaculture, for myself and lovely dog and cat, Clare 07837 342833

## 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

Regular meetups - potlucks, picnics and restaurant visits. Join the email list at [www.funkyraw.com/email](http://www.funkyraw.com/email) to be notified of events or email Waz on [the\\_stealth\\_protector@yahoo.co.uk](mailto:the_stealth_protector@yahoo.co.uk) for more info.

### 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.

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



## Workshops / Talks / Retreats

**Sat 21 July** - Looking Good and Eating for Energy - Kingston, SW London, *Theresa Webb*. £35, 11am - 2pm.

Allergy free foods / Raw food workshop.

Kitchen Buddy 020 8697 2755 [kitchenbuddy@hotmail.com](mailto:kitchenbuddy@hotmail.com)

**Thur 26 July** - Raw food for beginners workshop - *Catherine Parker*. £40, 11am - 3pm, Cobham, Surrey. [cathparker.wordpress.com/workshops/](http://cathparker.wordpress.com/workshops/)

There will be plenty of food to sample - so arrive hungry! For further information or to book please contact Catherine: 07734 294548 or [reallivingfood@yahoo.com](mailto:reallivingfood@yahoo.com)

**Friday July 27** - *Matt Monarch*, The Upper Room, 8 Greenland Street, Camden Town, London. £8

This talk covers how to go raw, overcoming health challenges, the benefits, juicing and colonics, and more.

Details/RSVP [s.zoe@virgin.net](mailto:s.zoe@virgin.net) [www.rawspirit.org](http://www.rawspirit.org)

**Sat 18 August** - The Raw Chocolate Revolution with *Shazzie and Kate*, £60, 2pm-6pm, Hove, near Brighton.

Talks on what the revolution means to them, chocolate and cake demos. More details at [www.detoxyourworld.com](http://www.detoxyourworld.com)

**1-8 September** - RawYoga Retreat in the Alpujarra Mountains of Southern Spain with *Lila & Lely*.

For more details contact: [RawLifeInSpain@yahoo.com](mailto:RawLifeInSpain@yahoo.com)  
tel: +34-649 727 570 or [yogaunderthesky@yahoo.com](mailto:yogaunderthesky@yahoo.com)  
tel: +34-699 537 167

**Thursday eves 8.15pm - 9.30pm starting Sept 6th** - Healthy Eating Evening Classes in Beckenham with *Anna Marcon*. Five week course, £50.

Introduction to raw fooding & healthy eating options

Come and see a delicious healthy raw food recipe made and get to eat it! Recipes include raw chocolate, raw pizza, fruit tart, super food weight loss smoothies, creamy nut milks.

Contact: [anna@therawlife.co.uk](mailto:anna@therawlife.co.uk) or 07939531092  
[www.therawlife.co.uk](http://www.therawlife.co.uk)

**Mon 1 to Thur 4 October** - Detox your world annual retreat 2007 with *David Wolfe, Shazzie and Magic Kate*.

Yoga, workshops, transformation, living foods and fun galore. Full details at [www.detoxyourworld.com](http://www.detoxyourworld.com)

**Fri 5 October** - An Evening with *David Wolfe*, £60, 6:30pm - 10:30pm, Hove, near Brighton

A rare chance to hear nutrition expert David Wolfe speak. See [www.detoxyourworld.com](http://www.detoxyourworld.com) for more info.

## Working holidays in the Alpujarras (Southern Spain)

Raw retreat space and organic business needs more hands!, Come help garden, juice, walk, pick fruit, sell, buy, play! Contact Sam +34 636 44 1950 or Dani +34 699 714 613 or email [crude-food@wildmail.com](mailto:crude-food@wildmail.com)

## Sleepless in Penzance - for 11 days

Report by Holly

On 25th May 2007 Tony Wright broke the world record by staying continuously awake for 11 days. One of his keys for success was what he describes as a 'primate-like' diet, consisting mainly of raw fruit, leaves and nuts and seeds.

He did this to attract wider attention to his research on the human brain and consciousness by demonstrating that the brain

has latent abilities that may be

unleashed when a factor such as diet is changed.

The stunt did attract worldwide interest and hopefully will lead to

backing for further research into

human potential and consciousness.



Tony – still standing - seen here being congratulated by Graham Gynn, co-author of 'Left in the Dark' and Aranya.

It was an amazing event – the energy and the lead up to the moment when the record was broken were extraordinary. He was kept company round the clock by family, friends and supporters. It was actually in the Studio Bar, a very pleasant live music venue in Penzance. A webcam allowed people from all over the world to watch too.

During the 11 days Tony conducted numerous interviews about his work with the media and remained intelligent, coherent, humourous and considerate although it must have been a little trying to be in one place surrounded by people for 11 days and followed everywhere never mind having to stay awake. It was difficult even for him to relax properly in case he nodded off.

I have wondered whether it would have affected the mass consciousness of the world even if people weren't aware of it – in the same way as a mass meditation can do.

An amazing achievement anyway – I wonder if it will be like the four minute mile...

Tony if you are reading this you must be exhausted with hearing 'Well Done Tony!'

For more information visit

[www.sleeplessinpenzance.co.uk](http://www.sleeplessinpenzance.co.uk) and [www.kaleidos.org.uk](http://www.kaleidos.org.uk).

Tony's book *Left in the Dark* is reviewed on page 6.

## Correction to last issue

I hope no-one tried the Greek Jajiki recipe as published in the last issue. It should have been 1/3 of a cup of olive oil and 1/3 of a cup of water, not 13!

## Living Foods B&B...North Wales

Bronwen (Fair Breast) is a 400 year old cottage situated in a cute hamlet on The Isle of Anglesey (Ynys Mon, Mam Cymru), near to Red Wharf Bay. Mother of Wales and the last stronghold of the Druids, the island is steeped in ancient history, mythology and wild natural beauty.

The Snowdon Mountain Range (Eryri) and Ogwen Valley, containing veins of visible milky quartz stand before the island, with golden beaches, sand dunes, rocks and forest hugging the coastline.

Bronwen has a double ensuite bedroom, for couple or single occupancy available (£25 per night per person). Food served is mainly organic/gm free with biodynamic home-grown living foods available year round. Local produce, wild crafted foods and superfoods are also utilised. Packed Lunches (£7 p.p), snacks/afternoon tea/cake (£5 p.p), evening meals (£10 2 courses, £14 3 courses p.p, please supply own beverage). Vegan/Vegetarian cooked meals available according to individual needs.

We are currently creating a wee market garden in order to provide the local community with surplus organic/gm free indoor greens i.e., wheatgrass/barleygrass, sunflower greens, buckwheat lettuce. Including herbs, veg, and shrub plants.

For more information see  
[www.myspace.com/bronwen\\_livingfoods](http://www.myspace.com/bronwen_livingfoods)

## The Oil Files DVD by Paddy

A new DVD featuring interviews with some of the main players in the grassroots biodiesel and SVO (Straight Vegetable Oil) industry, it gives a valuable insight into the realities of running a small scale biodiesel plant, running a biodiesel forecourt, converting modern engines to run on SVO, the ethics of fuel crop production, funding a biodiesel project and pressing pure plant oil.

The initial motivation for this film was to investigate what was happening in the grassroots biodiesel movement and where my own place lay within it. A difficult question that could only be answered by getting into my veggie powered van and driving around the country visiting the people I probably should have talked to years ago.

In the DVD the different characters of those interviewed comes across nicely, but what is important is that they all have a fairly clear vision of why they are involved with vegetable oil biofuel and what they hope to achieve from it. It's very clear with each person that profit is not the key motivator, which really defines the difference between grassroots and, at the opposite extreme, corporate. What motivates them is wanting a greater quality of life where they can work in a happy and friendly environment, which is more worthwhile than any corporate job could offer.

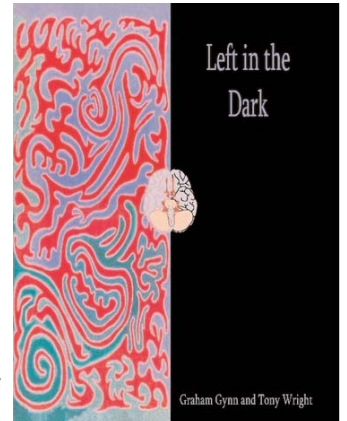
Available for £9.95 online at  
[www.vegetableoildiesel.co.uk](http://www.vegetableoildiesel.co.uk) where you can also watch a short trailer.

## Left in the Dark by Tony Wright

book review by Holly

It's been a long time coming but worth the wait - all 200,000 years of it.

This is an easy to read rewrite of the manuscript previously only available as a download from Tony's site [www.kaleidos.org.uk](http://www.kaleidos.org.uk). It would be the book I would recommend above any other in this massive area to read because of the depth of understanding of the human condition and



how we might really begin to improve it in a practical way. It gets to the heart of things – our experience as humans on this Earth, our sense of self and what, at a biochemical level, is affecting it. Based on fifteen years of research, it looks at the sense of split within the human psyche – ego/rational mind and spirit and how this may be connected to the division of the hemispheres within the brain. It examines the biochemistry of our brains and how they may have grown as a result of a diet rich in steroid suppressing fruit compounds which we would have eaten in tropical forests up until about 200,000 years ago. It looks at how a move away from this diet may have reversed a positive feedback cycle into a degenerative one and resulted in an increasing sense of alienation and separateness as a result of cerebral dominance – the suppression of the right hemisphere by the left. It tells how modern day experiments illustrate the vastly different capabilities of the left brain and the right brains when one is removed from the influence of the other. Added to all this are the far-reaching implications regarding fertility, aging, aggression and the immune system. To imagine what the implications for the human race are if we got back into the positive feedback loop is truly mind-blowing. A high quality raw diet can begin to rebuild the brain to enhance its capabilities for connecting to higher consciousness and this can help us start to make the change towards a more desirable experience of life. A book and an idea whose time has come. Well done Tony!

Available from Lulu publishing at  
[www.lulu.com/content/844522](http://www.lulu.com/content/844522)

## Bonnington Cafe, London

A new raw food option in Vauxhall. Bonnington Cafe is a communally run vegetarian restaurant and every second, fourth and fifth Sunday will be dedicated to raw food.

11 Vauxhall Grove, London SW8 1TD. For a map see  
[www.bonningtoncafe.co.uk](http://www.bonningtoncafe.co.uk)



## Raw Food in Scotland

If you thought it was too cold to eat raw in Scotland, we have news for you. In Durness, the most North Westerly village on mainland UK in the highlands of Scotland is a health food shop called The Lotus Leaf. Located in the village square, they stock the Funky Raw magazine plus a selection of raw snacks including Rawlicious Treats and Yaoh bars. They also stock superfoods including goji berries and hope to have maca, mesquite, lucuma and more available soon.

They even have a yurt in their garden if you want an alternative place to stay. Contact Gill on 0788 241 7775 or Tim 07737 165 034 or 01971 511 326 or email [timandgill@googlemail.com](mailto:timandgill@googlemail.com)

## Raw Job Opportunity in Spain

Raw Life in Spain (Orgiva, Granada) is looking for a business partner with lots of Raw Energy to help with computer work, translation, transportation/set up etc... We are giving raw food preparation courses and setting up an online shop, selling Raw Vegan Organic Superfoods and kitchen equipment. Must be fluent in English and Spanish, cooperative and reliable and of course passionate about raw food!

Contact Lila by email email: [RawLifeInSpain@yahoo.com](mailto:RawLifeInSpain@yahoo.com) or mobile : +34-649 727 570

# Passion for Paradise - Festival of Life 2007

The 4th annual Festival of Life will be gracing the urban jungle of North London on the 1st and 2nd of September, bringing together friends old and new and drawing feral rawfooders and wild flowers into the metropolis to meet their city cousins. In previous years people have travelled to the Festival from all corners of the UK, this year it will be even harder to miss - running over two days with more activities, stalls, music and like minded people to meet. And a new venue - our hosts are St Paul's Steiner School in Islington, a converted church with a friendly environment to enjoy each other's company.

Whether you are a new comer to rawfood and natural health or have been creating your internal paradise for years the Festival is all about YOU and what you do. Your presence helps makes the Festival what it is - a celebration of our lifestyles and of each other. We don't all have the opportunity to connect with others on the same wavelength everyday - for many people a natural diet and the consequent shift in consciousness is a lonely path the Festival of Life exists to fill that gap, to help make connections, find the gold in each other and make it shine.

In London our social networks are a great

compensation for the pressures of city life. We are fortunate that there are other people who share our interests not too far away. London thrives on diversity and, while we might wait a while for an all raw restaurant to appear, there is plenty going on between us with pot-luck gatherings, raw chocolate parties and picnics on Hampstead Heath. It's from this grassroots interaction and social generosity that the Festival of Life emerged

The Festival is built on principles of veganism, sustainability, raw food and compassionate lifestyles and continues to embody these as self-empowering choices which individuals can use to create a brighter future. The programme includes over 50 talks and workshops by leading

by Nirankar

speakers on aspects of health, ecology and spirituality. There's a market place in which you will find extraordinary rawfood cuisine, superfoods, equipment for the raw kitchen and all kinds of ethical traders selling clothes, alternative technologies, books and more, and information stalls providing inspiration for transformation. Around and about will be all kinds of entertainment; poets, clowns, magicians and musicians, and there's a party on Saturday night.

Life is diverse, vast and surprising. We value the broad spectrum of opinions and experiences in the conscious living movements and there are many different views expressed at the Festival. Our differences keep us going in a spirit of living enquiry, recognising that no one and nothing has all the answers - we come here to learn, to share and to live our truth. If you are looking for something or you have something to give, bring your dreams to the Festival. Who knows what you might find or who

you will meet. Looking for a job with an ethical business? Looking for a raw place to live?

**The Festival of Life 2007 - 11am to 7pm Saturday 1st and Sunday 2nd September**  
**St Paul's Steiner School, 1 St Paul's Road, Islington N1 2QH**  
**Entrance £8 / £5. All activities Free.**

**Full programme to come at [www.festivaloflife.net](http://www.festivaloflife.net)**

Looking for a raw boyfriend or girlfriend? People have found all these and more at the Festival. You'll also find; yoga classes, chanting, permaculture, a healing area, holistic fun for adults and children and extraordinary people just like you. (All this from a marginal network of extreme health freaks. Wow! Imagine a world like this in twenty years time!)

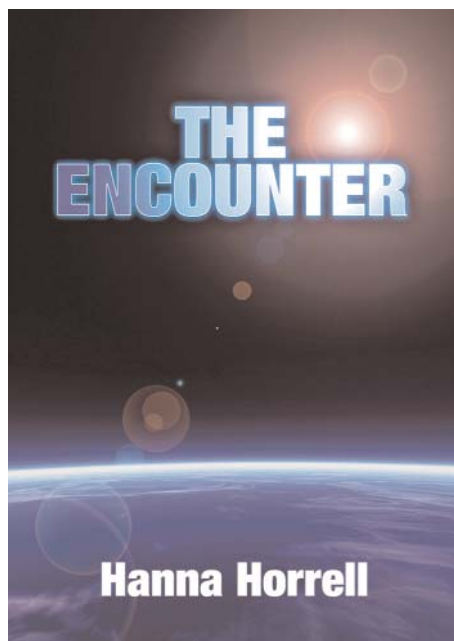
If you would like to participate we need stewards to help manage all aspects of the Festival, please contact Janet 08707 344888 / 07867 608850.

To book a stall contact Chris 02392 611607

*The Festival of Life is a non-profit making organisation affiliated to the Permaculture Association*



# The Encounter by Hanna Horrell



This is a novel, but also so much more than a novel. The idea behind the book is to spread channelled information in a format where positive information is a natural part of the story. Getting alternative information into popular culture, whether this be in the form of novels, films or music is something I've spoken with a few friends about in the past, so I was

excited when I got a phone call about this book and was offered a copy to review.

The story follows Carrie, an artist who is very psychically aware. She has been hearing voices for some time and finally meets the source of the voices, an alien being called Amos who gives her the task of bringing people together to spread light into the world. The story is woven around Carrie's ability to channel information from alien beings and the "living library" and the message of co-operation

## book review by Rob

and moving forward in a positive way comes through very well. The story basically tries to include as many positive ideas as possible, including things like growing your own organic food, positive music, energy healing, etc.

None of this detracts from the story, which has lots of interest and sub plots to keep the reader engaged throughout.

In some places, too much irrelevant detail is given, especially for us raw fooders, the detail about what food was being cooked including lots of meat, was quite distracting. Surely people as highly evolved as the lead characters in this story would have worked out that at least vegetarianism was the way forward!

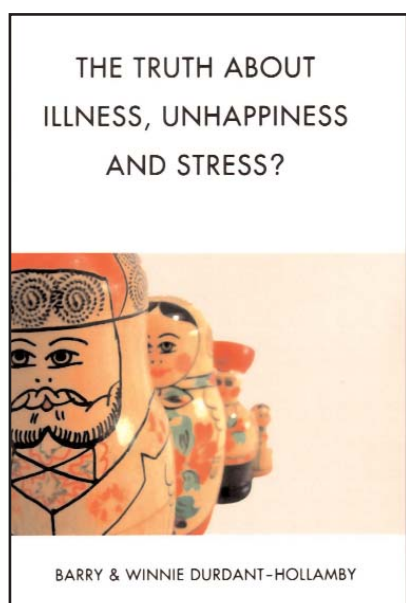
I really enjoyed this book and as I was coming to the last few pages I was thinking "I hope the sequel will be out soon"!

Highly recommended, and if there are any authors out there, read this book and then write your own which also includes messages about eating healthily!

Available direct from the publisher:

[www.apexpublishing.co.uk/pubDetails.asp?Num=107](http://www.apexpublishing.co.uk/pubDetails.asp?Num=107) as well as Amazon and other bookshops. (ISBN: 978-1-904444-79-4)

# The Truth about Illness, Unhappiness and Stress? by Barry & Winnie Durdant-Hollamby



A very practical book to help you change your life for the better. The central theme is that we have the ability to heal ourselves if we have the desire. The authors suggest that accessing our inner guidance is the key to self healing and daily meditation can help with this.

The universal laws, including the "Law of Attraction", are discussed - how we create

## book review by Rob

our own reality and how positive thought and affirmations can help with this.

The book is written in a way that the information can be put into practise in your life easily. Each chapter has a checklist of things to do and remember and the book is full of real life case studies which help to explain the principles and how to use them and prove the positive results.

Some of the chapter headings: Five Modern Myths, Resistance to Change, Universal Laws, Coping With Setbacks, Our Children and Root Causes - Money and Relationships.

Available direct from the publisher at

[www.artofchange.co.uk](http://www.artofchange.co.uk) and also from Amazon.



# Recipes



## Courgette hummus

5 cups courgettes (you can peel, but I don't bother)  
1/2 cups raw tahini (or make your own by grinding sesame seeds)  
4 cloves garlic  
1/2 cups lemon juice  
1/4 cups olive oil  
1tsp cumin (or more if you like cumin)  
pinch cayenne  
1tsp celtic sea salt (or to taste)

Mix all ingredients in a food processor.

Much easier than having to sprout chickpeas (and lighter!)

by Catherine Parker - [cathparker.wordpress.com](http://cathparker.wordpress.com)  
07734 294548 [reallivingfood@yahoo.com](mailto:reallivingfood@yahoo.com)

## "Spaghetti Bolognese" - serves 2

2-3 courgettes spiralized, or cut into strips with a mandolin or with a vegetable peeler .

Drizzle courgette strips with a dessert spoon of olive or flax oil and a dash of salt, allow to meld and tenderise for a few minutes.

### For the sauce:

2-3 tomatoes  
1 carrot  
1 celery stick  
4 sundried tomatoes  
1 garlic clove  
1 teaspoon mixed dried herbs  
1 teaspoon dried rosemary  
pinch of cayenne powder  
1 teaspoon of miso or shoyu (optional)

Blend sauce ingredients with a little water in either a blender for a smooth sauce, or in a food processor, without added water, for a chunky sauce.

Top with sprouted mung beans or sprouts of your choice, and add a few olives!

Optional extras:

1 tablespoon of soaked seeds or nuts  
a few mushrooms  
a squeeze of lemon juice

This is one of my staple recipes! Very yummy!

by Rose Teesh

## Amazing Spinach Salad

Spinach  
Apricots, soaked 2 hours  
Walnuts, soaked 2 hours  
Tahini sauce - ground sesame mixed with cold pressed sesame oil

Tear spinach (important for cell wall structure), cover with apricots, walnuts and tahini sauce yum

by Ira



## Fennel Delight

Grated fennel bulb -lots! and chopped leaf  
Raw pitted olives in bits  
Grated apple  
Torn rocket leaves and some fresh mint

Mix ingredients, squeeze a little lemon on top, devour!

by Sam - [www.rawcommunities.com/crude-food](http://www.rawcommunities.com/crude-food)

## "That's Hot" Kale Salad

Several large leaves (about 5 or so) of dinosaur kale, sliced and ribs removed  
1/2 an avocado, cubed  
About 6 cherry or grape tomatoes, halved  
1 tbsp. hemp seed  
Juice of 1/2 a lemon  
1/8 tsp. cayenne pepper  
Salt to taste

Combine everything except tomatoes in a large bowl; mix well, mashing with a fork to cream the avocado and wilt the kale. Mix in the tomatoes. Leave to sit for a few minutes for a more tender, easily digestible salad. Mmmmm...

by Vanessa Sheren

## Squash Spaghetti

10 squash, peeled  
2 garlic cloves  
1/2 cup olive oil  
handful of mint  
handful of parsley  
2 pinches of sea salt  
Optional: 1/2 cup of pine nuts

Take the peeled squash and use a spiralizer to cut up like Spaghetti. In blender, blend together the rest of ingredients (not the squash). Take the green mixture and mix it into the squash Spaghetti. Ready to eat immediately or chilled.

by Dawne Schofield



# stRAWberry cheesecake

## For the base:

60g almonds  
60g buckwheaties (dehydrated buckwheat sprouts)  
50g currants  
1 tablespoon coconut butter  
squeeze of fresh lemon

Process together in food processor (you may need to gently melt the coconut butter first) until mixture resembles moist bread-crumbs. Press into the bottom of an 8" cake tin with a removable base.

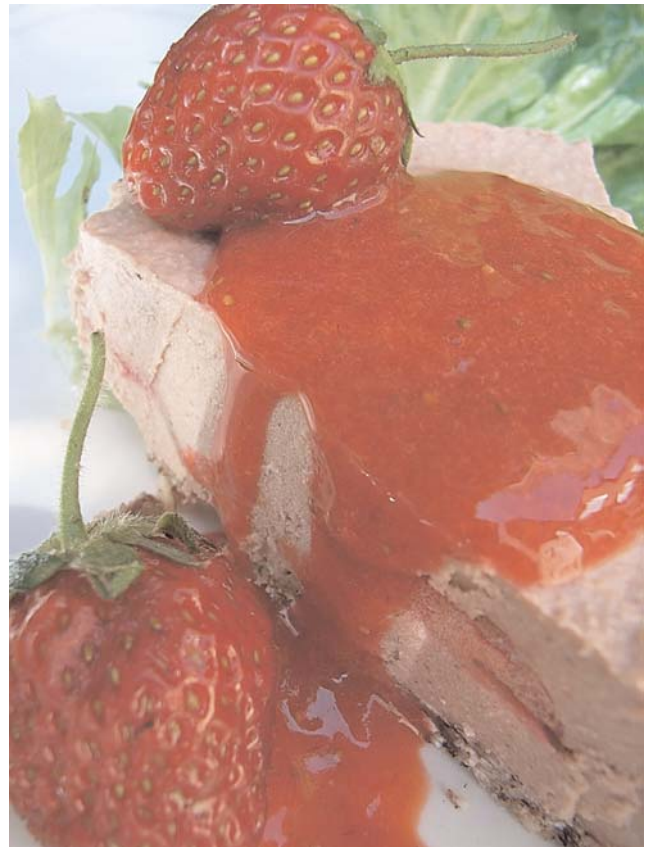
## For the topping:

200g soaked sesame seeds  
90g dried apricots (soaked)  
90g cacao butter (can substitute coconut butter)  
150g peeled courgette  
150g fresh strawberries  
2 tablespoons honey or agave  
4 tablespoons of lucuma  
juice of 1 lemon  
1 teaspoon vanilla essence/ seeds from vanilla pod  
100g strawberries

Blend soaked and drained sesame seeds in high powered blender with soaked apricots, gently melted butter, and the rest of the ingredients except 100g strawbs.

Pour half of the mixture onto the base. Chop up the remaining strawberries and lay over the first layer. Then pour in the rest of the cream.

Put into the freezer/ fridge to set. Lovely on a hot day, semi-defrosted, served on a bed of lettuce with strawberry coulis (blended fresh strawberries) over the top.



# Kulfi Cubes

170g dried apricots (soaked)  
180g dried coconut  
180g dried sesame seeds  
100g almonds  
the seeds from 3 cardamon pods  
pinch ginger powder  
pinch cinnamon powder  
1t orange zest  
juice of 1 orange  
handful raw pistachios

Grind cardamon seeds, coconut, sesame and almonds (in high speed blender or pass through a masticating juicer with the blank plate)

Blend soaked apricots with spices, orange juice and zest.

Mix dry ingredients into wet ingredients. It should make a firm, dough like consistency.

Press into a square cake tin. Leave to set in fridge, and cut into cubes. Press one pistachio on top of each cube

Serve garnished with rose petals.



# Cantelou-Petal Salad

1 cantaloupe melon  
A handful of edible orange flowers, such as nasturtium, edible chrysanthemum, marigold. (other flowers would work well too, such as mallow, borage, pansy)

Cut melon into chunks.

Nasturtium flowers can be left whole, pick petals gently from chrysanthemum and marigold. Toss melon chunks with flower petals in a bowl for a sensual, aromatic edible experience :)

Recipes by Michelle Sugden  
[www.therawkitchen.blogspot.com](http://www.therawkitchen.blogspot.com)

Send your recipes to [rob@funkyraw.com](mailto:rob@funkyraw.com)  
Free copy of mag if your recipe is used.



## Sand biscuits

Makes about 30 biscuits

5 mins, soaking 8-12 hrs, dehydrating 12 hrs

My son named these, because they look like sand, and they taste of the seaside too, with the kelp and sea salad in. And of course, you can put two together and make a sandwich!

140 g Brazil nuts, soaked 8 -12 hrs 5 oz  
60 g flax seeds, ground 2 oz  
1 tbsp miso  
1 tsp kelp powder  
500 ml water 8 fl oz  
4 tbsp Atlantic sea salad

Presoak your brazil nuts the day before. Put all the ingredients apart from the sea salad in a blender, and blend for a few minutes until it has thickened (you may need to add more water). Stir in the sea salad by hand, making sure it's evenly distributed throughout the mixture. Shape into flat biscuits about 5 cm across and dehydrate for about twelve hours.

Brazil nuts are the richest natural source of selenium, a mineral that is particularly important for men's health and has been linked with the prevention of prostate cancer.

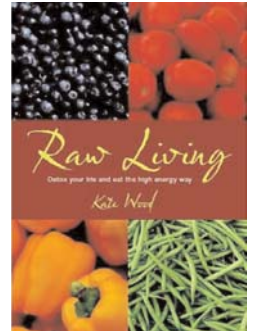
*These recipes are taken from Raw Living by Kate Magic Wood, published by Grub Street July 2007. This is Kate's second raw recipe book, her first is Eat Smart, Eat Raw. Kate has been raw for 14 years and raises her three sons on a raw diet rich in superfoods. Her new shop Kate's Cosmic Cake Counter will open soon in Brighton. For more info go to [www.rawliving.co.uk](http://www.rawliving.co.uk).*

## Fattoush

Serves two

My version of the classic Lebanese salad. I love Zaatar, it is worth tracking down from a speciality grocer if you can. It's an aromatic mix of thyme, sumac, and sesame seeds which the Lebanese believe gives strength and calms the mind.

2 bunches watercress  
Small bunch mint  
Small bunch parsley  
½ cucumber  
4 tomatoes  
2 lemons, juiced  
4 tbsp olive oil  
1 tbsp liquid aminos  
1 tbsp Zaatar



Make a pesto with the mint, parsley, lemon juice, olive oil and liquid aminos. Quarter the tomatoes and cube the cucumber. Chop the watercress, mix all together.

Most of the watercress in the UK is farmed in Hampshire and Dorset. It is grown in shallow gravel beds and needs a constant supply of fresh spring water – a mature bed can consume as much as 5,000 gallons of water an hour! It takes one to three months to grow, depending on the time of year.

## Elderflower Cordial

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

Soak figs and flowers in water with the lime juice overnight.

It ferments slightly and is very slightly fizzy

Elders flower in late spring or early summer. Figs and humans have a special relationship. They have a very beneficial effect on the brain and their popularity with humans and primates in general may be one reason for their widespread proliferation as the seeds were spread. (You can read more about this in Tony Wright's newly published book 'Left in the Dark' available from Lulu at [www.lulu.com/content/844522](http://www.lulu.com/content/844522))



by Holly - [www.oceanwavevibrations.com](http://www.oceanwavevibrations.com)

## Creamy fruit salad

1 Avocado mashed up with some bee pollen and a pinch of salt, an apple chopped into squares (or dodecahedrons if you wish - hehe), few figs soaked and chopped, goji berries soaked, and fresh mint or lemon balm or maybe vietnamese coriander chopped fine. Mix this all together, find some tender leaves and make little bite size parcels with the lush mix in the leaves.

by Joe Hill

## Hemp Spring Soup

Makes approx 2 pts

1 handful Hemp seeds  
1/2 Celery / fennel  
2 avocados  
1/2 Cucumber  
1pt Water  
Optional: herbs & spices, wild leaves / greens.

Hemp Milk. Blend together water with hemp seeds to form a milk (using the filter with a blender, or straight through a twin-gear juicer), keeping the husks. Add the remaining ingredients and blend until pale green and creamy.

by Theresa Webb

[kitchenbuddy@hotmail.com](mailto:kitchenbuddy@hotmail.com) Private and group classes and Little Cubes of Superfood.



# The Art Of Raw - Volume 3

## A Rawsome Life! (Part 1)

It's true, eating raw food is good for the heart, good for the soul, good for the planet... However, in regards to physical nutrition, raw is not enough. That is, just because your meal choices are predominantly or fully raw/living, this is not yet to say that your diet will be a nutritious and healthy one. The important point I want to make in this edition of The Art Of Raw is that there are raw foods and there are RAWesome foods, and ideally we should be eating mainly, if not all our foods, from this latter category. Of course, this is not to say that food by itself is a sufficient condition for ultimate vitality, nor the misapplication of food the only obstacle stopping us from reaching buoyant health. Nevertheless, the physical composition of our food is evidently a fundamental and profound element of our overall wellbeing.

As you might have guessed, rawsome foods (as opposed to merely raw foods) are awesomely wholesome uncooked or living foods. In short, they are foods that yield a significant repertoire of nutritional components, typically exhibiting a nutritiousness that loosely approximates pre-industrial wild and cultivated foods; foods free from the devastating impact of intensive agricultural practices. In particular, this category of foods is distinguished from its impoverished counterparts in sheer virtue of its high bio-available mineral content. While most of us know that minerals are our friends and that they do us good, less of us are aware of just how important minerals are for our health. Not only are minerals essential nutritional components in their own right, not only do they compose vitamins, enzymes and give rise to life-empowering energetic qualities, they are also the very building-blocks of the physical universe.<sup>1</sup> Put simply, a mineral-deficient diet will not only undermine one's physical health, it will also repress one's consciousness and (relatedly) one's earthly aspirations.

Typically we will not obtain anywhere near the spectrum of minerals we require for vitality through the intensively farmed vegetable kingdom. Just to take one notorious example: the chemical-grown iceberg lettuce, despite its weight or apparent lushness, is likely to yield only negligible nutritional properties; particularly if, when you hold a leaf up to your eyes you can see your friend doing Chi Kung the other side of the room. Indeed, aside from the non-nutritional cocktail of chemicals this vegetable will supply, it is only likely to yield (in any significant volume) nitrogen, phosphorus and potassium, the minerals that form the foundation of most chemical fertilisers.<sup>2</sup> Needless to say, dining on food of such low quality will not allow

<sup>1</sup> Put another way, they are the physical manifestation of condensed higher-vibrational (or non-material) energies.

<sup>2</sup> In fact, this marked imbalance of mineral content is likely to cause further health problems for both the plant and the plant-eater's health.

by Warren Vialli

my body to function anywhere near its optimal condition; I, like you, require a full repertoire of key and trace minerals. Characteristically this poor quality produce, insofar as it yields more than five minerals, is likely to supply key minerals (e.g. calcium, sodium, zinc, iron or magnesium) in trace amounts, whereas the body requires these minerals in sizeable dosages.<sup>3</sup>



Most readers will be well clued-up on the organic food front; and will, as such, be eating very little (if at all) from the artificially grown kingdom. Nevertheless, just because something is organic, it does not mean that it will be sufficiently wholesome. Decisively, while in most cases organic produce will be more mineral-rich and nutritious than its chemical-grown brethren, this is certainly not yet to say that it will supply the full repertoire of minerals in the approximately significant doses that we require for vibrant health. The crucial issue here is the quality of our modern soil, and what the word organic actually implies.

Let us begin with the soil. Do not underestimate the power and profound significance of the top six-inches of topsoil; civilizations and societies have thrived while their soils were rich, productive and fertile, fallen as their soils became malnourished and exhausted. There are two main reasons why soils become less vital. Firstly, it involves a failure (gradual or otherwise) to replenish the soil fertility that is extracted from the earth in the form of the living plant itself. Secondly, and more importantly in regards to good organic practices, a significant proportion of soil fertility has been leached into the sea and deeper (less obtainable) strata of the earth's crust. For sure this process is a natural one, and for thousands and thousands of years this trend has slowly but surely occurred. Nevertheless, today's economic and agricultural paradigm has drastically and profoundly exacerbated these affects. While the bountiful pre-industrial plant and mineral kingdom served as a natural barrier against the relocation of these vital soil elements, modern deforestation, agriculture, quarrying and other general landscape developments, such as the development of flat and largely impermeable roads and other artificial urban surfaces, have

<sup>3</sup> Though different individuals and constitutions will require different amounts and proportions of particular minerals.

amplified the depletion of our land at a time in our human epoch when we need its richness the most. Furthermore, the very much related disintegration of the earth's natural water-cycles have greatly hindered what has historically been a dependable replacement of these vital elements back into its top-soils; especially in the form of mineral-rich rainwater and underground water tables.

In light of this information, it is important that as consumers of organic produce we select the finest life-enhancing sustenance that we can find or manifest into our lives.

Thus, my second point is this: within the realm of organic food there can be a huge diversity of quality; not all organic food is created equal as far as wholesome vitality is concerned. For a start, it is hardly worth mentioning that the farther fresh food has travelled and the longer it has been stored before it reaches your mouth, the greater the nutritional loss. In most cases therefore, fresh organic food will be more rawsome when it has travelled less distance to reach you. Next it is important to note that the standard of organic foods can vary significantly from one organic certifying body to the next, and indeed, from one organic farmer to the next. As such, while certain farms will be pulsating with a vibrant plethora of soil-organisms, excellent quality humus and a rich and balanced compost, that is to say, the perfect conditions for growing rawsome produce; other farms will merely be "chemical free". Notably, the Bio-Dynamic Agricultural Association<sup>4</sup> (UK6) and the Soil Association (UK5) are two certifying bodies that demand much more stringent farming standards than other bodies like the Organic Farmers and Growers (UK2) whose less rigorous requirements allow larger, more intensive agricultural farms to qualify as organic. For our purposes then, produce bearing the UK6 and UK5 mark will typically be more rawsome (often significantly so). Furthermore, local farmers, especially of smaller plots, accredited by these codes will often be passionate growers of high-quality produce; genuinely interested in giving the customer (which they will typically see in person) a wholesome and tasty treat. Generally they will be much more knowledgeable about the vitality and the importance of the soil. Certified biodynamic (Demeter) farmers in particular adhere to practices that both physically and energetically enrich and revitalise the soil in order to grow superior quality plants. Support your local biodynamic farmer! Seek out any organic farmers that are consciously and perhaps innovatively revitalising the soil for the good of a truly sublime harvest!

Of course there are hundreds and hundreds of small-scale

<sup>4</sup> The symbol for biodynamically grown produce is Demeter. Without this symbol the presence of UK6 will denote that a farm has met the strict organic standards of the Bio-Dynamic Agricultural Association (BDAA). That is to say, a farm that has been certified organic by the BDAA need not be farming using the methods and practices of biodynamic farming.

farmers in this country who (often for financial reasons) have decided not to become certified by any organic body. Or else, they are presently going through the qualifying process. As such, many conscious and passionate farmers are selling their high quality organically produced wares without an official organic certification. In both cases (i.e. certified or not) your local farmers market, farmers shop or box scheme will more often than not be the best place to acquire the most rawsome products. Though, in instances where a farmer has not been appropriately accredited by an organic body it makes sense to interrogate him or her a little just to make sure that he or she is a genuinely mindful organic producer. Even better, get a guided tour of the farm, get friendly with the family, show them the amazing benefits of going raw and get invited to loads of rawsome dinner events.

If your locality makes it difficult for you to get agriculturally produced rawsome foods what can you do? My first advice would be to look harder. Good quality boxes of vegetables can be delivered to most parts of the UK, even if they have to be delivered from out of the county. Often small-scale or allotment farmers, though they might not go out of their way to sell their wares, will be more than happy to sell you what excess they might have. In addition you can proactively manifest the change you wish to see in the world. Organise the first regular organically produced farmers market in your area, encourage local shops to start selling good quality produce, or consciously attract a number of holistically minded natural farmers into your region. Start to grow your own rawsome foods in your garden, your allotment and your windowsill.

Grow grasses, sprouts (either with tiny shoots or long green ones), make live probiotic ferments<sup>5</sup>, grow foods in the wild or create rawsome life in mineral-rich soil in plant pots indoors.

As most readers will be well aware, at Funky Raw we particularly recommend the use of wild foods for their highly mineralised composition and their corresponding energetic qualities. After all, wild foods are by definition the original carriers of rawsome

nutrition, and in spite of the declining quality of today's topsoils the consumption of a wide repertoire of different wild foods from a variety of local spaces will yield a potent combination of life-enhancing mineral elements. Essentially then, I encourage you to use as many safe fresh wild foods as possible, especially if your local habitat does not (as yet) offer an abundance of fresh organically produced rawsome produce.

*Warren is a fully qualified nutritional consultant providing highly individualised dietary and lifestyle advice. He specialises in the use of whole and raw/living foods for prevention, cure and vitality. Standby for [www.GalaxyofVitality.com](http://www.GalaxyofVitality.com). Summer 2007. Warren can be contacted at m: 07772 640 422 e: [the\\_stealth\\_protector@yahoo.co.uk](mailto:the_stealth_protector@yahoo.co.uk) ☘*

<sup>5</sup> See Art of Raw-Volume 1 in Funky Raw issue 9.

## Where to find...

### Farmers Markets

[www.farmersmarkets.net](http://www.farmersmarkets.net) (UK)  
[www.lfm.org.uk](http://www.lfm.org.uk) (London)

### Organic Delivery (Box Schemes)

[www.organicfoodee.com/shopping/](http://www.organicfoodee.com/shopping/)



# Wild Food

by Rob

These last few months I've noticed that the variety of wild foods I am eating has massively increased and I feel I can fulfil a significant part of my nutritional needs from this food. I started out with green leaves and a few berries, slowly learning new ones over time. Then I began to add flowers. If the leaf of a plant is edible, the flower is usually edible (but always check first). Flowers are often delicious, combining a sweetness with the plants flavour, eg wild garlic flowers have a garlic flavour and jack by the hedge flowers also taste like the leaf. At the moment I'm enjoying mallow flowers, they're delicious and everywhere. Be aware though, that the flower is what becomes the seed which becomes new plants, so don't take too many.

Then I discovered tree leaves. So far, I've been eating hawthorn, lime (*Tilia x europaea*, not the citrus) and ginkgo biloba (sometimes know as maidenhair tree) but am slowly learning more. Hawthorn flowers are delicious, but lime flowers are out of this world. So sweet, they taste like honey with lots of subtle flavours. Elderflowers are also edible, but while I don't particularly like them as they are, they can be made into a delicious drink, see recipe on page 11.

The most recent wild food I have added to my diet is... insects! Primates, including our closest living relatives, Bonobos (Pygmy Chimpanzees) all eat insects and it's my belief that they would have been a natural part of the human diet. I think we are only squeamish about the subject because we have been taught to be. Initially, I was the same. First I would just eat insects which were on the leaves I was eating. Flowers often have insects in them, looking for the sweet nectar so that was the next step in my journey. Then recently I started finding small insects and eating them on their own - this felt very strange to start with but after only a few days of doing this, it feels like the most natural thing in the world.

I often get asked what insects I eat. Unfortunately at the moment, I don't know what most of them are called, apart from ants and aphids. And the other question is what do they taste like? Usually not very much, although ants have a sharp taste which is the formic acid they use to protect themselves so maybe it's not wise to eat too many.

So with trees and plants, leaves, flowers and insects, I can go to a wild place and have dinner, and a little later in the year I'll be able to have desert too with some fresh berries.



A mallow leaf (*Malva sylvestris*), I'm finding lots of these at the moment.



Lime flowers and a lime leaf. According to [www.pfaf.org](http://www.pfaf.org), don't eat the flowers when they are old because they can have a narcotic effect.



# Squeezing In a Quick Cleanse

by Anna Marcon

If like me your feet rarely touch the ground, the thought of a cleanse can seem too time consuming and complicated. However, recently my gall bladder has been speaking to me again, telling me in no uncertain terms, to get flushing. I have done 4 or 5 flushes over the last few years, (not enough my gall bladder cries!). After the last flush, earlier in the year I distinctly felt a larger stone move down into the gall bladder - thought I was mad at the time, but I knew it was there, twinging, talking to me with its own certain pulse and tenderness.

I first discovered that I had gall stones after convincing myself I had a mere afternoon, - day at the most to live due to liver cancer, my gall bladder was so sore! After an appointment with Dr Google, [www.curezone.com](http://www.curezone.com) had diagnosed the menacing stones and provided me with a whole menu plan of flushes to try. Most of them I tried left me terribly weak, faint (possibly due to parasites) and dehydrated and at one time it felt like I added the juice of 20 lemons rather than 20 TBS to the 1 pint of oil flush as I had acid burns all the way down! I have tried some flushes where you need to spend a week planning the event, need to check your instructions constantly, and invest in a lot of needless kit. I now have it down to a very fine, quick and painless art thanks to Dr Hulda Clarke's flush 'but without all the prep, and it still gives great results.

I do not get to stick too well to the time frame, but I do try - for fear of failure. My last flush a few days ago consisted of: No pre- prep as I had not decided until 2.30pm to do a flush. Blowing the no fat breakfast rule, as I had already had an early avocado salad and I didn't stop drinking as I cannot go so long without water.

I simply:

- Stopped eating at 2.30 ( Should be 2pm)
- At 6pm Mixed 4TBS Epsom Salts in a jug with 3 Cups water then drank ¾ cup of the mixture
- At 8pm another dose of ¾ Cup of the Epsom salts and water (This bit induces uncontrollable gurning and really is more tolerable with grapefruit juice!). Then Mix 0.5 cup (1.25ml) Olive oil with juice of 3 lemons - or even better, juice of 1 grapefruit.
- 10pm force down your oil and preferably grapefruit juice, if not the dreaded lemon - the lemon really does congeal and make you gag, so much so I drink it over

the bathroom sink and I can never finish it! (I've only managed to have grapefruit juice in once and it was a much better experience!) Then to bed.

- On waking another dose of the Epsom salts as prepared before. I also need a pint of water by now.
- 2 Hours later your final dose of Epsom salts

By late morning you are pooping beautiful pea green stones. If it is your first flush you may feel a sense of euphoria as the gall starts working more efficiently again, I was certainly jumping for joy after the first one, shoving my jar of rinsed stones in the face of any one standing still for too long. The novelty of collecting stones wore off, but my last flush produced such beauties, that I rescued them with a card board scoop, if you are as disturbed as me you can view them on my website, and I don't mean to brag, but you should have seen the one that got away...

I had 5 large ones followed by tonnes of pea sized ones. One had an unidentified white object in it, and something came out that must have been food at some point, huge and un-chewed, as well as many other alien looking things. When the big one I was waiting for came out, I was thrilled, I wasn't as mad as previously thought. You will carry on passing stones for a further day and a half or so. I find coffee enema on the flush day gives better stone yield. This time I did an enema the afternoon after the flush, which brought a further 4 bigguns down, it felt like scoring goals! Whilst my gall and liver have expressed their thanks for my spring cleaning, I know there is more to come... 6-15 flushes are recommended to really clean the Gall/liver. If you think you don't have them, think again, apparently a mere 99+% of us do! I can feel I have a good few more flushes to do, and cannot wait to get more of the little blighters out!

This article is for information purposes only and does not replace the advice of a naturopathic doctor.

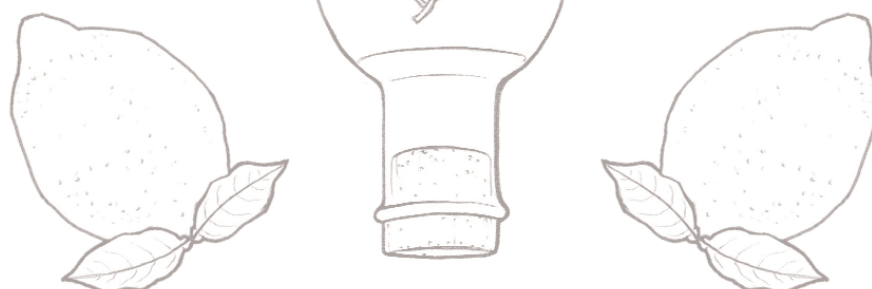
See [www.curezone.com/cleanse/liver/](http://www.curezone.com/cleanse/liver/)

*Anna was personally trained by Alissa Cohen and teaches Level's 1 & 2 of Alissa's Living On Live Food programme.*

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[www.rawteacher.com/annamarcon](http://www.rawteacher.com/annamarcon) ❁



# Earth's Pharmacy - Power Greens Part 2

As promised from last issue, we'll continue with the yummy greens looking into three plants that can actually help you in detoxifying and clarifying your brains! Apart from that they taste great in salads and juices and chances are most of them already grow in your garden, windowsill, terrace...

## Bronze Fennel (*Foeniculum vulgare* "Purpurescens")

Bronze fennel is a beautiful rusty-red to deep green herbaceous perennial with feathery leafage and yellow flowers and seed umbels, growing up to 4-feet tall.

You can sow the seeds in April-May directly on the ground in drills 8-inches apart. Choose a shielded but sunny spot protecting the plants from heavy wind. Thin seedlings to 16-inches apart when large enough to handle.

As a medicinal plant, fennel has traditionally been used to aid digestion, as a remedy for stomach ache, weak appetite, insomnia, flatulence, anaemia, coughing, asthma, head- and tooth ache. It helps clean the liver, spleen and gallbladder and increases urine flow and waste removal.

Chewing the seeds eases hunger, helps a weak digestion and sweetens breath. A brew from the roots might be helpful in treating constipation. For women the brew might also help in regulating unruly periods.

A steam bath made with seeds in hot water is an effective skin cleanser and fennel essential oil can be used in aromatherapy massage for aid in detoxification (use with caution though as it's very powerful!)

The fresh leaves have an anise-like flavour and are delicious in salads. Even better, they are reputed to strengthen memory and brain functions! The whole plant contains a high amount of calcium, magnesium and phosphorus, and a fair share of potassium, sulphur, sodium, iron, selenium, vitamins A, C, E, zinc, manganese and silicon.

*Warning - Bronze fennel, like fennel, should not be used if you are prone to blood clotting, liver problems or hepatitis. Fennel essential oil should be used with caution and only in very small doses. It should not be used on people suffering from epilepsy or on children.*

## Parsley (*Petroselinum crispum*)

Parsley, as we all know it, is a Mediterranean herb 1-foot tall with thick white roots, dark-green curly leaves and white flowers.

**Warning:** If picking any of these plants in the wild, first learn about Hemlock (*Conium maculatum*), which is in the same family (Apiaceae / Umbelliferae) but is highly poisonous.



Parsley

by Tanja Eskildsen

When growing from seeds, a good tip is to soak the seeds in water for a day or two to speed up germination, which would otherwise take 4-6 weeks. With only three sowings you can have a full supply of fresh leaves all year. Start indoors or in a green house in late winter by sprinkling seeds in a tray with damp soil and cover lightly. When large enough to handle, prick out seedlings into individual pots and plant out in mid to late springs. The second sowing is made outdoors in the middle of spring and the third in mid to late summer. Parsley prefers a moist well-drained soil in sun or partial shade.

Remember to pick the leaves regularly for (your health and) greater yields.

Traditionally, parsley has been used as a diuretic where it assists the body in eliminating stones and in treating jaundice, dropsy, cystitis and related diseases.

The root has the strongest diuretic effect whereas the leaves are stimulating, tonic, laxative and only mildly diuretic.

The root can be dried and used as tea whereas the leaves are always better to use fresh in salads or juices. Alternatively, they freeze well.

The diuretic effect makes parsley an effective detoxifier as it helps the body to expel toxins via the urine and therefore proves useful in the treatment of diseases such as rheumatism.

Parsley leaves contain about 22% protein, an abundance of chlorophyll, high amounts of vitamin A, B-complex, vitamin C, iron, calcium, potassium, sodium, sulphur, silicon and cobalt.

*Warning - Excessive use of parsley, especially the essential oil, can cause liver and kidney damage, nerve inflammation and gastro-intestinal hemorrhage. Pregnant women or people with kidney diseases should not use parsley.*

## Coriander/cilantro (*Coriandrum sativum*)

Coriander is a bright green annual, with erect stems, 1 to 3 feet high, with white flowers in shortly stalked umbels. The seed clusters are symmetrical and the

seeds fall as soon as ripe.

You can sow coriander indoors in March and plant out in May after all frost has disappeared. Or you can sow outdoors in mild, dry weather in April-May, in 1/2-inch deep drills, 8 or 9-inches apart, and cover it evenly with soil.

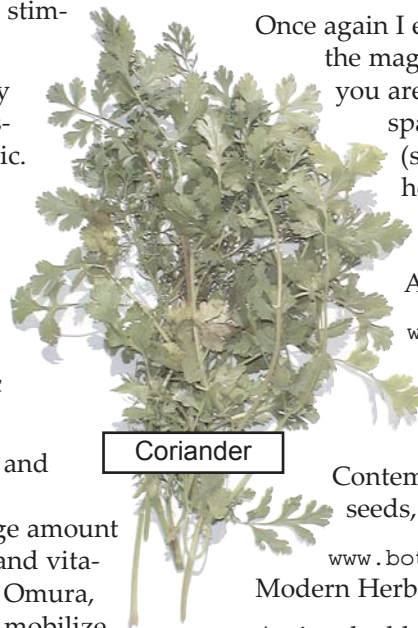


The seeds are slow germinators. Coriander prefers a warm dry light soil either in semi-shade or no shade.

As a medicinal plant, coriander is considered an aphrodisiac and aromatic appetizer with stimulant and carminative properties.

Coriander leaves and seeds are especially noted for their effect on the digestive system, treating flatulence, diarrhea and colic. Coriander seeds are suited for relief of tension in the upper abdomen, such as flatulence, cramps, and bloating. Chewing the seeds stimulates the flow of gastric juices and freshens breath. Externally the seeds have been bruised and used as a poultice to treat rheumatic pains.

The leaves have a lovely refreshing taste and provide a nutritional addition to salads, smoothies and juices. They contain a large amount of chlorophyll, calcium, iron, carotenes, and vitamin C. A Japanese investigator, Yoshiaki Omura, has made the discovery that cilantro can mobilize mercury and other toxic metals from the central nervous system if large enough amounts are consumed daily. As an extra bonus, coriander contains a chemical that has been found to kill the Salmonella bacteria that cause food-borne illness.



Coriander

Better start adding coriander to your salads today!

*Warning - The plant and seeds can have a narcotic effect if it is eaten in very large quantities.*

Once again I encourage you to do research for yourself in the magic world of herbs. Why? Because its fun and you are sure to get inspired to fill whatever empty space you have with lovely fragrant tasty (someone stop me!) plants to benefit your health and tantalize your taste buds!

A couple of great free resources are:

[www.pfaf.org](http://www.pfaf.org) - A useful resource for rare and unusual plants, particularly those that have edible and medicinal uses.

[www.mountainroseherbs.com](http://www.mountainroseherbs.com) - Contemporary info on herbs, supplier of herbs, seeds, herbal books etc.

[www.botanical.com](http://www.botanical.com) - The electronic version of "A Modern Herbal" by Maud Grieve.

An invaluable book on the benefits of more than 900 herbs is Joseph B. Marion's "Anti-Aging Manual", Information Pioneers Publisher, 2005.

Happy gardening!

Tanja Eskildsen - [Tanja@therawsanctuary.dk](mailto:Tanja@therawsanctuary.dk) ☘

## Medicinal Mushrooms

The beneficial properties of mushrooms have been common knowledge in many parts of the world for thousands of years. In China and Japan these beneficial qualities are considered as among the highest class of medicines i.e. tonics that are fed to impart strength vigour and longevity. These tonics are known in traditional medicine as "Fu Zhen" - supporting the normal. Mushrooms have been used for 5000 years for their healing, calming, balancing and medicinal properties.

The mushroom consists of two parts the mycelium which is everything except the fruit and the mushroom or "fruiting body" and unlike the mushrooms that we know as part of everyday foods these mushrooms come in a variety of exciting and exotic shapes and sizes. We have pictures of all these mushrooms on our website [www.vibrationalgairising.com](http://www.vibrationalgairising.com)

Traditional Chinese Medicine (TCM) built up over thousands of years of human observation, focuses on disease prevention by sustaining the right balance within the body through proper nutrition, exercise, and meditation. So although there is much that medicinal mushrooms can do when dealing with dis-ease the main

by Jane Slater and Ken Abraham

use is for the balancing of shen and maintenance of emotional well-being.



Cordyceps sineiensis

Mushrooms are also an excellent food and make fantastic additions to the most unlikely foods. They go really well in a chocolate smoothie for example where they seem to bring out the chocolate flavours. They are also a great culinary addition. Lion's mane is said to resemble a seafood flavour and shiitake is a wonderful edible mushroom.

There are many ways in which the mushrooms can help with our well-being and there are many different varieties of mushroom. The table overleaf shows some of the medicinal properties of 6 mushrooms **Cordyceps, Shitake, Reishi, Maitake, Tremella, and Poria** There are other well known mushrooms that are also important medicinals and all are also

recorded as strongly anti-tumour and immune enhancers - **Himematsuke (Agaricus blazei)**, **Lion's Mane, Turkey Tail and Zhu Ling** for example.



## Properties of some well known medicinal mushrooms

Since ancient times **Reishi** or Ling Zhi, the spirit plant, has been known as the King of mushrooms because of its calming and stabilising effects on the emotions and its immune modulating abilities. Ron Teegarden at Dragon Herbs says that the mushroom or fruiting body provides these shen effects while the mycelium carries the polysaccharides that have the immunostimulating properties. Reishi is reputed to “keep the body light and young and to lengthen life”.

It contains a large number of beneficial polysaccharides and triterpenes as well as alkaloids, steroids, lipids, oleic acid, adenosine, amino acids, vitamins and minerals. Current clinical studies reveal this impressive mushroom to be a highly effective therapy for nearly all major disease states and to confer “non-specific immunity” through long term regular use. Just a few of the disorders Reishi has proven itself beneficial for include allergies, cancer, liver disease, Alzheimer’s, heart disease, AIDS, radiation exposure, external wound healing and chronic bronchitis. Consider the fact that the compounds this organism produces enable it to assimilate the tough lignans of dead hardwood. Reishi is also suitable for calming anxiety and promoting sound sleep.

In the wild in Tibet **Cordyceps** sinensis grows at an altitude of over 3800 meters and is one of over 600 species of Cordyceps across the planet. Traditionally it has been collected by nomadic peoples. In the the past its extreme rarity made it valuable and it was used exclusively by Emperors and the rich and powerful. It used to be grown on caterpillar larvae. It is another of the most prized herbs in Chinese medicine.

Himalayan people compete with yaks to harvest the fungus because they value it as a tonic for reproductive health and potency. Himalayan sherpas collect Cordyceps just before the yaks begin their springtime climb high into the steep ravines to eat the “summer grass” prior to migrating back down the mountain for mating. One of the most prized herbs in all of Chinese medicine, modern studies show Cordyceps to be something of a panacea: strongly antioxidant, antiviral and bacterial, anti-cancer, moderating blood pressure and blood sugar, reducing cholesterol, protecting and tonifying the liver, kidney, heart and nervous system.

During the 1993 Olympics, the Chinese women’s track team broke the world record by an astounding time, investiga-

tions revealed they were using Cordyceps. It shows promise in treating depression and has traditional use curing opium addiction. It is generally found to be an energising cognitive stimulant.

**Lion’s Mane** is called Hou Tou Gu (“monkey head mushroom”) in Chinese. In Japanese it is called *yamabushitake* (“mountain hidden mushroom”). This mushroom has been highly prized in Chinese tradition, where exclusively the Emperors ate it. Lion’s Mane is an unusual looking mushroom. It forms white balls covered in small tentacle like growths. It is a native to stumps and logs of temperate forests throughout the northern hemisphere. Typically it is used in Chinese medicine for digestive ailments. Native Americans used the dried powdered mushroom for wound healing. The focus of recent studies, Lion’s Mane contains a number of polysaccharides with antitumour properties, other compounds and fatty acids that stimulate the immune system. A group of compounds

<b>Mushroom/ Uses</b>	<b>Cordyceps</b>	<b>Shiitake</b>	<b>Reishi</b>	<b>Maitake</b>	<b>Tremella</b>	<b>Poria</b>
<b>Anti-Viral</b>	✓	✓	✓			✓
<b>Anti-Tumor</b>	✓	✓	✓	✓	✓	✓
<b>Immune Enhancer</b>	✓	✓	✓	✓	✓	✓
<b>Anti-inflammatory</b>			✓		✓	
<b>Blood Pressure</b>	✓	✓	✓	✓	✓	
<b>Cardio-Vascular</b>	✓	✓	✓		✓	
<b>Lower Cholesterol</b>	✓	✓	✓		✓	
<b>Increase Libido</b>	✓	✓				
<b>Kidney Tonic</b>	✓		✓			
<b>Asthma / Bronchial</b>	✓		✓		✓	
<b>Stress Reduction</b>	✓		✓			
<b>Diabetes</b>				✓	✓	
<b>Liver / Hepatitis</b>	✓	✓	✓	✓	✓	✓
<b>Chitin</b>	✓	✓	✓	✓	✓	✓

\*This table has not been evaluated by a Health Professional or Practitioner. It is merely a casual summary of the results suggested by the authors’ research and does not constitute claims for any product

called erinacines have been discovered that stimulates the re-growth of neurons, regenerating nerve tissue in the brain. This makes the fungus an auspicious candidate for cognitive enhancement and for treatment of neurological degenerative diseases.

**Maitake** mushrooms are among the most potent immunostimulating medicinals, an adaptogen similar to Shiitake and Reishi. This delicious polypore is prescribed in Japan to lower blood pressure, for breast cancer, to protect the liver, and aid in weight reduction. Maitake appears to be surfacing as one of the most promising natural healing aids with antibacterial, antiviral, antitumor and antidiabetic properties. It has also been found beneficial for lung disease, candida, and high cholesterol. The polysaccharide contained in the fungus is resistant to degradation by stomach acids and enzymes, making oral ingestion highly effective.



Maitake

**Shiitake** is one of the most popular edible mushrooms and well studied, potent medicinals. In the vanguard of medicinal mushrooms it is renowned in the Far East for thousands of years. It is a powerful adaptogen and immunomodulator. Studies have clearly demonstrated Shiitake to be cholesterol reducing, antibacterial, antiviral, anticandida, a kidney and liver tonic. Its primary polysaccharide, lentinan, is the third most widely prescribed anticancer drug in the world and is regarded hopeful for HIV. Shiitake is nutritionally rich and considered an exceptional all around tonic, regular consumption is said to increase libido.

#### More About Medicinal Mushrooms

A mushroom is a fungus and one of its most useful functions as a balancer in the biosphere is that it is a great refuse collector and recycler and is very efficient at this task devouring for example dead tree roots and stumps. This cleaning up and recycling effect is also what makes mushrooms such a helpful friend in maintaining good health for humans!

Medicinal mushrooms are also highly nutritious containing vitamins, minerals, amino acids and essential fatty acids. The Tremella mushroom has vitamin D and helps prevent osteoporosis.

Not only humans are interested in the properties of mushrooms, so are bees. Beekeepers were long puzzled by why bees would dig into piles of sawdust and rotting wood stumps until it was found that it was the mushroom mycelium that was what they were after. We are constantly excited by bees. They are such adventurers dipping into every plant they can find to produce their potent

food. You only have to watch and listen to see and hear their vibrational energy.

The last few decades have seen extensive scientific research into the mushrooms, and various species exhibit great promise for deterring a host of diseases. Medicinal mushrooms may possess the solutions to many maladies plaguing modern man.

Science has found many helpful active compounds, with the greatest focus on immunopotentiating complex sugar molecules known as polysaccharides, unique to each species and found in the mycelium.

Studies have shown that consuming several medicinal mushroom species together has more pronounced immune enhancement than a single species taken alone. This is because of the variety of polysaccharides then absorbed.

Where and what the mushrooms are grown in are important as they absorb what is around them. We have found a few examples of mushroom mycelium grown on purple corn where there is the added benefit of the powerful anthocyanins and which also has exciting healing and immunising properties of its own.

Mushrooms are another example of how nature provides us with what we need to keep the planet and ourselves in balance.

#### Links:

[www.vibrationalgaiarising.com](http://www.vibrationalgaiarising.com) helpful medicinal mushroom information, pictures and supplies

[www.reishi.com](http://www.reishi.com) a website dedicated to the King of Mushrooms the Red Reishi

[www.explorepub.com/articles/kawagishi\\_11\\_4.html](http://www.explorepub.com/articles/kawagishi_11_4.html) for Dr Kawagashi's research on Lion's Mane

[www.dragonherbs.com](http://www.dragonherbs.com) Ron Teegarden a renowned master Chinese Herbalist since 1971 who has some wonderful blends of Chinese herbs and mushrooms.

[www.fungi.com](http://www.fungi.com) Fungi Perfecti, the home of Paul Stamets mycologist

[www.humungus-fungus.co.uk](http://www.humungus-fungus.co.uk) a project to promote sustainable mushroom growing in the UK

#### Reading:

*Mycelium Running: How Mushrooms can save the World* by **Paul Stamets**

*Mycomedicinals: An Informational Treatise on Mushrooms* by **Paul Stamets** ❀



# Poetry

## Visions for a city by Max Salad

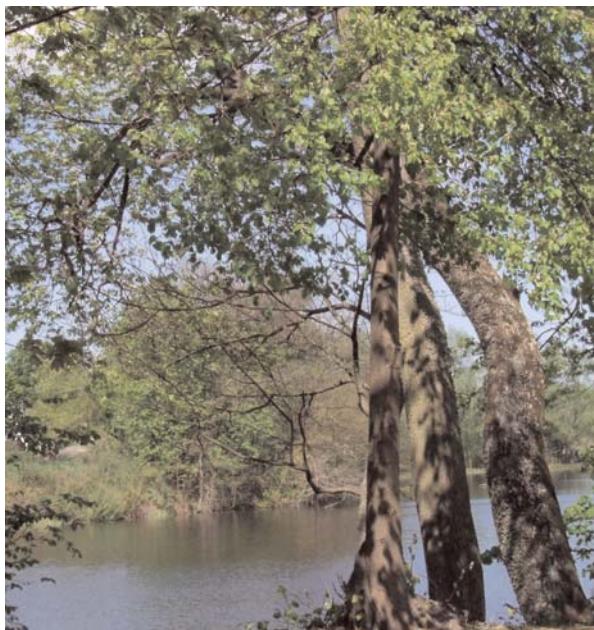
Does the chainsaw have a sound?  
Yes, the chainsaw has a sound.

Visions for a city flood by my eyes  
Paving the road and planting trees,  
Fruit and wildlife filling these,  
Nourishment coming to our needs,  
Thirst quenching streams, pure air to breath.

I am here, am here,  
Here is how;  
From seed in fruit, to sprout and root,  
To shoot a leaf, to hold a Fruit.  
Which in side Fruit –  
Beauty, truth;  
A Seed sprouting a Root.

And deeper and deeper that root will grow,  
Into the fire we once did know,  
And higher and higher, far from sight  
The canopy reaches for the light.

And in our temple we shall sit,  
Finding shelter from the storm,  
Shade from the sun pounding heat  
And Being, seeing, feeling, freely,  
All together, healing happening  
Here and Now, here is how;  
The Tree is Seed and Seed is Tree,  
Beginning is end and end beginning,  
Now's the time, the time is now,  
Listen carefully, here is how....



## The Limitless Self by Paz

From Absolute  
To relative  
From all-seen Truth  
To perspective

From unformed Thing  
To formation  
From un-Being  
To Creation

From oaken grove  
To crystal cave  
From rough-hewn road  
To smoother pave

From mystery  
To reason pure  
From history  
To Now's allure

Druid wanders  
Seeks the sage  
And Soul saunters  
'Cross countless Age

And's come and gone  
Empire and world  
White light is shone  
Black void's unfurled

Through rich and poor  
High born and low  
Each state for sure  
The body knows

Till Time enfolds  
And draws to close  
Space taking hold  
In fixed flow

Then shall Peace reign  
And hearts true rule  
Begone be pain  
And feeling cruel

Tough, tortured trek  
Shall come to halt  
For well-earned rest  
With God to talk

To meditate  
Inward reflect  
To contemplate  
Cause-and-Effect

And in stillness  
Silence to find  
Whence more real-ness  
May retune Mind

United thus  
Rejoined to Source  
Id, Animus  
Charts divine course

Rust, mould and moth  
No more so bold  
Ash and sackcloth  
Exchanged for gold

Love remedies  
Limited health  
And at last's free  
Limitless Self

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

## Air by Joan Berry

The air that we breathe  
Cleanses and feeds our bodies,  
It needs to be clean  
to work with us.

We cant all live on a mountain top,  
Or by the sea,  
If we cant breathe.  
All life will stop.

Lets start at home  
And clean our space,  
All chemicals and pollutants  
Should have no space.

Let us work together  
to find ways,  
To help our children  
To enjoy air-filled future days.



## We Grew This Food by Terri Henry

*A poem for Noah & Cherry*

We grew this food that now decorates our plate  
in colours and textures of plenty.  
We grew this food by planting seeds in fertile soil  
and caring for them gently.

We tended to the tiny seedlings as babies,  
protecting them from any harsh condition  
and giving them all the nurturing they needed  
to grow to reach fruition

We grew this food with songs of joy,  
praise and vibrations of purity  
We grew this food ourselves  
so it would be filled with positive energy

We caressed the emerging leaves and encouraged their growth  
with rich compost and gentle word sounds  
We gave our energy to these fruits and vegetables  
and now they willingly leave the trees and the ground.

We grew this food even though  
it was hard work and time consuming  
We grew this food because it is what really matters  
as our primary source of healing.

We grew this food to nourish ourselves  
with goodness, wellbeing and vitality  
This food holistically enhances our physical strength,  
mental understanding and spirituality.

We grew this food so that it would only have to travel  
from the garden to the kitchen at home -  
and sometimes it doesn't even make it there  
as we pick fresh morsels and eat as we roam.

We grew this food to make meals of delicious abundance  
to share with our friends and family.  
We grew this food together  
to provide food for our wider community.

We grew this food in full appreciation  
of the gifts from Mother Earth.  
We grew this food organically  
because we know what life is worth.

We grew this food connected  
to the ever-changing seasons and cycles of nature.  
We grew this food in celebration of life  
and in thanks to the Creator.

It was we who grew this food  
with love, patience and trust  
And now, in turn, the food we grew.  
is also growing us.

*Visit Noah and Cherry's farm*

[www.onelovelivity.com/ecotherapy4.html](http://www.onelovelivity.com/ecotherapy4.html)

## Summertime by Paz

Summertime sheds seductive sun  
Enticing to world al fresco  
Of sultry zephyr, lazy hum  
Long, louche and languid siesta

Yet arch activity abounds  
Free-flows creative endeavour  
To mason's tools does air resound  
Painter's brush brings bright, fresh  
colour

Out of buildings escape tired flocks  
Fleeing to pagan festival  
To solstice sounds and music rock  
For fleeting, insane interval

Calypso beats stir the city  
Passioned parade of carnival  
Show fashion eccentricity  
Side streets becoming dancing hall

Others retreat to countryside  
To re-ally with Earth and Sky  
From mundane life turning aside  
In Spirit's realm to soar and fly

Then after full moon lunacy  
And equinoctial excess  
Comes rich harvest ceremony  
Thanksgiving for a land well blest

Too soon cooling breeze tempers heat  
And Autumn leaves start float and fall  
Ends high humidity  
Violent ultra-violet's recalled

But heady days are not quite gone  
Entrusted now to memory  
Time when Man to Nature belonged  
Albeit ephemerally

Though p'raps on return to townscape's  
Dimmer, duller interiors  
Would mind remember and relate  
To whimsy, wanton mania

Freedom felt in festive foray  
Introspection's insight and bliss  
Those wild or restful holy-days  
Linger relieving emptiness

Recharging meagre existence  
Of goods or soul a poverty  
Inspiring renewed abundance  
Utopian reality

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



# Reconnecting with our True Nature

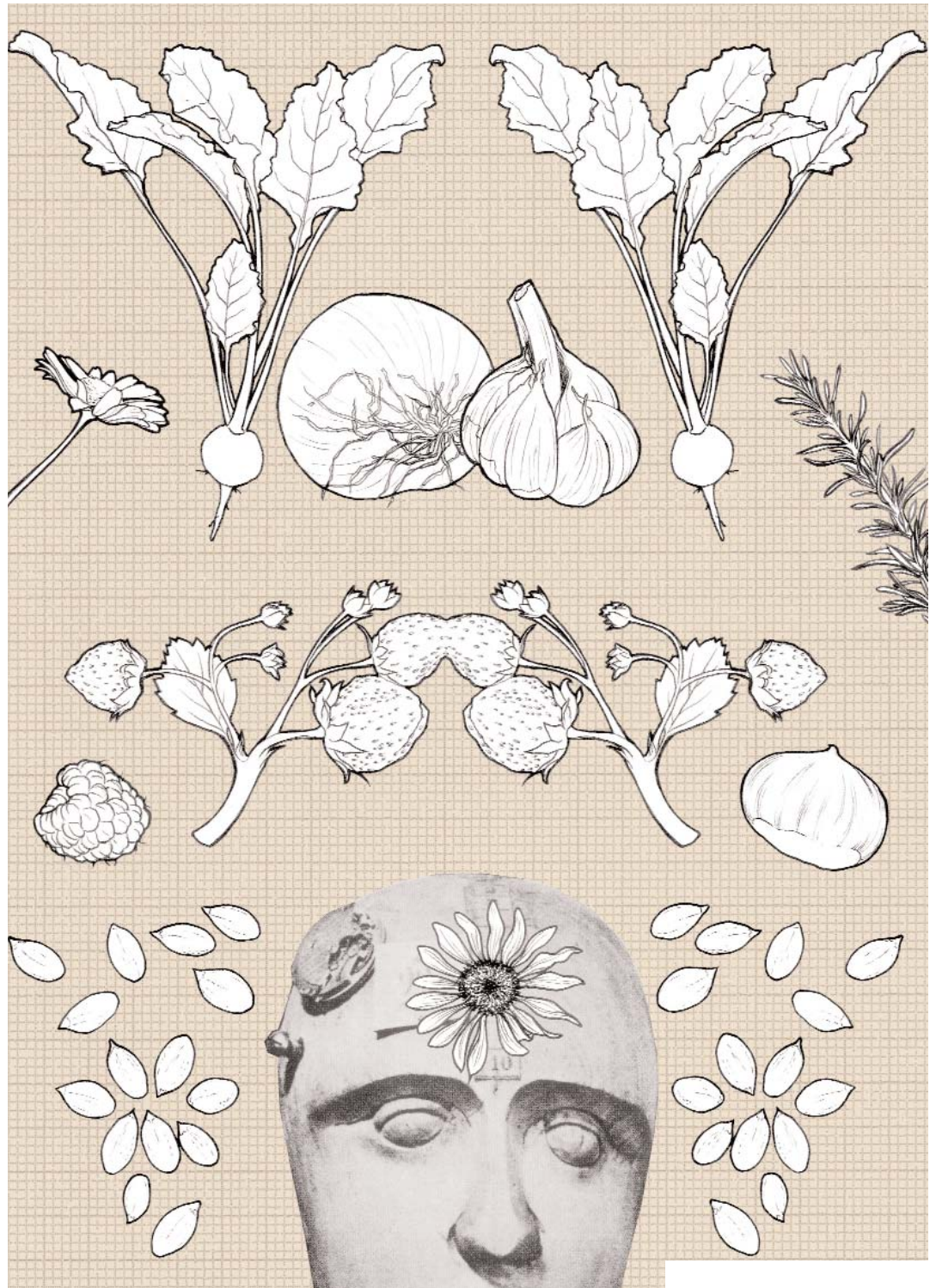
by Holly

I woke up (naturally) the day before yesterday with an insistent crystal clear message in my head – that the way we process information is affected profoundly by...alarm clocks interfering with our natural waking up process and...the division of information into subjects (starting with the way stuff is taught at school of course, which initiates this habit). I am in an ongoing process of deprogramming my life – by getting my energy higher and higher through food and lifestyle choices and a conscious policy of not believing too firmly what my mind or other minds tell me. This is making my life gradually simpler, more real and more beautiful. It gives me direct access to information that once I would have looked for in books. However it makes 'normal' civilisation seem even more unreal, fake, ridiculous.

There is a muffled voice in all of us that cries out for something else, that values the sound of birdsong above qualifications and achievements, that feels love and compassion for everyone around us whatever critical thoughts we may have, that is waiting for or working towards a different life – one that is more relaxed, where we can do what we feel like in any given moment. This voice, because it is muffled, sounds like it may be far away. Often it gets called the 'spirit' and people going looking for it all over the place. Because it seems to be far away it is often not considered that it could be anything connected to our own bodies and brains, our own experience, so it becomes a mental concept. The search becomes the pursuit of an idea, an intellectual truth, even a code for living, a formula, an equation, an explanation, an answer. The spirit has become mental. And even further away.

Thoughts and opinions often divide us – or unite us in

common opposition to a shared adversary. But feeling connects us. At this level we sense directly the reality that we are all part of one – rather than argue over a theory about it. Access to the feeling side of our consciousness (facilitated by the right brain) has been suppressed and become largely 'subconscious' – that is why it feels so far away – while the 'logical' left brain has assumed domi-



nance including its concepts about spirituality. While it debates about the meaning of life, the part of the consciousness that experiences life remains largely ignored, its callings treated with suspicion or put off until another day. To come back to the body and physical, energetic experience has come to be seen by some as missing the point from a so-called spiritual point of view. Energetic is the word here. Because our physical body and brain have lost so much energy, through the way we live but also, through no fault of our own due to degeneration that has happened over millennia, the experience that we have at this physical level has lost most of its potential intensity of feeling. That's why the 'spirit' seems so far away. On high energy living food diets, people start to reenergise and get a glimpse of the potential. Just living and existing in the body can become a deeply sensual and comparatively blissful experience. Birdsong can become orgasmic in the head, the feel of the wind against the skin ecstatic. Judicious use of psychoactive superfoods and herbs can enhance the experience further and inner knowing starts to flood back. The intuition is reawakened and can increasingly be trusted over the rational mind. Life starts to flow more; experiences become richer, connections more profound. A moment by moment knowing of what to do, through the feeling in our energetic bodies - living in 'in real-time'. Our desires connect with the 'field' which permeates everything. This experience is the 'spirit' - it is something that experiences energetically where there is no need for concepts because everything is energy, everything is love, everything is 'God', everything is potentially of value.

It keeps reoccurring to me recently that our natural habitat is a psychoactive forest - foods in their natural, wild state are 'psychoactive' i.e. they nourish and energise the brain, and reactivate the neural pathways. I noticed, after I had been raw for a while and started to eat a lot of wild greens that I was having 'numinous' experiences. It is only because we have got used to the dull, lifeless, hybridised foods of agriculture that we find this idea novel. As we kit out our kitchens with real food, grown in real soil, and forage for wild foods, we recreate the psychoactive forest situation. As this movement spreads then there will be more places where we can eat this way. And our focus of consciousness will begin to shift with more sensitivity to feeling, and more awareness of the power of our thoughts and increased tendency to harness them for our true desires rather than being slaves to them. Interesting that certain powers seem to want to take us in the opposite direction - and have been allowing the continued destruction of the remaining psychoactive plant rich forests, also encouraging the demineralisation of the food supply via various policies.

In our natural state there is an obvious energetic relationship between us and the plants. It would feel normal to be drawn to particular plants, to regularly snack on them - fruits, leaves, seeds whatever, to top up those brain chemicals, enhance hormone levels and experience a connection with a variety of plant consciousnesses. In our natural state and at its best, interaction with other humans is loving, often playful and nourishes everyone con-

cerned. Eyes meet and arms reach out. We would stop believing the ego's/mind's insistence that it has the answers and that it's latest scheme will provide what we are looking for. We would find our happiness by simply feeling what is there and allowing ourselves to interact from that state of mind.

On a connected subject, I used to be wary of so-called aphrodisiacs, thinking that they were the last thing I needed. Now I understand better what they do, at least the natural herbal ones. The term is used to describe a variety of effects including energising, increasing sensitivity both physical and psychic/emotional' (i.e. reconnecting the feeling part of us), increasing blood flow, relaxing etc i.e. many of them return us toward our original nature. So-called aphrodisiacs are not necessarily about stimulating excess sexual desire; the natural ones are often about making us feel really nice, switched on, connected and in tune with what really is.

This is a bit of a random exploratory article, written in the middle of the night, as the Beltane full moon grows. The dawn chorus is beginning as I finish.

The voice inside is waiting to be heard, waiting to fully reawaken.

*Holly's shop selling high vibrational foods and herbs is at [www.oceanwavevibrations.com](http://www.oceanwavevibrations.com).*

*Her journal is at [www.rawcuisine.co.uk](http://www.rawcuisine.co.uk). ❀*

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# The New Cosmology

by Terri Henry

Since ancient times, people have gathered together under the stars and moon to contemplate their relationship with the cosmos and their place within the wider web of nature. Nowadays most people in the western world switch on their TV sets and push aside thoughts and reflections of the bigger questions of life. Even if one were to venture outside, the light pollution of most major cities drowns out the magnificence of the night sky and the full array of twinkling stars is replaced with a ubiquitous orange haze. As our connection with the Earth is being severed so too is our connection with the intergalactic world. But what, you may ask, is the importance of our interstellar connections? And what can we do to nurture this all important link?

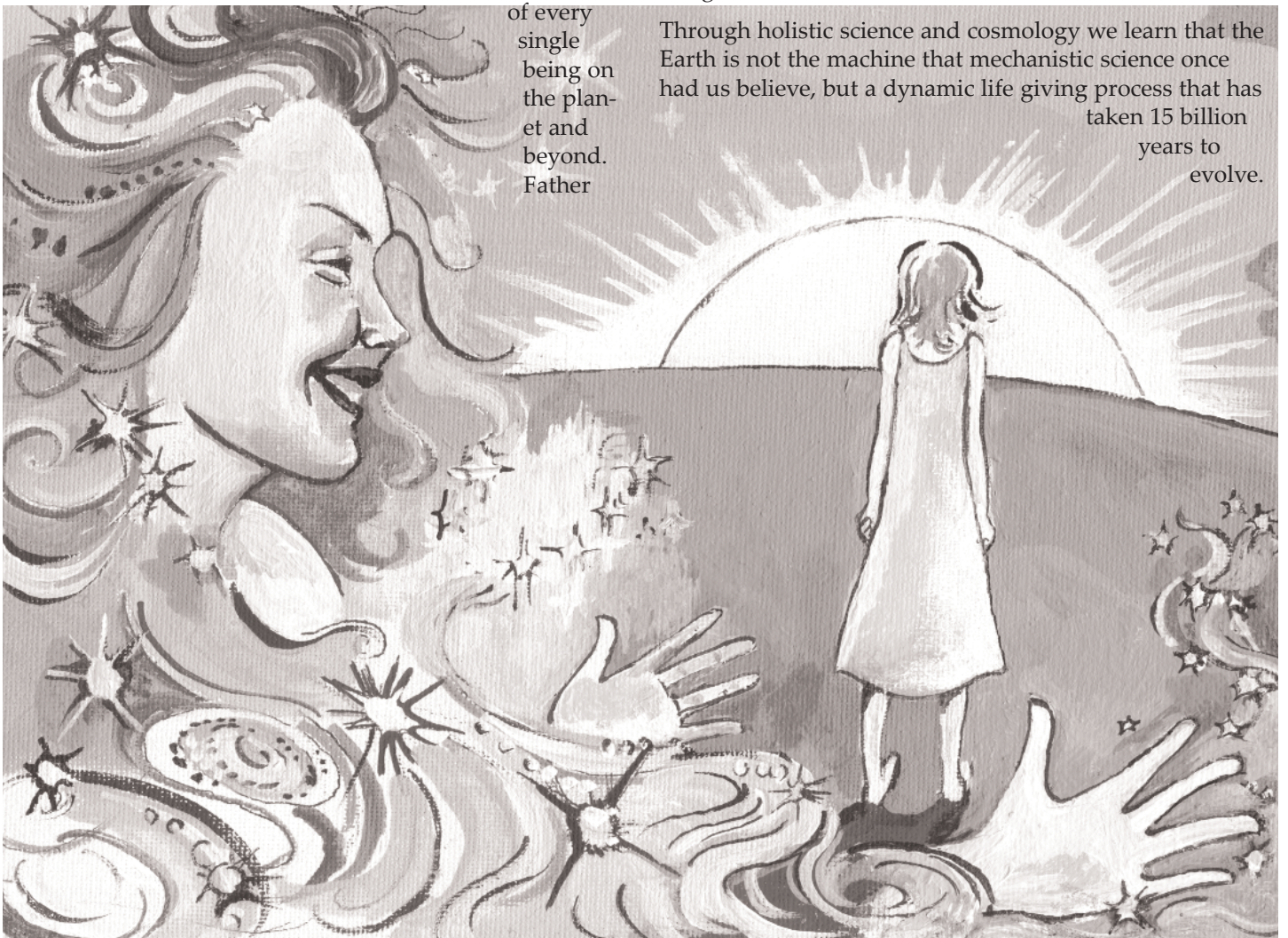
Cosmology is the fusion of hardcore astro-sciences with disciplines as varied as theology, philosophy, art and geology. It is a dynamic discipline that gives us our place in the world with both reason and mystery. Each of our lives is made up of stories which play, intertwine and are affected by other stories. The new cosmology now highlights that the biggest and most all encompassing story of all is the story of the Universe. This is a blockbuster story of unity, complexity, thrills, excitement and an unknown ending. It is a story so impressive that it touches the lives

Thomas Berry calls this 'The Great Story' and together with mathematical cosmologist, Brian Swimme, has created an unfolding narrative of the universe since it was birthed into being about 15 million years ago.

The ambiguity of what caused the initial explosion and the synchronicity of perfect timing and distance to ensure the formation of stars, planets, galaxies and life remain the territory of the Divine mystery and the new cosmology represents the most passionate marriage of science and spirituality to date. Physics becomes another language to move towards and commune with 'G-d' and knowing empirically that everything emerged from simple hydrogen atoms gives factual credence to the spiritual understanding that 'we are all one'. Certainly, cosmological understanding gives us a remarkable place to stand, a stunning perspective to view from and an awesome wonder for us to gaze in to. As Brian Swimme says "as we develop our own cosmological relationships with the powers of the universe, we will wake up one morning in an enchanted world in which we have a role to play and are able to speak to our children about the ultimate things"

of every  
single  
being on  
the planet  
and beyond.  
Father

Through holistic science and cosmology we learn that the Earth is not the machine that mechanistic science once had us believe, but a dynamic life giving process that has taken 15 billion years to evolve.



We, as humans evolving in consciousness, are the ability for the universe to reflect on itself. By embracing the cosmic processes that created life, we are born into a new realm of intrigue and exhilaration and entering the story of the universe, in mind, body and spirit is nothing short of ecstatic.

Consider that the Milky Way Galaxy, of which we are a fractional speck, consists of over two hundred billion stars! The entire galaxy stretches 100,000 light years from side to side (a light year is how long it takes light to travel in one year at a speed of 186,000 miles per second). To make the mind boggle further, is the equation that there are approximately one hundred billion galaxies in the known universe. In the enormity of all that 'space' there is a significant probability that other intelligent life is out there 'somewhere'. However, whether or not we ever get to meet wild and distant life forms, there is a myriad of complex and fascinating life on this great spaceship satellite to keep us occupied for eternity and a day. Beholding the inexplicable phenomena of life on Earth and our unique identity in the grand scheme of the cosmos engenders a new respect, love, appreciation and care for all life living on this precious spinning globe.

Remembering that we each are one part of the miraculous Earth community, which in turn is part of this eight planet solar system revolving around a 864,938 mile wide sun, which is part of the unfathomably gigantic Milky Way, which in turn is part of a immense number of other galaxies in an ever-expanding Universe then our perspective on life tends to widen, deepen and enlarge, putting the minutiae of daily life in it's place. In the light of such revelations we can meditatively delve into the ocean of our soul and traverse vast inner-world landscapes in the quest of our meaningful life purpose with a magnificently enhanced context.

Facts, figures and great celestial distances aside, the purpose of the new cosmology is not to bring about the cerebral orgasms of physicists, promote the wholesale consumption of telescopes or merely offer tantalising trivia to impress our friends with at our next raw food luncheon. The primary purpose of the great story is to live it in way that permeates to our core and radiates, at least metaphorically speaking, as brightly as a supernova.


You see way back in the 16th century Nicolaus Copernicus announced and scientifically proved that the Earth was not the centre of the universe but a sphere that, along with other planets, revolved around the sun. This startling information shifted a 2 million year experience that humans had of knowing the world as a stable flat entity, at the centre of everything. Understandably it took a little time before people could get their heads around it all but today it's a no-brainer piece of information that most ten year olds could at least sketchily explain. But then again, although we have been able to assimilate this awareness into our conscious thinking brain, our perceptual habits still cause us to hold card-carrying member-

ship for the 'Flat Earth society' as we constantly refer in our language to the 'sun-set' and 'sun-rise' and talk of watching the sun go up and down. When pushed to explain further we may describe that the Earth is rotating on its axis away from the sun, yet we rarely experience our sense of place, on a great revolving life form, in an embodied way. Whilst this may seem like splitting hairs over semantics these phrases actually reflect a far deeper split between our interpretation process of seeing and feeling the world and what is actually happening.

An activity that Swimme suggests is to find a place to watch the transition of light to dark, which works most favourably where you can see the horizon. Watching this daily event with new eyes we can begin to vividly observe and feel the Earth turning its massive body away from the sun. It's a simple yet transformative experience that reminds us of the exquisite features of existence. (I suggest that anyone that practices yoga fit in a few hearty 'sun salutations' at this point which now have a very tangible significance.) Once the sun's absence allows the darkness to reign we can again begin altering another basic pattern of consciousness. The oath of the Flat Earth cult makes us assume as we gaze towards the stars that we are looking 'up' at them. Living on a spherical planet we could also be looking down at the stars! So either standing, sitting or laying use your imagination to enter into this new concept and in looking out feel the sense of being suspended above the boundless space that surrounds you. Feel the sense of gravity that keeps you from floating into this limitless space and experience gravity as the love that the Earth has for the matter that makes up your body. Gazing down at the stars feel yourself as a part of this giant living planet swirling through space and experience what it is like to be an entire galaxy consciously reflecting upon itself.

These insights may only last a moment but they have lasting impact if we incorporate the realisations into our everyday world. Brian Swimme advises that "it is helpful to picture how, in the next millennium, each day might be filled with opportunities to experience the truth of our endlessly complexifying universe. As you walk through your day tomorrow, just imagine each advertisement you see replaced by a work of art or a ritual or an educational process designed to establish you in the creativity of an unfolding universe" Yes this is the potential and power of cosmology; to induct us into a mystical reality that can inspire us to live our days in bliss and create a whole new and cosmic future.

For more information see [www.brianswimme.org](http://www.brianswimme.org)

*Terri Henry is the founder of 'Onelove Livivity' based in Dominica. She is passionate about the health of people and planet and sharing ways which can uplift both. Terri creates and facilitates nature based retreat programs using applied eco-psychology, cosmology and other 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 view her website [www.onelovelivivity.com](http://www.onelovelivivity.com) and email [onelove@onelovelivivity.com](mailto:onelove@onelovelivivity.com) *

Artwork by Mary Egan, an illustrator and artist.  
Contact [mb\\_egan3@hotmail.com](mailto:mb_egan3@hotmail.com)



# My Raw Journey

by Audrey Walker

I was raised on the typical Standard American Diet, including processed convenience foods, meat, dairy, and junk foods. Like most parents, my parents meant well but didn't know any better. As a child I developed an emotional attachment to (and love affair with) food and started the unfortunate habit of using food to comfort and entertain myself. I remember looking forward to every meal and seeing activities such as birthday parties and fun excursions more as opportunities to eat novel foods than to have a good time. As a result I grew up overweight. As many of you know being a "chubby kid" can be very miserable. I suffered tremendously socially because of it. I was also sick a lot. I had frequent throat and ear infections and colds and flus.

As a young adult my eating habits became even worse, being on my own and being on a budget meant that I ate nothing but cheap convenience and junk foods. I never ate any fresh fruits or vegetables. Everything was out of a box, bag, or can. Even after I

became a vegan for ethical reasons, I had a horrible diet. A lot of junk food is vegan! I ate lots of fried foods, processed starches and sugar and was addicted to Diet Coke. The only health benefit I noticed after going vegan was that I stopped getting throat and ear infections. I assumed that I was lactose intolerant; little did I know that dairy is not a food that is meant for humans at all!

After about ten years of this constant abuse, my body starting rebelling. In my late twenties I developed chronic fatigue syndrome. It was terrifying. I literally could not get out of bed. Walking across the room took every bit of energy I had. Other than running a low-grade fever, conventional medicine could not find anything wrong with me. I was also severely depressed and suffered from panic

attacks. After conventional medicine's failure to help me, I turned to alternative medicine and spent lots of money on chiropractic, naturopathic, acupuncture, and other "natural" therapies. At one point I was taking upwards of twenty different kinds of vitamins, herbs, and supplements per day. None of it seemed to help very much. The only positive thing to come out of all of this was that I decided to give up wheat and gluten products to see if that would help. It did seem to help somewhat. I recovered enough to start working again. I was sort of limping through life though, not really living. I didn't have much energy and I was often depressed and anxious.

After a few years of living like this my

body gave me another wake up call: I developed fibromyalgia in addition to chronic fatigue, irritable bowel syndrome, hormonal imbalances, and chronic bladder infections. It seemed like my body was falling apart all at once. Once again I got on the conventional and alternative medical merry-go-round, although it wasn't so merry. I had constant severe headaches and incredibly tight,



Before Raw



After Raw



painful muscles. I would just lie on my couch with a heating pad and cry. No amount of ibuprofen could touch the pain. I was miserable and could not imagine living the rest of my life this way. Desperate for help I tried all different kinds of natural treatments, herbs, supplements, massage...nothing helped. Luckily I decided to take my health into my own hands and started to research everything I could about the symptoms I was having. I happened to run across a website where someone had posted something about the importance of eating raw vegetables to improve intestinal flora balance, and since I had been diagnosed with dysbiosis, an imbalance of intestinal flora, which was supposedly causing my IBS, I decided to try it. I was desperate so I decided to eat nothing but raw vegetables for a few days. Surprisingly I started feeling better. Amazed, I decided to see if anyone ate raw vegetables exclusively and I typed in "raw diet" in a search engine and came across the huge variety of raw websites online. I quickly learned that I needed to be eating fruits primarily in addition to some vegetables, nuts and seeds. I started right away. The pain from the fibromyalgia was almost entirely gone in about three days!! I couldn't believe it. I had been suffering for months, trying everything under the sun and a simple diet change relieved my pain! I kept at it and I was completely pain free with two weeks. My IBS and depression and anxiety were all gone within the first month. I was ecstatic! I was getting my life back! My energy took a little longer to come around, it slowly improved over a year or so. The fact that my depression and anxiety went away as well as the physical ailments I suffered from was a real surprise to me. I had once been so crippled by panic attacks that I could not drive on the freeway. Now I drive anywhere I want. It is amazing!

I had intended to stay around 75% raw but as time passed I realised that I didn't feel as well after I ate a cooked meal, even if it was a healthy vegan meal. I made the decision to go and stay 100% raw for the rest of my life. I started reading everything I could about raw food, health and nutrition and was very attracted to Natural Hygiene. Natural Hygiene was the approach that made the most sense to me. It is beautiful in its simplicity: give the body the conditions it needs and healing will occur. I love it. I was inspired by teachers such as T.C. Fry, Herbert Shelton, Dr. Virginia Vetrano, David Klein, Dr. Douglas Graham, and Nora Lenz.

Staying raw wasn't always easy. Sometimes it was incredibly difficult. I found that I had to work on my complicated emotional issues around food. I did a lot of work on the emotional and mental connections with food and things have improved drastically for me in that area. I applied concepts that I learned in college (I am pursuing a masters degree in counseling) to myself. I am grateful to finally feel that I have a very balanced, peaceful relationship with food. I am completely satisfied eating a very simple hygienic diet of mostly fruit with no salt, seasonings, spices, etc. I now realise that for many people the emotional and mental aspects of changing their diets is often the biggest challenge facing them. Food is such an emotionally charged issue in our lives that changing our relationship to it can be very difficult. It is my desire to

help other people deal with the emotional, mental and social aspects of going and staying raw. There are tools and techniques that can help us re-establish a healthy relationship with food and having a good support system in place is crucial. I am starting a raw coaching service that will focus on these issues and support raw foodists as they work through these processes. Please visit [www.rawhealing.com](http://www.rawhealing.com) for more information.

In summary, I can honestly say that I feel better now, physically, mentally, and emotionally, than I ever have! All due to the raw food diet! Some of the benefits I have experienced include:

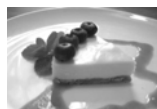
Healing from the following conditions:

- × Fibromyalgia
- × Chronic Fatigue
- × Irritable Bowel Syndrome
- × Depression
- × Panic Attacks/Anxiety
- × Chronic Bladder Infections
- × Hormonal imbalances
- × PMS/Painful periods
- × Dandruff
- × Excessive perspiration
- × Bad breath

Other positive improvements that I've noticed include having much more energy, a healthier looking skin tone, my eyes are clear and bright; my total weight loss has been 60 lbs (27.2kg). I'm so much more relaxed, positive and hopeful about the future. I feel much more spiritually connected. I have moments of absolute joy for no apparent reason. I now look forward to each day with a sense of optimism and wonder. It is truly wonderful to be alive. I believe that all of these benefits are possible for everyone, all we have to do is nourish our body the way that it was meant to be. As a former compulsive overeater and junk food addict, I can promise you that if I can do this, anyone can!

[Audrey@rawhealing.com](mailto:Audrey@rawhealing.com) [www.rawhealing.com](http://www.rawhealing.com) ❁

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# The Parts as Reflections of the Whole

by Holly

At Sunrise festival this year I was delighted to discover the work of Dan Winter and was particularly interested in his study of the physics of consciousness. To be honest I have by no means assimilated everything he talked about but what I took in was enough to stimulate and clarify many things in my own mind. His current website address is [www.goldenmean.info](http://www.goldenmean.info) and he has written several books if you want to know more. This article is from the perspective that I have been taken to by putting together his ideas with several others. One of his main points is that, in a universe which, according to the laws of physics, is tending towards increased disorder or entropy, life creates more order (negative entropy) and it does this by being fractal. This basically means that if you divide it up into pieces, each piece still contains the information to make the whole. For example, each cell of the human body contains the DNA information to make the whole body. If you look at a fern, each frond is a replica of the whole. As you peel away the petals of a rose, the shape of a rose remains. This property of fractality enables life to flourish and propagate and gives us the potential for heightened states of consciousness. In Dan Winter's words 'We emerge from chaos by becoming fractal'. It is similar to the idea of a holographic universe – in each of us is contained information about the whole universe – 'I am you and you are me'. We are just outwardly manifesting different aspects – just as the cells in the liver make up a liver even though they contain the information about all the other parts of the body. The cells in an embryo are at a stage before differentiation – they are ready to be any part of the body and it is only after the cells have divided many times that they start to specialise.

Nature is still in a fractal state and at the present time, on this planet, if we want to be in this life supporting energetic structure, it's in nature we need to be. Potentially humans can create in this way and perhaps once they did but at present we tend not to. For example, if you take a car and dismantle it, the parts individually are nothing like the whole and certainly do not contain information about the whole. We have become disconnected from the whole as we operate from our 'rational' mind which breaks things down into parts which we can intellectually manage rather than seeing the whole picture. This ego mind sees itself as separate and in competition.

However there is still a part of us that can connect to a more expanded state of consciousness, which, because it can see how we connect to the whole picture, greatly adds to our ability to function effectively and happily when we can engage it. A point made in the amazing 'Anastasia' series of books by Vladimir Megre is that we humans do have special powers – the powers of creative thought.

This is not analytical thought that tries to understand everything by breaking it down, but visionary consciousness. Anastasia is a woman living in the wilds of Siberia with no possessions, with all her needs taken care of by the forest and the animals in it. Nature takes care of her because she is in harmony with it. It can be challenging to many people to think of humans as being special in any way because of the havoc they have been causing on this planet. But at our highest we are amazing beings and my guess is that the Earth needs us and is calling us back and this is why so many of us feel an ever increasing urge to return to the land, to live and sleep with nature.

Reconnecting to the greater sense of reality when we have drifted so far from it can be painful especially in our hearts and guts. It's like birth pains, the pain of opening up something that has been closed so long and has become tight and inflexible. Spiritual opening is by no means all a song and a dance. As higher vibrations come in, lower stuff is purged and letting go of the attachment to it can be painful.

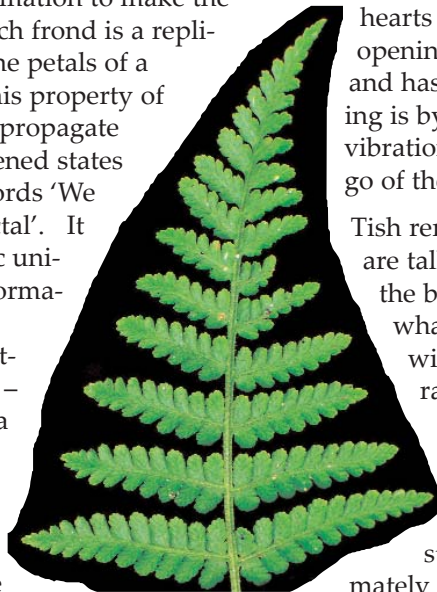
Tish reminded me yet again recently that while we are talking we are coming from the less sane part of the brain. Without the talk we would see and feel what was happening to us and what needs doing without the confusion and distraction of the rationalisations and justifications. Silence is so deeply healing. Through silence, meditation, awareness of the feelings and sensations in our bodies and the many different forms of yoga we can reconnect to a more peaceful state where we can sense that everything is ultimately OK.

Recently someone sent me an article about the Hawaiian Huna healing technique of Ho'oponopono – healing other people's illnesses and problems by healing the part of oneself that created it. This is supported by the idea of a fractal or holographic universe. In a sense we create everything: we are everything. When we want to improve anything or help someone else we need to look inside ourselves – with love. One technique is simply to internally say 'I'm sorry' and 'I love you'.

One of David Icke's analogies is 'combing the mirror'. Everything outside us is a reflection of our own state of consciousness. Instead of trying to change the reflection we need to change our own state.

Thanks for the inspiration of Anastasia, Tish Clifford, Ruth Allen, Tony Wright, Dan Winter, Joe Vitale and David Icke. I ramble on regularly on my website [www.rawcuisine.co.uk](http://www.rawcuisine.co.uk).

*Holly will be giving a talk on Food for Consciousness at the Funky Raw Festival August 22 to 27. ❀*



# Empathy Cribsheet

by Shantigarbha

Three weeks ago, I was helping some people at a workshop in the United States to empathise with another person. I was saying that empathy is about presence – being with the other person. And when they chose to use words to convey this, I was encouraging them to guess what's alive in the other person by asking, "Are you feeling..... because you are needing.....?" i.e. guessing what the other person is feeling, and linking it to what they might be needing at the moment. And putting that in the positive, rather than guessing what they might be trying to avoid.

I gave them an exercise in pairs to help them practise this skill. Then one of them – Katie – said to me, "You must have a kind of map inside you, from all the times you've empathised with people. Do you know what would be really helpful – cribsheet of which feelings go with which needs?"

I replied that I was doubtful that there was such a crib-sheet, because a person's need varies depending on what they bring to the situation. And I said I would mull it over.

A few minutes later I interrupted what I was doing and turned to Katie. "You know," I said, "There is one I can think of: when somebody is feeling surprised or shocked, it's usually because they are needing some kind of awareness that such things happen. So awareness is the need." I left it there, because it didn't seem like an easy example. But at least we had one item on the crib-sheet!

Over the next few days more came to me, until I had a list of nine. By that time I was on the other side of the States, in San Francisco, so I decided to put them in this article, and email it to Katie!

So here they are, Katie. To protect both our skins, I'd like you to know that they are guesses – i.e. not definitive correlations. Sometimes I guess them silently. Sometimes I put them into words as a way to invite the other person to check in with what's alive in them. When I use words, I end the sentence with a question mark to make it clear that it's a guess.

When somebody says that they are feeling tense or fearful (or I guess this is what they are feeling from their tone of voice or body language), I'll guess like this: "Are you scared because you need safety?" (or it could be security).

When somebody says that they are feeling relieved (or I guess this from their tone or body language), I'll guess: "Are you relieved because your need for ease is met?" or "Are you relieved because you have a sense of ease?"

If somebody says they are feeling excited or joyful (or I guess this from their tone or body language), I'll guess, "Are you excited because you want to celebrate?"

If somebody says they are feeling sad (or I guess this from their tone or body language), I'll guess, "Are you feeling sad because you need to mourn?" or "Are you sad

because you're mourning?"

If somebody says they are tired or exhausted (or I guess this from their tone or body language), I'll guess, "Are you tired because you need rest?" (it could also be a sense of vitality or freshness that's missing, or again, connection).

If somebody says they are eager or interested (or I guess this from their tone or body language), I'll guess, "Are you eager because this really engages you?" (the need I'm guessing is engagement).

If somebody says they are confused or puzzled (or I guess this from their tone or body language), I'll guess, "Are you confused because you need clarity?"

If somebody says that they are feeling lonely (or I guess this from their tone or body language), I'll guess, "Are you lonely because you need company?" (the need I'm guessing is connection).

And finally, the one it all started with: If somebody says that they are feeling surprised or shocked (or I guess this from their tone or body language), I'll guess, "Are you feeling shocked because you need awareness that such things happen?" or "Do you need space to catch up with yourself?"

Here's the exercise I suggest for using this crib-sheet (every crib-sheet needs an exercise!): The next three times you hear somebody express one of these feelings (or you're guessing this from their tone or body language), try connecting the feeling with a need by guessing in the way I've suggested above.

Happy guessing, Katie and everybody who is reading this. I hope it brings you the deep connections I'm guessing you're longing for.

*Shantigarbha is certified as a trainer with the International Centre for Nonviolent Communication ( [www.cnvc.org](http://www.cnvc.org) ).*

*To see his workshop schedule and to contact him, visit his website at: [www.seedofpeace.org](http://www.seedofpeace.org) ❀*

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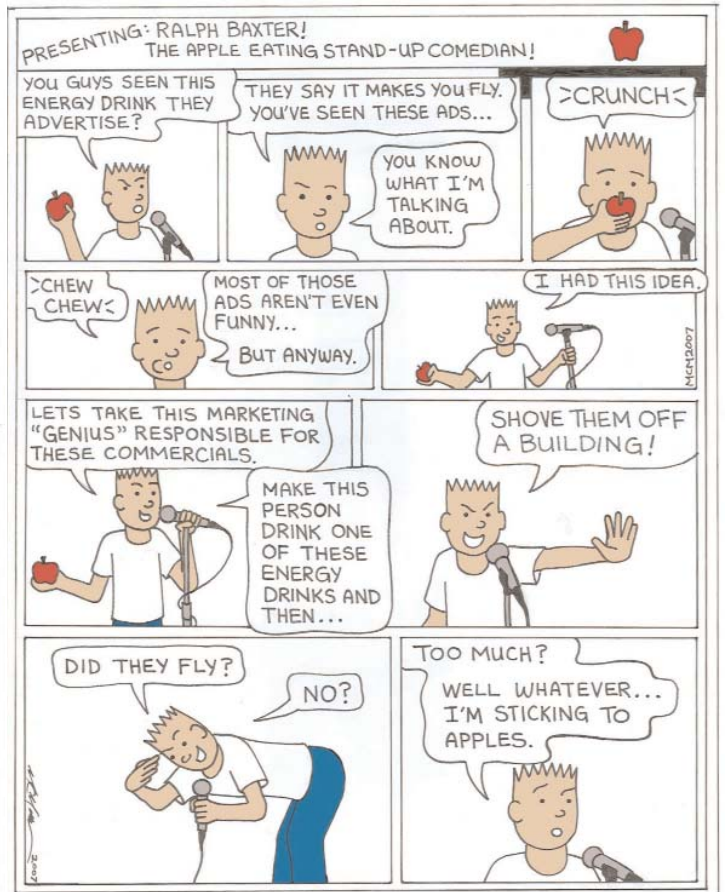
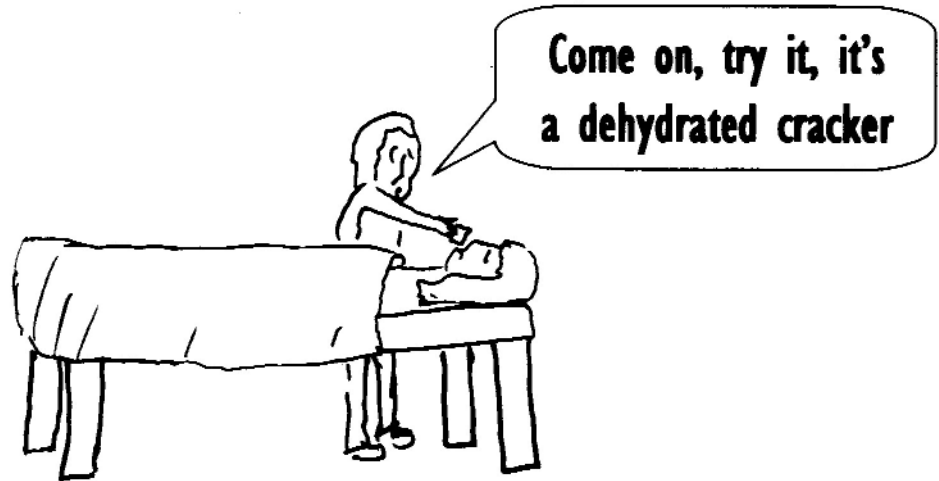


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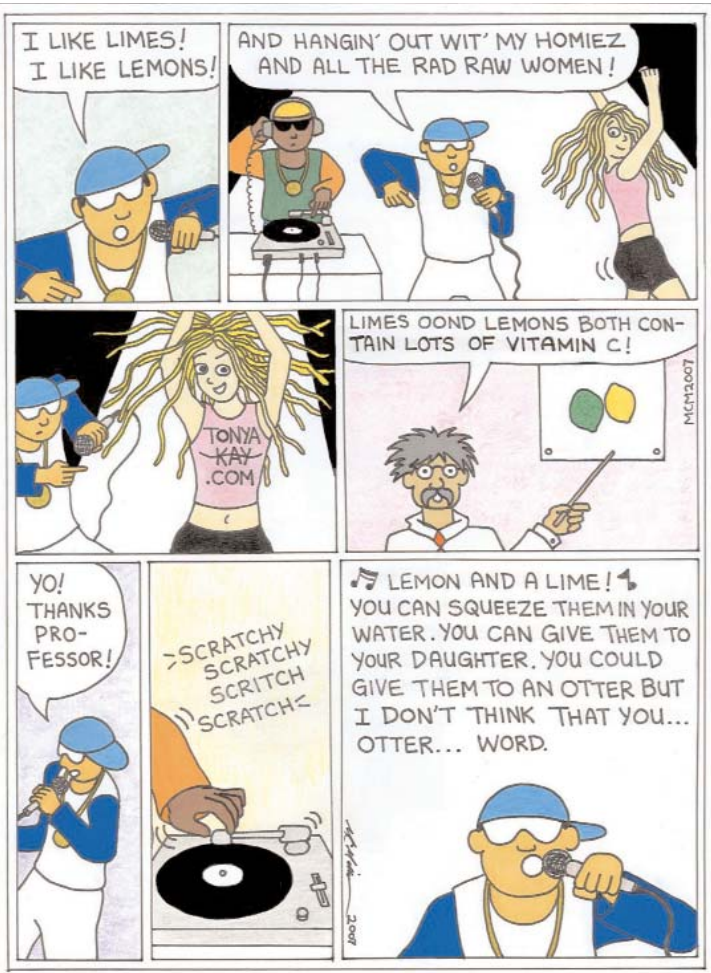
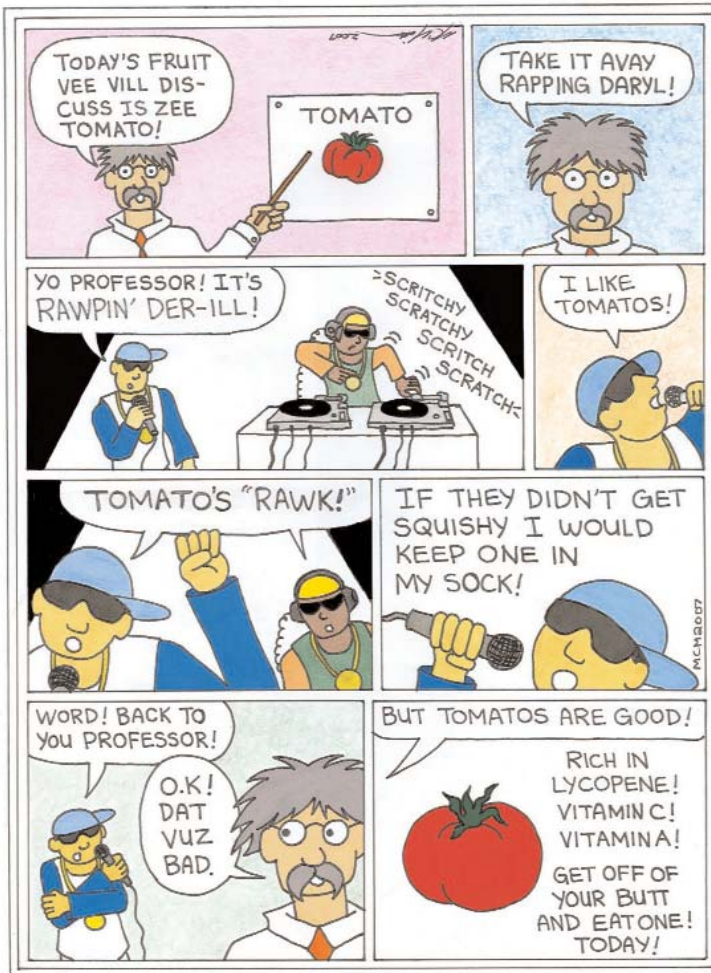
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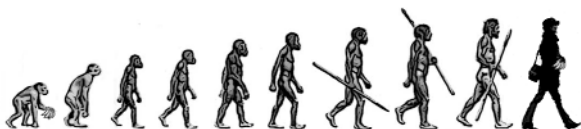
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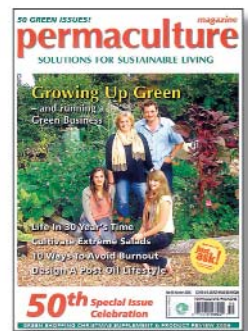
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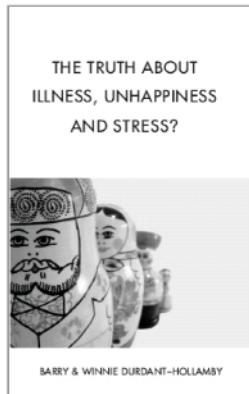
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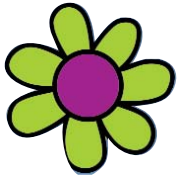
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[www.rawcommunities.com/crude-food/](http://www.rawcommunities.com/crude-food/)

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re-awakening \* re-discovering

At the Funky Raw Shop we have high quality foods and superfoods, natural healthy sweeteners, raw chocolate bars, natural, raw skin care, eco-friendly products and more...



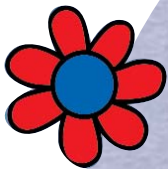
**Soapods** - The eco-friendly and natural way to wash your clothes, £4.95 for up to 25 washes.

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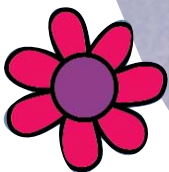


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**Larabars**,  
a selection  
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£1.29 each



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Carob pods and powder, mesquite meal, raw cacao beans, nibs and powder, lucuma powder, kefir, sun dried tomatoes, sea spaghetti, green superfoods, books and magazines, Raw Gaia skincare, etc

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