

The Funky Raw

Issue 20 - Summer 2011

Healthy eating for everyone

magazine

£3.50 / €4.25



Earthing • Homeschooling • Healthy Raw Recipes

From the Editor



Welcome to Issue 20! Quite a milestone - we've been publishing the Funky Raw magazine for 5 years now. It's interesting to see how things have changed over the years, how the raw food movement has transformed and how my diet has evolved. Raw restaurants are popping up everywhere, see my review of the latest in Madrid

on page 7. And I hear that there will be a raw cafe opening in Norwich soon...

One key way my diet has changed is the addition of fermented foods, I'm particularly loving making my own fermented vegetables - recently I've been making kimchi with courgettes, ginger, turmeric and chili. If you didn't read issue 17, I really recommend the book *Wild Fermentation* by Sandor Elix Katz, it has inspired me to experiment.

Ok, back to this issue. I'm really pleased to have the special feature on earthing - I think walking barefoot is such an important practice, and so simple and free. Head to page 14 to find out more.

love from Rob - email me at rob@funkyraw.com

Cover Artwork

 by Gwen Davies.

As a self taught artist I live in Wales where my small garden brings great joy. I am drawn to the vibration of vivid colours gifted by nature.

I am interested in the diversity of spirituality as well as the biodiversity and complexity in nature. My work, influenced by my travels in Africa and Asia, and underpinned by the traditions and folklore of home, honour these aspects of our existence.

See more of Gwen's work at www.gwendavies.com



Raw Food: What? How? Why?

Raw food is about eating the way nature intended. It's about fresh ripe fruits and vegetables, nuts and seeds. It's about delicious flavours and healthy living.

No other animal on this planet cooks it's food, and in general they enjoy much better health than humans do! Many people find benefits to eating more raw food including increased energy, uplifted mood, weight control, less need for sleep, better skin, clearer thinking and intuition, increased effectiveness, calmer, more contented children. Many people notice that their connections to nature and to other people deepen.

Due to the current state of humans, the state of the soil (lacking minerals due to intensive farming) and the actual fruit (changed through many thousands of years of hybridisation by humans) this is the diet we currently recommend:

Fruit - High quality fruit, fully ripened and grown on rich soil.

Greens - high quality greens grown on rich soil, particularly wild greens, in the form of salads, juice and blends (which help digestion), are essential for minerals and rebuilding.

Nuts and seeds - these are important to get enough density and rebuilding fuel to compensate for our malfunctioning systems. Soak before use to aid assimilation and remove anti-nutrients.

Animal products - insects would have definitely been part of our archaic diet. Figs for instance are a primate's favourite food and wild figs are laden with insect matter. At the very least we need to substitute for this. We use unpasteurised milk and cheese and butter made with unpasteurised milk, goats or sheep's generally being better than cows milk. Raw egg yolks are nutrient dense, buy them direct from a local farmer.

Some people need more animal foods, organ meats such as liver are nutrient dense. All animal foods should be from animals eating their natural diet, eg grass for cows.

Supplements and Superfoods - these help to compensate for not only our malfunctioning system but also for the degeneration of the soil. It may be possible however to avoid supplements if one eats food that are grown on very rich soil.

High Quality cold pressed oils - Flax and hemp seed oils are excellent. Keep all oils in the fridge.

Find out more on our website:

www.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 a free copy of the magazine. Please send submissions to magazine@funkyraw.com

Submission deadline for next issue: **21st August 2011.**

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

The content of this magazine does not necessarily represent or reflect the editor's complete opinions, beliefs, thoughts or own experience. Copyright of submissions remains with each individual author or artist.

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

Published by Funky Raw,
66 Hawthorn Road, Reepham, Lincoln, LN3 4DU, UK

Advertising

 Next issue deadline **28th Aug 2011.**

Rates start at £33.60 with discounts for block booking. Please see www.funkyraw.com/ads/ for full rate list.

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

Funky Raw is a member of Ink, the Independent News Collective, trade association of the radical and alternative press in the UK.
www.ink.uk.com



Contents

- 2 Intro from the editor and cover artist
 - 2 What is raw food? - an intro to the raw food diet
 - 4 News and Events - summer festivals and retreats
 - 5 Gatherings and potlucks - Find a local event near you
 - 6 Workshops, talks and events for the next few months
 - 7 Rob visits Madrid's new raw restaurant, Crucina
 - 8 Emma MacDougal's new eBook *So You Want To Be A Raw Foodist*
 - 9 Tanya Alekseeva's new Raw Chocolate Recipe eBook *Seduced*
 - 10 Karen Knowler's new book *Raw Food Made Simple*
 - 10 Two and a half pages full of raw recipes: soup, paté, lasagne, fruit pie, chocolate and more
 - 13 If you are struggling with eating a raw diet, Emma MacDougall explains why patience is necessary
- Special Feature: Earthing, Grounding and Walking Barefoot**

 - 14 Evie Collins goes back to walking barefoot
 - 15 Susan Laing looks at how walking barefoot relates to the Qi energy of Chinese medicine
 - 17 Tracey Burnett looks at some practical ways to ground ourselves, including some of David Wolfe's products
- 19 Nicola explores the element of Fire, the season of Summer
 - 22 Where does our food come from? And why is it important for it to be organically grown? Melanie answers these questions
 - 24 Should we be eating animal foods? is the question Dani explores from his own personal experiences
 - 26 Homeschooling? Dawn tells us how and why she does it
 - 27 This issue, Karen gives us a day in the life of home education
 - 31 Supporting detox with skin brushing and epsom salts baths
 - 31 *Raw Food Dude* cartoon from Sally
 - 32 Diet isn't everything - Pete Vincent on how emotions affect our life
 - 34 Jess Fenton tells us about their family's eco forest holiday
 - 36 Tara's story: How I got to be running raw food and yoga retreats
 - 38 Gnosticism and Earth Mysteries for Today by Holly Paige
 - 40 Personal Development with Steve Pavlina: Cultivating Burning Desire
 - 42 Durian explored - smell, taste and nutrition with Melanie
 - 43 Poetry from Benedict Goldsmith and Sarah Ince



News and Events

Summer Raw Live & Wild Food Retreat

August

18-21

August 18th to 21st, Glastonbury

Sounds like a mini raw festival - 3 days of pampering and rejuvenating raw juices, super smoothies, sumptuous salads, raw chocolate making and wild food foraging.

Each day you will benefit from 2 cleansing and energising green juices and 2 super fruity smoothies ~ a real feast for body and soul!

In the evening there will be a huge feast of salads and raw delights to choose from ~ and you get to assist in the preparation should you desire.

Day time activities will include wild food forages, walking the lanes around the Tor in search of edible greens for our meals.

Live food talks and discussions daily ~ what is raw food all about and how can it benefit your health and life long term, how to get started, avoiding pitfalls and back tracking, releasing food addictions and negative belief patterns, how much raw food is appropriate for each individual, and how you can design your own 'sun food triangle'!

Growing our own fruit and vegetables when eating more raw - how to design a juice feasters garden for example!

On Saturday 20th will be a daytime session on making raw chocolates, from bars to truffles and even a nut free cake for dessert!

There is ample time to relax, share stories and life experiences, chill out and do your own thing, in the supportive environment created by Dawn and the team.

£195 per person ~ inclusive of all meals and accommodation.

To book please contact info@rawalchemy.org.uk
www.rawalchemy.org.uk Tel: 01604 696771

Raw Fest

Sunday 3rd July, 10am to 4.30pm, Victoria Hall, Saltaire

July

3

A new event in Yorkshire, promoting natural, organic & raw. Find a wide selection of stalls selling goodies for all the family.

What to expect to find at Rawfest?

- * Refreshingly pure beauty products
- * Scrummy organic food & drink
- * Super natural cleaning products
- * Organic plants & gardening products
- * Animal face painting for children

Free entry and free raffle ticket.

More details at: www.rawfest.co.uk

Sun Food Yoga Retreat

Sept

16-23

September 16th to 23rd, Southern Spain

Sunfoodyoga retreats take place far away from the hectic lifestyle of civilisation, where you can be at peace with yourself far away from any distractions. Breathe the clean mountain air and practice yoga and meditation combined with a detox diet.

Learn how to prepare popular raw food dishes and discover why raw foods provide the best nutrition for our body, brain and spirit. Also learn to make your own raw chocolate.

The retreat includes 7 nights accommodation in tent or room, twice daily yoga and meditation, raw gourmet foods and superfoods.

Details at www.sunfoodyoga.com



Raw Life Festival, Sweden

August

3-7

There isn't a 'proper' festival in the UK this summer, so maybe consider popping over to Sweden. There will be daily yoga and various other workshops on nutrition and health, raw food, food demos, dance and more, and Kate Wood will be doing a talk

Price is 3600 SEK (approx £350) which includes food and camping, extra for a dorm, single or double.

More info at www.rawlifefestival.se (in Swedish, use www.google.co.uk/language_tools to translate)

Chocolate Love Temple

Opening in July in Glastonbury selling genuinely raw Equadorian criollo cacao chocolates and other treats.

Contact chocolatelovetemple@gmail.com for more details or facebook: ChocolateLove Temple.

86a High Street, Glastonbury, UK

Festival of Life

Sept

24

Saturday 24th September, 10.30am to 11.30pm, Conway Hall, London

Now in it's 8th year, the Festival of Life returns with a daytime program of talks, workshops and stalls and a conscious party in the evening.

Expect talks on raw food, nutrition, eco-living and permaculture, stalls selling raw products and eco friendly items and a juice bar. There will be trance dance, yoga, singing, drumming, live music and DJs.

More details at www.festivaloflife.net



Local Gatherings and Potlucks

A potluck is an event where everyone brings a raw dish to share. They are great for meeting other raw fooders in your area, making new friends, talking about what to eat, swapping recipes, etc. If there is no potluck listed for your area, have a search on www.meetup.com and also see www.funkyraw.com/events/ or start your own.

Another great place to try and find raw fooders in your area is the Raw in UK web forum. This is an online discussion forum specifically for the UK where you can chat and ask questions: www.rawinuk.com

If you organise a potluck, email the details to news@funkyraw.com to have it listed here.

Edinburgh

Quite a few events lined up including a seashore forage, see the website for details:

www.meetup.com/Edinburgh-Raw-Food-Meetup-Group/

Stirling

Green smoothie potlucks and seashore forages, see website for full details:

www.meetup.com/Stirling-Raw-Food-Meetup-Group/

Glasgow

4th monday of each month, and more:

www.meetup.com/The-Glasgow-Raw-Food-Meetup-Group/

Leeds

Every last Sunday of the month from 1pm onwards phone Sue on 07980064092 for details.

www.leedschiropody.co.uk/raw-spirit/events.html

Bristol

Mon 4th July, 7-9 pm. Booking essential.

www.annamiddleton.com
info@annamiddleton.com

Cardiff

New monthly potluck, contact Nicola on kalistar@hotmail.co.uk

Exeter

New monthly potluck at the Exeter Steiner School, probably on the last Friday of the month at 2pm - contact Charlotte on 07967719456 to confirm.

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.

Southampton

A fortnightly pot luck on Sundays 12-3pm.

Dates and themes: 3 July Juices & Smoothies, 17 July America, 31 July Ice Creams, Sorbets, Lollypops, 14 Aug "Crackers" competition, 28 Aug recreate old favourites as raw, 11 Sept Choc or Carob?, 25 Sept 2nd Birthday, anything goes.

Bring a dish to share and own plate & cutlery. Near Swaythling train station.

www.rawinuk.com/showthread.php?t=658 Contact kcreations@live.co.uk

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.

Wangford (Southwold) Suffolk

Raw vegan potluck every third Sunday of the month, from 12-3pm. Bring a dish to share. Suggested donation of £5. Includes talk by Jenny Yemaya.

rawdolphins@live.com 07884 438758

London

There are several potlucks in London.

Walthamstow: The potluck at the Hornbeam is monthly on the second Saturday of each month. Bring food to share and donation for room hire.

Hornbeam Cafe, 458 Hoe Street, Walthamstow. Map/directions www.hornbeam.org.uk

Further details contact Theresa on workshops@kitchenbuddy.eu or 07734 166 738

Barnet: See the website for details of next meetup:

www.meetup.com/northlondon-veganorganic-rawtreat/

London Raw Food Meetup group

www.meetup.com/rawliving/ see website for future events.

Brighton

To find out about potlucks in Brighton, visit:

www.tinyurl.com/rawbrighton



Workshops, Talks and Events

Title	Details	Description	Contact
The hidden secrets of skin vitality Kyle Vialli and Tanya Alekseeva	Saturday 25 June 2011 3pm to 6pm Suze in Mayfair, London. £55	Learn how to get truly radiant skin. Whether your condition is a blemish, a minor irritation or a registered "incurable" disease such as psoriasis or rosacea... skin excellence awaits you.	Tanya 077 6057 7459 tanya@betterraaw.com www.betterraaw.com
Raw Up North with Dao Earl & Tony Wright	Saturday 2 July 1 pm to 5.30 pm MERCY Centre, Manchester £25/ £20 unwaged	Tony Wright, Author of Left in the Dark, will talk about how the right brain can be accessed & the benefits of minimising the influence of the left brain. Dao will bring together two separate but inter-related strands of nutrition & evolution.	shineonsister@live.co.uk Lorraine 07749 847869 Becky on 07866689393
Raw Magic in Penzance with Kate Magic	Friday 8th July 7pm to 9pm Archie Browns, Penzance £12	Kate will be cramming in as much as she can of the Raw Magic philosophy. What are the best raw foods to include and which are the best to avoid. How to transition easily and achieve your goals effortlessly.	melissa@rawliving.co.uk Archie Browns: 01736 362828 www.rawliving.eu
Raw Magic in Truro with Kate Magic	Saturday 9th July 7pm to 9pm Archie Browns, Truro £12	As above.	melissa@rawliving.co.uk Archie Browns: 01872 278622 www.rawliving.eu
Raw Magic Food Prep Class in Truro with Kate Magic	Sunday 10th July 1pm to 5pm Archie Browns, Truro £75	Kate will go deeper into the whys and hows of Raw Magic, as well as teaching the basics of raw food cuisine to inspire you to get endlessly creative in the kitchen.	melissa@rawliving.co.uk Archie Browns: 01872 278622 www.rawliving.eu
Raw Handmade Chocolate Masterclass with Tanya Alekseeva	Sunday 10th July 12.15pm to 2.45pm Clapham North Art Centre £50	Decorate, roll or mould your own Dark Chocolate, White Chocolate, Milky Chocolate, Goji and Orange infused, Mint and Chocolate Fudge Brownie, Fruity Truffles and Chocolate coated macaroons - all of which you get to take home.	Tanya 077 6057 7459 tanya@betterraaw.com www.betterraaw.com
Raw Magic in Brighton with Kate Magic	Friday 29th July 8pm to 10pm Bikram in the Lanes, Brighton £10	As Raw Magic in Penzance	melissa@rawliving.co.uk Bikram in the Lanes: 01273 733 960 www.rawliving.eu
Raw Food Workshop with Holly Paige and Rose Amey	Fri 10 to Mon 13 June Near York, UK. From £445	Full repertoire of raw dishes including fermented foods, wild foods, raw chocolate and everything you need to know to succeed with raw food diet in UK.	holly@foodforconsciousness.co.uk foodforconsciousness.co.uk

If you want to learn about raw food prep but you can't make any of these classes, Theresa Webb runs private classes at times to suit you. Contact Theresa on 07734 166 738
workshops@kitchenbuddy.eu www.kitchenbuddy.eu

Jo runs a regular evening class in Norwich on the third thursday of each month. Email Jo on jobalfe@hotmail.co.uk and see livingfoodlovinglife.blogspot.com



Crucina - Raw Restaurante in Madrid



While traveling there has not been much opportunity to eat out raw so as we were passing near to Madrid we decided to take the opportunity to visit Crucina,

probably Spain's only 100% raw restaurant. Crucina is a combination of two Spanish words – the start of crude meaning raw and cocina meaning kitchen.

Crucina is centrally located in the Malasaña district of Madrid, less than 5 minutes walk from San Bernardo metro station.

We arrived to a very warm and friendly welcome from Yorgo, one of the co-owners. The ambiance is great, smart and modern, although they do have plans to make the décor more unique and creative. The menu was of course in Spanish, they are planning to have English menus, but for now both owners speak English so they can translate anything you don't understand. The menu is comprehensive: juices, soups, salads, starters, mains, deserts and drinks.

We started with juices – I had "Purificaverde" – Green Purification with spinach, cucumber, celery and lemon, very refreshing although a little bland (I'm used to much stronger wild green juices!). Jolita had "Anticolesterol" with carrot, ginger, apple and parsley, which was delicious. (We shared all our food, so got to taste twice as much!)

For starters, I had the "Trio de Tartletas", three little savoury tarts, each with a different filling. The 'pastry' casing was unfortunately a bit too hard, almost rock solid and I couldn't eat it, although the fillings were really delicious. Jolita had the "Tabla de Qesos", the cheese plate. In Spanish, cheese is spelled Queso, so the alternative spelling Keso is to denote vegan cheese! Two different nut based cheeses, some raw jam, and at least 4 types of raw crackers, it was all delicious.



Review by Rob Hull

I always used to love Moussaka when I ate cooked food, so when I saw it first on the menu, I just had to have it. After reading further it was a toss up between that and the Saag Hindu, but Jolita chose that so all was well. It turns out that Yorgo is originally from Greece, and he wants to include more Greek dishes in the future.

The moussaka was great – aubergine is not always the best thing raw, but they succeeded by cutting it very thinly and dehydrating – it was a bit chewy but good. The 'meat' was tasty and the 'cheese' and tomato sauces



were delicious, overall a great dish, just slightly too salty for me (I don't usually add salt to my food, so I'm quite sensitive to too much salt).



Saag Hindu was a spicy Indian dish made with spinach and 'mango chutney' (more a mango sauce than chutney) which was served with some spicy coconut based breads. This again was delicious, the spiciness was just right, tasted like food from an Indian restaurant!

I was getting a bit full by now, but the deserts sounded too tempting to pass over. We ordered the tiramisu and the "Pudin de Chia". The chia pudding was good, but a little bland, although the strawberries and banana it was served with did go well with it.

The tiramisu was amazing! Excellent textures and flavours, definitely among the best raw deserts I have ever eaten.



In conclusion, if you are anywhere near Madrid this is well worth a visit. And their plan is to open another restaurant in Barcelona later in the year, so keep listening out for news of that.

Crucina, Divino Pastor 30, Malasaña, Madrid (Spain)
Tel: 914453364. Web: www.crucina.com

Opening hours: Tues - Wed: 13:30 - 16:00,
Thurs - Sat: 13:30 - 16:00 and 21:00-24:00, Sun: 13:30 - 16:00



So You Want To Be A Raw Foodist by Emma MacDougal

Emma MacDougall's "So You Want To Be A Raw Foodist" is a down-to-earth, beginner's manual which I wish I had had when I started going raw. The book is written in a way which provides information, but doesn't try to convince you to follow any particular path. Instead, the message is to do it your way, be gentle with yourself, and slowly change your eating habits to include more raw, rather than get fanatical, extreme, and be hard on yourself (easily done, eh).

The first section, Why Raw, explains what to expect, the benefits of raw, and has exercises! This strikes me as a rather excellent idea. We all know that the psychological aspects of changing habits and surrounding food can create real problems for a lot of people. The exercises probe you to think about why you might want to go raw, how it might affect your life, and how you might deal with the changes that it might bring about. This is genius in my opinion. How many times have we been encouraged to write a journal to help us achieve our goals?

The approach is enthusiastic, the advice very useful, and a 50-75% raw diet is seen as acceptable. The Raw Food Journey section goes more into the importance of acceptance, awareness and how much of a process going raw is. Ethical, moral and health considerations are discussed, with emphasis on trying things to see if they suit your body.

Success is also discussed. What is a successful raw foodist? Emma thinks it's someone who is comfortable with how they eat, someone who looks and feels healthy, and enjoys their food. I most certainly agree. Approaching raw foodism with intelligence and moderation is the way to success don't you think?

Emma's book is also really nice for more experienced raw foodies, who might be in a position where they need to give advice to others just starting on their raw path, but it's also very reassuring and inspiring to be reminded how far you've come and how well you've done. I realised that I now meet my eating needs perfectly with very little thought. I thought about how my tastes and habits have changed over the last 7 years, and how one diet is not necessarily appropriate for any two people!

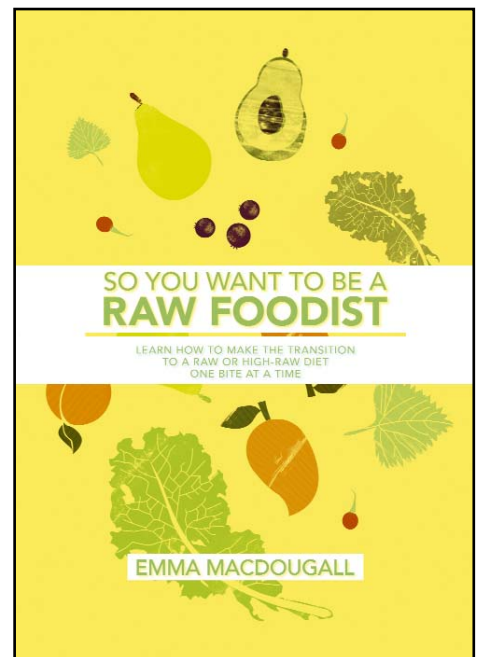
The section on Raw Identity is particularly interesting, and not something I've ready about before very much. Emma goes into the dangers of identifying yourself as raw and becoming more isolated as a result. I think this is first-class advice, and makes for a happier life. It's is very easy to feel so different from the rest of the world, but I agree with Emma that the more comfortable we are about being raw, the better we are able to respond and not take personally any criticism that might come our way, especially at the beginning.

The FAQ section arms us with some very useful information for social situations. The B12 issue, whether being raw is hard, boring, are covered!! The second half of this

eBook Review by Jessie Maguire

awesome eBook includes loads of interviews. How unexpected, and what a great idea Emma. They really highlight the diversity within the movement, and varied reasons why people get into raw.

Amazing! I loved one interview with Nina, who said that she thinks raw food is all about truth and nature, having fun, being childlike, and not taking ourselves too seriously. Bravo, I say, what's with all the seriousness anyway?! This eBook is certainly worth a read in my opinion, whoever you are!! Enjoy. ☘



**The 8th Annual
Festival of Life**
**SATURDAY 24TH SEPTEMBER
2011**

eco-living • arts and crafts • juice bars • kids space
raw food demos • nutrition • permaculture • activism
trance dance • meditation • yoga • healing • singing
live music • DJs • drumming • conscious partying

10:30am - Midnight

**£15/£10 all day, £10/£8 after 4pm,
Under 16's free, £5 refund before 7pm**

Free entry to Red Lion Square Festival

**Conway Hall, 25 Red Lion Square
Holborn, London WC1R 4RL**

www.festivaloflife.net



Seduced (Raw Chocolate Recipes) by Tanya Alekseeva

eBook Review by Jessie Maguire

The eBook "Seduced", by Tanya Alekseeva, is 32 pages of extremely high quality, original and classy raw cacao recipes. Everything is laid out simply, with incredible photos and easy to follow instructions. Firstly the equipment used is outlined, and then it's straight into the recipes. The photography is just divine, but the recipes are magnificently simple, with special tips included in every one. Each recipe has a matching tea, too. A nice touch.

There is use of agave as a sweetener, but there aren't any ingredients listed that are out of the ordinary or hard to source. Recipes include Goji Orange Crunch, Coated Strawberries, Marzipan Cigars (which look so fun), Rawtella (which everyone should have in the house at all times lol), Matcha Moons (I love the originality here. These are made from Matcha, a milled Japanese green tea, mmmm). These are recipes that will yield a very sophisticated result!

The Fudge Brownie and Royal Peanut Butter Cups look amazing, and the Spicy Hot Chocolate, which are spicy, meltable choc hearts you dip into blender-warmed nut milk mmmm. They look ridiculously

luxurious. Very, very classy! The Vanilla Cream Eggs also blew me away. Such a good idea to recreate Cream Eggs - healthy ones! The Raspberry Jam and Oh Honey also impressed me. Oh Honey, with its combination of bee pollen, honey, maca and macadamia nuts, looks beautiful, like everything in this book. The Pina Colada Roulade, gorgeous chocolate rolls which look so soft and "melt in your mouth", just make me feel like Tanya is taking everything to a new level here, in terms of luxury, style, beauty! I reckon you'll make these recipes and just want to take pictures of them and show them to people for as long as possible before nibbling at them delicately and thanking the universe for the existence of chocolate. Praline Pies are the last recipe in this lovely eBook, followed by a Superfood Glossary. A very cool little work, well worth a download. Thanks Tanya!

Available from www.betterraw.com



Below are a couple of sample .recipes.

Dark & Daring chocolate

½ Cup Cacao Butter, melted
½ Cup Cacao powder
2 Tbsp Agave, or to taste
Pinch Salt

Only when butter is melted entirely to a liquid, add cacao powder to the double boiler.

Use a spatula or a whisk to combine the ingredients and get all the lumps out.

Add agave, stirring really well. Spend time really stirring through completely, otherwise it will settle to the bottom of moulds and you'll have very sticky inconsistent chocolate.

Add the salt at the very end and stir.

Pour into moulds or a lined tray and place in fridge for 10-30 minutes to set.

Keep in the fridge.



Matcha Moons

1 Cup Macadamia
2 Tbsp Agave
2 Tbsp Coconut Butter, melted
1 Tbsp Matcha green tea powder
¼ tsp Salt

Coat in Dark & Daring chocolate recipe

Process macadamia nuts in a food processor with an S blade. A smaller compact processor works best.

Add the coconut butter and process again.

Add the rest of ingredients and combine well.

Transfer to the fridge to set for minimum of an hour or leave overnight.

When ready, roll into even sized balls.

Prepare the Dark & Daring chocolate recipe.

One at a time place a ball on a fork in one hand and pour the chocolate over it with a spoon in the other hand.

Once completely coated, carefully slide each ball off the fork with a toothpick or a small knife onto non stick or lined tray. You can also just dip the balls, but note that since they are cold, they are likely to cool the chocolate mixture which will begin to solidify inside the bowl. ❀



Raw Food Made Simple by Karen Knowler

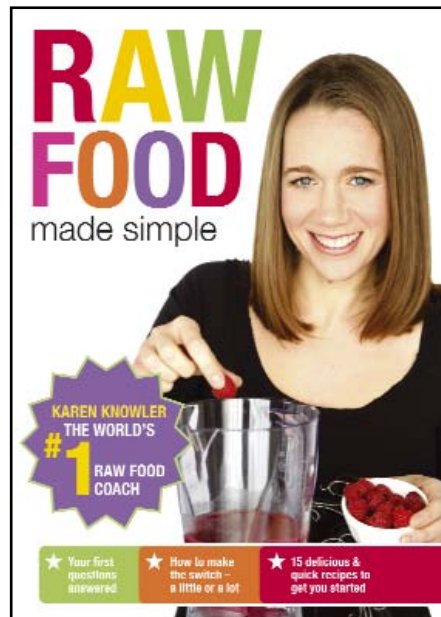
This is a great little book if you are new to raw food, or to give to a friend who is new to raw food, or even to give to someone who knows nothing about raw food. It is small and compact, and quick and easy to read and starts at the very beginning - chapter 1 is entitled So what is raw food and "The Raw Food Diet"?

The book is colourful and well laid out, with most chapters short and to the point. Each chapter covers a step in learning, starting with the benefits of raw food. Important questions are covered such as whether one needs to be 100% raw or not, what a raw fooder eats including preparation techniques.

How to make the change is covered in chapter 5, including examples of healthier cooked foods to help with the transition and lots of raw food ideas.

Next comes equipping your kitchen, blenders, juicers and food processors are discussed, and then what to buy when you go food shopping. Next a chapter on the basics of raw food nutrition.

Chapter 9 is entitled "Family and social situations" and it covers some things other books may leave out, like how



Book Review by Rob Hull

to tell your family and friends about your new diet, and how to get a raw meal in a regular (non-raw) restaurant.

Next is the 5 day recipe plan of a 75% raw diet, with lots of ideas for how to make it work, and options for a 100% raw plan. Whilst earlier in the book Karen does mention that some people include raw dairy in their diets, the diet plan is vegan.

Towards the end are "15 Quick, Easy and Delicious Raw Food Recipes", most of which are used in the meal plan, including breakfast, lunch, dinner and desert recipes, many with ideas for variations.

The final chapter contains 11 "Raw Transformation Stories" where people who have gone raw share their inspiring stories of how it changed their lives.

A great little book for beginners.

£7.99 from www.rawfoodmadesimplebook.com - you can even get a signed copy! ❁

Recipes

Gaspacho Soup

3 medium tomatoes
2 cups finely diced tomatoes
1 small onion, finely chopped
1 medium cucumber, finely diced
2 spring onions, chopped
1 orange
1 lemon
1 clove garlic
2 tbsp apple cider vinegar
2 tbsp olive oil
1 handful fresh parsley
1 tsp ground cumin
1 handful fresh coriander
Pinch cayenne
Pinch salt

In a blender, blend the 3 tomatoes, juice of the orange and lemon, garlic, vinegar and oil. When smooth, add the parsley, coriander cayenne and cumin and blend again.

In a large bowl, pour the mixture over all the other diced ingredients. Add salt to taste, sprinkle with fresh herbs and serve.

by Jo Balfe - www.livingfoodlovinglife.blogspot.com

Sun-dried tomato & seed pâté

Makes enough for 2-3 people:

¼ cup sun-dried tomatoes (soaked for at least an hour)
¼ cup sunflower seeds (soaked for at least 2 hours)
¼ cup almonds (soaked for at least 2 hours)
½ red onion (chopped finely)
½ tbsp lemon juice
handful of fresh herbs (basil or parsley)
½ clove crushed garlic
1 tsp dark organic miso
Pinch of salt, cayenne & black pepper

Blend together all above ingredients apart from red onion. Add a drop of water for smoother consistency if preferred. Stir in onions and fill a ramekin or small bowl with the pâté. Place upside down on serving dish and remove dish, garnish with fresh herbs & serve with sliced carrot or cucumber.



by Anna Middleton - www.annamiddleton.com



Raw Vegan Lasagna

Ingredients:

For the Noodles:

3 Courgettes (Zucchini)
Salt (enough to layer your zucchini slices)

For the Sauce:

3-4 Tomatoes
Juice of 1 lemon
5-6 Dates
1 tsp Olive Oil
1 tsp Salt

Optional:

3-4 Sundried tomatoes
Basil
Oregano
Rosemary
Thyme

For the "Cheese"

1 1/2 cups cashews, soaked for at least 4 hours
Juice of 1 lemon
1 tsp salt
1 tsp olive oil

Other Ingredients:

You will also need at least one bunch of spinach to add extra layer and dimension (not to mention nutrition).

Directions:

For the Noodles:

Cut courgette into thin slices with a knife, vegetable peeler, or mandolin slicer.

Lay in a glass dish, and sprinkle salt on top. This causes the zucchini to release moisture, otherwise your finished product would be swimming in water.

Set aside the Zucchini.

For the Tomato Sauce:

Cut out the stem of tomatoes and chop them in quarters.
Pit 5 or 6 dates.
Juice your lemons (save 1/2 the juice for your cashew cheese).

In a blender, put tomatoes, dates, lemon juice, olive oil, and salt.

Feel free to play around with different spices here like garlic, basil, oregano, rosemary, thyme, etc.

Blend thoroughly. If you prefer a thicker sauce, try using more sun-

dried tomatoes, and less fresh tomatoes.

For the Cheese:

Drain and rinse your soaked cashews. Macadamia nuts or Pine Nuts also work great for nut cheeses.



Put the soaked cashews in a food processor along with your lemon juice, olive oil, and salt.

Blend in the food processor until you have a ricotta or feta cheese type of consistency.

To prepare the Spinach:

Wash the Spinach thoroughly.

Chop into tiny bits. *Always buy your Spinach Organic and Local, if possible.

Now you have your 4 layers needed for your Raw Lasagna!

How to assemble Raw Lasagna:

Now that your courgette has been sitting for a while, you will need to pour the water off. You can even squeeze it between some paper towels to make it really dry.

Now, put a layer of courgette "noodles" in a dish.

Top with a layer of Cashew "cheese."

Sprinkle a layer of chopped Spinach.

Add a layer of Tomato Sauce.

Repeat until you are out of ingredients.

This is probably one of the most complicated recipes we make, but as you can see, we try to keep the ingredients as simple as we can – sometimes things just taste better that way!

I've also included a video of the entire process, so you can see how it all works.

There is a video of the entire process on the internet here

www.thegardendiet.com/?p=466

by Jinjee - www.thegardendiet.com

Tropical Fruit Pie

For the crust:

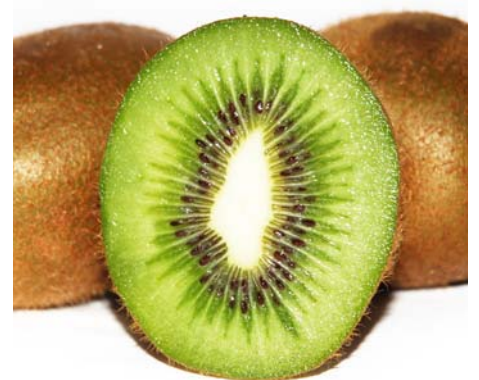
1 cup pecans
1 cup walnuts
1 cup medjool dates
Pinch Himalayan crystal salt

For Filling:

2 cups cashews, soaked overnight
Water to blend
2 kiwis
1 pineapple
1 mango
1 banana
1/2 cup soaked chia seeds
1/2 cup ground flaxseeds
1 tsp almond extract
Papaya seeds (optional, for decoration)

1. Process nuts in food processor, until of crumble consistency.
2. Add dates and salt, and process until bound together.
3. Line bottom of a 9" cake tin and chill in fridge for several hours.
4. Blend cashews and water to thick cream.
5. Add rest of ingredients and blend again, until smooth and creamy.
6. Pour on top of crust and decorate with papaya seeds.
7. Chill in fridge for one hour, or until set.

by Karen Shephard



Email your recipes to magazine@funkyraw.com - get a free copy of the magazine if your recipe is published. Share your recipes at www.funkyraw.com/forum



Hummus

Adapted from Matt Amsden's "RAWvolution", this Hummus recipe uses courgette in place of chickpeas for a creamy delicious dip that's much lighter than the legume version.

- 2 courgettes, peeled and chopped
- ¾ cup raw tahini
- ½ cup fresh lemon juice
- ¼ cup olive oil
- 4 cloves garlic, peeled
- 2 ½ tsp sea salt
- ½ Tbsp ground cumin

In a high speed blender, combine all of the ingredients and blend until thick and smooth.

Tip! Get really gourmet and serve with lashing of Sumac and a drizzle of olive oil over the top. Sumac is a middle eastern spice that is bright red in color and has a sweet flavour, almost like a paprika (which is also good).

by Kate Quinn - www.livingraw.com.au

Pear & Walnut Salad

This is a light, delicate salad that really draws its flavour from the Olio Bello (Margaret River) Olive Oil. It can be replaced with another olive oil, and I strongly recommend using a locally grown extra virgin olive oil. If you want the mandarin-infused flavour, whisk your olive oil with 2 tbs fresh orange or mandarin juice. Enjoy!

- 2 Nashi Pears or Bosc Pears
- 4 Pink Lady Apples
- 1/8 Red Cabbage
- 1/8 Red Onion
- Handful, Walnuts, lightly crushed
- ½ cup Mandarin Infused Olio Bello Olive Oil
- 1 Cos Lettuce, shredded

Julienne the Pears and Apples, and set aside in a bowl. Select a scant and attractive piece of red cabbage, cut into fine slices. Not much is needed. Similarly prepare the red onion, separating each layer. Crush a small handful of walnuts until crunchy, not powdering.



Toss together in a bowl and drizzle through ½ cup of Olive Oil, using only so much to coat all ingredients lightly.

Serve on a bed of shredded cos lettuce or baby greens, and garnish with a few extra springs of onion and cabbage.

by Kate Quinn - www.livingraw.com.au

Carob "Chocolate" delights

These taste just like chocolate without containing any cacao powder for those who can't/don't want to eat chocolate:

- 50g cacao butter
- 35g coconut butter
- 35g butter (or another 35g of coconut butter if you prefer)
- 5 teaspoons lucuma powder
- 5 teaspoons carob powder
- 4 teaspoons mesquite powder
- 1 teaspoon reishi powder
- ½ teaspoon honey
- few drops lemon juice
- 1 drop tangerine essential oil
- 1 drop orange essential oil
- 1 drop anise essential oil
- grated satsuma peel
- little grated ginger

Grate the cacao butter and add to a bowl along with the coconut butter and butter and melt gently.

Once the butters have completely liquified, add the rest of the ingredients, stirring as you go.

Pour into chocolate moulds and put in the fridge to set (or if you want them to set quicker, put in freezer).

by Jolita

Carob Butter

- 75g butter
- 1 teaspoon mesquite
- 3 teaspoons carob
- ½ teaspoon vanilla powder
- few drops of lemon juice

Gently melt the butter and then stir in the other ingredients. Tastes very much like chocolate, can be used as icing for a cake.

by Jolita

Raw Energy Drink

I love this as a quick brekkie/pre run energy fix:

- 1 ripe banana
- 2tsp spirulina
- 1tsp barley grass powder
- 1TBS Maca,
- 1 TBS Mesquite
- 1 desert spoon pollen
- Optional: ¼ to 1 tsp (max) suma root, fab for endurance and recovery.

Add all ingredients to blender and blend with water. Fab to keep you going if you are on the run & too busy to eat.

Can thin it out quite a bit and take on longer runs to keep you going - in which case add a stick celery OR a tiny pinch of sea salt OR a tsp or powdered kelp for electrolytes.

Beats energy drinks or gels any day.

by Anna Marcon 



The Shift

I remember when I was going raw (I'm still going) that I would hear some of the more prominent raw fooders or even just people on forums talk about this thing called 'the shift'. That's what I'm calling it, they would come up with lots of different ways of explaining and describing it but essentially this is what it's always been for me.

So what is the shift?

The shift is the difference between forcing yourself to eat a certain way, and wanting to without any effort or stress. The shift is what happens when your physical body takes over from your mental body when it comes to the choices you make around food. The shift is not something that you can predict in terms of when it will happen for you, it's rarely an overnight process and there's not one thing specifically you can do to make it happen.

I remember a few years ago I was listening to an interview with Karen Knowler where she talked about how after years of her eating raw food her body just naturally started to shift to making healthy raw choices without the effort that had ensued for her before. I remember her advice was to be patient and that it would happen when it happened. At first I was quite dubious about this idea but hoped that it would happen for me soon!

The shift is the difference between forcing yourself to eat a certain way, and wanting to without any effort or stress.

Whilst I loved raw food and how it made me feel, there were still plenty of times when I got out of my flow for one reason or another and ended up feeling disappointed in myself or just felt physically unwell. I wanted to BE RAW without any difficulties or challenges - how naive... :)

After 4 years of eating raw food and cooked food, healthy food and very unhealthy food I can honestly say that my body is shifting. Not fully, not 100% shifted to **always** making great choices but there is a slight and subtle change to what happens to me when I decide what to eat, even from this time last year! It seems to be an ongoing process. The choice in the main doesn't feel like a mental one it feels like a physical one. It comes from a much deeper place within me and feels very clear about what my body wants and why it wants it. I KNOW the difference between making the choice with my head and making the choice with my body and they feel very different to me. I KNOW which one feels better and which has the best results!

It's almost certainly a more intuitive way of eating that comes from years of my body fine-tuning itself to the nutrition I've been feeding it. I truly believe that when you ply your body with intense nutrition it learns very quickly the difference between the good and not so good.

by Emma MacDougall

It's about me teaching and honouring my body after years of nutritional neglect.

As I said, this doesn't happen overnight but I totally believe that it DOES happen and if you're struggling right now I want you to have faith in the process because the shift is happening right now even though you don't know it or can't even feel it...

Bringing about the shift

Like I said, it's not really something you can *make* happen but these are the things I believe have made a difference for me - this is all about my experience, I'm still learning like you...

1. Eat lots of RAW food nutrition - eat cooked too if you want but stuff plenty of RAW goodness in too
2. Superfoods - get your body used to supreme nutrition e.g. hemp, algae, bee pollen, spirulina etc.
3. Super nutrition - experiment with sea vegetables and WILD foods etc.
4. GREEEEEEENS - eat and juice and smoothie
5. Go easy on yourself - if you know you're going to get there eventually you don't need to worry do you?
6. Tune in to your body, listen to when it's full and stop eating. Aim to leave your stomach 20% empty - we're so used to eating past the point of fullness. Switch off the TV when you're eating, be a conscious eater!
7. Love the journey
8. Love your food, enjoy whatever you're eating! Never ever ever feel bad about what you eat - that's just stupid

Emma talks more about this process and how to transition to a raw food lifestyle in her new e-book *So You Want To Be A Raw Foodist?* which we have reviewed on page 8. Out now from www.rawfoodscotland.com/bearawfoodist/ 🌸



nutrition and neuroregeneration
raw and wild food workshops
practical information and products

www.FoodForConsciousness.co.uk



Special Feature:

Earthing, Grounding and Walking Barefoot

Possibly one of the most important health re-discoveries of recent years is earthing. In its simplest form this can be just walking barefoot. This is something most of us have lost touch with, without realising it. The next three articles will give you more details on why earthing is important and what practical steps you can take to gain the benefits.

I was born Barefoot - How I found my way back

I was born barefoot, grew up barefoot and after moving to London and living here for 10 years, I somehow lost my way... I started wearing shoes all the time.

Luckily, my consciousness was reminded to walk without shoes after reading an article on "Earthing" in a health magazine last year. I have a LOT to thank them for!

I remembered that I practically lived barefoot growing up in the laidback outdoors existence that is New Zealand.

Growing up in a rural, kiwi environment, the majority of us shunned shoes in preference to the naked-feet alternative. In fact wearing shoes was seen as the 'soft' option, and definitely NOT cool.

We ran barefoot, played sports barefoot and of course ran around with an oval ball barefoot. It just seemed so natural and normal. A way of life.

We were all happy, healthy and free with our outdoor barefoot lifestyle; and now I know why!!

Reading the article it dawned on me and made so much sense. The penny dropped. How could I have forgotten something that was so natural and part of my life? I guess; you don't appreciate valuable familiar things until you lose them.

So, the first thing I did was race up to Richmond park – we live close-by – and whip off my shoes, and allow my feet to sink into the cool, soft, green grass. Wow, I could feel two tonnes of weight lifted from my shoulders. As I walked I felt my hips loosen and stretch out, and then started feeling lovely, tingling energy running up my feet and legs. I noticed a different appreciation for the big nature that surrounded me. I felt part of it and more connected to it.

Earlier that year I was also taught about the importance of grounding in order to bring the light down onto the earth, so that the more grounded and connected you become to the Earth, the more light that is able to flow through you. See the following websites for more information:
www.e-wakening.com www.kimberleyjones.com

The two ideas clicked together: In order to ground and bring more light onto the Earth, whilst healing our bodies, reducing stress and inflammation, we need to walk with bare-feet on the Earth.

I flew back home to 'The Land of the Long white Cloud' for 4 months where I was lucky enough to spend 80-90%

by Evie Collins

of my time barefoot on the earth, in nature, on the beach and swimming in the sea. It definitely accelerated my growth. I re-connected, remembered, grounded and then expanded.

After being reminded of what I was missing out on, I began to research the subject. I purchased the book, called "Earthing" by Clint Ober, Dr Stephen Sinatra and Martin Zucker and also listened to interviews with them to understand the science behind it all. It just seemed too good to be true! So simple and so easy. Take your shoes and socks off.

"You will experience how contact with the Earth restores your body's natural electrical state. The positive shift you feel is the start of a process in which your body slowly becomes infused with the Earth's omnipresent and ever-present healing energy. Earthing is a remarkably simple, safe and natural act of reducing pain and stress"- Clint Ober, Earthing.

The information in the book is backed by 20 years of research and evidence.

They also produce a number of great products to allow you to stay connected whilst inside your house, on a computer or sleeping. They even sell earthing flip-flops now:
www.earthinginstitute.net www.earthing.com

However, the easiest and cheapest way to ground and connect with Mother Earth is to take your shoes and socks off. While the best evidence is to experience how you actually feel after walking barefoot, especially in a beautiful, nature space. Earthing heaven, I call it.

So, now on this gorgeous, hot late spring day I'm off to Richmond Park to treat myself to a "barefoot-being" walk.

For me being barefoot is more fundamental than food. It grounds, calms, heals me and brings me back to me. It allows me to release all the stress, electromagnetic pollution and negative energy I have collected during the day. The more I naked-feet walk, the less tolerant I become of this city, so much so that I'm escaping to the countryside. The universe and the nature deva's have supported me and answered my prayers in my quest for space, tranquility and an abundantly green environment.

So go on take your shoes off, it may even enhance your life; it revolutionised mine! ❀



Walking barefoot - reconnecting to Mother Earth

by Susan Laing

My initial training background believe it or not is feet medicine ~ Podiatry! I chose to write about 'waling barefoot and reconnecting to Mother Earth' because it is a subject close to my heart ~ and feet of course!!! No but really it is such a powerful thing for humans to experience which is to *reconnect* to the Cosmos. That saying 'if you walk barefoot on the grass you will feel loads better' is not a myth but the truth. We have generally lost our way connecting with nature and Mother Earth ~ our most natural state.....from walking barefoot to putting our hands in the earth, eating with our fingers and to breathing in unpolluted air.

It has been known by the Chinese for 1000s of years that when we connect our body to the earth and the sky i.e. the Cosmos it helps to ground us and nourish our energy/Qi. In Chinese Medicine the meridians are described as energy/Qi channels, not seen by the average naked eye but may be experienced during acupuncture or by practicing Qigong or Thai Chi. Chi or Qi is a form of Mother Earth's energy or Cosmic energy. In the world of Yogis the Cosmic energy is referred to as Prana. This energy from the Cosmos can be taken/absorbed via many body *antennas* like our tongue, nostrils, hands and feet and so on. In Chinese Medicine the **Bubbling Well** point or kidney 1 (K1) is seen as the major entryway or portal for the absorption of Earth's surface Qi. And the Chinese believe in practicing Qigong outdoors and if possible barefoot amongst nature in the warmer weather. The kidney energy is also referred to as our **Jing** (and therefore related to our adrenal energy, as they sit right above the kidneys). In Chinese Medicine the kidneys are seen to be like the *roots of a tree* where if the roots are strong and nourished then the rest of the tree and branches (our body) will flourish. This Bubbling Well point is seen to connect to most of the organs in the body via another meridian called the **Urinary bladder** (UB). And this Urinary bladder meridian is connected to most of the major organs of the body such as the Spleen.

The Spleen in Chinese Medicine is seen to be how we use our Qi (like a transformer) from our '*batteries*' ~ the kidneys. The Spleen is involved in transforming our food into blood and energy/Qi. But it is also said to house the power of **Thought**. And hence of such sayings such as 'food for thought'; 'unable to digest certain information'; 'verbal diarrhoea' and so on.....

The Earth is the centre of our Cosmos and the '**Earth's Organ**', the Spleen is seen as holding a *central* place in the human body.

In the history of Chinese Medicine it is taught that for the treatment of *most* illnesses we must first address the Jing energy and/or the Spleen energy ~ the **Earth element**. When Spleen energy is strong, physical vitality is also strong. It is also said if we have a healthy spleen we will have a healthy concern for own needs first and then concern for others. And it is also about **support** (*the sense of community, tribe, family*). And now we know more than

ever before in this day and age this sense of *support* has broken down and we are more in need for support and nourishment. *A healthy spleen ensures that a person is well nourished in every aspect.*

The Spleen loves and needs to experience the sense of touch, to connect, even stroking an animal such as a dog. Touch is as fundamental as is the need for food. So in essence it is about supporting the health of our mind, body and spirit. *The Spleen energy needs to enter a deeply sens-uual relationship between the body itself and another live being AND the Mother Earth.* Often it is not the food we need but our need to *feel*, and *connect*, especially to Mother Earth.

In essence it is about being grounded.

Having this abundant **knowledge** of the Cosmos secrets has lead the Chinese (and Yogis) to become great leaders in helping to heal the body with the Earth's Qi. And so now we can see the *connection between our being and the earth* from an Esoteric point.

So when we experience walking barefoot in a forest, on the sandy beach or anywhere on an open natural earth's surface many of our senses come *alive* and our '*electrical bee-ing*' is energised and healing takes place within our entire being.

We come to learn to trust the Earth's support and we may notice an internal softening and our energy becomes more grounded.

In our touch deprived, over sedentary, over analysing and ungrounded lifestyle the Spleen needs has become the most commonly 'energy deficient' organ in the body.

The spleen energy is also said to be related to the feeling of 'homesickness', to want to belong to a home. This feeling of being at home is found within ourselves and ultimately connecting to Mother Earth both on an emotional level and a physical level and spiritually. It is such a profound feeling and of course the most natural for us to experience. Many tribes, for example in the Amazon, Aborigines and North American Native Indians were barefoot (or wore animal skin type footwear) and are known to have an amazing connection to the Earth and ultimately knew how to live in harmony with nature. Is this a coincidence? Walking barefoot and connecting to the earth's electrical surface? I don't think so. It is like experiencing a different 'dimension' ...to **know** the feel of the earth's surface below your feet. Imagine the awareness of the different temperatures, texture, and other senses beneath your feet. Your feet become like the '**roots of a tree**'. ...becoming *earthed, strong and connecting to the whole vibration and understanding of the way of the earth.*

When you walk barefoot you become so aware of the moment and more



"like of the many muscles in the feet, calves, thighs, pelvis, shoulders and neck ... and all these steps you take soften the step! And instead of taking the shortest, fastest route, you seek the gentlest. And you cover the ground silently....noticing all that is beneath you, from beetles, caterpillars, sheep droppings, rocks, the wetness or dryness textures of the grass .."

Most of the time we are lost in the rat race keeping up with the trends of the society's media and vogue fashions with our thoughts here and there, rushing around depleting our 'battery' ~jing and our spleen energy....we hardly take time to be still in the moment and **feel what is** and right beneath our bare feet.

From a scientific point when we rush around in a polluted city, and the air is full of positive ions, and we are wearing synthetic clothes and footwear and we are creating those worrying, anxious thought (spleen) patterns we create that well known positive electrical charge within every part of our bodies~ known as static electricity. If you have ever been stressed and you touch the door of your car or brush your hand/body against synthetic garments then you may have experienced that electrical woosh of static electricity that can almost feel like an electrical shock to the body or your hair all of a sudden stands up on its ends! This static positive ionic charge is created from being ungrounded ~ **disconnected from the earth** ~ which leads to the fact that there are not enough free electrons available i.e. we become **electron deficient** (or we lack enough anti-oxidants) and we end up having an excess of free radicals building up in our body. Free radicals are normally healthy and have a job to do but not if they are in excess, they then turn from being good guys to bad guys so when there is an excess of them in the body it leads to the tissues in our body becoming oxidised and causes all sorts of inflammatory and painful type related conditions to arise. Unfortunately most cities' air is full of too many toxic positive ions caused by the ever mounting 'heap' of pollution and unfortunately there aren't enough negative ions to cancel out or neutralise the positive ions. So if you experience that stressful acidic feeling in a city it is not your imagination. These excess positive ions create stress and acidity in an ungrounded body. *We are being 'electric~fried'.*

And it is for these reasons we need to walk barefoot because *the earth mantle is known to have an abundance of those much needed healing negative electrons!*

The body is dependent on a healthy electrical charge. From our nerve impulses transmitting electrical charges controlling every muscle movement in our body to our

red blood cells 'bouncing of each other'. **Most of all our DNA is an aperiodic crystal that traps and transports electrons with efficiency and that emits protons**(electromagnetic waves). DNA is also known to emit photons with such regularity that researchers compare the phenomenon to an "ultra-weak laser". Every living thing emits an electrical charge. Even live food! You can see this via Kirlian photography.

Modern research has now proven that electron transfer takes place from the Earth's mantle via our feet/Bubbling Well point. A great book which is worth reading on the subject of being grounded is called **Earthing** by Clinton Ober, Stephen Sinatra and Martin Zucker. This book goes into the facts and proven research of how earth/body medicine works to help heal our body by reducing any inflammation /pain in our bodies and therefore helping to heal many ailments. I have already mentioned the K1 energy point and UB meridian and how this is connected to the Jing energy and



therefore the adrenals and hence Cortisol levels (the stress hormone), but in this book it is discussed from a Western scientific view point. The book talks about how grounding reduces our Cortisol levels and therefore our stress levels. As already mentioned a life full of stress and worry, will contribute to many health problems like sleep disorders, hypertension, cardiovascular disease, reduced immune response, autoimmune disease, mood disturbances and blood sugar irregularity and stress causes inflammation in the body. When the body goes into overdrive or becomes stressed there are quite a few hormones and other types of chemicals activated within the body and this leads to an excess pool of them in the blood and cells. If you read Dr Batmanjali's book **Your Body's Many Cries for Water** you will learn about what happens to the body when it becomes dehydrated ~ it becomes stressed and vice versa ~ when we are stressed we become dehydrated and the body produces a multitude of excess hormones and neurotransmitters. At this point we cannot forget the fact that our blood is 90% water and is also a conductor of energy ~ it is alive! And every thought/vibration we have has an affect on our body chemistry. Another famous and beautiful book that covers this whole subject is Dr Emoto's **Messages from water**. More importantly it is our very core, our DNA is known to alter through vibrations and electrons. In metaphysical science it is referred to as Epigenetics; in Shamanism it is referred to as Shape-shifting and in Chinese Qigong it is referred to changing our prenatal Qi or present Qi.



In the book *Earthing* you can see live blood cell analysis photos of the before and after subjects of people who have been grounded using various types of Earthing technology. Blood cells which have a tendency to become stuck together in a Rouleaux formation are seen in a unbalanced and inflamed body and after having experienced around 30 minutes of a grounding mat the live blood analysis shows the cells separating into their normal free healthy isolated state. Their cell membranes have become electrically charged once again and now 'bounce off each other in a healthy manner. Another 2 major hormones that are affected by stress are serotonin and melatonin. Serotonin is the happy calm hormone but it is also now known to be related to the functioning of our ever changing DNA. Serotonin is not only produced

in the brain but also the gut. Melatonin is related to our sleeping pattern and is essential to a healthy functioning immune system.

In essence the biological clock of the body needs to be continually balanced by the gentle pulse of the Earth that governs the circadian rhythms of all forms of life. The planet is *wired* with life deep into its crust and after all we are just *channels* made for *connecting* and our body is just like an extension of Mother Earth's sea full of live water waiting to harmonise our ever changing DNA.

Susan Laing also trained in the past as a Naturopathic Iridologist, Nutritionist and Ashtanga Yoga teacher and now follows the Shamanic path. www.raw-spirit.com ❁

How to ground yourself - Practical Solutions

Until very recently man has slept, sat and walked on the earth maintaining skin contact unaware that the earth's natural electrical energy is being transferred to the body keeping us well and healthy. This earthing, or grounding, is as fundamental to our health as air, water and nutrients.

Earthing is starting to take off in the USA with the help of David Wolfe, raw food advocate. In its most basic form to be grounded all you need to do touch the earth with bare skin, the best being the soles of your feet that have the most nerve endings. Earth can be defined as bare earth, grass, sand even concrete which is a good conductor if it is laid straight onto earth.

This must be the cheapest, simplest, safest, basic and perhaps most effective health 'discovery' in decades.

Earthing Explained

The ground is an energy field and when your skin connects to it the earth transfers a natural electrical signal to the body. We are all electrical beings. All of our movements, behaviour and actions are energised by electricity.

It is common in the electrical world to connect appliances and equipment to the earth to protect against shocks, shorts and interference. When you apply this to people, earthing naturally protects the body's delicate bioelectrical circuitry against static electrical charges and interference. But most importantly it facilitates the reception of free electrons and the stabilising electrical signals and energy of the earth. It remedies an electrical instability you never knew you had and refills and recharges your body with something you never knew you needed.

Personal Experience of Grounding

I recently returned from David Wolfe's Longevity Conference in LA where he spoke a lot about grounding (and the products he is selling to allow you to be grounded without touching the earth! See link below). The whole audience was grounded for the three days

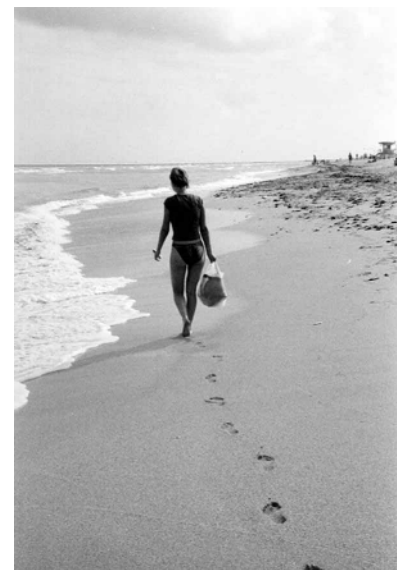
by Tracey Burnett

when in the conference by application of earthing patches on our skin that we 'plugged' into. A few people, who were in some pain at the time were invited to take part in an experiment to see if grounding had any effect on that pain and the quality of their blood. They each had a live blood test and after a few hours their blood was monitored again. The conference was shown the difference between the two. All had experienced a huge reduction in pain and it was obvious from looking at the samples that there had been a significant improvement in their blood. The 'before' test generally showed quite high viscosity with cells bound together and sluggish. Whereas the 'after' test showed very happy red blood cells freely moving around and white blood cells also active, mopping up anything harmful! I personally experienced sense of wellbeing that I attribute to grounding. I was also exhausted on arrival with a splitting headache, all which were significantly reduced by the end of the morning.

How have we become so disconnected?

Our bare feet, rich with nerve endings, rarely touch the ground. We wear synthetic soled shoes, sleep elevated on beds made from insulting material and spend most of our time indoors. Maybe your health and sense of wellness could be better if you spent more time connected?

Could there be a connection between being disconnected from the earth and the



diseases, fatigue, poor sleep and general sense of poor health many of us experience?

What happens when you are grounded?

Your body becomes suffused with negative charged free electrons abundantly present on the surface of the earth. Your body immediately equalises to the same electric energy level as the earth. When this is happening you might feel a warm tingling feeling or the type of wellbeing and relief you feel when you take your shoes off and your feet hit the warm sand at the beach. Perhaps those holidays in temperate climes are not the reason for you feeling rejuvenated? Maybe it is because you have been grounded for most of the holiday?

The benefits of grounding

- Lessens hormonal and menstrual symptoms by balancing hormones
- Helps quality sleep
- Reduces inflammation
- Reduces chronic pain
- Increases energy
- Lowers stress and promotes calmness by cooling down the nervous system and stress hormones
- Thins blood and improves pressure and flow
- Relieves muscle tension
- Reduces jet lag
- Protects the body against potentially health disturbing EMF's (electromagnetic fields)
- Earthing connects us to nature which is the ultimate source of health.

Practical Solutions

- Rid yourself of shoes whenever they do not serve any practical purpose
- Look at your sleep environment. Right next to our heads we often have a cordless phone, an electrical alarm clock, a lamp and possibly our mobile phone.
- Rid yourself of as many of the electrical appliances as you can especially when you are in bed and especially anything cordless or wireless
- Buy an electromagnetic detector to alert you to unseen EMF's.
- Buy a pair of David Wolfe's flip flops 'Grounders' if you don't like your bare feet on the floor
- Wear leather soled shoes or basic moccasins made solely of leather.
- Multi task – walk for great exercise, outdoors to get

the important vitamin D and go barefoot to soak up that energy from the earth.

- You can wear cotton or Nylon socks but barefoot is best.
- Swim or wade through the sea as an alternative.
- Always ground yourself if you have a headache or jet-lag. Fifteen minutes should be enough.
- Barefoot running is catching on big time although you need to advice on this to ensure you don't injure yourself. (See website below.)
- Buy some of David Wolfe's grounding devices which are barefoot substitutes that can provide connectivity whilst indoors. They need to be plugged into a grounded socket of a grounded electrical outlet. If your house isn't grounded you will need a grounding rod to connect to the earth. You can buy mouse mats, floor mats, sheets for the bed and even mattresses! (See link below)
- Try and ground yourself for 30 minutes a day. The more you do it the more you will benefit.
- If you can't go barefoot then hug a tree as often as possible!

David Wolfe claims that the common shoe is perhaps "the world's most dangerous invention.". Maybe he is right!

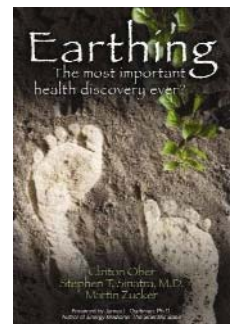
"Illnesses do not come up on us out of the blue. They are developed from small daily sins against Nature. When enough sins have accumulated, illness will suddenly appear."
Hippocrates

Tracey Burnett runs a website at www.traceyburnett.com delivering cutting edge but practical holistic health information via coaching and courses. ❀

Further information on Earthing

Book: Earthing by Clinton Ober, Stephen T Sinatra and Martin Zucker

www.earthinginstitute.net
www.barefooters.org
www.barefootrunning.org
www.primalfootalliance.org
www.barefootrunners.org
www.livingbarefoot.info
www.willpowermethod.com
www.facebook.com/pages/being-barefoot



David Wolfe's grounding products (earthing Flip-Flops in photo available here):

www.tinyurl.com/3vt7655

David Wolfe video about earthing

www.tinyurl.com/42emanb



Fire Element

'regard the heart, keep that upon the wheels, because the Sun is the foundation of life' Culpeper.

This season, Summer (Yang) in TCM (Traditional Chinese Medicine) is the element of FIRE - it relates to joy, completion and love.

We all have fire within us, its the passion that you carry inside that leads you forward to create the world you desire. If your fire is strong then you are able to bring your dreams and ideas into fruition. An imbalance in fire would mean that you have difficulty in doing so.

This element relates to the heart, small intestine and the ears. It also relates to the triple heater and circulation sex though neither of these functions are recognised as an organ structure in western medicine they are seen as vital function systems within TCM.

Now is the time to witness nature in all of her bounty, free flowing, abundant, green, lushness.

The season of summer is open, care free, hot. So too are we, we spend more time outside the days longer are, lighter, oh what a difference this makes to us! Linger on summer days with more light to do what we love, bring it all outside, soak up the sun and the energy that this season brings, enjoy the fruits that mother earth offers to us.

The circulation sex acts as the protector of the heart, the armour- it takes the blows so that the heart doesn't have too, imagine if we didn't have this buffer!

It is in charge of the blood flow and sexual secretions so all pleasure and joy is said to run through it. If this isn't working to its optimum in balance and harmony with the rest of the body then this is when problems in the body, mind and spirit can occur. Any sexual problem, or lack of joy for life or even too much joy would be an indication that your fire element is not as strong as it should be.

The triple heater controls the body's temperature making sure it remains at a suitable level so that all functions can be carried out efficiently.

The small intestine relates to how well we sort. Its function is to separate the pure from impure, separating what we need to fuel the body from what the body does not need.

Poor digestion or any digestive problem would therefore be a sign that your fire element is out of balance. It also relates to the ears and the sorting of sounds- any ear problem shows us that there is a fire imbalance. If you think about it how can you fully bring your dreams to full creation, completion when your body, mind is not sorting efficiently?

The heart (yin) is *'the supreme controller'*, without the heart we cannot live. It is the vital muscle pumping our life force around the body. It not only is vital for our physical

by Nicola Pledger

body but also for our mind and spirit. It controls us in all that we do, ignoring the heart means ignoring ourselves, our true being. When we think and act from the heart then we are doing so from the core of our being, our true self. In such busy lives that we live it can be hard to take the time out to stop and listen to this vital organ. The head and the heart often get so confused it can be hard to know sometimes which we are in. When things are flowing in our lives, it is a sign that our heart is listened to, all falls into place just where it should and with it the joy comes flowing in.

Support your heart, nurse whatever hurt, bruising you carry whether physical, emotional or spiritual, feel it, acknowledge it, try to let it go.

Do some meditations that work on your heart centre. A meditation follows at the end of this article.

Show yourself, others and the earth LOVE.

Some ideas to do this could be:

- ♥ Give thanks to the earth by sitting in her ever moving stillness and offering your quiet thanks to her
- ♥ Plant a garden
- ♥ Take a picnic full of raw delights to your favourite place with your friends and lap up the summer breeze
- ♥ Making some love intention filled raw chocolate and share with whoever you please
- ♥ Leave yourself positive affirmations around your space so that you will see them often to reinforce the joy and love
- ♥ When in your yoga practice if you find yourself losing focus then bring your attention back to your heart centre
- ♥ Place photos of friends, happy times that make you smile around your space - it is good to be reminded of happy memories

Ask yourself, 'What is holding me back from being my full vibrant, fire burning, I can achieve all that I want too, love all that I want too, feel all the joy that this world has to offer, self?' write what comes up for you and if you feel you can slowly work your way through this list one block by one small block at a time.

A simple thing to support this element would just be by wearing the colour red. Wearing colours relating to an imbalance we have can have an effect on our mood.

Bring joy into your life as much as you can a lack of joy is an indication of the depletion of fire.

What makes you laugh? What makes you happy?



Write a list of the things that fill you with joy, put it somewhere you can see it each day so as to remind you, tick things of the list as you experience them.

Someone once told me that a way to increase the love for oneself and others is just by the use of the heart symbol, by placing it where ever you feel the need, remember this will radiate through to your neighbours, friends, family. Your heart is a revolutionary cell. ?

In season now are *peas, broad beans, spinach, green beans, courgettes, cucumber, new season carrots and beetroot, rainbow chard, greens, greens, greens, tomatoes, peppers plus the long awaited strawberries, raspberries and loganberries.*

Wild goodies in season now include elderflowers, wild nettles and hawthorn flowers which are both fire herbs, hawthorn works on the heart chakra and nettles evoke the warrior within and red clover. There are an abundance of herbs: parsley, mint, chives, coriander, sage, basil, thyme. And these are just to name a few of the many herbs, flowers, wild foods, fruits and vegetables! Bitter foods have a strengthening effect upon the heart so try to increase your intake of bitter foods - there's an abundant of bitter greens right now, radicchio, rocket, watercress are all very good bitters- I love radicchio with its heart chakra colours of green and red.

Raw cacao also works on the heart chakra- it is said to open the heart chakra so we are more able to give and receive love.

there's a great piece written here:

www.giveittomeraw.com/

[profiles/blogs/how-to-open-up-the-heart](#)

It is very informative and beautifully written all about the heart chakra and raw cacao, check it out.

Just adding some cacao nibs or beans to a salad bursting with greens would be powerful or add some to your green smoothie in the morning.

Enjoy the abundance in this season the variety of fruits and vegetables we have, the rainbow of colours on offer to nourish all of the 5 elements, metal, water, wood, fire, earth.

Strawberry smoothie - Serves 1 or multiply the amounts for more people.

1/3 cup almonds, soaked for 6 hours

1 cup water

About 13 Strawberries

1 tsp vanilla powder

Optional raw cacao nibs sprinkled on top.

Drain and rinse almonds.

Pop almonds in high speed blender with 1 cup filtered or spring water, blitz until almonds have completely broken up.

Strain if needed.

Put the milk back in



blender with strawberries and tsp vanilla powder (you can also add raw honey or any other sweetener of your choice), blitz until smooth and frothy.

Pour into glass and enjoy.

Courgette salad

No real amounts here, just depends how many you are making for and taste as you go so you get the balance of salt, pepper, lemony, oiliness that suite you :)

courgettes, yellow and green.

freshly milled black pepper

sea salt

juice of lemon

fresh basil

fresh mint

cold pressed extra virgin olive oil or hemp would be good too

optional pine nuts, or walnuts (soak before using)

Using a peeler, make ribbons with the courgettes in a bowl.

Pour on lemon juice, oil, salt and pepper.

Use hand to make sure it covers evenly the courgettes

Shred herbs with hands, add to bowl.

Use hands to mix in.

Serve at room temperature

5 Elements Salad

This salad contains all the colours of the elements, so works on feeding them all, balancing you.

Beautiful colours, calming yet energising, *yin and yang*.

Again no amounts here, just increase or decrease amounts to how many are eating, and what your feeling you would like more of to less of :)

Greens of any kind a mix of bitters and non bitters, recently I have been enjoying rocket, radicchio, basil, little gem lettuce, spinach all gently torn up.

Celery, chopped

Cucumber

Yellow tomatoes

Red pepper, sliced diagonally into pieces

Grated carrot and beetroot

I then add whatever *sprouts* that I have been sprouting that week usually either *alfalfa and/or sunflower* as these are my favourites!

I sometimes add sultanas or *fresh seaweed- dulse or sea spaghetti* usually, depends which I am more inclined towards.

I then make a sauce usually consisting of *tahini, avocado, apple cider vinegar, fresh lemon juice, paprika, cayenne, pink salt, pepper*, I whizz this all up till smooth and add a bit of filtered water if I want it thinner. (1/2 avocado p/person)



♥ Meditation For the Heart ♥

Find a quiet space, can be indoors or outdoors- its where ever you feel most comfortable.

Sit how ever you feel comfortable this can be on your knees, cross legged, full lotus, or on a chair with your feet on the ground.

Close your eyes.

Start to focus on your breath.

Inhale, feel the diaphragm expand with each in breath.

Exhale, feel the diaphragm contract with each out breath.

Keep with this deep breathing.

Start to bring your attention to your heart centre.

Visualise your heart, the master organ pumping gently the life force through your body.

Focus on this image for a few moments.

Now imagine your heart slowly unfolding like a bud, opening like a flower.

As it is unfurling it is slowly revealing your heart chakra.

A beautiful glowing, shimmering emerald like jewel sparkling radiating greenness and light.

(Green is the colour for the heart chakra)

Bask in the beauty of this for a few moments or as long as you please.

Now flood this chakra with light.

Imagine a bright green, white light streaming into this space penetrating you with love

This love is being pumped around the whole body and mind to every nook, follow it as it fills each part of your self.

(this would be even more powerful when done outside in daylight as you use the light from the sun to flood your cells with or at night with the moon light)

Now stay with this for as long as you would like the heart being flooded with love filled light.

What does this feel like?

Your hands and arms or other parts of you may feel tingly, **enjoy this sensation.**

Acknowledge what may come up for you here. It may be uncomfortable for you to sit in we aren't all yet in a place where we can fully sit comfortably in love, that's okay.

Take your time, you can come out of this whenever you want, just if you can and want repeat this exercise regularly and gradually you will be able to sit in it longer at ease basking in all that divine love.

Once you feel that you have sat with this for as long as you want to, start to close your heart back up, gently folding back in the petals.

So that your heart is now what you see.

♥ ♥ ♥ **The simmering green emerald will always be there :) glowing, radiating love.** ♥ ♥ ♥

Come back to your breath, the inhale, the exhale. The heart centre.

Now out loud or in your head (**saying things aloud has a more powerful effect**) this mantra 3 times,

I am LOVE.

I am open to LOVE.

I am open and able to receive LOVE.

I am open and able to give LOVE.

LOVE is all around me, beneath me, above me.

LOVE is within me.

LOVE is in everything that I do and say, in every thought.

I am LOVE.

If you want you can sound the universal auummm 3 times, each time sounding on the out breath.

If you have a singing bowl I like to end this mediation by (without opening my eyes so that I am still in the blissed, love space that doing this mediation creates) picking it up and making it sing until it wants to stop.

I then sit in the sound and vibrations.

When you are ready to end this exercise bring your hands together to the heart centre.

And slowly once you are ready to slowly open your eyes.

Thinking about the mediation and any thoughts, feelings, people, places, anything that came up for you it is good to write this down so that you are acknowledging parts of yourself.

By doing this we are able to see our blocks, our dreams and our hopes.

Negative and positive write it all down, and keep checking back to it to see if you have managed to clear the blocks, emotions, or if you have made that dream come true :)

Happy Summer to you ALL.

♥ LOVE, LOVE, LOVE ♥

www.gingeravocadostar.wordpress.com ❀



Why Organic is so important

by **Melanie Bouffard**

I recently stayed on an organic farm for a week as part of the WWOOF scheme. For those who are not familiar with WWOOF (World Wide Opportunities on Organic Farms), it is an organisation that holds a list of organic farms, gardens and smallholdings, all offering food and accommodation in exchange for help on their land. The hosts are very varied, from a small, low impact settlement to a big mixed commercial holding – but all have in common a love for organic produce and farming, and for sharing it with others.

It was my first experience as a WWOOFer, and I decided to go to Green Growers, near Driffield in Yorkshire. This beautiful 1 acre garden is owned and managed by Dr Gwen Egginton, who holds a PhD in Soil Science and has been growing for over 25 years. She is one passionate lady who loves sharing her knowledge and skills. For sure, she could teach the seeds themselves a few things !!

Green Growers holds the widest variety of greens I have seen around in a long time – some of them I had never even heard of - from wild rocket, chard or sorrel to chinese mustard greens, mizuna, purslane, Buckshorn plantain, endives, spinach, celery, cress, all sorts of lettuces.... And let's not forget the herbs, chives, parsley, sage, oregano or basil, to name only a few ...Yummy. Gwen runs a vegetable box scheme and supplies the local community. She has her fans, and I certainly don't blame them!

I had a wonderful stay with her and learnt so much – from making home made compost to being able to name plants and telling the weeds from the good plants. I really enjoyed all the tasks I was given (especially running as fast as possible after letting the goose out in the morning !), and it was good to be treated with care and respect, as part of the family.

This experience also made me more aware of the necessity for all us in our modern world to switch to organic produce and methods as much as possible – and I could see for myself how conventional growers have simply “lost the plot”, letting themselves be caught in a financial spiral of constantly wanting and needing to increase their prof-

its, to the detriment of produce quality and of the environment.

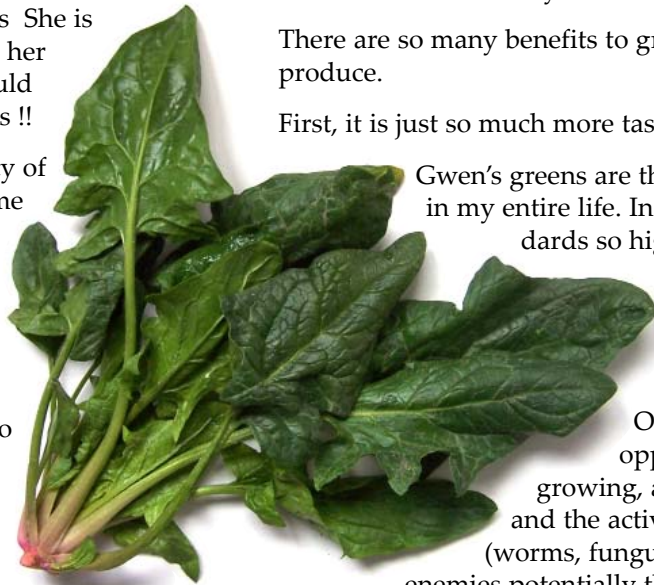
I think that, for us raw foodists, it is so important to eat as organic as we possibly can .. In fact, to me, there is little point in being a raw if one is going to eat conventionally grown produce that is heavily sprayed, probably genetically modified and most likely devoid of all nutrients – it kind of defeats the purpose, doesn't it ! I once read that an apple is routinely sprayed with no less than 20 to 30 chemicals on average. Isn't that scary? So ...doesn't organic just make sense? Who would want to put artificial chemicals in one's body when one doesn't have to ??

There are so many benefits to growing and eating organic produce.

First, it is just so much more tasty !

Gwen's greens are the tastiest I have ever had in my entire life. In fact, she sets the standards so high that I am now struggling to find good enough produce to match hers in my area (and to date I have failed) !!

Organic farming, as opposed to conventional growing, also supports biodiversity and the activity of vital creatures (worms, fungus ..) which are seen not as enemies potentially threatening the crops, but as an essential part of the garden cycle – the organic gardener recognises that all living things depend on one another : everything is interrelated. In order to produce strong healthy crops, one must work with nature and not against it. In organic farming, wild flowers, small creatures and even methods such as crop rotation are all used for pest control instead of harmful chemicals such as pesticides (the use of which is strictly regulated in an organic garden). Thanks to crop rotation, organic farming avoids excessive depletion of soil nutrients and therefore a decrease in the soil fertility, as well as outbreaks of diseases such as bird flu – in conventional farming, which has vast areas of the same crop, if some plants get a disease it will spread very quickly to the whole crop.



I would go just a little bit further and say that organic farming is one step closer towards self sufficiency, for those who (like me) aspire to such a thing. Because organic farming respects the environment and doesn't damage nature, or damages it as little as possible, it makes for much more sustainable practices and safeguard the Earth for ourselves and future generations, much more than conventional farming will ever do.

In fact, it has been shown that conventional farming practices are responsible for the loss of 6 million skylarks, half a million mice and up to 70 % of wild birds , as well as several species of butterflies, frogs or grass snakes to name only a few, in the last 30 years alone

To cut a long story short .. organic farming is great for the environment and the planet . and also for you !

Indeed, studies have shown that organic food contains more vitamin C, trace minerals and antioxidants (vital for cancer prevention) than its conventional counterpart.

Just remember though that not all organic food is the same - mass produced "organic" food as found in supermarkets is often grown in ways not good for the environment, as monocrops and in massive plastic greenhouses. To really benefit the environment we need to be buying locally produced food from farmers growing in sustainable ways.

I know it is controversial, and other studies will say the opposite. But then, there are always people out there who are constantly trying to prove even the most stupid of things. Personally, I'd say "follow your better judgement, and above all, your taste buds !" (and pay Gwen a visit !)

Organic farming may even save money – the hundreds of chemicals that are used in conventional growing methods cost billions of pounds every year to remove from water supplies, and organic crops also require less energy than their conventional cousins – 25 % less on average with certain crops like leeks and broccoli achieving even better results (respectively 58 % and 49 %)

Given that the UK have committed themselves to cut their climate change emissions by 80 % by 2050, I'd say organic farming is very important and should be given total priority!



Other benefits of organic farming is that it doesn't allow the use of genetically modified materials, and tend to favour local products and varieties, as well as useful practices such as seed saving.

I know organic produce can be expensive, but eh, don't be shortsighted .. see the bigger picture. This is the now. As more people like you and I start buying organic (and I have), it will naturally become cheaper!

So, do get off your chair, do your due diligence to find yourself a Gwen .. a small local organic producer who cares more about the

quality of the produce than about charging you a fortune for it to make a nice little profit. Or even better, start your own organic garden NOW. You will be one step closer to making a big change – and it only takes one person to start a revolution...

Resources

For more information about WWOOF see www.woof.org.uk

Green Growers, Nafferton, near Driffield. 01377 255362

To find your local farmers market where you can buy locally produced foods see www.farmersmarkets.net



Wild and live sources of animal protein

by **Dani Baxter**

As primal life started to form under the warm seas in the very beginning of time, small single cell creatures darted about witnessing each other in their new environment for the first time, striving to survive and multiply.

Subsequently they evolved into the diverse array of species we see today, but how? We can only assume that they made use of any and all available resources.

Light and dark, heat, cold, they ate plants and even devoured each other to the end that they grew into bigger, stronger and more complex organisms.

In time, able to respect each others habitats, not minding the business of the other. They formed the eco system we modern humans have only profited from, the hunt for power leading us to strive to control every thing about the earth, without respecting the connection everything has to everything else. When we encounter something in nature we experience fear and often have a violent response, very few know how to be gentle around nature, to gaze in wonder at her marvellous creation, safe in the knowledge that we too are part of it.

This basic connection to nature herself is what we as a race have lost, and it is this very limitation that inhibits own rediscovery of ourselves today. The very classifications we use to define our groups limit us as individuals, limit our free will. These stereotypes are reinforced by a harsh society in its attempt to control and canalize, means that we must regain our lost power, mutate and regenerate.

I have lived in Spain for 12 years, enjoying daily, the main reason I stayed, the "abundance of nature". I have followed a raw path for six years and consider myself to be an intuitive eater, basically a mono eater and keep food in or in as close to its natural state as possible although I have a strong constitution which allows me the odd indulgence or bad combination from time to time.

I was never fanatical about it and calmly allowed myself indiscretions at will.

Even creating for myself a new type of fast which facilitated me working while fasting, "the partial fast", where by I would consider myself fasting unless I experienced an extra special connection to a piece of fruit in particular.

I believe that we are only just beginning to scratch the surface of human nutrition, each one of us can have different needs at different times.

We can only attract the right food for ourselves at any time, and this demands a return to more instinctual behaviour, less forward planning, scheduled meal times and more importantly, more personal choices concerning diet. All too often does one person in the house dictate what is right for all to eat and when, convenience is a killer and we feel obliged to accept things that are not what we would have chosen for ourselves.

We must prioritise the importance of "personal diet" in

direct correlation to our feelings of well being, performance and universal connection, only by eating what we need and when can we really achieve our true potential in life.

The whole idea of eating meat quite rightly throws into discussion many moral questions such as "Would you eat it if you had to kill it yourself?" or "Does it matter what kind of life the animal led?". Well the answers to these and many similar questions are understandably personal to each of us, however I shall share my conclusions with you none the less.

Modern times have seen the mistreatment of animals on an indecent scale, they lead poor quality, short lives that end in agonising misery. Their flesh and organs are poisoned in the same way as our vegetables and cereals are, and worse, growth hormones and antibiotics ensure a fat animal in sterile health. The packaging of meat would lead you to believe the product had no personal identity whatsoever and the way westerners shovel it down is causing irrevocable damage for generations to come.

I don't feel bad drinking a bit of raw goats milk, raw cheese or a raw egg yolk if I know it has come from a good source. I am no longer consuming pints of cows milk on cereals every day or frying eggs for breakfast, but taking those foods as I see fit to supplement my diet and my energy levels. I was raised eating meat, but gave it up 17 years ago. Today I draw a clear distinction between eating animal food for taste and eating for nutrition. I believe that viewpoint somehow validates the death of the animal, however I still hardly eat any meat, and what I do eat I either catch and kill myself or obtain from friends.

The promotion of organic agriculture in the modern world is definitely a step in the right direction for consumers and animals both. Ideally animals would roam free meeting predators at natures will, however we have arrived at the inescapable reality of overpopulation by humans and widespread destruction of natural habitat so the best we can hope for as a starting point is to recreate as closely as possible their conditions and allow them to exist in a stress free way without human intervention as far as possible.

I keep chickens and bantams, and feel that I have a strong connection to my animals, I know when I need to intervene in some way and I certainly know if they are not happy.

As I have mentioned I have children, 3 in total and the main reason I began keeping chickens was for my oldest son Lux. His mother had nurtured a desire in him to eat spit roast chicken, the kind you buy from a van. So in an attempt to illustrate to him the effort needed to safeguard, feed, maintain, kill and prepare a bird for the table I took the plunge, that he would be capable of making his own informed choices later in life.



My younger son Django insisted that we should only eat a bird if we really couldn't find an alternative home for a cockerel that would potentially fight to the death anyway, I agreed.

When the day came the kids all watched as I killed and gutted the bird, as I did this I realised that I was not so interested in the flesh itself, but only in the organs!

The liver, kidneys, heart, etc, it was the first time I had eaten meat since cooking the placenta after the birth of our daughter Alice some 6 years prior. That had been incredibly rich and somehow sacred, as we ate, we both felt a connection to each other, our daughter, and the growing feeling of replenishment the potent food offered our exhausted bodies, magical, and in this moment I understood the importance of respect for the offerings of nature, I don't think that there is a single indigenous tribe on the planet which does not eat animal food of some kind, the Masai drain yak blood to mix with its milk to sustain them in harsh terrain. The Eskimo eat fish and all manner of blubber, the Red Indian ate deer and buffalo making their homes and clothes from the skins and the Aborigines of Australia consume just about anything from witchity grubs to wombats. All hunt, and understand the importance of the blessings given for the animals passing and the thanks to god for the offering. Often every part is used, from the skin to the fat and bone. It must be respected and treated as a gift from nature, who are we to question the mystery of life in its entirety when we comprise only one small part of it.

I first became aware of the incredible energy exchange available from live animal protein eating the yolks of the eggs that would break on our market stall in Orgiva, the local town to me here in the Alpujarras. Cooked I could eat many eggs, but raw I could not eat more than 2 and the feeling I got from doing so was akin to a highly pleased and peaceful state achieved by meditating or maybe taking your shoes off after a hard day. There is a notable energy exchange which takes place immediately and leaves you with a full feeling.

As a keen gardener, now running my own organic shop in Orgiva I sometimes come across a slug, bug or maggot either picking fruit or weeding the lettuces and wonder what we would have eaten in the wild, indeed the French and Spanish are still very big on snails. They are easily digestible protein and contain important sources of B12. To be honest the idea of cooking one is a bit strange, if I pick the lettuce the slug is living on should I put it back on the next lettuce ?

If you pick a fig and there's a worm inside it, what do you do ? Throw out the worm and eat the fig, where would the poor worm live then ? It was born inside the fig after all, you could close him back up and put him down somewhere safe I suppose, I am an arm of nature and if I pick that fig I'm meant to eat it, worm and all.

The energy exchange felt as you eat a live bug is truly amazing... you feel a rushing sensation descending over your entire body, a sensation of bliss at eating something so potent, causing you to close your eyes, the feeling can

last up to 5 minutes.

The first experience of eating a small slug was as I was preparing some marinated tempeh and salad for lunch one day. I laid the lettuce down on the work surface I was dismayed to see a small slug fall onto the side. On examining all three, the slug, the salad and the tempeh I was faced with the inescapable question, which was the most nutritious? The resounding answer echoed, the slug!

Slowly and surely I raised the homeless slug to my lips and tucked in, it had a meaty texture that demanded chewing, and tasted mild.

The energy exchange left me feeling empowered and my tempeh was pale by comparison. I still eat slugs from the garden, much to the amusement of my children. In Spain they are much smaller than the ones I remember my mum pouring salt on as a kid, although they do have antenna and slime.

After 6 years eating mainly raw foods I have been drawn again to animal foods, and can't say for sure if that is because I really need them, although I can become over tired due to work and parental responsibilities and eating a chicken liver totally sorts me out. However I cannot justify my cravings for such foods if I do not accept the "wild and live sources of animal proteins" offered by nature.

Dani runs Eco Loco Todo Bio, an organic shop at Puesto 7, Mercado Municipal, Orgiva, Spain.
www.ecoloco-todobio.com

reduce your impact on the environment



planet - friendly courses

- straw-bale building
- keeping chickens
- herbal medicine
- natural soaps
- heating with wood
- permaculture
- food preserving
- renewables
- smallholding
- living willow

and many, many more, at various UK locations

Also: free factsheets, forum, products, services, books, magazines, links, gift vouchers, volunteering on organic farms



low-impact living initiative

www.lowimpact.org 01296 714184



When you don't have to send your kids to school!

by Dawn Waterhouse

Have you ever had days where you wondered why you send your children to school, questioned the value they are getting out of their education and possibly even yearned to have you child back? Well I spent several years questioning this. Then one day the answer came to me - when a client started telling me all about home schooling her children. It was a few years before I was in a position to take the plunge (well actually the universe gave me a great big shove - and we just jumped in feet first) but it is one of the best decisions I have made.

The biggest question I get asked is possibly the one I spent several years asking myself - how do you teach your child all those things they learn at school?

Well actually I don't - in fact I feel like I spend very little time actually teaching them at all. As I write that bold statement I recall other home educating parents saying exactly the same thing to me and I wondered how they could do it. I am so impressed by a Child's natural ability to learn given the correct environment - so that is what I want to share with you now.

We live in a system where we are believed to be not capable of making decisions for ourselves, we believe we need to be told how to take care of our health, and we believe we cannot learn unless we are told what to do. Have you ever wondered why you found some things challenging to grasp and had to spend hours revising and working it out, whilst other things you were a born natural?

I recall as a child being really interested in nature, plants, animals, science, math, crystals, and things that are now called new age. I went to school (hated nearly every day of it) and learnt every thing I was told to learn, then promptly forgot what I was perhaps not interested in once I had passed the test and had to start squeezing something else in.

Yet now - bizarrely, I feel I can learn so easily. I can recall facts easily, I only have to read text once and I get it. So why? Why after years of believing learning had to be hard work is it now coming so easy? I have looked at my children's learning methods and I appreciate why.

My two beautiful daughters (we all think our children are beautiful - and so we should) will tell me what they want to learn. Perhaps I will give you an example.

One day - after berating myself for possibly not spending enough time on my 6 year old's literacy skills - she wandered up to me with a rather large story book and said "I am not really sure what they are trying to say here" so I read it to her, then looked at how she may have read it. There were quite a few commas and quotation marks in the piece she had found challenging. So I took a few moments to explain commas and quotation marks and how they affect the meaning of a sentence. "Oh I see - I get it now. Thank you Mummy." and off she trotted to complete the book.

Well when the student is ready the teacher appears, and

so for my children when they are ready with a question a whole terms worth of work can be done in a few moments because they are ready to receive the message. Also - perhaps - when the teacher is ready the student appears. I had questioned the universe and promptly been shown that I was doing okay.

Perhaps another example for those of you with older children. In Colchester (the nearest town to me) they have been building a new play park in the castle grounds. We have been watching this development and talking about it each time we passed through the grounds. One day we went to the new park. In this park was the most amazing swing I have ever seen. A wonderful basket you could fit several people in and enjoy the motion. We were talking about how the swing would stop when all of a sudden my eldest daughter (age 10) explained how in theory it should never stop. "What makes you say that?" I questioned. My daughter then started explaining all about Leonardo Da Vinci and pendulums. She had every thing in context and was really confident in her explanation. "Did you learn that when you were at school?" I asked. "No - it was one of the books about Leonardo Da Vinci from the Dead Famous series." Was the matter of fact reply I received. Well I guess that is history and science covered.

So what do I actually do? Well I guess I try to inspire them with material, activities and places of interest. I provide access to resources that I feel are of quality. I am there to answer the spiral of questions that often flow. We engage in some great conversations about all sorts of things - from Henry the eighth and his many wives to ways to invent a cake using a particular ingredient they want to use. There was one occasion when my eldest daughter scribbled down a diagram for a water filtration system she wants to make - to me it was amazing. Not because she wrote it all down, but because she was "feeling bored" whilst in the car and so scribbled it on the only paper she could see free - a business card.

So where does learning come from. Does it come from someone trying to force a square peg in a round hole with a shoe horn, or is it something inspired from within?

Is it something you can instruct or is it something you nurture? Much of what my eldest does involves art materials, she expresses most things through some textile medium. From making things with fabric to writing novels and plays. That is how she likes to be, creative. My youngest daughter still likes to play. But she too is making up stories. Her dolls are the characters and her voice is their speech or the narration she even plays with the accents - such a joy to be part of.

In my opinion the art materials and dolls are not the only ingredients to a good education for a home schooled child. There are other aspects that need to be considered.



Nutrition is so important. Balanced blood sugars and good wholesome food are vital to the brain functioning and the body being in a relaxed state. I also make sure the girls get lots of physical activity which is so important for growth.

Being schooled at home also means they get the fantastic chance to run around the home and garden with no footwear. I love the feeling have having my feet free - and I wonder how many children - if left to their own devices - actually choose to put shoes on. It is really important for them to have time to connect with mother earth and feel her rhythm whilst grounding and discharging toxic energy absorbed from the modern world.

We are so fortunate, there seems to be rather a lot of other parents who home school in our area, so we are spoilt for choice for friends to visit or group outings to attend. A bit different to the sterile environment of the average classroom where antibacterial products and other chemicals we try and avoid are frequently used.

There are so many ways to school a child, each one as different as the child experiencing the education. Personally I feel I am facilitating my children's journey to explore who they are and what they want to enjoy doing when they are older. I want them to enjoy their life with passion. What do you want for your children and your memories of your children growing up?

Useful resources

Education Otherwise - a great first point of call if you are considering educating your child otherwise than at school
www.education-otherwise.org

Dawn is a raw foodist and is a qualified homeopath. She also holds qualifications in diet, nutrition, meditation and reiki and has a busy clinic in Colchester, Essex. If you have any queries about issues raised in this article or would like more information email dawn_waterhouse@homeopathy-soh.org or telephone 01206 735 780. Full details are available from the web site www.dawnwaterhouse.co.uk ❀

Adventures in a life of three!

A day in the life of Home Education

Me: Full time mother, Active business woman, Creative Chocolatier, Teacher & all round entertainer!!

Family: Husband: busy man, mostly in charge of stuff.

Son: 5, Chief explorer, head of operations, World leader of all things, head of democracy.... I say, you do....!

Part of my decision to give up chocolate making for the public was fuelled by my motherly need to be with my boy. At 5 he is discovering the world, but not through the system. Quite the opposite, we have chosen to educate him at home with a special kind of education:

Autonomous Child Led. Something that my mother in law can not grasp.

Conversations relating to his learning that hubby has on phone always go something like this...Dave to his Mum

- d. How are you?
- m. Very well. Then always some chat about the grand prix as both love F1, then Dave will mention that James and me have been out somewhere.
- d. they went to the historic dockyard today, james loves the trains
- m. but it's a school day?
- d. yes, we have chosen to educate James at home so Karen spends all day with him. She takes him out most days and he loves boats so the Dockyard is a great place.
- m. Is he reading and writing yet?
- d. No, we have chosen to allow James to make his own decisions and letting him choose if he wants to learn to read or write is up to him.
- m. But he's only 5!
- d. He is quite capable of deciding things for himself, he

by Karen Bennetto

chooses a coat if the weather is cold, a drink if he is thirsty, a toy if bored, a banana for instant food while waiting for his chosen food to be made ready. So we trust that because he makes good sound judgment choices with his life he will also make the choice to read or write.

m. So he's not in a school? So he's not learning anything then?

We have had this conversation weekly for more than a year now! This conversation can be with practically any person of any age so indoctrinated are they to the idea that only a institutionalised educational system can be successful.

We teach by example and by providing a wealth of choices that are simple, life enhancing and somewhat age appropriate. We have TV days and enrichment trips, spontaneous camping expeditions, long days out on the train to places we have never been to and regular trips to places we have season tickets for.

Thursday. Typical start to day up at 6.30 with James chanting "Walk Nannys. Walk Nannys. Walk Nannys"

Me in failed attempt to hide under duvet until the sun actually rises, plead that Nanny will still be asleep.

James and me go downstairs.

James re starts "Walk Nannys" "Walk Nannys"

I start offering food....I know its way to early to eat, James usually starts eating around 10am but I don't really want to start walking just yet.

"Would you like a banana? Apple? Ooh look the pears are



ripe” mmm all with teeth marks where James has tried to eat them over the past week.

“No!”

I venture in to “Egg?”

“No!”

I give up as all favourite foods have been exhausted and he obviously is not hungry.

I throw some food in the Vitamix and hope that today’s creation will at least taste better than the last few! Water, Banana, pear, spirulina, wheatgrass, maca, hemp seeds, honey, chard. It’s ok!

James wanders into lounge and plays trains loudly with spontaneous bursts on the piano.

Thankfully he has stopped (mostly) using all his fingers all at once and is now experimenting with single fingers.

The piano was a freebie from a school and has some selective graffiti and duff keys. I always wanted a piano as a kid, not that I ever learned to play an instrument I just like sitting and tapping out a rhythm or a melody that to me sounds nice. A sort of music meditation, so this freebie was a gift I was not going to pass by and James has taken to it nicely in the spirit of unschooling.

I listen to the music and think about a comment mum made a day or so ago, that children who hear classical music have better hearing than those that don’t, something about the classical stuff exercising the ear!

I briefly wonder if Robbie Williams and Eminem come into this category? Think of Ballad ‘November Rain’ by Guns and Roses and figure that could be and surely ‘Sweet child of Mine’ counts? Reckon my music taste is different!

Time has crept to 7am. James asks for “Sam”. We put Fireman Sam on, we have sky plus and record everything making sure James watches zero adverts. I draw the line totally at children’s advertising. It’s sick and twisted. What untold damage is being done by the money driven social experiment into the spending habits of children by adults who have never played a day in their sorry lives?

James sits watching Sam. Half hour passes and he restarts “Walk Nannys house” “Walk Nannys house”

I give up trying to reorganise the kitchen, have just spent half an hour gazing at a wall fantasising about a organised shelving unit and removing the downstairs loo and fitting a larder cupboard. Realise have been daydreaming!

Brilliant sunshine outside so rush out to sweep tree bits off decking and trampoline and begin bouncing. James immediately joins me in a game of tag. We run round the deck and trampoline for the next hour then stop for a cup of tea. Then immediately restarting the play.

Then James starts the “Walk Nannys house” again. I jump off trampoline grab my boots and say “Yes”.

We plant seed potatoes on the way in the front garden.

James wants to ride his new bike. “Pedal pedal?” he asks that’s his way of saying he wants to ride the big bike not his balance bike. We make it 50ft from the drive when he gets frustrated. I offer a choice, “Would you like to walk? Or take your other bike?”

James tries harder to master full revolutions of pedals and steer at same time. Five minutes later and I can see tears of frustration welling up, I squat down to his level and ask again. This time he chooses the balance bike, so I walk back and swap the bikes over.

He then sets off at full speed to Nannys house. Thankfully stopping to cross the big roads, waiting for me.

We have an impromptu stop at the road works, we have been visiting these roadworks for a few days, we have seen how a burst water pipe happens and peoples reactions to loss of water...mixed and varied! We have seen all the different tools and machines that are needed to take up a road and re make a road. Over a few days we have watched key stages as by fluke we were passing and James stopped and watched, as we do at every activity, from man mowing garden to road rollers in motion. Always leading to a re-enactment after with his toys and Nanny and me playing workers parts!

Then he’s off again at full speed to the busy dual carriage-way, where he watches for the green man so he can cross, this has proved a great place to learn about waiting for emergency vehicles to pass before we cross as it happens frequently.

We stop at the little shop to buy stamps and post a post-card to Grandma with a picture of the Spinnaker Tower and an explanation of a day’s home education to again try and bridge the misunderstanding gap!

Then he races off.

Now I know he knows the way from here off by heart, there are no big roads to cross and I trust he knows where he is going. But it always a little worrying for me as I only know he has made it safely to Nannys when I walk through the door minutes after him!

Nanny has been cleaning and all the rugs are rolled up. James immediately pounces on the vacuum cleaner and begins helping.

Then the rugs are rolled out and his play road rug is spread out with a collection of cars added. He has just made the connection between the roundabout at the bottom of the road and the one on the map. Telling us in great detail what it is and showing us how it works.

Few spots of rain then another clear brilliant blue sky. I make random suggestion that we should walk a bit of the Itchen Navigation? Just to Eastleigh then get the Train back.

We make ready our bag and consult the map. Reckon its 4ish miles plus the bit at the end round the town. We are ready by 10.40 and set off.

James loves boats so I figure a disused canal path would be interesting. It wasn’t, at least not for the canal side of



things as there are no barges. So the joy was the walk, the wildlife, the plants and the weather.

We move quickly through the first section as its right by the motorway and hideous, we have to shout to each other. I try shouting at mum that we have passed loads of Chives but its no use.

We walk briskly until the motorway is dim. The Itchen valley nature reserve is our constant companion on the right and the disused canal on the left with views over the back of the airport. Thankfully is fairly small and quiet!

We are struck by a wonderful stretch of ransoms on the far bank then I spot a little deer, then a buzzard is down with it's prey in the woods. A badger set is the source of 10 minutes wonder, we literally just talk about how these creatures clean their hidey holes making the area round the entrance nice and clean. James is fascinated at these huge mouse holes and I make mental note to do this walk in early evening in summer.



We marvel at the shapes the trees have made in falling down then keeping growing.

The different foods are fantastic, we find burdocks, hogweed and celandines [Editors note: take care with these plants, both hogweed and celandines can be toxic and are not recommended unless you really know what you are doing.] and have a feast of hawthorn leaves as we find the first ones bursting into green on a tree. I have to wait a while before I can cross the canal to gather ransoms but wow they are always worth it. Bullrushes are everywhere and I again make mental note to come back to check for pollen and get in water for tubers....mmm....not yet is still icy on the edges some mornings!!!

We pass a stretch of reeds grasses and just listen to the different birds, trying to spot them and see which were making which sounds.

Then the less than pretty water treatment works and cows. James favourite animal other than dogs are cows, we have to stop and try entice these sad mooing babies over, fresh from loosing their mothers they huddle and moo mournfully for mums who they will never see again.

Not that James understands, he is innocent to such things and I intend to keep it that way until he can understand compassion and the needs of a blind majority that are so detached from their food the idea that the pack of beef in a supermarket fridge was once a baby cow crying for its mum is incomprehensible!

We fail to woo them with big handfuls of green grass and leave them to moo by themselves. We then pass a large industrial estate and ponder that the journey started and ended with great human disturbance!

James takes this opportunity of seeing the little track road to inform us by yelling "Back!" that we are to wait for the imaginary train to pass, these trains are frequent causing mum & me to throw ourselves in the hedge every time James shouts "Back!"

Finally we reach a regular road and can admire the carrier bags that look like weird flapping flowers sticking out of manicured hedges, finally crossing the real train bridge and spying a stand of Spring Beauties, a really nice spring salad veg, sadly a little too close to habitation for my liking so I leave them and have to explain to James who is now desperately trying to pick and eat some that plants right on the road side just are not that tasty.

We then pop in a local shop buy a baguette and block of unpasturized cheese and begin with no knives to tear the bread, stuff with broken cheese and giant wads of ransoms...awesome lunch. Very pleased ransoms are common round us. Keep trying to get James to eat ransoms and he keeps spitting them out, far to strong, funny thing is he will eat loads of sorrel and other strong flavours! Still, as time goes on I expect he will experiment and I hope get to like these amazing veggies.

We have a little walk round the town centre and buy a few bits from health food shop before heading to train station letting James buy tickets and once on the train he plays his favourite game, he loves enacting the role of the ticket collector on the train, he follows him through the train, many of them know him and don't mind that he doesn't actually speak to them and hides when they try and engage him! He fills the train with imaginary passengers who all have tickets that need clipping many passengers do engage and smile at him, a great many more ignore this small boy who is playing, we of course have no chance to rest as we are the best passengers cause we have real tickets that he can make us get out and put away for checking and clicking many ..many.. many times. One ticket man gave James extra tickets once printing off some penalty fare warnings just so he could play.

Then there is the luggage shelf where James can climb and view his empire! (not the overhead ones but the carpeted one in each carriage!)

Once back at our stop its off the train and back to nannys house for a cuppa, nanny falls instantly asleep and James is playing in the garden, he pops in to ask for "Keys" and "Mow" so I ferret through some kitchen draws to find the shed keys and open his second favourite game up...one that my dad is not all that keen on! James loves to get the big mower out of the shed and push it round the garden



while loudly yelling mow noises, this is usually followed by the complete emptying of the shed.

James is now really in the spirit of things and has, a lawn-mower, strimmer, hedge strimmer, petrol strimmer all laid out nicely. Now I know these are all "dangerous" pieces of equipment and I draw the line at plugging them in, but only cause I'm not with him every second, when I am out in the garden and the grass needs doing I will plug the lawn mower in and let James pull the lever and push it around a bit, but truthfully when it's going it's too loud for him and very hard to manoeuvre so I don't do that very often. He really is content for 20 minutes of play acting that he is creating a perfect lawn.

Once James has created a replica Chelsea Flower Show all of his own he moves stealthily to find a pole or broom or in fact any other implement he can lay his hands on and he begins to fish, a good fifteen minutes is spent emptying the small pond of pondweed and he shrieks with joy, we dodge soggy end of broom and chuck pond life back in!

By now nanny has raised from her deep slumberous afternoon nap and begun cobbling together dinner - now being helped by James, who stands on his mini step ladder and proceeds to chop mix grind whatever happens to be near him, mum has learnt to be very quick and sometimes extremely inventive with meals cause midway through chopping his apple he will throw it into whatever mum is mixing, could be a cake or a quiche...

As a general rule I steer clear of egg in food especially standard cakes, I just prefer raw cakes and raw puddings to their cooked counterparts but I cant say no to my little man, when he comes into the lounge with a great slab of cake he really has made himself, he loves to knead bread, mix cakes, crack eggs, measure out spoonfuls of ingredients, chop veg and generally really enjoy himself.

He then helps lay the table and counts out each persons cutlery and a cup each.

Once dinner is done and we have all eaten James usually wants to go home so its off at warp speed back on his bike to zoom home, where on arrival he wants dinner again! And usually eats between one and five bananas before bed...goodness knows that was a funny bedtime when he started that one. James and me head off to bed usually just after sunset James then shouts down to Daddy a selection of snacks, sometimes only a glass of water most times it's a banana, except one night he shouted down for 'more Narners' and Dave bought up banana after banana until James had eaten 5 then he fell asleep, he has continued to do this for nearly every night since.

Still at least his chosen food is a raw fruit.

We are all asleep by 10pm ready to begin again dawn the next day.

Today's recipe is another that was very popular on the market stall. Its an adaptation of one from Kate Magic who's brilliant work has been of great inspiration to me the book Raw Magic has made it on to my now fairly selective book shelf.

Spirulina Fudge

150g Cacao butter slowly melted
50g Lucuma
50g Mesquite
50g Spirulina
6 tblsp of liquid raw sweetener, in the past I have used agave, yacon syrup, or honey all work really well and all create a slightly different taste.
2 tsp E3 renew me (optional)

Simply blend in a blender or processor all the ingredients once cacao has melted then divide into ice-cube or silicone moulds and chill until set.

Keeps ages in an air tight tub.

The second recipe is all my own:

Minted Pea Wraps

Need a dehydrator for this one

3 big cups of peas
1 small cucumber
1 large handful fresh mint
3 tblsp psyllium husk

Blend in Vita mix or similar blender all the ingredients adding a few dashes of water if mixture really thick, your aiming for lightly spoonable mix

Spoon out evenly onto 3 teflex lined dehydrator trays and smooth out evenly keeping neat edges, uniform thickness to about the thickness of a medium pea, good gauge is if the mix isn't fully mixed you will have the odd pea in the wrap and you can clearly see the depth thing.

Dehydrate for 4 hours at 105 then carefully turn over remove the teflex and give it a further half hour.

I make into Cheeze and Tomato sandwiches by making a basic Sunflower Cheeze of

2 cups soaked and processed sunflowers with 2 garlic cloves, 3 tblsp nutritional yeast flakes, 1 tblsp sweet white miso, 1 tsp pink salt, 1 tsp boabab powder, juice of a lemon and enough water to blend to desired spreadable cheese.

This cheese spread on the finished wraps with finely sliced tomato and lettuce leaves is simply one of the best raw sandwiches I have ever eaten. ❀



Naturopathic techniques to support Detox

by Anna Middleton

Time for a full-body spring clean? If so, the first step is to release toxins and, crucially, ensure they leave the body efficiently. As the intention to 'de-tox' is to improve our overall wellbeing, we need to address the changes we can make to our diet and lifestyle to shift toxins from our cells, and how to help eliminate them without putting our bodies under duress. There are several techniques to encourage your body to cleanse itself, or to boost your system during periods of illness. Here are a few to get you started...

Skin Brushing

Our skin eliminates approximately 10% of our metabolic waste. Skin brushing ensures that pores are un-blocked so that elimination can take place through the skin. Skin brushing also stimulates the lymphatic system and improves the circulation of blood.

Directions: Use a natural, non-synthetic skin brush and brush in an upward direction towards the heart. Before starting, ensure the skin is dry. Begin with the soles of the feet, brushing in small strokes up both sides of the legs before working the brush along the torso to the heart. Then, starting from the hands, brush up the arms, along the neck and down towards the heart. Avoid brushing the face, as the skin is usually more sensitive.

Epsom Salts Bath

Epsom Salts, also known as Magnesium Sulphate, are able to draw toxins from the body when absorbed through the skin, and this is best achieved by immersing yourself in a warm salt bath. The heat of the water draws the toxins to

the surface of the skin, encouraging the body to sweat and detox. In addition, the salts sedate the nervous system, reduce swelling and relax muscles. They have the added benefit of softening the skin, and act as a great natural exfoliant.

Directions: Dissolve 1 kg of Epsom Salts in a warm bath, then lie back and relax for at least 20 minutes. Before getting out, lower the bath temperature with some cold water to cool down. Wrap up, ideally in breathable cotton, and hop straight into bed. Your body will sweat after this treatment, so be sure to drink plenty of water to keep yourself hydrated.

Contraindications: Do not try this if you have heart problems, high blood pressure, diabetes or are pregnant.

Hot and Cold Showers

This technique helps to boost the lymph system and blood flow, by alternating hot and cold water to increase circulation, promote detoxification and strengthen the immune system. The process also helps transport nutrients and oxygen to other cells.

Directions: Stand under a regular, warm shower, then switch the temperature to cold for 30 seconds. Turn the temperature back to hot for 1 minute, and then back to cold for 30 seconds. Repeat this cycle at least 3 times, ending with cold water.

For further details about naturopathic techniques and holistic nutrition, visit Anna's website: www.annamiddleton.com ❁

RFD (Raw Food Dude)

by Sally Holloway

RFD has some very interesting conversations at parties...



Wow, you're into raw food! That's just amazing. So I guess you cook with the elements, the wind the rain and the sun eh?



Yeah it's just me, the wind, the sun, the juicer, the blender, the dehydrator, the spiralizer, the grinder, a great set of sharp knives, did I mention the automatic

Sally's book 'The Serious Guide to Joke Writing', published by Bookshaker is out now.



Raw Emotions

by Pete Vincent

Raw foods, so we are constantly reminded, are more potent and are filled with more life energy than other normal foods. The same can be said for raw emotions. Raw emotions are intense, sometimes overwhelming emotions that come to the surface, stay there, and beg us to deal with them. They start off by calling quietly to us, but often it is not until they shout at us until we do something about them. When raw emotions are negative emotions they can be hard to handle at the best of times, but when raw food comes into the mix and alters our internal body chemistry and begins making us more sensitive to how we are feeling, these raw emotions come flying to the surface with even more intensity.

I don't buy into the belief that raw food alone can solve all the world's problems. Behind the healthy marketing image of raw food, there lies a different world that nobody wants to really talk about for fear of sounding against "the raw food movement", whatever that is when it's at home. Ever since I began dabbling with raw food, I have been keen to know why so many people who are heavily into eating raw food and who say they are open minded, looking for change and looking to be filled with love and positivity are often angry, frustrated, judgmental, critical, self righteous want-to- be-right all the time, sometimes lonely and isolated, and hell bent on attacking everyone else who doesn't think exactly like them. I think the answers, although they involve raw food, are to be found beyond raw food. Here is my theory...

For many people who discover raw food, the entire focus of their health journey becomes mainly focused on raw food. Eating raw food, listening to the views of the people who eat and sell raw food, buying raw food that is truly raw food, wanting to know which raw foods are not really raw food, juicing raw food, blending raw food, dehydrating raw food, detoxing using raw food, reading books on raw food, ignoring people who don't believe in raw food, only adding people on facebook who eat raw food, and last but by no means least, attempting to correct all their own health issues using...you guessed it...raw food!

Now for the people whose only health problems have a nutritional root cause, the chances are that they will experience an immediate improvement in their situation thanks to the raw food, often despite all of conventional medicines attempts to heal them have failed. On that note, let us never forget the very real potential that raw food has when used correctly as part of your healthy lifestyle. The raw food can only work as long as the raw food contains what your body needs in a form that your body can digest and utilise and distribute it to where it's needed.

Unfortunately, many health problems are highly complex at a much deeper level and therefore have many different

factors and root causes that all need addressing before a condition can be corrected. One of those factors is emotional health. Emotions have a physical affect on our bodies. If your long term emotional problems are not addressed, then they will continue to create the same problems for you now that you are eating raw food as they were creating while you were eating cooked food. Things might even get worse because now you are being fuelled by a different more potent fuel that enables you to tune in to your emotions more and helps you put more energy into your emotions.

A high raw diet radically alters your body chemistry and begins to make you more sensitive to the things going on around you which can cause its own additional emotional stress. Raw food can also make you more sensitive to the emotions that you are already holding onto, hence the reason they seem to fly to the surface and become overwhelming. Raw food can also alter many other once constant familiar things in your life and can cause you to feel less grounded and less able to deal with your emotions. Your changing views and personality may also have caused relationship problems and meant that your support network of loved ones, friends and family has disappeared creating its own emotional stress.

Suddenly you find yourself having to deal with a whole array of new emotions blended in with old emotions which rapidly become raw emotions all bouncing around your head at once while you are trying to focus on raw food to help you solve all your physical health problems. Let's just say that the reason that a particular person gets into raw food is because they have an underlying, unvoiced real fear of death. Sure the thought isn't a pleasant experience for any of us, but I am talking about a real fear that affects how that person lives their life today. This fear of death then becomes a bigger more pressing issue because of health problems and that starts them thinking about death even more often. The fear grows and the persistent fear creates internal stress within the body which creates even more health issues and so they decide to get more proactive.

To combat their health issues and to hopefully avoid dying for as long as possible they discover raw food. Phew a diet that promises to heal you, give you unlimited energy and untold longevity. Perfect! Suddenly they immerse themselves in a health world where all the talk is about raw food making them healthy, but remember they still haven't addressed their fear of death. Along with all the talk of raw food comes talk of disease and all the things that are bad for your health that cause disease and can kill you and the health conspiracy theories of the drug companies who just want to make money and that doctors should be avoided.



Everywhere they look there is someone telling them of some new potential health threat. This is bad for them, that is bad for them. Using a mobile phone will give them brain cancer. That there are chemicals being sprayed on them from the sky and used in their bubble bath and shampoo. That that they need to be plugged into a grounding mat in order to protect themselves from EMF's. Then people start telling you that you should be taking a whole array of supplements in order to make up for nutritional deficiencies, which only creates even more stress and a focus on all the things that can kill them and cause them to have to face death.

Yes the raw food may help our physical bodies by helping them function more optimally, and make us more sensitive and tuned in to our emotions, but it can't always address every other health factor or correct and resolve our underlying emotional problems on its own. If your underlying emotional problem involves your relationship with food then the results can be even more serious because you will continue to focus on food as the answer to your troubles and make the same mistakes with raw junk food as you did with cooked junk food.

Many emotional problems if addressed sooner rather than later, can be helped simply by talking to someone about them and allowing yourself to let emotional stuff out. Bottling stuff up only causes trouble further down the line and makes things harder to sort out. Finding someone you trust, who can listen to you without making judgement can be difficult. Having to admit within the raw food world that raw food alone isn't quite giving you the results that everybody else seems to be experiencing can be difficult and seen by others as a failure or a criticism of raw food, especially by raw radicals and those who rely on raw food to make their livings. In those instances, voicing your emotional concerns to fellow raw fooders who want raw food to be the cure all, can often be difficult for those reasons. Voicing your raw emotions to friends and family can also be difficult because they already think you are barking mad for eating raw food and are already critical of your new lifestyle choices, and they can be judgmental and blame all your problems on the raw food itself which doesn't help you either.

Coming soon is a brand new web site RawEmotions.co.uk, which will begin exploring this highly important emotional subject and start offering a listening service for people to be able to talk about their raw emotions in a safe, supportive, non judgmental environment. In the mean time if you have raw emotions that you think might be causing you internal stress and you need someone to talk to, who can listen to you and support you, please email: pete@rawemotions.co.uk

Raw food is just raw food....it is an important piece of a bigger jigsaw, the fuel that contains the micro nutrients that your body needs in order to function and heal itself. Our happiness and health relies on so much more. Our physical and emotional bodies are intertwined. A physical body is affected by **everything** we eat, think, do and don't do, and by our external environment. All our actions are induced spiritually/ vibrationally and relayed through our

nervous system using highly complex chemical and electrical messages. We are like a biological chemistry lab on legs and these chemicals ultimately help us experience our emotions in the first place. All of the physical stuff going on inside of us plays a part in how we feel. How we feel affects our internal biochemistry. Until someone works out which is driving which, we have to be aware of both and aware that each affects the other. We will always have ups and downs. The trick is to have more ups than downs and be able to deal more positively with the downs when they invariably come.

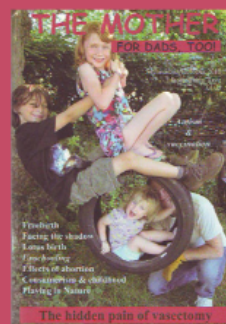
*Pete Vincent is the founder of RawHumour.com. Combining raw food and the healthiest humour in the world, he is passionate about helping people feel happier and healthier by constantly reminding people of the importance of staying focused on their emotional health as well as physical health. Pete is also the author of **The Most Sensible Raw Food Book in the World...EVER!***

To get in touch: email: pete@rawhumour.com, facebook [pete.vincent1](https://www.facebook.com/pete.vincent1) or Twitter [petevincent](https://twitter.com/petevincent). ☘

The Mother magazine

For families who put children before things.

Be the mother your heart inspires you to be... not the one our culture says you should be.



The UK's only magazine dedicated to natural and connected parenting. Subscriptions/samples available worldwide.

www.themothermagazine.co.uk

Phone: (01768) 897 121

"Inspiring"

"Challenging"

"Couldn't live without my Mother!"



Eco Holiday in the Forest of Dean

by **Jessica Fenton**

My family (including the mad dog that happens to live with us) recently experienced an ancient oak woodland eco holiday in the Forest of Dean with Forest Holidays. I love a break from the norm, so as you can imagine was really looking forward to leaving Brighton and staying in a log cabin deeply immersed within the forestry commission's beautiful woodland. With the car packed to the rafters, we set off on our 4 day adventure....

On arrival we parked at reception to check in and were warmly welcomed by the onsite staff who also gave us a handy map of the local cabin village. The reception was nicely presented with a well equipped cafe, convenience store and large indoor and outdoor seating areas. The shop even sold a small selection of Lavera products (which happens to be one of my favourite natural skincare brands) so we were off to a good start.

We followed the map to our Silver Birch, 6 person, dog friendly cabin and were happy to find a reserved parking space directly outside. We excitedly jumped out of the over-packed car ready to explore our new home for the forthcoming days.

The log cabin

The entrance room to the lodge was handy in that it doubled as a drying room and provided a good amount of space for us to take off muddy footwear and hang up coats. As we have a dog that bolts off into the sunset at any available opportunity, the extra inside door helped us to ensure that we had no escapees of either the dog or the toddler variety.

The overall interior of the Silver Birch cabin was of a very high standard (even though it was one of their specially allocated dog friendly ones) with a plasma flat screen entertainment system featuring a wide range of films, TV channels and messages sent directly to us from reception. However, I was looking forward to the cabin's very own low energy, heat efficient hot tub which sat on the fully enclosed terrace surrounded by the tallest trees I think I've ever seen. What I appreciated about the layout of the cabin was its child and dog friendliness as it allowed us to relax just a little bit more. No dangerous steps for our toddler to tumble down and no means of escape from the balcony off into the wilderness by boy or beast.

The cabin had a master bedroom with an en-suite and full length window that allowed the natural light to flood into

the room and down through the hallway. Both Leo and our dog thoroughly enjoyed standing, sitting and lying by the window mesmerised by the trees gently swaying in the breeze. The cyclist spotting amused Leo for long enough stretches each morning for me to grab a shower AND dry my hair. Something that definitely doesn't happen when we're at home! In addition to the master bedroom there were also two double rooms furnished with comfortable looking beds, built in storage and large windows.

The open plan sitting room and kitchen provided us with a perfect living space with a huge window from floor to ceiling instead of a wall, looking out onto the patio. It meant minimal use of artificial lighting and maximum appreciation for the fact that we were in the middle of a stunning forest and could constantly lap up the scenery. The kitchen contained everything that you could ever need (apart from the food) from a selection of chopping boards to large mixing bowls and a dishwasher, just in case you felt the need to make a cake...

The hot tub

After exploring the local woodland and the children's play park, conveniently only a 5 minute walk from our cabin we put an over excited, yet exhausted toddler to bed and took the opportunity to check out the hot tub. We weren't disappointed and as we sunk into the warm water and felt the steam creep across our faces it exceeded all expectations. We enjoyed every blissful moment which was enhanced by a stunning back drop of tall trees against a midnight sky. The only down side was that it was really hard to have any level of privacy because the surrounding terraces seemed to back on to each other! Maybe the layout was designed with swimming costumes in mind? I think that we only got away with being naked because our neighbours hadn't yet checked in, so we made the most of the momentary seclusion.

The welcome meeting

The next day was the welcome meeting where the whole Forest Holidays team performed their lively and entertaining presentation for the new guests and served up a complimentary welcome breakfast. It was helpful to find out what adventures were available and interesting



to learn more about the Forest of Dean. There were also lots of prizes up for grabs, which were drawn randomly by cabin number after everyone was asked to hand in their set of keys. There were all sorts of prizes from a fresh pizza made to order, to a night camping in the wilderness. The staff were unbelievably friendly and jolly, which made for a lovely warm and welcoming atmosphere.

Activities

There was also a bike hire centre on site that provided pull along child trailers and baby seats too. We made a bee line for it and shortly after rode away with Leo strapped comfortably into a trailer attached to the back of my bike.... I drew the short straw!

We had fun on the bike rides and Leo spent most of the time either screaming in ecstasy, or fast asleep and snoring as we rode through the stunning forest. Although attempting a steep, bumpy hill (accidentally in 7th gear) will be something that I won't ever feel the need to try again. Sheer determination got me (and the trailer with the toddler lump) up in one piece, and every other hill that followed felt like a downhill jog.



We also ventured away from the forest one day when my legs were too sore to endure another bike ride and drove to a beautiful nearby town. The Welsh feel to it was rather enchanting and it was enjoyable to see a bit more of the local area.

Several times each day we'd take a walk with the dog through the forest, basking in the stillness and natural beauty that surrounded us. I thought that I was already quite relaxed when we arrived, but as the days rolled by, and the more time we spent within nature the more peaceful and vital I felt from the inside out.

Green tourism

Environmental concern is at the heart of Forest Holidays, and as a member of the Green Tourism Business Scheme, the company is passionate about improving its green status. Once you've arrived and parked the car, the majority of your holiday is powered under your own steam, be that by foot or bike.

All cabins have sympathetically designed exteriors and panoramic floor to ceiling windows to ensure nature is brought right into the heart of your stay. Cabins have low cost heating systems, there is solar powered technology and on-site recycling is strongly encouraged.

Visiting Forest Holidays

Forest Holidays offer cabin styles to suit your budget. You can book everything from a 3 night weekend to a 14 night stay. www.forestholidays.co.uk

Jessica has a blog at

www.NaturallyMummy.com where you can read more natural parenting news and reviews. ❀

Subscribe to Funky Raw - Get every issue delivered

United Kingdom

- £15 Normal
- £12 Concessions

Europe

- £17.50 Normal
- £14.50 Concessions

Rest of World

- £21 Normal
- £18 Concessions

Please start my subscription from Issue 21.



Name: _____
 Address: _____

 Town/City: _____
 Post Code: _____
 Country: _____

Back Issues

The following issues are available: 2, 4, 5, 6, 9, 11, 13, 14, 15, 16, 17, 18, 19

United Kingdom £4.60
 Europe £5.75
 Rest of World £7. Prices inc. P+P.

Send with cheque in UK pounds payable to "Funky Raw":
Funky Raw, 66 Hawthorn Road, Reepham, Lincoln, LN3 4DU

Special back issues offer:
 Issues 14 to 18 for only
 £9.97 plus postage:
 UK £2.70, EU £4.10, RoW £10

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



Raw Food Yoga retreats in Spain

by Tara Kleij

Long ago, in the last dying decades of the past Millennium, when free spirits flowered in as what would be termed hippies a young and devoted artist mother took her even younger daughter to India to live in a spiritual community "Auroville" and that's where and how I was initiated in to the joys of Yoga and Meditation, a joy and inspiration that never left me since...

A lot of water flowed down the river during those turbulent years, during which yoga spread far and wide over the world and found many new forms, (re-)combinations with other fields of personal and general growth and well being. One of these expressed itself through me, as I studied over the years within Asthanga and Iyengar yoga and other traditions, enrolled at a school of natural medicine, learned Classical massage, Rebalancing and Shiatsu, then furthered my studies in Thailand, learning Thai-Yoga massage and later trained in Ayurvedic-Yoga massage in India. I started practicing different ways of fasting, doing colon-cleanses and a variety of healthy diets until one day I hit upon the open-door-obviousness of Life-foods, Sun-food, Raw food...

So in the more recent past I started to organise Yoga retreats combined with raw food where we honour our bodies by guiding people through the heavenly practices of Pranayama and Yoga and feeding it with all kinds of "as-fresh-as-can-be" uncooked full of vitality life foods.

In my personal life I moved to the blessed valley of the Alpujarras at the south skirts of the Sierra Nevada mountains, South of Granada with my two wonderful boys, aged 8 and 12. The Sierra Nevada is blessed by the fact that, being the highest mountain in the Iberian peninsula it catches a lot of water and stores it as snowcaps till way into July, slowly dispersing it through countless springs and irrigation channels started by the Moors who also brought mulberries and silk production and not the least oranges to the

region, which makes the Alpujarras an all-through-the-year green oasis in the otherwise dusty brown-grayish half desert of Southern Spain.



In such an Inspirational setting some 1000 meters high up in the Alpujarra mountains with amazing views over the valley, its villages and orchards and the sea at the horizon, at times floating high above the clouds, Sun food-Yoga-Retreats was created in 2006 out of a vision to create a space where people can unwind from their daily life and tune into mother nature. Through Yoga, Pranayama, Meditation and Mantra, deepening the inner journey and enhancing it by making the body and mind more light by eating sun-foods. Alkalisating the body with lots of green

juices and giving it an extra boost with different kinds of superfoods.

With Veronica as chef de cuisine we showed how to prepare popular raw foods and why raw and super foods provide the best nutrition for your body, brain and spirit. Already refreshed by sunrise meditation and invigorating breathing exercises, Pranayama in Sanskrit, more than simply air, also the notion of the pure life-energy, Prana, carried in deeply, inhaled especially pure in those fresh mountain mornings...

Smoothies with Super-foods and fruits that come from down the coast, organically produced, for breakfast and Hatha-Yoga, stretching for the morning, to get ready for Veronica's gourmet lunches then time to drift into siesta, massage session, nature walks, a favourite book, or just being...till at the end of the afternoon we come together again for a more relaxing treat

of yoga prepared for a meditative sunset view, more delicious recipe's, some evening mantra-singing, others inspiring DVD-shows and a healthy night's sleep...



I wish that life could be like this everyday...

We both live in idyllic yurts, Mongolian nomadic circular, rather flat roofed tent with canvas and felt cover over intricate lattice-work wood frame, living close to nature, a simpler life than in the rush of city life, but not always as relaxed as a retreat when wood had to be collected and brought up to those yurts, water fetched from that beautiful, inspiring and pure spring, over a all too muddy trail when rains set in, and the kids clothes soiled by healthy outdoor play, had to get washed by hand, the groceries had to be hauled up when the gardens shrivelled up when the water pipes became increasingly more decorative than supplying in the summer...but nevertheless what an abundance of fruits and veggies at the weekly market, a source of day long smoothies and juices. Heaven once the solar equipment was sorted. As long as the sun shines, that is... so when winter drew in, after another autumn retreat I took my kids off to India, to Goa's beaches and started giving classes there, this time combing yoga with Satsang guided by Damiano, that is an enquiring active form of meditation, in the tradition of Ramana Maharshi, focusing on the source of any hindrance, being lead in and through the I-experience to a state of liberty, of feeling connectedness, unity, bliss, the same that Yoga helps to achieve by way of relaxing physical tightness, creating space in, and uniting of body, mind and soul. Ohm Namah Shivaya! But the raw food suffered for it at that time...the retreat centre not ready to give up their kitchen...

Next year European regulations found their controlling ways into the forced closing and taking down of "Heaven on Earth" retreat's facilities so another space was found with more comfort, pool and shower wise but being more at village level among the orchards, missing the "on-a-retreat" by-being-just-above-it-all views. Also Veronica gave birth to Rio and wasn't available but with help of Julia and Olga meals turned out once more a weeklong celebration Full with Yoga teachings and luxury rooms all combining into a very nice retreat but the mountains called and that's where the next retreat was, and upcoming retreats will be held again! These retreats even higher up the mountain, near 1800 meters overlooking the Buddhist Tibetan retreat centre "O-sel-ling" with a big Tara goddess serenely floating in a pond. This time Amanda and Ariella in charge of food for those interested in names. A nice crew of helpers and students again.

Winter in India brought a Yoga retreat combined with sound/vocal work, with Sequoia, and Partner-Yoga classes with Inti. And so we continue our Sunfoodyoga retreats in Spain and India with different guest teachers bringing new inspiration, organisation getting more and more refined and new places discovered...

However the basics of our retreats stay the same: Sun, Life-food and lots of Yoga and Meditation. This September in Spain again!

The Sunfoodyoga retreat this year takes place from 16th-23rd September in the Alpujarras, southern Spain. For more details see page 4 and www.sunfoodyoga.com ☀

www.permaculture.co.uk

A magazine that helps you make a difference

Subscribe and receive a free copy of our **Green Shopping Catalogue**. Please view: www.green-shopping.co.uk

Earth Care / People Care / Fair Share
Be part of a growing community and **save** money!



Permaculture features stories from people who are creating a more sustainable, life-enhancing human society. Their inspiring solutions show you how to grow your **organic food**, **eco-build & renovate** and how to **live an environmentally friendly life**. The magazine and website are full of news, reviews, courses, contacts & clever money saving ideas for you and your family.

Published quarterly in full colour, 80 pages

Subscribe today and **SAVE 20%** on the cover price: UK: 1 year £12.95

View a **free** online version at: www.exacteditions.com/exact/magazine/409/460

Permanent Publications FR, The Sustainability Centre, East Meon, Hampshire GU32 1HR
Tel: 01730 823 311 Email: info@permaculture.co.uk

Winner of



THE QUEEN'S AWARDS
FOR ENTERPRISE:
SUSTAINABLE DEVELOPMENT
2008



Gnosticism and Earth Mysteries for Today

by Holly Paige

The understanding that the Earth is a living organism has long been part of human awareness ; in the last few decades a scientific view of this has emerged in the form of the 'Gaia hypothesis'; in fact the knowledge of the nature of the earth and human destiny in relation to it, how to experience connection with the energies of the earth and be guided by her, Gaia's, wisdom are part of the mysteries that were guarded so long in the Gnostic traditions. This knowledge was systematically repressed at the beginning of the Dark Ages around 400 AD and is now being rediscovered, intuitively by people all around the world and interpreted from scrolls discovered in the middle of the last century.

What is Gnosticism? It is knowledge - knowledge of the true identity of humanity and our place in the cosmic order. When the Nag Hammadi texts, which contain much of the information available about the Gnostics, were discovered in 1945 they were translated and variously interpreted, generally with the assumption that the Gnostics were part of Christianity. In fact the Gnostic tradition goes way back before the religions we know of today. Recently I spent time with John Lamb Lash who has interpreted information from the Nag Hammadi texts in order to extract the teaching of the Gnostics. 'Gnostics' was in fact a derogatory name given to them meaning 'know it alls', they called themselves Telestai which comes from the word 'telos' meaning 'aim', 'purpose' or 'goal'. A Telestic is one who is aimed, one who has a sense of purpose and direction. The Telestai took their instruction through interaction with what they called the 'organic light' the luminous substance of the earth, experiential mysticism and exploring and understanding what they experienced through the intellectual connection they shared with each other.

One of their deep understandings concerns what they called the Sophia myth. Sophia is another name for the female spirit of the earth, otherwise known as Gaia. The myth of Sophia describes how we are the product of the imagination of the Earth Goddess Sophia. We are a divine experiment, an incredible species with enormous capacity for imagination, creativity, ingenuity, playfulness and pleasure. The modern mind has been conditioned with the language of science and can be quite resistant to the language of mythology. Both are just ways of communicating deeper reality to the mind. However this information is not just a metaphor but an experiential myth that we can be involved with, a practice to explore.

In Gnostic mysticism we an explanation of the human condition which can be difficult to place in our conventional understanding of history but describes beautifully our experience of being human on this Earth. The Sophia myth describes how early on in the history of humans, inorganic entities, named Archons by the Gnostics, came into being. Being inorganic and separated from the great fractal pattern of the universe their influence is one of deception and mimicry; they cause us to deviate from

reality and away from nature into artificiality and virtual reality. Archontic is a word that can be used to succinctly describe this tendency humans have fallen into. We could see it as concerning our predicament, having strayed so far from our natural surroundings and lifestyle. Humans have free will and therefore the capacity for error. It is through feeling that we self-correct before things get out of hand and turn into full-on evil – what we were not originally designed to do was understand and deal with the Archontic influence – or the level of deviance from nature and our natural way of being that we now experience. Humans are a naturally trusting species; that everything is not as it appears is something we need to learn. We need to develop discrimination, to follow desires that are aligned with those of the planet, given to us by Gaia for our pleasure, rather than the narcissistic desires programmed into us, or that have arisen from our denatured minds, which lead to unhappiness and destruction.

The human race and experiment went off course as we moved from the earth and the natural. To compound this situation, a few thousand years ago redemptive religion came into the picture – and with it the idea that suffering has a redemptive value, and even a value stronger than the life force itself. The four main characteristics of redemptive religion are as follows:

1. Belief in an off-planet paternalistic creator, a father God, who creates humanity without a consort and oversees it.
2. Belief in a chosen people - a group of people chosen to represent the paternalistic god and fulfil his destiny.
3. Belief in a messiah sent by the paternalistic god to save the people because they can't live up to his insane rules.
4. Belief in a day of judgement, a doomsday, an apocalypse, when judgement is pronounced because humanity still can't get it right.

Even if we have consciously rejected religion these ways of thinking or programs can remain active within us and are influential in the dominator culture. I think they are responsible for the idea that something or someone will come and save us or tell us what to do without us having to take responsibility. Natural guidance through feelings as to appropriate behaviour and lifestyle have been hijacked by religious/intellectual morality. In fact there is no evil as such, outside of human error gone out of hand; wrongdoing occurs when we lose touch with our deep feelings and correction is to come back to them. Goodness is what is beautiful to us human beings, what is aesthetically pleasing. That suffering is of redemptive value is one of the deepest programs lodged into the human psyche. Humans have a natural tendency to care for one another and be kind to each other.

The dawn of the dark ages and the serious suppression of Gnosticism began in 415 AD with the murder of the



Egyptian scholar Hypatia. The Gnostics were a threat to the biblical idea of god, that is the off-planet paternalistic idea of god. They warned against the increasing influence of redemptive religion (for example Judeo-Christianity) and salvationist beliefs and could see the potential danger to humanity from them. The Telestai originally preferred to stay anonymous but as they saw the way the mental virus of redemptive religion taking over human minds they made themselves more public. After their suppression the mysteries were preserved in secret groups. Those days are now over and it is time for this knowledge to become public and available to all.

The purpose of the divine experiment on Earth is for the human species who is engineered in the imagination of the Earth being, Gaia-Sophia, is to interact with that engineer, the Goddess, to return to a sense of wholeness and connection with all that is. Everything that interferes with this in terms of make-believe or technology gets in the way.

So what are our tasks?

1. The most powerful technology on the planet is our own bodies. We need to rediscover the innate 'supernatural' powers of our own body-mind machinery. We need to become our true nature and again live a natural lifestyle, including of course the natural biological diet of our species and reawakening our natural brain biochemistry.

2. We also need to understand the nature of the delusional mind parasites, called 'Archons' by the Telestai. These entities have no aim of their own but hijack human intent and incarnate in ideologies. They are predatory and have given us that aspect of our minds - the divine human is not like this. We need to deprogram ourselves of cultural conditioning, social engineering and the various forms of mind control that have been imposed upon us. Our minds are designed to think imaginative thoughts of beautiful things; our voices were designed to make beautiful sounds; we were designed to actually communicate telepathically and psychically without any need for clumsy thought forms or words. We can move quite rapidly in this direction if we nourish and cleanse ourselves at all levels.

3. We need to discover how to interact with Gaia herself, reconnect with the earth, called planetary tantra by John Lamb Lash. Generations of being conceived, born, eating, sleeping, etc. away from the Earth have disconnected us from the Earth's bioelectric magnetic aura. We can begin to re-establish it by walking barefoot, observing the moon, particularly the new moon at sunset and the last phase of the moon at sunset, observing the constellations and being aware of the flavour of each lunar cycle and tuning into the Earth's messages and instructions through higher mind, contemplating the surges of earth energy which occur due to the movement of the combined centre of gravity of the earth and the moon (barycentre) as the moon and earth move closer and further from each other. Learning the true story of the earth and humans, as told in the Sophia myth can heal us of the programming given to us by salvationist religion. Full connection can be made through ritual connection through the iron in our blood to

the magnetic field of the earth, through tantric lovemaking in sacred places or by picking up charge from someone who has already acquired it. Then we become particularly attuned to the guidance of Gaia in our everyday lives.

We are now in the process of bifurcation, the parting of the ways and individuals are choosing whether they want to go with Gaia's ways, the ways of the earth which actually provides most of our physical needs and connects us through to the cosmic order or deselect ourselves for the experiment and go with the alternatives. We have co-creative ability with Gaia - self-centred creation and self-obsession is narcissism, programmed into us through the belief that we are created in the image of a grandiose self-seeking delusory god rather than being individuals with a spark of divine intelligence dreamed into being by a loving divine duo.

In the original mystery schools the initiates used their knowledge of the human condition and needs to keep themselves in a near constant state of euphoria, they did this partly through the connection between each other and the earth. This protected them from the archontic, artificial deceptive influences of the outside. The word erotic in this context is to be understood in its most expansive sense, the feelings of love and high energy engendered between beings in a highly energised state. We have now come to a time where we are coming out of retreat as a species and dispelling those delusory outside influences to co-create, for those who choose to follow the natural path of humans, paradise on earth.

For more information please visit John Lamb Lash's website, www.metahistory.org

Holly runs the website www.foodforconsciousness.co.uk which contains more information plus an online shop full of foods to help us reconnect. ❀

advertise HERE!

Get an advert this size for only £33.60!

Advertise to an audience who love raw food.

Full page £150 + VAT (£180)
 Half page £80 + VAT (£96)
 Quarter page £45 + VAT (£54)
 Eighth page £28 + VAT (£33.60)

See our website for more details or
 book now by contacting magazine@funkyraw.com
www.funkyraw.com/ads/

Funky Raw Shop

We stock goji berries, maca, raw chocolate ingredients and bars, raw sweeteners, books, dvds, etc. Good quality and fast delivery.



www.funkyraw.com/shop



Cultivating Burning Desire

by Steve Paulina

When asked during an interview how he managed to reach the top as a professional bodybuilder and Hollywood actor, Arnold Schwarzenegger replied with a single word, "Drive!" All great success ultimately begins with an idea, but what makes ideas become reality is the fuel of human desire. An idea by itself can give you a temporary feeling of inspiration, but burning desire is what gets you through all the perspiration necessary to overcome the inevitable obstacles along the way.

Take a moment to think about the goals you've set for yourself. (You have set goals, haven't you? If not, go read the article on setting clear goals.) How committed are you to achieving these goals? Under what conditions would you give up? What if you could significantly increase your desire to achieve these goals? What if you wanted them so badly that you knew with absolute certainty that you would absolutely, positively never ever give up? When you are truly 100% committed to reaching your goals, you move from hoping to knowing. If you want something badly enough, then quitting is simply not an option. You either find a way or make one. You pay the price, whatever it takes.

Those with an intense, burning desire to achieve their goals are often referred to as being "driven." But is this special quality reserved only for a privileged few? Certainly not. With the right approach, anyone can cultivate a deep, burning desire within themselves and move to a state of total commitment, knowing with certainty that success is as inevitable as the sunrise.

So how do you cultivate burning desire? You begin with an outside-in approach, altering your environment in ways that will strengthen your resolve while eliminating doubt. If you take the time to do it right, you'll establish a positive feedback cycle, such that your desire will continue to increase on a daily basis.

Here are eight steps you can take to cultivate burning desire to achieve any goal you set for yourself:

1. Burn the ships

I'm not going to pull any punches with this one. If your goals are really important enough to you, then you can start by burning the proverbial ships, such that you have no choice but to press on. For instance, if you want to launch your own business, you can begin by making the commitment to quitting your job. Write a letter of resignation, put it in a stamped envelope addressed to your boss, and give it to a trusted friend with firm instructions to mail the letter if you haven't quit your job by a certain date.

One Las Vegas casino manager made the decision to quit smoking. He didn't feel he had the personal willpower to do it alone, so he took out a billboard on the Las Vegas Strip with his photo on it along with the words, "If you catch me smoking, I'll pay you \$100,000!" Was he able to quit smoking? You bet! (Ok, bad pun.) This is called willpower leveraging. You use a small bit of willpower to establish a consequence that will virtually compel you to keep your commitment. As Andrew Carnegie once said, "Put all your eggs in one basket, and then watch that bas-

ket!"

In the classic book *The Art of War*, Sun Tzu notes that soldiers fight the most ferociously when they believe they're fighting to the death. A good general knows that when attacking an opposing force, it's important to create the illusion of a potential escape route for the enemy, so they won't fight as hard. What escape routes are you keeping open that are causing you not to fight as hard?

If you don't burn those ships, you are sending the message to your subconscious mind that it's ok to quit. And when the going gets tough, as it inevitably does for any worthwhile goal, you will quit. If you really want to achieve your goals, then you've got to burn those ships to the ground, and scatter the ashes. If you're thinking that the average person won't do this, you're right -- that's why they're average.

2. Fill your environment with desire boosters

Let's say one of your important goals is to lose weight. Get some poster board, and make your own posters that say, "I weigh X pounds," where X is your goal weight, and put them up around your house. Change your screensaver to say the same thing (or to some equally motivational imagery). Get some magazines, cut out pictures of people who have bodies similar to what you'd like to have, and put them up around your house. Cut out pictures of healthy food that looks good to you, and post those around your kitchen. If you work in an office, then alter your office in the same manner. Don't worry about what your coworkers will think, and just do it! They may poke a little fun at first, but they'll also begin to see how committed you are.

3. Surround yourself with positive people

Make friends with people who will encourage you on the path to your goals, and find ways to spend more time with them. Share your goals only with people who will support you, not those who will respond with cynicism or indifference. If you want to lose weight, for instance, get yourself into a gym, and start befriending those who are already in great shape. You'll find that their attitudes become infectious, and you'll start believing that you can do it too. If you want to start a new business, join the local chamber of commerce or a trade association. Do whatever it takes to make new friends who will help you keep your commitment.

Although this can be difficult for some people, you also need to fire the negative people from your life. I once read that you can see your future just by looking at the six people with whom you spend the most time. If you don't like what you see, then change those people. There's no honor in remaining loyal to people who expect you to fail. One of the reasons people fail to start their own businesses, for instance, is that they spend most of their time associating with other employees. The way out of this trap is to start spending a lot more time associating with business owners, such as by joining a trade association. Mindsets are contagious. So spend your time with people whose mindsets are worth catching.



4. Feed your mind with empowering information daily

Inspirational books and audio programs are one of the best fuel sources for cultivating desire. If you want to quit smoking, read a dozen books written by ex-smokers on how to quit the habit. If you want to start a business, then start devouring business books. Go to seminars on occasion. I advise that you feed your mind with some form of motivational material (books, articles, audio programs) for at least fifteen minutes a day. This will continually recharge your batteries and keep your desire impenetrably strong.

When you absorb material created by an extremely passionate person, you'll often find yourself feeling more passionate as well. A great book I read was *Pour Your Heart Into It* by Howard Schultz, the CEO of Starbucks. As I read the book, I was absolutely amazed at how someone could be so fanatically enthusiastic about coffee. Other enthusiasm-building authors/speakers I highly recommend are Harvey Mackay and Zig Ziglar.

5. Replace sources of negative energy with positive energy

Take an inventory of all the sensory inputs into your life that affect your attitude -- what you read, what you watch on TV, the cleanliness of your home, etc. Note which inputs influence you negatively, and strive to replace them with positive inputs. I'll give you some good places to start. First, avoid watching TV news -- it's overwhelmingly negative. Fill that time with positive inputs instead, like motivational and educational audio programs. If you like to watch movies, then watch movies that are full of positive energy, such as light-hearted comedies and stories of triumph over adversity. Avoid dark, tragic movies that leave you feeling empty afterwards. Dump the horror books, and replace them with humor books. Spend more time laughing and less time worrying. If you have a messy desk, clean it up! If you have young kids or grandkids, spend some time playing with them. Some of this may sound a bit corny, but it will really help increase your overall motivation. If you have a hard time motivating yourself, chances are that your life is overflowing with too many sources of negativity. It's far better to happily achieve than it is to feel you must achieve in order to be happy.

6. Dress for success

Whenever you pass by a mirror, you get an instant dose of image reinforcement. So what image are you currently reinforcing? Would you dress any differently if your goals were already achieved? Would you sport a different hairstyle? Would you shower a bit more often?

Although for years I enjoyed the ripped jeans and T-shirt look, I noted that when I visualized myself in the future, having achieved certain goals, I was dressed a lot more nicely. With some experimentation I found a style of clothing that looks professional and is also comfortable. So I gradually donated my old clothes to charity and replaced my wardrobe with clothes that fit the new identity I was growing into. (Consequently, there's a Salvation Army store with quite a stock of gaming industry T-shirts.) I learned this idea from an ex-Navy Seal, who stressed to me the importance of taking pride in your appearance, and I can say with certainty that it makes a noticeable difference. So make sure the clothes you wear each day are consistent with your new self-image.

7. Use mental programming

This is a Neuro-Linguistic Programming (NLP) technique that will help you associate strong positive emotions to whatever goal you're working to achieve. Find some music that really energizes and inspires you. Put on your headphones and listen to it for fifteen to twenty minutes, and as you do this, form a clear mental picture of yourself having already achieved the results you want. Make your imagery big, bright, vivid, colorful, three-dimensional, panoramic, and animated. Picture the scene as if looking through your own eyes (this is very important). This will help you form a neuro-association between the positive emotions elicited by the music and the goal you want to achieve, thus strengthening your desire. This is a great way to begin each day, and you can even do it while lying in bed when you first awaken if you set things up the night before. You should cycle the music periodically, since the emotional charge you get will tend to diminish if you listen to the same songs each time.

Keep in mind that this form of mental programming is already being used on you by advertisers. Watch a fast-food TV commercial, and you'll note that the food is big, bright, and animated -- spinning burgers, lettuce flying through a splash of water, ripe tomatoes being sliced -- and don't forget the catchy tune. So instead of letting others program your desires for you, take charge and mentally reprogram yourself.

8. Take immediate action.

Once you set a goal for yourself, act immediately. As you begin working on a fresh new goal, don't worry so much about making detailed long-term plans. Too often people get stuck in the state of analysis paralysis and never reach the action stage. You can develop your plan later, but get moving first. Just identify the very first physical action you need to take, and then do it. For instance, if you've decided to lose weight, go straight to your refrigerator, and throw out all the junk food. Don't think about it. Don't ponder the consequences. Just do it immediately.

One of the secrets to success is recognizing that motivation follows action. The momentum of continuous action fuels motivation, while procrastination kills motivation. So act boldly, as if it's impossible to fail. If you keep adding fuel to your desire, you will reach the point of knowing that you'll never quit, and ultimate success will be nothing more than a matter of time.

If you apply these eight strategies, you'll add so much fuel to your desire that the fire will never burn out. You'll move towards your goals like a guided missile to its target, and you'll enjoy the process because you'll be so focused on the positive rewards instead of the difficulty of the tasks. If you get enough positive energy flowing into you, you'll soon have positive results flowing out of you. And you'll quickly become the kind of person that others refer to as "driven."

Steve Pavlina writes on the subject of personal development, covering a broad range of self-help topics, including productivity, relationships, and spirituality. He has written a book Personal Development for Smart People.

This article was first published on Steve's website www.stevepavlina.com where you can read over 1000 more of his articles. ❀



Durian Fruit: A Tiger's Choice?

According to legend, if a tiger had the choice between eating a human being and a durian, he would go for the durian anytime!

Now, whilst I am personally unwilling to put this legend to the test (one never knows!), I believe it certainly helps to understand why, in Asia, the durian is revered as the King of Fruit, and why it occupies such a space of its own in the Fruit Kingdom.

Certainly, before I tried it for myself a few days ago, I had never come across anything like it before.

Native to Brunei, Indonesia and Malaysia, the fruit is distinctive thanks to its large size (up to 30cm/12inches long), weight (1 to 3 kgs or more) and unique pungent odour, which has been described as anything from almonds, rotten mushy onions, gym socks, civet, sewage, stale vomit to surgical swabs! To put it in the words of Richard Sterling (food and travel writer), the durian's smell resembles "pig shit, turpentine and onions, garnished with a gym sock".

In fact, the durian's smell is so strong and unpleasant that, in Asia, the fruit is banned from public places such as subways, malls and hotels. I was reading a funny story on the Internet the other day about a couple who tried to sneak some durian to feast on into their hotel room, only to shortly afterwards receive a visit from the hotel staff, disguised as astronauts, who fully sprayed and disinfected the whole room.

So it's a fact: the durian fruit, in its natural (ripe) state, stinks.

However, don't let this put you off, as behind this unpleasant appearance lies the most delicious and nutritious fruit one has ever tasted. It tastes so divine that the flesh has been compared to vanilla pudding (personally, I would describe it as sweet onion pudding – I can certainly understand why so many people all around the world, and 95% of raw fooders, are pretty much addicted to it).

In Asia, the durian is used to flavour a wide variety of sweet edibles such as Malay candy, biscuits, ice creams, milkshakes, Yule logs. Cappuccinos...

Some renowned dishes are made with Durian, such as Polut Durian, glutinous rice steamed with coconut milk and served with fresh durian, or, in Sumatra, Sumbal Tempoyak, fermented durian with coconut milk and the very spicy sambal sauce.



by Melanie Bouffard

I personally wouldn't mind visiting the 4 Seasons Dessert shop in Singapore, a durian smorgasboard, where everything is made from durian, from cakes to puddings and crepes. YUMMY !

And not only is the durian actually delicious, it is also extremely nutritious, boasts a variety of nutrients and possesses some amazing health giving properties.

For a start, it is rich in antioxidants, essential fatty acids, amino acids and phytonutrients. It is a good source of vitamin E, C (33% of RDA per 100g) and an excellent source of group B vitamins (a rare feature amongst fruit): niacin, riboflavin, pantothenic acid (B5), pyridoxine (B6), thiamine (B1) – all these vitamins make the metabolism stronger, promote cell growth, maintain healthy skin and enhance the immune and nervous systems – reducing stress and depression.

The durian fruit also hosts many minerals such as copper, manganese, iron, magnesium and potassium ; it is a good source of digestible carbohydrates, dietary fibre and raw fats. The rich oestrogens contained in the durian may increase the fertility in women.

All in all the durian is renowned for its anti-inflammatory and anti-parasitic properties ; for its capacity to calm fever, to replenish one's energy, to revitalise and even detoxify the body (as some research from the University of Tsukuba has shown).

The fruit is also believed to aid the healing of swelling and of skin diseases and in Asia it is considered an aphrodisiac!

Last but not least, the durian contains high levels of tryptophan, known to alleviate anxiety, depression, insomnia and menopause symptoms, and to create feelings of euphoria by raising the levels of serotonin in the brain.

So, where does one find this highly precious tropical delicacy?

Well, pretty much everywhere in Asia when it is in season (typically from June to August), but with much more difficulty here in the UK. Your best bet is to head to the local China Town in one of the larger cities near you - London is well know for it's China Town (near Leicester Square), but durian can also be purchased in Leeds and Manchester and I'm sure many other cities. ❀



The Mother of Time sits on her frozen wave

In the fire of evening
When the flames are gone
Have you met the bird?
The pure SHE
Swelling with a ruby song sublime?
A beauty high amid the tone of trees
(... Aah the beauty- purity of reality
Universe-Alive-Baroque
With the heart pain of awe!)

In a corner
(in the pure dimension of the heart
Honoured and utterly unfocused upon)
Of the .. Aah! more than total-existence- romantic
Charcoal- black
Heart-precious-essence-revealed
Vast, snowy winter forest?

Walking the city's soul-dark streets
I speak unto my heart
Is this not, ultimately
My heart speaking to my heart?
As alone
In the midst of an infinity
A songbird singing?

I return to purer realms
Where as undulating green leaves of the forest
Nursing birdsong
Gentle were men's voices in the evenings
Interspersed with the occasional infants chirp!

The snake emerges from the ground!
Dark spirited as the Earth and green as the forest
Where he slides his scales glint
As do the leaves of the forest, to birdsong!

Awoken by the cooing of the dove
I rush into the leaves
And there I meet the silver dove among the trees
Like the reflection of myself
In the eyes of a close companion!
Like the reflection of myself
In the eyes
Of the forest!

Aah! The princess in her alabaster palace
Weeps tears of milk to hear the cooing of the dove!

Did you know
The stars broke from your eyes
And from your heart?

The heart is a bird
Who is singing in the centre of infinity

A sentence ever applicable:
Love is calling you!

LOVE IS CALLING YOU! by Benedict Goldsmith

The Changes in me

Who I was, is no more
As who I am is changing, evolving
The nature fairy has taken over me!
The spirit of Gaia creates for me...
...a bespoke path of natural elegance
of organic beautiful glow
...my raw food banquet awaits me
Nourishing me:- body and soul
I feel my heart in nature
Aligned deeply, dearly, completely
My cells are zinging
Hand in Hand with Gaia
We skip forth into eternity

by Sarah Ince

Naked Soul

My soul is now naked
Embraced by life itself
The emotions in a sea of cleansing
Riding waves of bliss, with fear subsiding
A mind as clear as the skies
United with earth in mind, body and soul
The baggage of the past leaving fast
I'm lighter, I'm freer, I'm bliss
My body temple balanced
The fruits of the earth sustaining me
Removing from the old systems
Living a new and natural me!

by Sarah Ince

Want to write for Funky Raw?

Funky Raw magazine is open for YOU to write, create artwork, stories, cartoons, etc.

People write for the magazine because they want to help spread positive ideas and knowledge to make this world a better place.

At the moment, writers do not get paid for their work, but they do of course get a free copy of the magazine and a 10% discount from the Funky Raw shop. You can also include a small bio at the end of your article with websites/contacts, etc.

Subjects: open to anything positive!

Email magazine@funkyraw.com if you want to get involved.



Funky Raw Shop

re-awakening * re-discovering

Fast Free Delivery on orders over £50
(to UK Mainland only)



Subscriptions and back issues of the Funky Raw magazine



Traditional foods: high vitamin butter oil and fermented cod liver oil.

Wide range of superfoods including maca, suma, purple corn, vanilla powder, chlorella and spirulina

Selection of seaweeds, including a new range of fresh seaweed - sea spaghetti, royal kombu, wakame + dulse.



Raw chocolates and ingredients to make them yourselves. Cacao powder, butter, and liquor, carob, mesquite, yacon, etc.



For your raw kitchen: chocolate molds, sprout and milk bags, vitamix blenders

Order now online at

www.funkyraw.com/shop