

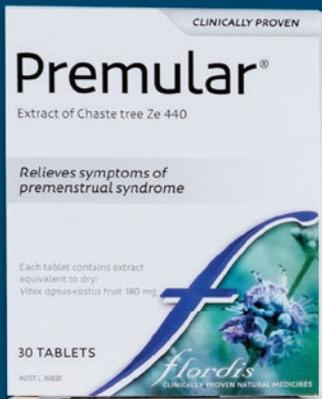
CONSCIOUS LIFESTYLE DIGIMAG

ODYSSEY

Issue 5 • 2016



SPIRITUAL MANDELA



Fix[®] Cuts, burns, acute & chronic wounds

Ginsana[®] Immunity & Energy

Remotiv[®] Mild to moderate depression

Femular[®] Menopausal symptoms

Premular[®] Premenstrual Syndrome (PMS)

Gincosan[®] Mental fatigue & exhaustion

ReDormin[®] Sleeplessness & insomnia

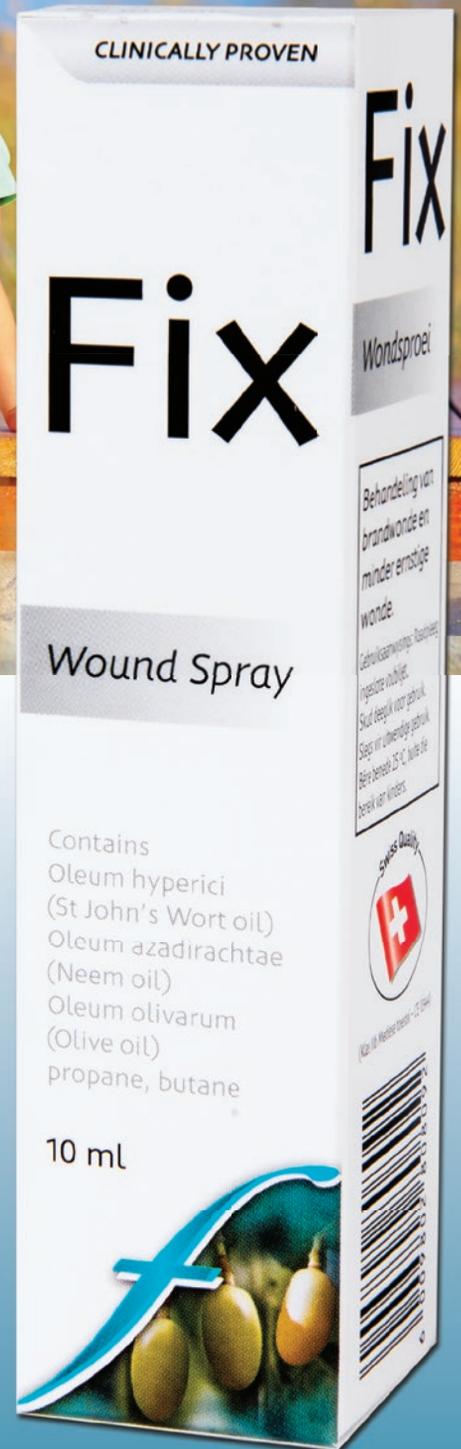
KeenMind[®] Memory, concentration & mental clarity





Fix

Wound Spray



Fix is a novel, 100% natural wound dressing, specially formulated from a combination of Neem oil, St. John's Wort oil and Olive oil.

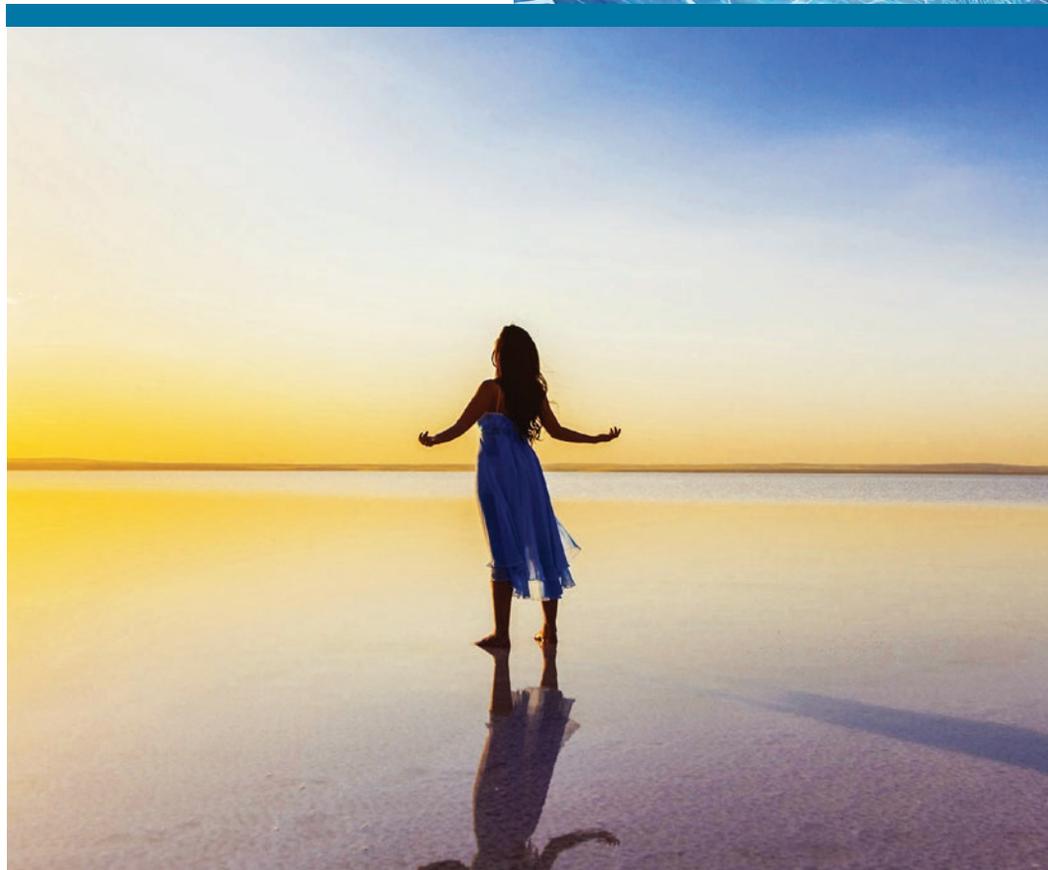
Fix is suitable for the self-treatment of abrasions, cuts, burns, acute & chronic wounds.

Fix is a primary wound dressing that:

- ✓ promotes wound healing
- ✓ supports the SCARRING process
- ✓ enables painless dressing change.

flordis
CLINICALLY PROVEN NATURAL MEDICINES

INSIDE



Features

The Spiritual Mandela	16
Gratitude	20
Mandala of Forgiveness	22
The Power of Affirmations	26
Wayne Dyer's Legacy	34
To Everything There is a Season	38



Cape Town Head Office
P O Box 30946, Tokai, 7966
Tel 021 701 1186 between 09h00-13h00
or email publisher@odysseymagazine.co.za
or silke@odysseymagazine.co.za
www.odysseymagazine.co.za

Editor & Art Director
Silke Erasmus
silke@odysseymagazine.co.za

Publisher
Chris Erasmus
publisher@odysseymagazine.co.za

Design
Kevin Rule
studio@odysseymagazine.co.za

Advertising & Accounting queries
Silke Erasmus
silke@odysseymagazine.co.za



Issue 5 • 2016
Volume 40 • No.5

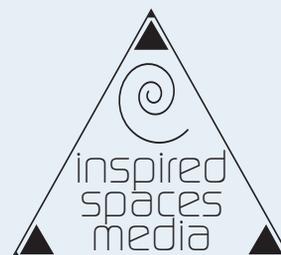


Treasure Your Gut	50
Recharge Your Batteries	60
The Soil-Water Connection	62
Ditch the Resolutions	70
Astro	74
Paulo Coelho	82

Publisher
Inspired Spaces Media Publishing House cc
Reg No 2001/014555/23

Disclaimer
Opinions expressed in this magazine are not
necessarily those of the publishers or staff.

Copyright
Material published in Odyssey, including all
artwork, may not be reproduced without
the permission of the editor.
ISSN 0256-0356



The last edition of *Odyssey Magazine* in 2016 goes live in the midst of some major celebrations, especially for those for whom this time has significant meaning. The season's festivities impact even those who are not necessarily 'Christian' in that wherever you look you see the affect of Christmas. So my wish for all citizens of this beautiful earthly home is that we all find meaning and sacredness in our actions and beingness. For if you fully understand the deep esoteric meaning of the Christo-centric approach, you will know that therein applies something for all of us, no matter what world view we hold. So, may we all take this time of holy-days and the time of transition into a new year as an opportunity for mindfulness, rest and inner growth. It is time that we fully know ourselves and thereby contribute the best of ourselves towards the creation of a world we all would like to live in.

So may we all know the full measure of the wonder to be found within 'gratitude'.

May we all learn to enjoy and live in harmony with the natural cycle of events, including the birthing of the new and the death of the old.

May we all see beauty around us, as well as, within. May you choose to make time to dedicate at least some inward space to reverie.

Know that the 'gift' lies in who you are and not what you give. Try to reject the need for instant gratification for yourself and others.

Appreciate what you already have.

Go into the embrace of nature, and allow yourselves to be deeply healed and nourished. We tend not to use these holy-days as opportunities to sanctify our lives in a context of comprehensive wellness, but not to do so is to miss that opportunity for ourselves.

May we all leave a light footprint and, in return, may we deeply learn to honour this Mother Earth. Choose to be fully conscious and to appreciate life and living mindfully. Act and speak more softly.

May we all be blessed to enjoy the communal feeling with friends and family, to share love, laughs, meaningful conversation and healthy food. In oneness and wonder, I wish you all a blessed time ahead.

Silke, Chris and The Team

TIME

*Time is not an accident
Time is not an incident
Time is a dance that flows in its
own fashion,
Unmeasured, with Gracious movement
Through our Consciousnesses,
Ultimately for our improvement*

*Time is not a thing
Nor in any place to be found
And yet, without space and place,
Time is not allowed*

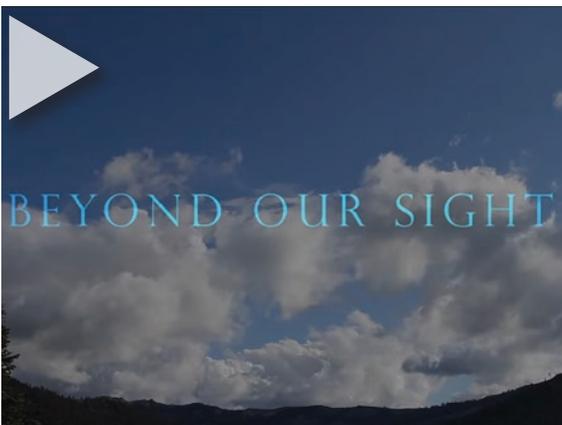
*Time is a puzzle
To be solved not on the page
Time is a mystery
Unresolved with the passing of
any age*

*Time is not what it seems
Time cannot be seen
Time is not what it is deemed
Time is how you Simulate
The Moments of Light in between
When your Consciousness, and mine,
Flickering as they emulate
That very first Light*

*Time, will in time,
Bring to you such Insights
That you may then for yourself find
What lies Beyond Time – what truly
lies Behind.*

- St Germain

Centre for the Fleur de Lis
29 August 2016



BEYOND OUR SIGHT: A documentary



NASSIM HARAMEIN 2015 LECTURE

HAPPENINGS



MICHAEL JACKSON HISTORY SHOW

January 19-29

Artscape Opera House, Cape Town

Celebrate the life and talent of Michael Jackson with this casino-class production, starring Dantanio and accompanied by a live international band, fully choreographed dancers, authentic

costumes and brilliant effects. The revamped production stays mostly true to its original concert format showcasing all Jackson's greatest hits live on stage, but with new songs added, costumes updated and innovative new production elements. [Click HERE for more.](#)



CAPE TOWN CARNIVAL 2017

March 18

The Fan Walk, Cape Town

The Cape Town Carnival is a glamorous celebration of the transformative power of creativity and our African identity with its diverse array of communities and cultures. Every year, this festive occasion inspires our city and her people to create, build

and play together – thousands of spectators converge annually on Green Point's famous Fan Walk to join the extravagant parade of costumed performers, musicians and moving floats. [Click HERE for more.](#)



SAGGY STONE BEER & MUSIC FESTIVAL 2017

February 11-12

Amandalia Farm, Robertson

This summer, there will be a new festival name on everyone's lips, as the inaugural Saggy Stone Beer & Music Festival at their Robertson Brewery takes place. Saggy Stone Beer & Music

Festival is unlike any other festival, where the bands come first. [Click HERE for more.](#)



PLATBOS REFOREST FEST

March 10-12 (Family Weekend) and March 17-19 (Friends Weekend)

Platbos Forest, Overberg, Western Cape

Greenpop will be hosting their annual Reforest Fest in the ancient Platbos Forest Reserve. But this isn't just your ordinary festival!

It is a chance to (re)connect with yourself, your fellow humans and with nature, help plant thousands of trees, dance to amazing live music, learn from eco-workshops, eat delicious food and much more. [Click HERE for more.](#)



NICKFEST 2017

March 25-26

TicketPro Dome, Jhb

Japes, pranks, stunts, celebrity slimings, comic clowning around and inspired silliness galore will be the order of the day as Jason, Nicholas and Donovan Goliath host a fantastic line-up of

family friendly musicians, entertainers, activities and more. Among the many kid-tastic attractions will be the legendary Slime Area where kids will be able to slither around, bathe, battle and shower in copious amounts of gloriously gooey slime. [Click HERE for more.](#)



RIVERSIDE PICNICS

Open until end April 2017

Delheim Estate, Stellenbosch

Besides memorable family outings, Delheim's Riverside Picnics are also perfect for corporate outings, entertaining the in-laws during the holidays or a relaxed pre-wedding social before a

loved one ties the knot. The estate is a strong follower of sustainable farming and with these Riverside Picnics they invite people to reconnect with Delheim and its carefully preserved natural environment.

For info tel 021 888 4607 or email restaurant@delheim.com.



MTN BUSHFIRE 2017

May 26-28

Malkerns Valley, Swaziland

Every year around 25,000 music fans from across the globe gather in the scenic Malkerns Valleys of Swaziland to experience the internationally acclaimed event. More than simply a music

festival, MTN Bushfire is a holistic experience made up of a rich texture of arts, cultures, crafts, food and people, carefully curated into specialized zones, to create an explosive three day event and a memorable take home, family-friendly experience. [Click HERE for more.](#)



THE BUDDHIST RETREAT CENTRE

Ixopo, Kwa-Zulu Natal

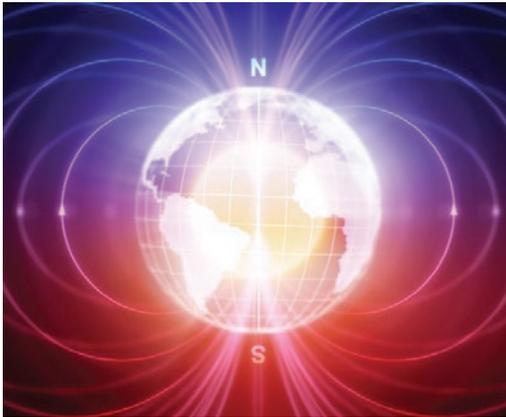
If you need to take a pause, drop into stillness, meditate or learn chi kung, self-retreats are offered at the BRC. They have many happenings going on every week. Perched on a ridge at the head of a valley in the Umkomaas river system in KwaZulu-Natal, the Buddhist retreat Centre looks out on a vista of indigenous

valleys, forests and rolling hills receding like waves in the blue distance. Here, for more than 20 years people of all religions and none have come to experience peace and tranquillity. [For a full list of events click here.](#)

LIFE AFTER DEATH

British and German scientists have confirmed there is some form of life after death. The astonishing conclusion is based on the results of two separate European studies using a new type of medically supervised near-death experience that allows patients to be 'clinically dead' for almost 20 minutes before being brought back to life.

For the full story click [here](#).



EARTH'S MAGNETIC FIELDS CARRY BIOLOGICALLY RELEVANT INFORMATION THAT 'CONNECTS ALL LIVING SYSTEMS'

Science has recently shed light on the fact that what we used to perceive as 'human' aura is actually real. All of our bodies emit an electromagnetic field, and this fact plays a very important role far beyond what is commonly known when it comes to understanding our biology, and the inter-connectedness we share with all life.

For the full story click [here](#).



MYSTICAL TINTAGEL FOOTBRIDGE CONNECTS TO THE LEGENDARY RUINS OF KING ARTHUR'S CASTLE'

Legend has it King Arthur was conceived at Tintagel Castle in Cornwall, England. To connect visitors to the historic site and medieval ruins, English Heritage held a contest to design a new footbridge that echoes the mystical heritage of the site. They recently chose a design created by Ney & Partners and William Matthews Associates. The two firms unveiled a bridge rooted in the mystery of the site with two independent cantilevers, paying homage to the lore surrounding Tintagel Castle. According to the project description from William Matthews Associates, 'Our winning proposal is based on a simple concept: to recreate the link that once existed and filled the current void. Instead of introducing a third element that spans from side to side, we propose two independent cantilevers that reach out and touch, almost, in the middle.'

For the full story click [here](#).



**Is Mind Over Matter REAL?
Scientific Evidence**



Priest says Hell is an invention of the church to control people with fear



HAVE RESEARCHERS FOUND THE MYTHICAL HALL OF RECORDS?

It is said that the Hall of Records holds the key to understanding our civilisation and real history of humanity. Mythologically, it is said to be a library buried somewhere in Egypt, and many people believe it could be located under the enigmatic Sphinx of Giza, watching tall and proud over the Pyramids of the Giza Plateau. A discovery of a vast underground library made in 2008, could forever change history and the origin of the Ancient Egyptian Civilization.

For the full story [click here.](#)



ELON MUSK REVEALS HIS BIG PLAN FOR COLONIZING MARS

SpaceX founder, lead designer, and chief executive Elon Musk has talked a lot about Mars over the past few years, and recently this had led to a culmination of everything he's hinted at so far. This afternoon, the man behind wild ideas like the Hyperloop and solar roofs made an epic (and long-awaited) announcement revealing more details about his ambitious plans for colonising the Red Planet. Musk warned months in advance that his plan would be 'mind-blowing', and he lived up to that promise. Nearly 100,000 viewers around the world tuned in to the live stream of the event, for a never-before-seen look at simulations based on actual CAD designs for a Mars spaceship. Despite its inhospitable environment, Musk insists Mars is the best candidate for supporting life, as opposed to Venus' high-pressure atmosphere and Mercury's close proximity to the sun. He further suggests Mars is the place to be, because a day on Mars is very similar to one on Earth, stretching 24.5 hours. Its atmosphere, he believes, would support plant life which makes human civilisation seem just a little more possible.

For the full story [click here.](#)



72 YEAR OLD PROPHECY SAYS THE EARTH WILL BE SWEEPED BY EXTRAORDINARY RAPID WAVES OF COSMIC ELECTRICITY'

Peter Konstantinov Deunov, also known as Beinsa Douno, born in 1886 and who passed away in 1944, left a prophecy that he had obtained through a trance-based state. The prophecy was dated as 1944, a few days before his death in December that year. The prophecy Beinsa left fits the times we are going through right now, specifically in relation to shift in consciousness, earth changes and the proclaimed and much-anticipated 'golden age'. Back then, Douno was aware and taught that we were moving into the age of Aquarius, as per the astrological age system.

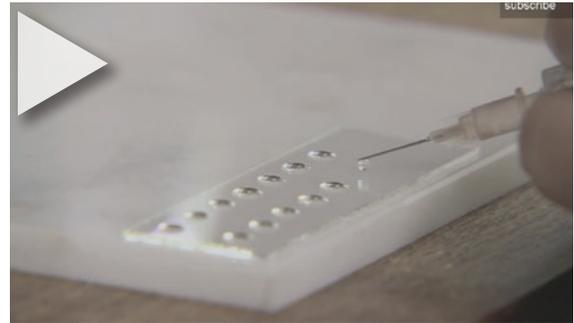
For the full story click [here](#).

SCIENTISTS DISCOVER THAT WATER HAS MEMORY

Water – just a liquid or much more? Many researchers are convinced that water is capable of 'memory' by storing information and retrieving it. The possible applications are innumerable: limitless retention and storage capacity and the key to discovering the origins of life on our planet.

Research into water is just beginning.

For the full story click [here](#).



SCIENCE HAS MEASURED ALL OF HUMANITY'S 'STUFF' AND IT'S ABSOLUTELY ENORMOUS

In a new study published in *The Anthropocene Review*, University of Leicester geologist Mark Williams and his international colleagues have estimated for the first time the sheer size of the technosphere. When all of humanity's objects — from pens to keyboards to space rockets — is totaled, it all weighs an estimated 30 trillion tons or a mass of 50 kilos (110 pounds) for every square meter of the Earth's surface.

For the full story click [here](#).



MEET THE MYSTERIOUS SACKCLOTH PEOPLE OF TABLE MOUNTAIN

Nestled between skyscrapers in Cape Town's city centre, a group of people wearing sacks flog their wares on the bustling pavement. **Find this story and more on <http://sundaytimes.co.za>**

WORLD'S LARGEST SCALE MODEL SOLAR SYSTEM SPANS 11 SWEDISH CITIES

Developed on a scale of 1:20 million, the Sweden Solar System extends outwards from the Ericsson Globe and across Sweden's capital city where terrestrial travelers can pay their respects to the five asteroid belt-confined planets that orbit closest to the sun: Mercury (3km away from the sun at the Stockholm City Museum with a diameter of 9.8 inches); Venus (5km away at the Royal Institute of Technology with a diameter of two feet); Earth and its moon (8km away at the Swedish Museum of Natural History with diameters of two feet and seven inches, respectively); and Mars (12km away in a suburban shopping mall with a diameter spanning just a little over a foot).

For the full story click [here](#).



FLOATING 'SPACE NATION' ASGARDIA PROMISES TO GUARD EARTH FROM ASTEROIDS

Although this headline sounds as though it's been ripped from a science fiction film script, we can assure you it's real. Announced in Paris recently, a new project will launch a satellite launch soon, marking the first step toward the establishment of a 'space nation' dubbed Asgardia. The outlandish project calls for a floating, independent nation comprised of expat Earthlings who would work together to protect this green planet from asteroids, space junk, solar flares, and other threats floating around in space. Asgardia is now accepting volunteers to be among its first citizens.

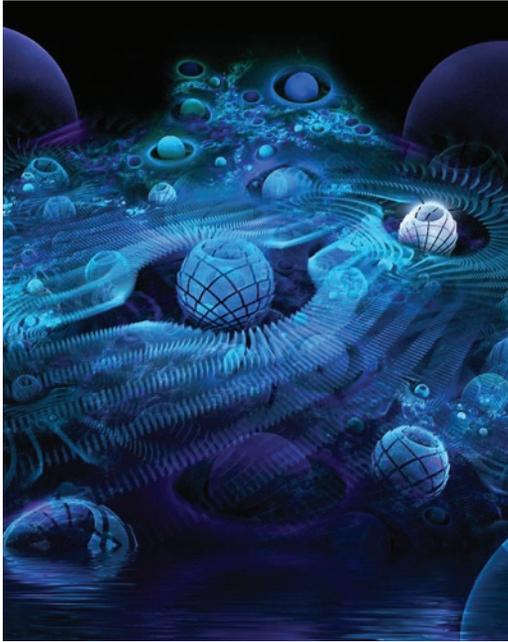
For the full story click [here](#).



UNDERGROUND OCEAN FOUND ON PLUTO, LIKELY SLUSHY WITH ICE

Scientists have found evidence that tiny, distant Pluto harbors a hidden ocean beneath the frozen surface of its heart-shaped central plain containing as much water as all of Earth's seas. The finding adds Pluto to a growing list of worlds in the solar system beyond Earth believed to have underground oceans, some of which potentially could be habitats for life. With its ocean covered by so much ice, Pluto is not a prime candidate for life, added Massachusetts Institute of Technology planetary scientist Richard Binzel, another of the researchers. But Binzel added that 'one is careful to never say the word impossible'.

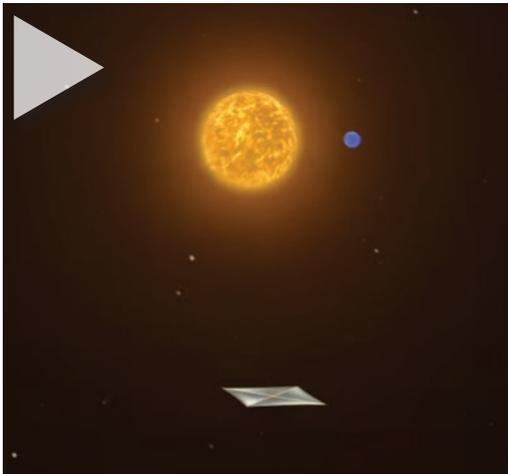
For the full story click [here](#).



PARALLEL WORLDS EXIST AND INTERACT WITH OUR WORLD, SAY PHYSICISTS'

Quantum mechanics, though firmly tested, is so weird and anti-intuitive that famed physicist Richard Feynman once remarked, 'I think I can safely say that nobody understands quantum mechanics.' Attempts to explain some of the bizarre consequences of quantum theory have led to some mind-bending ideas, such as the Copenhagen interpretation and the many-worlds interpretation. Now there's a new theory on the block, called the 'many interacting worlds' hypothesis, and the idea is just as profound as it sounds. The theory suggests not only that parallel worlds exist, but that they interact with our world on the quantum level and are thus detectable. Though still speculative, the theory may help to finally explain some of the bizarre consequences inherent in quantum mechanics,

For the full story click [here](#).



NASA IS HELPING STEPHEN HAWKING LAUNCH A 'SELF-HEALING' STARSHIP TO ALPHA CENTAURI

Stephen Hawking and Russian venture capitalist Yuri Milner want to send a small spaceship to Alpha Centauri, the nearest neighbouring star system to Earth's Milky Way – and NASA just announced plans to throw its weight behind the lofty project. Project Breakthrough Starshot will use lasers to propel a lightweight silicon 'StarChip' up to one-fifth the speed of light. If all goes well, the ship should reach Alpha Centauri in 20 years.

For the full story click [here](#).



MATTER IS SPONTANEOUSLY APPEARING AND THEN DISAPPEARING AROUND THIS DISTANT STAR

Something very spooky is happening in the area surrounding a neutron star 400 light-years from Earth. Matter seems to be spontaneously appearing and then vanishing, as if some sort of cosmic magician is performing a trick. **For the full story click [here](#).**



Centre for the Fleur de Lis

SOUL / LIFE READINGS

- Is your life no longer making sense ?
- Are you troubled by what is going on either in your immediate world, the planet at large or both ?
- Have things that used to make sense become confusing ?
- Are you being overwhelmed by thoughts, feelings, dreams and / or events in your life ?
- Do you feel uncomfortable in your own skin, in your relationships or in your work ?

To answer these and any other life / soul issues, an opportunity has been provided for direct conversations, including questions and answers with St Germain and other highly evolved beings. Booking essential.

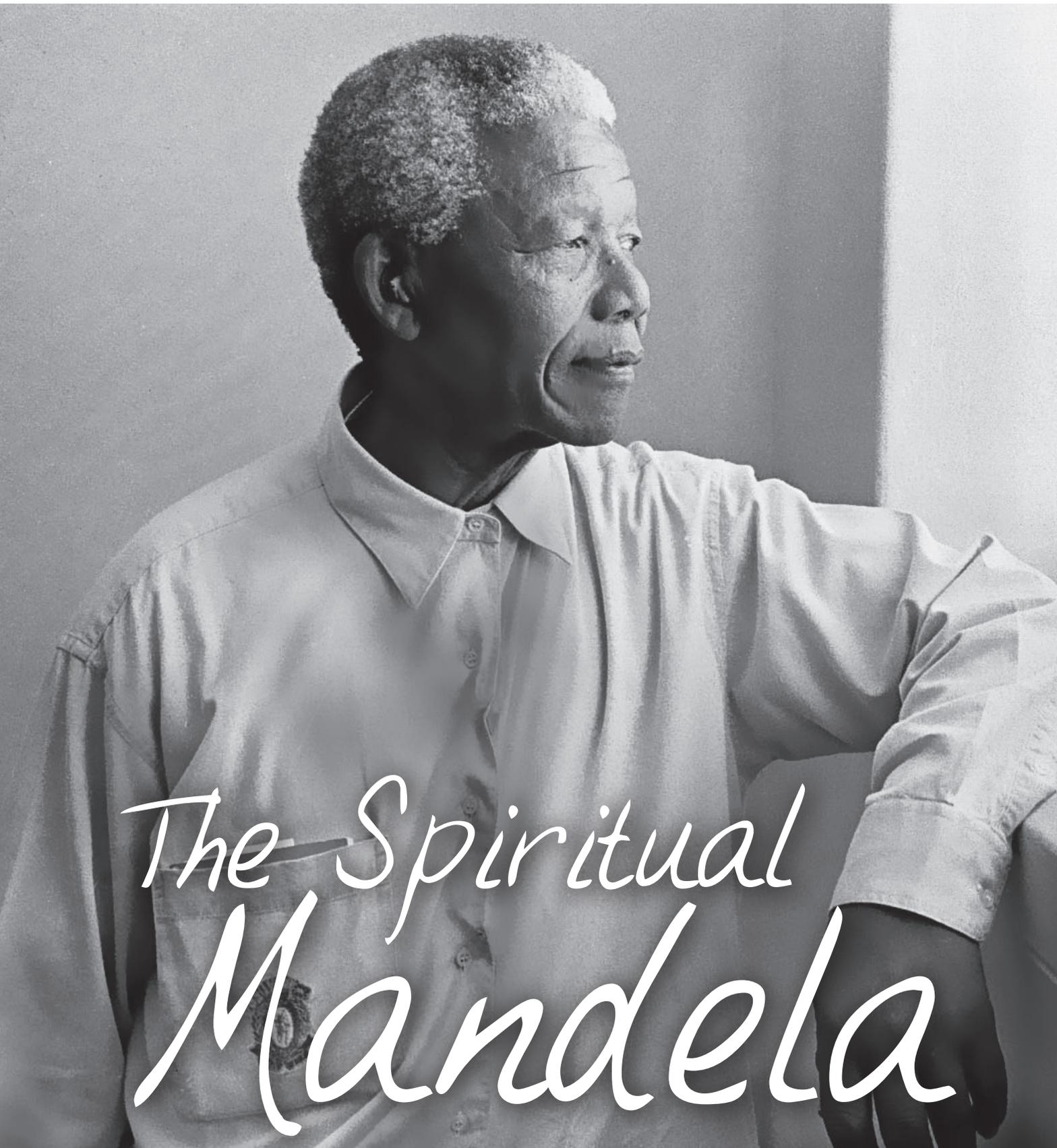
For more info or to book, please speak to Silke on 021 701 1186

- **Duration:** +- 2½ hours
- **Location:** Kirstenhof, Cape Town
- **Cost:** R500

Please note that Soul / Life readings are not psychic readings, but direct interactions with advanced souls whose purpose is to facilitate each individuals' self-awakening. Participants are advised that they are required to take full responsibility for the fundamental life changes that often follow readings.



The Centre for the Fleur de Lis is facilitated by Silke & Chris Erasmus under the guidance and auspices of St Germain, hierarch of the current age and foremost teacher of the great global spiritual awakening taking place at this time.



*The Spiritual
Mandela*



The life of Nelson Mandela has been studied in almost exhaustive detail. Countless books, articles, television documentaries, films, websites and school essays have attempted to understand how a boy from rural Transkei in the Eastern Cape could grow up to become the first black president of democratic South Africa. Many accounts rightly attribute Mandela's achievements to the extraordinary amount of courage and perseverance he displayed throughout the years he fought in the struggle against apartheid, and during the long and isolating years of his imprisonment. However, there was also another side to Mandela, one that is rarely referenced in any narrative about his life, but which nevertheless played an integral role in shaping the man that he was to become. In this excerpt from his book *The Spiritual Mandela* Dennis Cruywagen traces the spiritual aspect of Mandela's life, from his youth in a traditional Thembu village, to his education at Wesleyan and Methodist mission schools, to his time as an activist, his period on Robben Island and the years thereafter.

While he never revealed it publicly, and only rarely referred to it in private to individuals outside of his family and close circle of friends, Mandela's spirituality and the Methodist faith he adopted in childhood were inseparable aspects of his character, and went a long way towards informing his personal philosophy and some of his most important political decisions.

For obvious reasons, Mandela's political career dominates the majority of discussions about his life. Politics and his commitment to his political party, the African National Congress (ANC), consumed most of Mandela's existence before his imprisonment on Robben Island, and influenced the way other people thought of him or understood him. For many years, to both black and white South Africans, he was, before anything else, Nelson Mandela the political activist, the man who was prepared to give up his life in the fight for black South Africans' freedom. The inherent righteousness of his cause, upon which depended the lives of millions of people, justified this intense devotion to politics and Mandela's reasoning for putting it first in his life, even if this meant that both his faith and his family suffered as a result. It also fostered a sense of pragmatism in him, which helped to propel his commitment to the armed struggle, even when other prominent members of the ANC, such as the organisation's president, Albert Luthuli, voiced Christian concerns about using force to accelerate the resistance campaign.

Adding to the lack of awareness about Mandela's deep spiritual beliefs was his 27-year-long imprisonment after the life sentence he received in the Rivonia Trial. This despite the fact that his religious beliefs would grow stronger in the eighteen years he spent on Robben Island, where he was, according to his own admission, 'quite religious'. The prospect of spending the rest of his life on Robben Island no doubt worked towards developing his spiritual awareness, and religion became an effective and positive means of coping with the hardships he endured there. Even so, the isolation in which he and his fellow political prisoners were kept provided the apartheid state with an opportunity to advance an image of them that was in keeping with the type of Cold War propaganda that circulated at that time, when anyone who questioned or threatened the laws underpinning a Western rule of government was immediately branded an enemy of the state. In such context, Mandela's opposition to apartheid automatically implied that he was both a communist and anathema to

Western ideology and the beliefs that upheld it, including Christianity. But while the South African Communist Party (SACP) claims that Mandela was a member for a brief period, in 1962, this clearly did not prevent him, based on his own testimony and that of his fellow inmates, from participating in religious services during his imprisonment, or from interacting with ministers from a number of churches. To many white South Africans at the time, however, the thought of even placing Mandela's name next to the word 'spiritual' would have been a laughable or absurd notion.

Finally, there is the contribution, or lack thereof, that Mandela himself made towards the small body of knowledge that examines his religious beliefs. As mentioned before, Mandela was too preoccupied by political concerns during the struggle to place any special emphasis on his faith in directing the path he took towards obtaining racial equality, although he did see the value of utilising church support in advocating the cause among its followers. After his release from prison in 1990, Mandela hardly ever spoke about his religious beliefs in public or to the media. In an interview with Charles Villa-Vicencio in the early 1990s, before he was elected president, Mandela, when asked about whether he considered himself a religious person, denied it: 'No, I am not particularly religious or spiritual. Let's say I am interested in all attempts to discover the meaning and purpose of life. Religion is an important part of this exercise.'

While this statement could be taken as definitive proof of Mandela's religious outlook, it also contradicts the accounts of a number of people who got to know him while he was in prison and after his release, and who contend that he was indeed a deeply spiritual person whose faith formed the foundation of his policy of reconciliation after his election as president in 1994. Some of these witnesses include Mandela's personal chaplain, Methodist bishop Don Dabula, Anglican priest Harry Wiggett, who ministered to Mandela for three years while he was in Pollsmoor, and Mandela's grandson, Mandla Mandela.

Who then to believe? Mandela himself, or the many people who can testify to having witnessed his spiritual side, either while he was in prison or after he became president? It seems Mandela used to say one thing in public about his religious beliefs, and then something else entirely to individuals he encountered on a personal basis. In the same interview in which he denied being a spiritual person, he offered a possible reason for his

'People respond in accordance to how you relate to them. If you approach them on the basis of violence, that's how they'll react. But if you say, "We want peace, we want stability," we can then do a lot of things that will contribute towards the progress of our society.'

public stance on religion in response to a question about his belief in God: 'As I have said, the relationship between a person and God is personal. The question concerning the existence of God is something I reflect on in solitude..'

Mandela's answer makes it clear that he considered acts of worship and spiritual meditation to be private affairs. Those who engaged with Mandela on an individual level and were able to discuss religion with him confirm that he made a concerted effort to keep his religious beliefs to himself. Desmond Tutu corroborates this argument, adding that Mandela was 'very, very private' about his spiritual life, even when he was given the opportunity to use religion to advance the political cause of the ANC. Regardless of this, Mandela still acknowledged the relevance of religion in his own life, as well as its tremendous ability to bring people together and to mediate differences:

'Yes, I certainly recognise the importance of the religious dimension of my own life. More important for me, however, is the significance of religion for countless numbers of people I meet both in South Africa and around the world. Religion is important because at the centre of the great religious traditions is the pursuit of peace. South Africa needs peace, the world needs peace and I am convinced that if we were to put into practice the central tenets of Christianity, Judaism, African traditional religions, Buddhism, Hinduism, Islam and other faiths – all of which have a lot in common – there would be peace in the world?...?I have no problem with religious belief. My problem is that all too often people fail to act on what they claim to believe.'

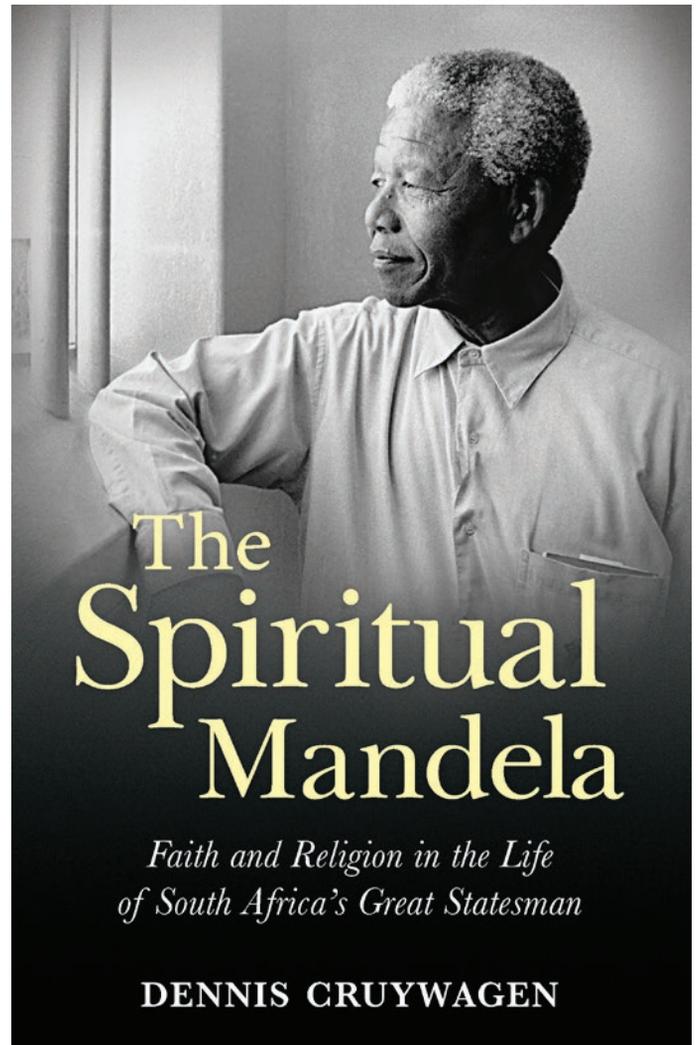
When Mandela said this, South Africa was undergoing

a transition from apartheid to democracy, from a system of government that afforded human rights to only a privileged few, to one that would view all people as equals, regardless of race or creed. Mandela was going to be the leader of this new South Africa, and because he recognised the diversity of opinions and beliefs that made this country a 'rainbow nation', he had to ensure that they all obtained an equal standing in the eyes of government and the Constitution. As the living representative of this law, the individual required to uphold it regardless of any constraints, Mandela therefore saw it as his duty to personally stand up for the beliefs of every person it was required to protect. This is why he chose to keep matters relating to his faith private, even if it had been crucial in alleviating many of his anxieties and fears during the long years of his incarceration, and through all the challenges of his presidency.

Christianity had been a vital component of Mandela's spiritual makeup long before his imprisonment on Robben Island. With his traditionalist father's approval, he had joined the Methodist Church in childhood. Gadla Mandela's hope was that his son's baptism into the religion of the white people who had claimed authority over his birthplace would present Mandela with opportunities from which many black people were excluded at the time, such as an education. Gadla's hopes were fulfilled when Mandela obtained a missionary education that also ended up shaping his political ideology. Mandela would later credit the schooling that he and many of his fellow political activists received at Methodist institutions with creating the kind of independent minds that had contributed to the anti-apartheid struggle.

But despite the significance he attached to the Christian religion in his own life, there was never any space in Mandela's worship of it to condemn or undermine other belief systems. In fact, Mandela's spirituality only strengthened his desire for reconciliation and forgiveness in a country that had almost been destroyed by prejudice and intolerance. During his presidency, and even while he was

in prison, Mandela always found time to worship with different religions and Christian churches in his determination to promote acceptance among South Africa's various religious groups. The most remarkable product of Mandela's profound appreciation of Christian concepts, however, was the Truth and Reconciliation Commission (TRC), which he hoped would deal with crimes committed during apartheid without having to resort to Nuremberg-style trials for wrongdoers. Headed



by Archbishop Desmond Tutu, the commission determined to confront many of the wrongs that were committed under white rule, but in the spirit of reconciliation and forgiveness.

Years before his death in 2013, Mandela had requested that his burial service observe traditional Methodist rites. With this final salute to the church that had cultivated his spirituality, Mandela had at last provided an answer to those who had always questioned his religious beliefs, or who had thought of him as an atheist or an enemy of the Christian faith. When his coffin was lowered into the ground, it was his friend, confidant and fellow Methodist, Bishop Don Dabula, who officiated over his burial, performing the traditional Methodist committal, in an act that illustrated the mutual love and regard that both church and follower had always held for each other. [□](#)

The Spiritual Mandela is published by Random House South Africa and is available [here](#).

PRACTICES TO AWAKEN

gratitude



Do you feel unsupported and stuck, lacking in clarity and purpose? Are you yearning to awaken to your fullest potential? Balancing career and family responsibilities with personal and spiritual growth can leave you feeling overwhelmed, exhausted and disconnected. Unconscious personal issues and mental/emotional blocks can echo in your body-mind as discomfort and dis-ease. It is time to set yourself free with the power of gratitude, writes Wendy Young.

At times we can feel overwhelmed by hurt, anger, fear, sadness, loss, anxiety. This closes our heart and leaves us feeling alone and separate. Now is a good time to write a gratitude list. It won't solve the challenging life situation and it's not about ignoring or suppressing the feelings. Practicing appreciation does help to reconnect us to our heart, giving us some space from the wounded emotions and the story that our mind is creating. From space, we are more able to understand the bigger picture – the underlying motives, habits and patterns of our self as well as the other. This can facilitate transformation from wounded mind-states back to peace, love and joy.

Dedicate each month to the practice of gratitude: each day add something new to your gratitude list, just one or two things that have touched you during the day. Notice what changes in your body, heart and mind as well as in your life.

I also invite you to take a moment now to sit quietly, become aware of your breath and let your attention settle into your heartspace. Then bring to mind something in your life that you are grateful for at this very moment, it could be that you can smell the summer flowers, feel the touch of wind on your skin, that you have food to

eat, friends who care about you and even life itself. Allow this image to settle into your heart and really develop a feeling of gratefulness for it. Watch and feel what changes in your body, heart and mind. Spend a few moments experiencing how practicing gratitude heals and opens your heart. Make this a daily practice.

'When you realise that behind all the worry, complaint and disapproval that goes on in your mind, the sun is always coming up in the morning, moving across the sky, and going down in the evening. The birds are always out there collecting their food and making their nests and flying across the sky. The grass is always being blown by the wind or standing still. Food and flowers and trees are growing out of the earth. There's enormous richness. You could develop your passion for life, your curiosity and your gratitude. You could connect with your joyfulness. You could start right now.' - Extract from *The Wisdom Of No Escape* by Pema Chodron

The heart's innate state is one of openness. No matter what has happened in your life, you have an infinite capacity for love. □

Visit www.wise-living.co.za for more from Wendy.

'The Navajo teach their children that every morning when the sun comes up, it's a brand-new sun. It's born each morning, it lives for the duration of one day, and in the evening it passes on, never to return again. As soon as the children are old enough to understand, the adults take them out at dawn and they say, "The sun has only one day. You must live this day in a good way so that the sun won't have wasted precious time." Acknowledging the preciousness of each day is a good way to live, a good way to reconnect with our basic joy.'

Extract from *The Wisdom of No Escape* by Pema Chodron



**THE
SACRED
MANDALA
OF**
forgiveness



'When I have been wounded and hurt through the actions of others (real or perceived) I found myself starting to build up forms of resentment and bitterness which could have developed, if not checked, into hardened hatred. Then clinging to these negative and corrosive elements, like prized possessions, I found it difficult to move forward, to enter into a healing space that forgiveness could potentially offer me. And yet the Buddha Dharma unequivocally tells us that in order to seek out this higher spiritual level of eternal law, where healing resides, we must do exactly that – give up our negative feelings and cultivate love instead. But entering this sacred mandala isn't easy for me,' writes Michael Lewin.

Experience has taught me that forgiveness starts with spiritual awareness – in the mind, heart and body. It's the calling that tells me that I must let go of my storehouse of pain that resentment has built up, in order to return to an inner peace. But no one else can make this move for me; it is my journey alone.

Life is indeed difficult and when I reflect back to certain points in my existence I realise the enormity of certain issues I have had to face: the loss of parents, divorce, ill health, enforced relocation through redundancy and a personal assault on me by a gang of youths. All have taken their toll over the years, but what I found sustaining in my individual and collective recovery was the acceptance of the Buddha's teachings on forgiveness that laid at the core of this journey. Not that it was ever easy. When I was physically attacked I harboured a lot of bitterness and anger that I found difficult to shift. But in time I came to realise that it wasn't personal. The assailants never knew me; it was just a random act of violence that could have happened to anyone. If I had decided to walk home a different way it would not have happened. Once this insight of randomness surfaced I started to unilaterally forgive my 'enemy' even though they may have been unrepentant for their misdeeds. I slowly started to embrace a full forgiveness that let the issue go. It was a gift I offered up – for give ness – irrespective of any reciprocal return. If I had kept on playing out the role of 'victim', spinning stories about my hurt and pain, then the discomfort would have undoubtedly continued and I would have missed an opportunity for self-succour.

Forgiveness is difficult

I do appreciate that forgiveness can be a very difficult undertaking at times; we can perhaps gain some ground, move forward gradually only to be knocked back again with corrosive, undermining feelings. But in my personal experience we just have to walk on that extra mile (where others fall away) because that's the very time we can meet with unexpected results – our release from the tyranny of self-imposed bitterness.

Forgiveness is a process

Forgiveness involves us in a regular, therapeutic practice of looking at and listening to what is troubling us, so that we may understand it more. But we must never rush this process, bring it to premature closure, because it may come back to trouble us at a later date. Incubation time is of the essence here so that we can make a shift

in perspective, a fresh consideration about possible rigid, entrenched views. It can lead us to ask the following probing and challenging questions. Are we in possession of all the 'facts', or just our interpretations of the 'facts'? Are we judging too soon? Do we have access to the fuller picture? Could we be wrongly accusing people, or assigning blame disproportionately? Have we made a true and fair assessment, or have we allowed our minds to cloud over with prejudice?

Through repeated engagement with this questioning process I have arrived at different conclusions and, as a consequence managed to reassess my fixed stance which has given me the opportunity to reach out to forgiveness and reparation that has encircled everyone.

Forgiveness is not conditional

Forgiveness can take time to ripen but when it's ready we must give fully. We cannot hold back – either we give it fully or not at all. There is no partial agreement, some negotiated deal that conceals as much as it reveals.

me even further. On one level this process of trying to forget could be considered a form of repression – creating an opportunity for festering and eventual re-surfacing again in the future. We simply cannot 'forget' what has happened to us, that's unrealistic. All life's events (both positive and negative) are consigned to our memory bank and constitute, to some extent, who we are. By remembering what has happened to us, we are able to learn and go forward in a positive fashion. But clinging is something else, that's a form of ownership that just keeps us locked in a cycle of distress and anguish, with no prospect of relief.

Remembering is not the same as clinging. Forgiveness is more the heart's gift than the mind's gift. Ultimately I consider forgiveness as a spiritual matter, not an intellectual one (but I could be wrong on this). Certainly I do strive to bring wisdom and insight to bear on my thought processes when evaluating my emotions and feelings, but in the final analysis, I truly feel that the decision to forgive comes from the heart, not the

'He abused me, he beat me, he defeated me, he robbed me' In those who harbour such thoughts hatred will never cease. In those who do not harbour such thoughts hatred will cease. For hatred does not cease by hatred at any time, hatred ceases by love – this is an eternal law.'

- The Buddha The Dhammapada (*The Way of Truth*)

Forgiveness is a full spiritual gift (probably the most challenging one we could offer) that ultimately benefits both the 'victim' and the 'perpetrator'. It is a deeply enriching process of metastasis – transformation. Even if we accept the notion of partial forgiveness, and pull away from giving fully, then we could only expect to be given back a corresponding partial healing. And that may not be enough for us.

Forgiving is not the same as forgetting

On deep reflection I have realised that for me forgiveness should never cancel out the past but attempt to heal it, to move it forward to place me in a more empowering future. The creative opportunity has always been to recognise my past as a learning tool from which I can draw up a 'survival map' for a better, more spiritually informed tomorrow. I've always felt it was best not to try and 'erase' my past hurts because this could damage

intellectual mind.

My troubled journey through life (which might echo yours) has, I realised in later life, been a pathway into a sacred mandala where I was given the chance to leave behind all the corrosive, damaging thoughts and feelings that I have been clutching in order to be cleansed and released into a new way of existence.

I came to recognise and acknowledge a fundamental spiritual law at work that has the potential to bring everyone into equal standing for possible purification and reconciliation – with no exceptions.

More problems may surface in my life (could I realistically expect anything else?), but the forgiveness process is there to guide and support me – stretching me into new spiritual growth. Undoubtedly it has all been a startling lesson for me and one I didn't expect to confront but it has opened me up further, enlarged and expanded my view of the world and the damaging harm that seems to reach us all.

And for this I'm enormously grateful. □



TO VIEW ALL OUR
PREVIOUSLY PUBLISHED
MAGAZINES ONLINE
CLICK HERE

WWW.ODYSSEYMAGAZINE.CO.ZA



AFFIRMING WITH **POWER**





Affirmation, in law, is a solemn declaration made instead of taking a sworn oath by someone who either has no religious belief or not wanting to be particularly affiliated to any religious traditional or orthodox book or object. Affirmation is also taken by a person who, on religious grounds does not believe in oath-taking. But there is more to affirmations than that. Wahab Owolawi explains in this extract from his book *Affirmations for Successful Living*.

Historically, the legal privilege of affirming was first granted to the Quakers (who refused to take an oath during the reign of King William III of England, Scotland and Ireland; 1689-1702). Gradually, this privilege was extended to other categories of people. In contemporary times, it is legally allowed for a witness to affirm rather than take an oath on a 'holy book'.

But affirmations are not merely legal undertakings – they may also be regarded as a branch of science of the mind. This science, not being a novel thing to humans, is largely unknown as a science by majority of people and if known, it is the least applied.

As Kiyosaki and Lechter asked in their famous book, *Rich Dad, Poor Dad*: 'Does school prepare children for the real world?' It is also pertinent to ask if parents utilise and teach their children about the value and inherent power of affirmations in life. Of course, most parents, particularly in religious homes, teach their children how to pray or make religious incantations. Through prayers, affirmations are made but it needs to be asked if such prayers and affirmations are positive in content. A typical prayer/affirmation such as, 'God punish all my enemies' is not only potent but destructive to the petitioner. It is therefore very essential to teach our children only prayers/affirmations that are dedicated to positive things such as love, success without violating the rights of others, peace, harmony, God's guidance, etc. In numerous instances, particularly in sacred texts, humanity has been reminded about their inherent powers lying dormant and relatively unexplored – a potential or set of powers that, if harnessed, could lead to peaceful and successful living.

Christianity & more

In the Christian bible, we are informed that Jesus the Christ told his disciples and by proxy humanity in general about the capability of human beings to do greater things.

In the mystical-philosophical book *Man Know Thyself*, it is also succinctly spelt out the potentials inherent in humans.

Jo Kepler, an eminent scientist discussing the issue of resonance says this: 'Resonance occur because all objects have a natural resonant frequency. If a wave or vibration has the same frequency as an object, it can cause the object to start vibrating, or vibrate more strongly. It is no strange news to hear about singers causing a wine glass to break as the frequency of their voices or instrument matches the natural resonant frequency of the wine glass.'

How does this relate to affirmations, one may be compelled to ask. The said power of the 'spoken word', as in 'be' in the Christian Bible or 'kun' in the Islamic Quran, are examples of resonant frequency of a higher dimension or vibration. Just as the power of higher resonant frequency happened in the lives of great sages, prophets and seers, so it can in every human being, provided one works towards it. The journey of life is to attain a goal, a mission – and for this goal or mission to be attained, it is incumbent on each individual not only to physically, mentally and spiritually strive but to affirm daily and visualise mentally his or her expected life outcomes. This is what Stephen Covey calls 'beginning with the end in mind' in his 6th paradigm where he spoke extensively about creative creation.

Without mimicking Covey, it is absolutely essential for every individual, every nation to imbibe the invaluable principle of creative creation, that is, telling oneself on a daily basis what he or she intend to become in life – our mind creates our world.

According to one respected stress management consultant: 'Repeated practice is what you become, what you practice, you become'. If you believe and use the power of unlocking the door to your deep consciousness through the use of affirmations, then you shall become what you daily affirm to yourself.

Daily invocation

If you invoke on a daily basis something good to yourself and support it with human reason and effort, it shall surely come your way at the most auspicious time.

To draw an analogy from a dormant and active seed: a seed, lying in the granary, has life, but it is not living. Every human being is endowed with some degree of powers but it is a matter of choice to allow those powers be awakened or go extinct like a seed that lies fallow in the granary.

Put the dormant seed in the granary into the soil, nurture it where necessary and it becomes active and at once it begins to gather to itself from the surrounding substance to build a plant form. It will so cause increase that a seed head will be produced containing 30, 60 or 100 seeds, each having as much life as the first seed pushed unto the soil.

Life, by living, increases. Life cannot live without increasing, and the fundamental impulse of life is to live. Just as life, by living, increases, affirmations of positive things with an adequate, positive and naturally resonant

approach would work wonders in your life.

Life, of course, is a lesson based on experience. Put another way: 'In school, you take the lesson and then take the test but in life, you take the test and then get the lesson.' In order to lessen our test and hasten the lesson of experience on earth, it is imperative to resonate with the untapped powers resident within us.

Without any shred of doubt, all the sacred texts of religion are not only books of inspiration and allegory; they also contain beautiful and powerful affirmations.

Sacred Affirmations

Sacred affirmations may be found in many if not all recognised scripture, regardless of culture. For example, the following affirmations regarding Supreme Source come from a variety of texts (each referenced):

'I am Alpha and Omega, the beginning and the ending. I am He who is, and who was, and who is to come, the Almighty'. Revelations 1:8.

In the Bhagavad Gita, a primary Hindu sacred text, Krishna affirmed: 'I am the taste in the waters, I am the light in the sun and the moon; I am Pranava (Om) in the Vedas, the sound in the Ether element, and manliness in men'. Chapter 8.

'I am the pure fragrance in earth, I am the effulgence in fire (fire of worldly desire), I am the life in all living beings, and I am the austerity in the ascetics'. Chapter 9.

In the Christian bible, Jesus the Christ affirmed: 'As long as I am in the world, I am the light of the world'. John 9:5.

'I am the way, and the truth, and the life: no man cometh to the Father, but by me'. John 14:6.

In this particular statement or affirmation, Jesus, having attained Christhood, a condition of high consciousness, admonishes all to strive to attain same status in the journey of life. We are all potential ways, truth and life but our ability to attain this status is largely dependent on the use of our God-given free will.

We have been endowed the free will to attune with the sacred power within us or to remain mere hailers of his name and prowess, without a corresponding inner growth and attunement.

Why not affirm daily, for example, that: 'I am a beacon of light, truth and service to my country, family, neighbours, friends, acquaintances, my employer, my employees; For as long as I am alive, I am my brother's keeper.'

The followings culled from the book *The Mystical Journey from Jesus to Christ*, by Dr Muata Abhaya Ashby, could as well be worth your while in the sacred journey of

Just as the power of higher resonant frequency happened in the lives of great sages, prophets and seers, so it can in every human being, provided one works towards it. The journey of life is to attain a goal, a mission – and for this goal or mission to be attained, it is incumbent on each individual not only to physically, mentally and spiritually strive but to affirm daily and visualise mentally his or her expected life outcomes.



using affirmations to unlock the door to infinite mercy and a robust earthly life.

The following affirmations apply:

Love of your neighbour: 'I am the embodiment of service; I care for all human beings, all living and non-living beings in the universe as I care for myself; I care for all of nature, as I care for my very own body.'

Divinity: 'I am not this mind and body with their negative thoughts and desires. I am the self, who is, like a bird, free to roam the vast expanse of the sky. I am not this perishable body that is a conglomeration of earthly elements that will someday return to the earth. I am the spirit which is subtle and free of all associations of sense of carnality or immorality.'

Kingdom of God within: 'I have nowhere to go, nowhere to seek, nowhere to search for the greatest treasure of all existence because it is within me already and it always was; within my heart lies the source of all happiness. I am the abode of all fulfilment. All I need to do in order to discover this treasure is to open my heart by discarding the illusions and ignorance which cloud my mind; I look not to the world of time and space but to the eternity and infinity which is within me. I look not to the vanity of my body but to the peace of my innermost self: "I am that I am".'

Essenes & Great White Brotherhood

The Essenes of the Great White Brotherhood – who practised a variant of Judaic monotheistic religion at least a century before the dawn of the Christian era – had the following articles of faith as recorded in their ancient, secret writings. 'God is principle; His attributes manifest only through matter to the outer man. God is not a person, nor does He appear to the outer man in any form of cloud or glory.' (Note the similarity of this article to the statement of John 4:24: which says 'God is a Spirit, and they who worship HIM must worship Him in Spirit and in Truth.')

'The Power and glory of God's dominion neither increases nor diminishes by man's belief or disbelief; and God does not set aside His laws to please mankind.'

'The ego in man is of God, and at one with God, and is consequently immortal and everlasting.'

'The forms of man and woman are manifestations of the truth of God, but God is not manifest in the form of man or woman as a being.'

'Man's body is the temple in which the soul resides, and from the windows of which we view God's creations and evolutions.'

'At the transition or separation of the soul and body, the

soul enters that secret state where none of the conditions of the earth have any charms, but the soft breezes and great power of the Holy Ghost bring comfort and solace to the weary or the anxious who are awaiting future action. Those who fail, however, to exercise the blessings and gifts of God, and who follow the dictates of the tempter and of the false prophets and the ensnaring doctrines of the wicked, remain in the bosom of the earth until they are freed from the binding powers of materialism, purified, and assigned to the secret kingdom.' (This explains the ancient, mystical term of 'earth-bound,' referring to those who are still enslaved to material temptations after transition or death.)

'Keep holy the one sacred day of the week that the soul may commune in spirit and ascend to contact with God, resting from all labours, and discriminating in all actions.'

'Keep silent in disputes, close the eyes before evil, and stop the ears before blasphemers.' (This is the original of the Oriental law, 'speak no evil, see no evil, and hear no evil.')

'Preserve the secret doctrines from the profane, never to speak of them to those who are not ready or qualified to understand, and be prepared always to reveal to the world that knowledge which will enable man to rise to greater heights.'

'Remain steadfast in all friendships and all brotherly relations, even unto death; in all positions of trust never to abuse the power or privilege granted; and in all human relationships to be kind and forgiving, even to the enemies of the faith.'

Essene Oath

The Essenes of the Great White Brotherhood also had an Oath, an Affirmation which runs as follows: 'I promise herewith, in the presence of my elders, and the Brothers of the Order, ever to exercise true humbleness before God and manifest justice toward all men; to do no harm, either of my own volition or at the command of others, to any living creature; always to abhor wickedness, and assist in righteousness and justice; to show fidelity to all men, particularly to those who may be my superiors in counsel; and when placed in authority, I shall never abuse the privileges or power temporarily given unto me, nor attempt to belittle others by a worldly display of my mental or physical prowess; truth shall ever have my adoration and I shall shun those who find pleasure in falsehood; I will keep my hands clean from theft, and keep my soul free from the contamination of worldly gain; my passions I will restrain, and never indulge in anger nor any outward display of unkind emotions; I shall never reveal the secret

It is incumbent on us as spirit beings to re-affirm and reassert our position within the scheme of things. Daily affirmations can help you in the re-alignment with the divine source. It can realign you with good for yourself, your family, your job, your social life and entire humanity. It is not far-fetched a fact that some people have quit 'bad and obnoxious' habits through the use of affirmations. Some people have used the power of positive affirmations to uplift their businesses or to normalise their relationships either at home, work or social gatherings.



doctrines of our Brotherhood, even at the hazard of life, except to those who are worthy of them; I shall never communicate the doctrines in any form, but the one form in which received; I shall not add to nor subtract from the teachings, but shall ever attempt to preserve them in their pristine purity, and will defend the integrity of the books and records of our Order, the names of the Masters, Legislators, and my elders. I shall cleanse my hands and feet before any ceremony and before each daily prayer.'

In summary, it is incumbent on us as spirit beings to re-affirm and reassert our position within the scheme of things.

Daily affirmations can help you in the re-alignment with the divine source. It can realign you with good for yourself, your family, your job, your social life and entire humanity.

It is not far-fetched a fact that some people have quit 'bad and obnoxious' habits through the use of affirmations. Some people have used the power of positive affirmations to uplift their businesses or to normalise their relationships either at home, work or social gatherings.

A substantial part of what happens to us or how we see life is what we tell ourselves.

If affirmations can right the wrongs in our lives, it can certainly bring us back into the folds of many positive things in our respective lives.

It should however be stated loud and clear that affirmations alone without a positive effort to attain your goal, your chosen destination in life, would be tantamount to a car without fuel or a human being without blood.

According to a great sage 'the fault lies not in our stars but in us' hence we are solely accountable for both our actions and/or inactions.

It is therefore essential that all affirmations be powered with rational and positive effort. Affirmations, powered with truth, rationality, legally and spiritually approved methods seemingly has a higher potency of manifestation than those without any effort or negatively channelled ones.

Anything negatively channelled and attained is not only transient but has great consequences on the individual.

It is very important and therefore recommended that all readers try to fashion out their own personal affirmations. □

**For more information see advert, right, or email:
owolawi2@yahoo.com**

Affirmations for Successful Living

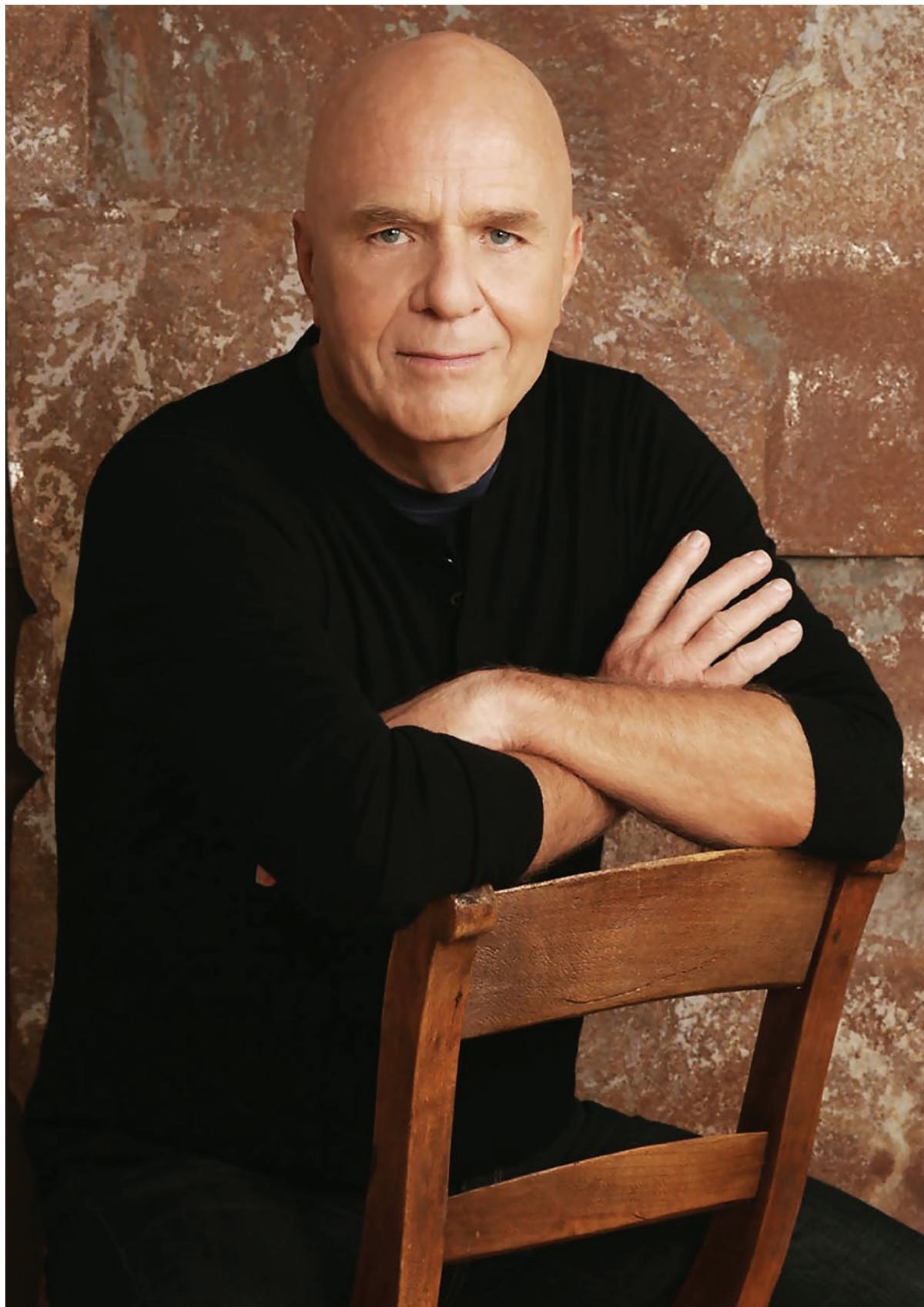


Fred O.Owolawi
W O.Owolawi

Affirmations may be regarded as a branch of 'science' of the mind. Since all things are a form of energy, what we say unto ourselves daily; consciously or unconsciously, verbally or non-verbally have a significant magnetic effect on us and those within the periphery of our orbit. In actual fact, our thinking which is in a way a subtle saying to ourselves shape our daily behaviour which consequently has an impact on us and others by law of extension. In most cultures, people are admonished to say good and positive things both to themselves and others because of the covert knowledge of this energy vibration. This branch of 'science' is not a novel thing but it is scantily applied by most humans. This book therefore examines this old and sacred knowledge which has been with us and shall continue to be with us. This book has delved into the life histories of great inventors who, out of sheer determination and probably what they said to themselves as an act of positive catalyst for goal attainment. At all times, life is based on two creations-natural creation and self-creation. Endowed or innate potentials should be used to re-create and achieve one's goal in life. 'My affirmations' is all about this.

For more info please email owolawi2@yahoo.com

LIVING AN INSPIRED LIFE



There's a voice in the universe entreating us to remember our purpose, our reason for being here now in this world of impermanence. The voice whispers, shouts and sings to us that this experience – of being in form in space and time – has meaning. In this excerpt from his book *Living an Inspired Life*, the late Wayne Dyer tells us that this voice belongs to inspiration, which is within each and every one of us.

I love being inspired, and I trust that the idea of living an inspired life appeals to you as well. I've written this book with the paramount idea of showing you what I've learned about this magical concept.

Writing this book has been a transcendent experience for me. For many months I awoke every morning at approximately 3:30, and after spending my own personal, private moments with God, I sat down to write. Every word of this book was written out longhand. I'd place my hand on the table and allow the ideas to flow from the invisible world of Spirit through my heart and onto the pages. I know deep within me that I do not own these words – I'm merely an instrument through which these ideas are expressed. I trust in this process, and it works as long as I remain 'in-Spirit' while I write. I also trust that these ideas will work for you.

This is the most personal book I've written in my four decades as an author. I've chosen to use examples from my own life – that is, those I've experienced firsthand. The personal nature of this book is a deliberate choice. I discovered as I went along that, in order to write about such a deeply felt subject as inspiration, I needed to convey what I felt as authentically as possible.

Just as one can never actually know what a mango tastes like from another person's description, I wouldn't have been able to adequately convey my familiarity with the experience of inspiration by citing case studies of others. By writing from my heart, I've been able to keep the flavour of inspiration alive here in these pages.

I'm also well aware that I've repeated one theme over and over throughout these pages. I decided not to edit out this repetition because I see this book as an instrument for moving you to a place where you truly understand what it means to be in-Spirit.

This oft-repeated theme is: Live in-Spirit. You came from Spirit, and to be inspired you must become more like where you came from. You must live so as to become more like God.

One of my favourite mentors and storytellers, Anthony de Mello, was a Catholic priest who lived in India

and could convert complex philosophical issues into understandable and simple teachings using the art of storytelling. Here's a short tale from *The Heart of the Enlightened*, in which Father de Mello does such a good job of summing up much of what I want to convey to you about living in-Spirit:

The devotee knelt to be initiated into discipleship. The guru whispered the sacred mantra into his ear, warning him not to reveal it to anyone.

'What will happen if I do?' asked the devotee.

Said the guru, 'Anyone you reveal the mantra to will be liberated from the bondage of ignorance and suffering, but you yourself will be excluded from discipleship and suffer damnation.'

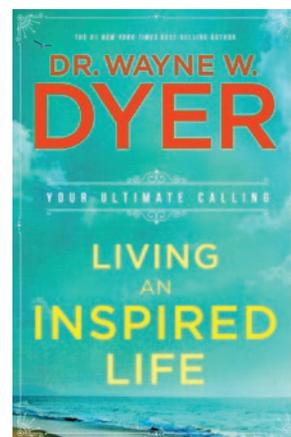
No sooner had he heard those words than the devotee rushed to the marketplace, collected a large crowd around him, and repeated the sacred mantra for all to hear.

The disciples later reported this to the guru and demanded that the man be expelled from the monastery for his disobedience.

The guru smiled and said, 'He has no need of anything I can teach. His action has shown him to be a guru in his own right.'

I trust that the meaning of this story will become clearer and clearer as you immerse yourself in this book. You have a profound calling back to Spirit. It is working right now in your life, otherwise you wouldn't be reading these very words in this very instant. I urge you to heed that calling and come to know the pure bliss that awaits you as you make an inspired life your reality. □

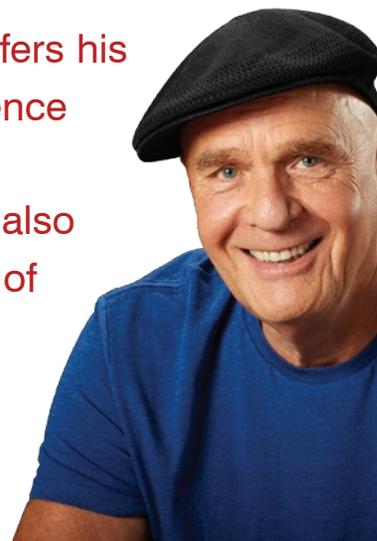
***Living an Inspired Life* is published by Hay House and is available here.**



TAO WISDOM



In his book *Living the Wisdom of the Tao*, Wayne Dyer offers his readers an opportunity to internalise and directly experience the great wisdom of the Tao Te Ching, a collection of 81 verses authored by Laotzu, a Chinese prophet who was also the keeper of the imperial archives in the ancient capital of Luoyang. The following is the introduction to his book.



Verse 1

*The Tao that can be told
is not the eternal Tao.
The name that can be named
is not the eternal name.
The Tao is both named
and nameless.
As nameless it is the origin
of all things;
as named it is the Mother
of 10000 things.
Ever desireless, one can
see the mystery;
ever desiring, one sees only
the manifestations.
And the mystery itself is
the doorway to
all understanding.*

Verse 2

*Under heaven all can see
beauty as beauty,
only because there is ugliness.
All can know good as good only
because there is evil.
Being and nonbeing produce
each other.
The difficult is born in the easy.
Long is defined by short, the
high by the low.
Before and after go along
with each other.
So the sage lives openly
with apparent duality
and paradoxical unity.
The sage can act without effort
and teach without words.
Nurturing things without
possessing them,
he works, but not for rewards;
he competes, but not
for results.
When the work is done,
it is forgotten.
That is why it lasts forever.*

Seeing the continual decay during a period of warring states, Lao-tzu decided to ride westward into the desert. At the Hanku Pass, a gatekeeper named Yin Hsi, knowing of Lao-tzu's reputation for being a man of wisdom, begged him to record the essence of his teaching. Thus, the Tao Te Ching was born out of 5000 Chinese characters some 25 centuries ago.

The words Tao Te Ching translate to 'living and applying the Great Way.' The Tao is considered by many scholars to be the wisest book ever written.

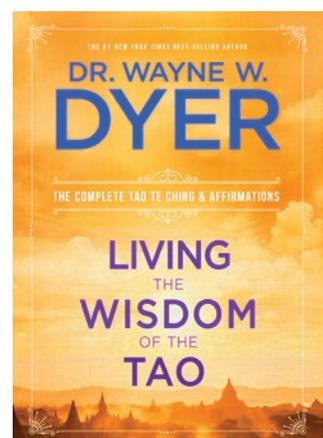
Although it is just 81 short verses, it encourages you to change your life by literally changing the way you think. By reading through the verses presented here (which I've pieced together after reviewing hundreds of translations) – along with the corresponding affirmation I've created for each verse – you'll be embarking on a path that encompasses the profound ideas that Lao-tzu intended to convey.

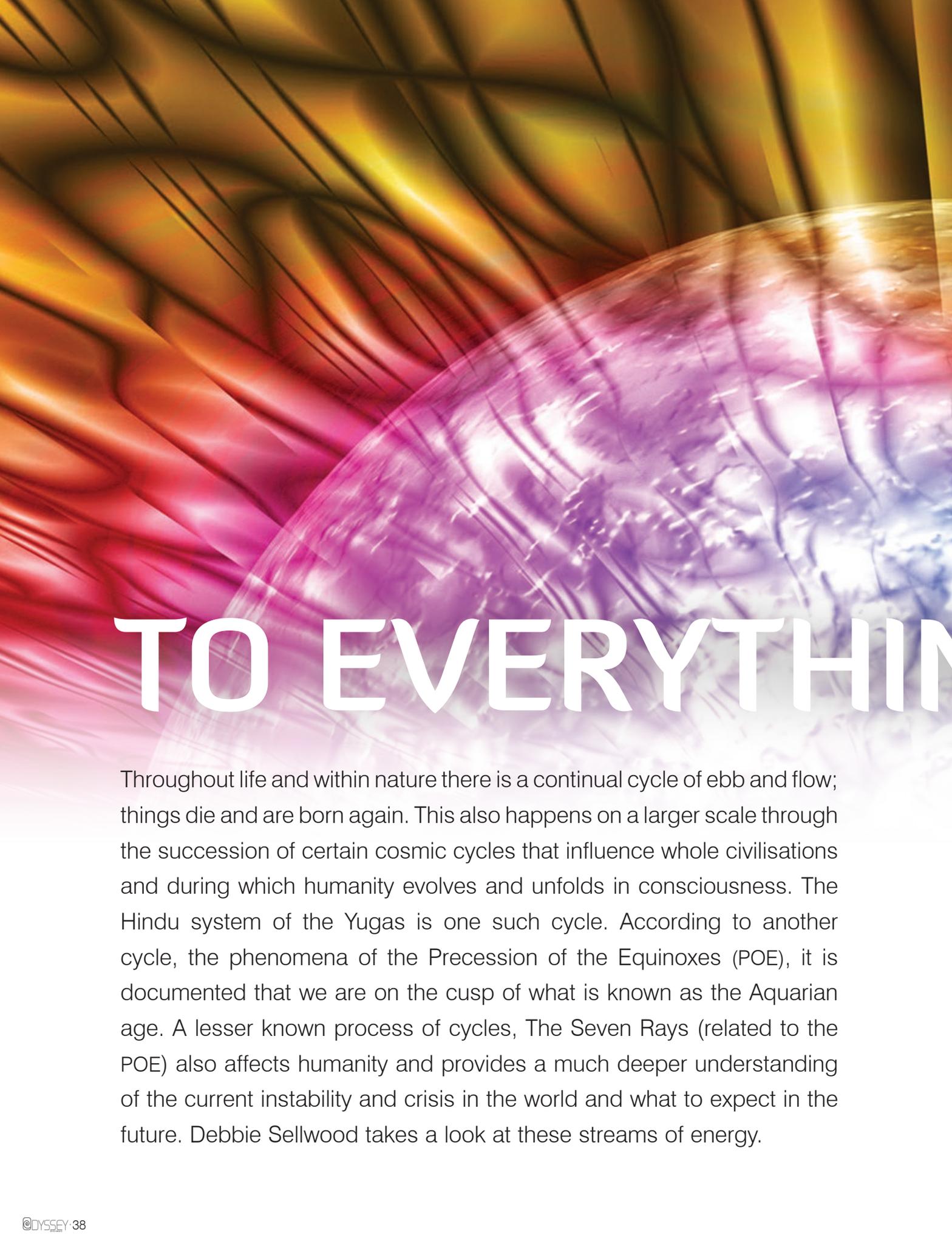
By absorbing these powerful new thoughts and imprinting them onto your consciousness, you will begin to see the world and all of its people in a new way. That is precisely what it has done for me. Reading the Tao and incorporating this philosophy into my life has changed me forever.

I created this book to provide you with a simple yet direct experience for changing your thoughts and ultimately changing your life. Through the steady use of this relaxing Tao-cantered work, you will begin to live in harmony with your own nature, feeling more at home than you ever felt before and living what is called a truly God-realized life.

The Tao Te Ching offers you Divine guidance on virtually every area of human existence. It is a new way of thinking in a world that needs to recapture its ancient teachings. Work with the verses and affirmations regularly and you will come to know the truth behind the ancient Tao observation: When you change the way you look at things, the things you look at change. 

**Living the Wisdom of the
Tao is published by
Hay House and is
available [here](#).**





TO EVERYTHING

Throughout life and within nature there is a continual cycle of ebb and flow; things die and are born again. This also happens on a larger scale through the succession of certain cosmic cycles that influence whole civilisations and during which humanity evolves and unfolds in consciousness. The Hindu system of the Yugas is one such cycle. According to another cycle, the phenomena of the Precession of the Equinoxes (POE), it is documented that we are on the cusp of what is known as the Aquarian age. A lesser known process of cycles, The Seven Rays (related to the POE) also affects humanity and provides a much deeper understanding of the current instability and crisis in the world and what to expect in the future. Debbie Sellwood takes a look at these streams of energy.



NG A SEASON

The Seven Rays, a Theosophical concept, have appeared in several religions and esoteric philosophies since 6BC. The first direct teachings originated from Madame Helena Blavatsky in the late 1800s and were further expanded upon by Alice Bailey through her channelling of Djwal Khul and prolific writing of books during the 1940s.

According to ancient tradition there are seven bands of light energy which enter our solar system from cosmic sources and pervade and energise our planet and all forms of life on it. These are a particular force or type of energy that govern all of creation and condition every life form; there is nothing in the solar system that is not influenced by one of these Rays. Ancient wisdom also teaches that each of the Rays embody divine aspects of our Creator.

Rays influence us on both an individual and collective level. It is believed that the Sixth Ray of Devotion has

been in circulation since long before the Christian era began and its energies have dominated for much of its 2160 year existence. Readers familiar with the POE will recognise similarities with the Age of Pisces.

THE SIXTH RAY OF DEVOTION

The characteristics of the Sixth Ray can be typified by a one-pointed devotion and single-mindedness which is often attached to some sort of ideal. It instils courage to fight for one's beliefs and a firm adherence and loyalty to one's principles. Someone, strongly influenced by this Ray, yet balanced in their expression, may direct their devotion towards an interest, hobby, career, their family or perhaps direct their loyalty towards a humanitarian cause.

One of the basic functions of this Ray is to make humanity sensitive to the spiritual reality lying beyond our earth-bound focus. Associated with love, intuition

and reverence, this Ray's energy is very pure, sacred and tender. It may inspire an individual to understand the spiritual principles which underlie all of existence but it may also describe a person full of religious impulse as all religions are ruled by the Sixth Ray. At its highest vibration it brings acceptance and unity with the Creator. During its time, The Sixth Ray ideal was the embodiment of Christianity in the West.

When reasonably aware of one's personal behaviour, a person under the influence of a certain Ray would (in the course of their lifetime) be working instinctively (although maybe not consciously) to acquire the more elevated qualities associated with that Ray. In the case of the Sixth Ray this would be to acquire tolerance and support of other people's views. These qualities may be brought about through wisdom or through karma – certain realisations resulting from one's actions. However, according to the evolution of a person or body of persons (group, country*), a Ray can be expressed in varying degrees ranging from a higher to lower or shadow side.

THE NEGATIVE SIDES OF THE SIXTH RAY

When the lower side of this Ray displays it can be negatively expressed; as passionate idealism resulting in intolerance, hasty conclusions, a fiery jealousy, hatred and anger. One's ideals are expressed in an ego based fashion, with blind devotion, misguided loyalty and with an insistence to strongly impose one's beliefs on others. In some cases, individuals give away their power by devoting themselves blindly to a master, guru, cult or group, some of which breeds on fear and corrupt spiritual pretext. The misplaced idealism and tendency to self-deception associated with this Ray has great scope to materialise as fanaticism and fundamentalism which can incite acts of self-sacrifice and martyrdom.

A person or organisation strongly influenced by the Sixth Ray is likely to hold very intense personal feelings and be full of religious fervour. Over the last 2000 plus years, it is not hard to see just how negative expressions of this Ray have played out throughout religious and church history. It is said that many religious wars and crusades that have taken place over this time originate from Sixth Ray fanaticism, bigotry, persecution and prejudice.

A person strongly influenced by the less desirable aspects of the Ray can possess a burning enthusiasm towards their principles and beliefs which may be demonstrated with rigidity and lack of spiritual discernment. Many people have been killed throughout the ages due to narrow-minded religious ideologies

The anchoring of a new age of awareness will be based on spiritual drive – an awareness that the soul controls the personality.

purporting that 'my religion is the only one' or 'my religion is the only way to God'.

It is well to remember at this point that the upside aspect of this Ray can also manifest at a higher, divine level as a deep acceptance and connection to the Creator.

THE RESULTING CONFLICTS

According to Alice Bailey, the Sixth Ray started withdrawing in 1625 and it will be replaced by the Seventh Ray of Ceremonial Order which has been building in power since 1675. As this Ray builds in influence, it is thought to coincide with what is presumed to be the start of the Aquarian age. This Ray holds the qualities of how we will eventually exist on earth, or as Alice Bailey referred to it some 70 years ago in her books, in 'The New Age'.

Rays do not necessarily follow in numerical sequence (as is currently happening) but they do overlap bringing about a situation where two powerful energies are vying for expression at the same time. A turbulent period in history ensues when one Ray is decreasing in energy and the other increasing in strength, as we are between two realities and neither is firmly anchored on earth. While these energies are in flux, the world can be divided politically, economically, religiously and/or socially. To intensify matters further, as an old Ray passes, the lower manifestation of that Ray lingers, determined to hang on to its old crystallised structure and perpetuate its existing culture. Aptly describing the current world crisis, the Sixth Ray is presently digging its heels in, determined to have a final fling and cause as much devastation as possible. This Ray is expressing through fundamentalism and reactionary forces in many parts of the world, which could be seen as hindering the progress of the progressive Seventh Ray. But the energies of this Ray have been flooding our thinking for some time now and are poised to take civilisation in an entirely different direction.

As the Sixth Ray recedes, so too are the millions of

people strongly influenced by this Ray. As the Seventh Ray of Ceremonial Order gains strength, a large number of individuals strongly influenced by this Ray have been incarnating. These individuals are equipped to handle the problems resulting from the clashing energies in the world and are committed to the task of creating something new out of the present world upheaval. A sense of duality marked the Sixth Ray period, its tendency was to divide and separate, this could be people, nations, races or religions, whereas the Seventh Ray will unite.

WHAT CAN WE EXPECT?

The Seventh Ray of Ceremonial Order is known as the Awakener and is responsible for bringing a new vibration to earth. An obvious manifestation of this new vibration is the spiritual movement prevailing in today's society. There are other elements of this Ray's effect which have been slowly seeding our consciousness for some time. One example, evident in the last 20 years or so, is that humans and the planet are sacred, as our realisations have resulted in greater attendance to personal health and fitness and attention to environmental concerns.

This Ray links spirit and matter and its function is to organise the world according to a set of spiritual principles; to ground spirituality on earth. We will eventually understand that there is only spiritual substance, working on and producing outer tangible forms; all that is below is patterned on that which is above. Often called the Ray of Ceremonial Order and Magic, the highest expression of this Ray is the magician, the trained worker who can bring that above down to earth. This Ray, known to bring order out of chaos, will supply the inner discipline, focus and concentration required in order to influence individuals to own their own power and create, with divine intention, structures and systems within one's self and in society. This will include the formation of improved

human relationships, the outcome of which will be in the development of a new model of socially responsible businesses, and a new structure for economic and political forms. With regard to our future abilities, it seems that a higher form of the Law of Attraction will be required.

The anchoring of a new age of awareness will be based on spiritual drive – an awareness that the Soul controls the personality. During the Sixth Ray period the understanding (for some) was that we possess a Soul, but during the Seventh Ray period we will progress to include greater knowledge of the soul and build a better integration between our Souls and our personalities. The Seventh Ray has the potential to bring about a unique attainment for a human being, an integrated personality, where mind, emotions and physical being function as a unit with the Soul. In the future, the practise of psychology and healing (in its various aspects) will include knowledge of the Soul. The use of Flower and Vibrational essences is one such therapy that works in this way#.

Ultimately, due to this synthesis a wiser approach and discrimination will develop leading to a truer sense of values emerging in humanity's consciousness. Although we may be in the midst of a very challenging time worldwide, evolution is forever forward moving. The energetic force of this Ray will ultimately bring about a totally different world; nothing can stand against the tide of evolution. □

* The assumption here is that groups and countries also evolve in consciousness.

#Based on Dr Edward Bach's theory of flower essences addressing personality imbalances and that illness being the result of a conflict between the purposes of the Soul and one's personality's actions and outlooks.

Reading: *The Seven Rays of Life*, compiled from the writings of by Alice Bailey

Debbie Sellwood
Astrologer & Flower Essence Practitioner

As a qualified, professional Astrologer (APAI) and Advanced Practitioner of Flower and Vibrational Essences (BFVEA), my aim is to assist you in negotiating your journey in life. In using either of these skills, I can help you to reach your potential and to maintain your optimum degree of well-being (in all areas of life) in order that you can do this. Both these modalities are tools for self-empowerment.

www.debbiesellwood.com

Amani Spas

A Warm Welcome to Amani Spas...

A leading African Spa brand and creator of award-winning & exceptional spa experiences in exciting sought-after destinations of incredible natural beauty across the continent.

The newly renovated *Amani Spa*,
Radisson Blu Waterfront Cape Town,
with its *exquisite & unique facilities*
is a spa destination '*par excellence*'.



Heated Vitality Pool



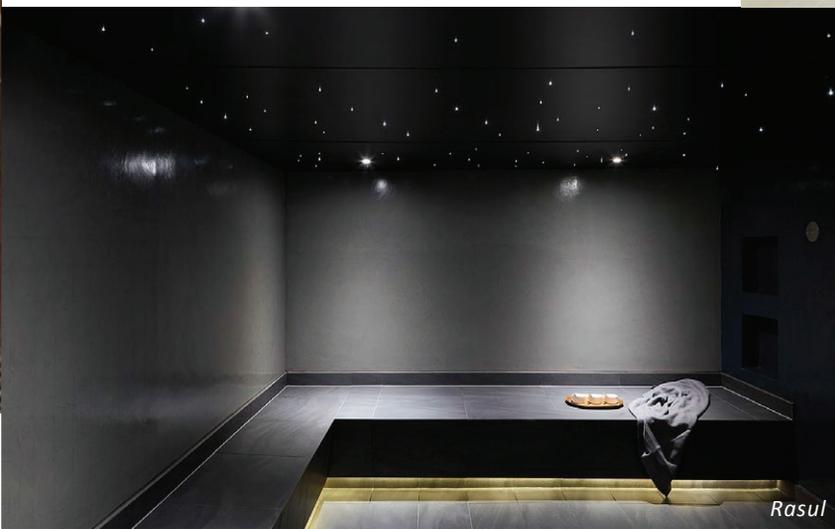
Salt Room

The Amani Spa at Radisson Blu Hotel Waterfront creates exceptional spa experiences, with its trendy wellness facilities, diverse range of bespoke result-driven spa treatments and impeccable service and attention to detail. With eleven multi-functional treatment rooms, including two couple's suites, its unique therapeutic Salt Room, an exquisite Hair Salon and Nail Bar, grand Rasul, a heated vitality pool with a surrounding relaxation deck and loungers, we are able to tailor make spa packages for each and every occasion.

Sit back, relax and inhale in Amani Spa's unique SALT ROOM, and enhance your physical and mental wellbeing. Experience the healing benefits of Salt Therapy, in a bespoke room with salt wall tiles offering everyone from children to adults a drug-free alternative, to treat and control a variety of ailments and allergies, which includes respiratory and dermatological problems.



Hair & Beauty Salon



Rasul

Amani has a 360° approach to Corporate Wellness programmes that offers an extensive array of tailor-made services that are designed to facilitate each corporate's specific requirements, goals and objectives, which include: Day Spa Packages, Pop Up Spa, Getaways & Retreats, Conferences & Events as well as Corporate Gifts.

Contact Details: Amani Spa Radisson Blu, Hotel Waterfront, Cape Town:

+27 (21) 441 3332/3 ✉ capetown@amanispas.co.za 🌐 www.amanispas.co.za



When wounds need a

'Fix'

One of the most popular brands supplied by leading natural medicines company Flordis is Fix. This natural wound spray works as a primary wound dressing for acute and chronic wounds. We take a look.

Fix, as its name suggests, is a primary wound dressing for acute and chronic wounds – and one that really works, according to both users and clinical trials. It is a 100% natural aerosol spray, specially formulated from a combination of St John's Wort oil (*Oleum Hyperici*), Neem oil (*Oleum Azadirachtae*) and Olive oil (*Oleum Olivarum*). Fix creates a moist wound environment which is required for wound healing. The oil layer prevents the secondary dressing from adhering to the wound. Furthermore Fix protects the surrounding skin against maceration and is non-irritating¹⁻⁶.

What is Fix used for?

Fix is suitable for the self-treatment of abrasions, cuts, burns, acute and chronic wounds¹⁻⁶. This product has been researched extensively with positive results from

more than five published clinical trials. Fix is registered as a Medical Device, class IIb – CE 0344 in the European Union, Korea and Canada.

Fix's Unique Formulation

Fix is a novel, 100% natural wound spray, specially formulated from a combination of Neem oil, St John's Wort oil and Olive oil. With virtually no known side-effects, the only contraindication for its use are with individuals who have had an allergic reaction to any of the product's ingredients.

Fix is available at leading pharmacies and selected health shops without a prescription.

Experience

Many a claim may be made for a product – and those

claims may well be true for some or even most users, but is also true that not every product is for every person, given biological differences.

There's nothing to be done when a person may be allergic to one or more ingredients, be that a food or a medicine, but short of such reactions, which are rare, Fix has been shown repeatedly to be effective and safe to use.

But how effective is it really? We can, at *Odyssey Magazine*, affirm that in one instance of an individual known to us personally and very well, a long-term, slow-healing shin injury in which there had been an area of 'degloving' where the skin down to subcutaneous layers has been stripped away in an accident, the use of Fix resulted in a rapid healing, even in places where there had been little skin regrowth, and within a short while (a few weeks) a persistent wound had been replaced with new skin and firm underlying flesh.

Residual darkening on the area took a few more months to disappear, leaving the injured area literally looking as good as new.

So, beyond the claims and the scientific studies, as far as we know Fix really does work and does so effectively and quickly. 

For more info on Fix, see advert on pg2 or visit:

www.flordis.co.za/product/fix

For more info on other Flordis products

www.flordis.co.za or tel +27 (0) 44 8742927



ABOUT FLORDIS

In 2000, Flordis was launched in Australia with the vision that everybody should enjoy the health benefits of clinically proven natural medicines, many of which are already recommended and used by millions worldwide.

Flordis is dedicated to bringing a portfolio of high quality, clinically proven natural medicines to South Africa from around the world and is part of a growing international organisation Soho Flordis International (SFI) that is leading the way in applying world-class standards to the development of evidence-based natural medicines. SFI is headquartered in Sydney, Australia and has regional offices in Bioggio, Switzerland (Ginsana), in Wigan, UK (Potter's Herbals) and in Reno, USA (ProThera).

Applying pharmaceutical-grade processing to natural medicines, Flordis adheres to a strict 'quality first' approach to ingredient sourcing and manufacturing processes to help ensure their products are best-in-class and supported by clinical evidence.

The medicine that is tested in clinical trials is the same medicine that you receive in a Flordis product. This consistency means that you can be more confident that you may enjoy the same health benefits identified in clinical research. This is one of the reasons why Flordis products are recommended to millions worldwide.

By applying this high standard Flordis delivers a specialised portfolio of world class natural healthcare products that are well tolerated and effective.

Flordis natural medicines are a direct result of the passion, experience and commitment to bring premium natural medicines from around the world to South Africa. Driven by evidence and applying a quality-first approach to the development of our medicines, South Africans enjoy the health benefits that millions have experienced worldwide.



REFERENCES & RESOURCES

1. Eggenberger, K. *et al.* (2012) Audit, 1-19.
2. Lauchli, S. *et al.* (2012) Hospital Healthcare, 1-3.
3. Lauchli, S. *et al.* (2012) Journal of Wound Care, 21(5):228-233.
4. Lauchli, S. *et al.* (2014) Forschende Komplementarmedizin (Research in Complementary Medicine), 21:88-93.
5. Lenz, A. *et al.* (2015) Wund Management, 9(2):48-53.
6. Mainetti, S. and Carnevali, F. (2013) Journal of Wound Care, 22(12):681-689.

SODASTREAM takes on global bottled water giants in eco-campaign battle



Image <http://thereskerr.com/boycott-the-bottle/>



SodaStream, the leading homemade sparkling water brand in the world, has come under attack by major water bottlers, including the US-based International Bottled Water Association and other European-based industry groups, for an eco-campaign featuring actors from *Game of Thrones*, in which the sale and use of 'throw-away' plastic water bottles is criticised. We take a look at the brewing blow-out between the two sides – and why the issue has tweaked some sensitive nerves.

Despite 'co-ordinated efforts' by 'Big Beverage' players, SodaStream's CEO says the company 'will not be silenced about the shameful use of polluting plastic bottles'.

According to the company, SodaStream International Ltd, is under a global, co-ordinated attack by Nestlé and the bottled water industry, for its hugely successful viral video campaign, *Shame or Glory*, which sheds light on plastic bottle pollution and advocates for using tap water as an alternative to disposable plastics.

SodaStream's video has so far netted more than 50 million views and has been shared by celebrities and environmentally minded NGOs around the world.

During the past several days, SodaStream has received no fewer than six cease and desist letters from what is describes as bottled water 'front groups' that have taken issue with the campaign. The first such letter came from France, signed by Denis Cans, the CEO of Nestlé Waters, France, on behalf of the French National Federation of Packaged and Bottled Water.

The subsequent letters from the US-based International Bottled Water Association (IBWA) and other European-based industry groups are all similar in content, reflecting the 'orchestrated nature of this attack aimed at trying to protect the huge and lucrative global \$150b plastic bottled water industry', says SodaStream.

Going on the Offensive

Despite receiving a growing pile of cease and desist letters, SodaStream has determined that far from backing down, it is going to go on the offensive.

'We will not let these industry groups and their threats stop us from speaking the truth and trying to save our planet,' said Daniel Birnbaum, Chief Executive Officer of SodaStream.

'These so called bottled water industry groups are simply fronts for major plastic manufacturers like Danone (Evian), The Coca-Cola Company, and Nestlé Waters, the world's largest producer of bottled water. They all are trying to grow profits at the expense of the Earth. These groups, whose financial gains are a direct result of the 247 million plastic bottles they make every day, want to gag

our message: that plastic bottles represent a very real, present-day threat to our global environment.

'By sending these letters, the industry clearly wants to try to convince consumers around the world that there is something wrong with the high-quality, delicious tap water that is available in our homes (in the USA) and that was made possible in the US by the Safe Drinking Water Act of 1974 – and is regulated by the Environmental Protection Agency. If anyone is misleading consumers and using scare tactics, it is them, not us. We won't back down.'

The letters from the bottling industry attest that their plastic bottles are recyclable and claim that SodaStream's 'Shame or Glory' campaign is 'misrepresentative'. However, it is well established that most of the 200 billion plastic bottles bought each year worldwide are not recycled, says SodaStream.

'The EurActiv watchdog group reports that only 23% of plastic packaging is currently recycled in France, and *Fast Company* magazine (sibling publication of *Simply Green*) recently noted that only 23% of plastics are being recycled in the US. The average recycling rate in Europe is 29.7%, a very low figure. Additionally, the practice of recycling reduces only a portion of the carbon footprint inflicted by the transportation, processing and production of these bottles and, according to The Carbon Trust, reduces the carbon footprint of a plastic bottle by a mere 20%. Recycling does not remotely eliminate the devastating effect of plastic bottles on our planet,' says SodaStream.

'The effect of plastic pollution on marine life is particularly concerning,' adds the home-bottled sparkling water company.

'Since 1988, ocean conservationists have warned about the "Great Pacific Garbage Patch", a floating island the size of Texas comprising improperly disposed plastic waste. According to the Greenpeace report, *Plastic Debris in the World's Oceans*, more than 267 different species of seabirds, turtles, seals, sea lions, whales and fish have been documented as casualties of plastic ingestion or entanglement.

'Each new letter from the bottled water industry has the same demand: that SodaStream cease airing its "Shame or Glory" video campaign, in which the brand advocates using fresh, local tap water to make sparkling water at home over the use of single-use plastic bottles,' says SodaStream.



Since 1988, ocean conservationists have warned about the 'Great Pacific Garbage Patch', a floating island the size of Texas comprising improperly disposed plastic waste. According to the Greenpeace report, *Plastic Debris in the World's Oceans*, more than 267 different species of seabirds, turtles, seals, sea lions, whales and fish have been documented as casualties of plastic ingestion or entanglement.

The full video at the centre of what appears to be a rapidly expanding point of contention between the parties involved can be viewed [here](#). The video features a film production assistant on a mission to buy sparkling water from a local supermarket. The *Game of Thrones* actor Hannah Waddingham rings the bell of shame and repeatedly shouts 'shame' at the assistant as she pursues him. When the assistant finally reaches the film set, *Game of Thrones* actor Thor Bjornsson explains the benefits of using a SodaStream machine and fresh, local tap water instead of the 'shameful habit of using and throwing away plastic water bottles'. One SodaStream reusable carbonating bottle can replace thousands of single-use plastic bottles, says homemade sparkling water company. **SG**

Those interested in exploring the issue further can view SodaStream Chief Executive Officer Daniel Birnbaum's interview with CNBC [here](#) with full transcript [here](#). See ad, right.



SUPPLIED BY

WING'S HERBAL SYNERGY **THE 'PRACTITIONER-ONLY',** **INTEGRATIVE, EVIDENCE-BASED** **MEDICINE COMPANY**

For over 20 years Wing's have supplied practitioners with PANAXEA – a revolutionary and unique brand of medicines of the finest quality herbal and nutraceutical ingredients.

PRACTITIONER-ONLY: We never sell our products retail, understanding that serious medicines require professional prescribing and support, with a pharmacopoeia of 369 medicines to prescribe from, a practitioner is a vital part of the process.

INTEGRATIVE MEDICINE: Investigates the multi-factoral causes of dis-ease. The practitioner and the patient form a team working towards an integrated protocol of treatment. The priority is to support health using the least toxic and most beneficial approach; this does not exclude symptomatic treatment of disease, where appropriate.

EVIDENCE-BASED MEDICINE: 'The conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients.' (Sackett, 1996). Wing's supply cutting-edge research and information to keep practitioners abreast of all the very latest advancements in the natural medicine industry.

HERBAL SYNERGY: Plant constituents may provide a 'super additive' biological effect when combined, as opposed to being just the sum of their individual parts. eg $1 + 1 = 5$, not 2. *Williamson (2001)*
Ulrich-Merzenich et al. (2007)

In working with us you will discover the finest and most efficacious Integrative Medicines, uniquely formulated from the highest quality Chinese, Ayurvedic and Western herbs along with single molecule extracts.

'Medicine of all types must be a rational, experiential and empirical science, which through the contest of ideas and their dialogue provides the best treatment for those that suffer. Treatment of disease requires evidence of efficacy, safety and efficiency.' *Dr Daniel Weber (pictured).*

Please contact us to find your nearest prescribing practitioner. Call Toll Free: 080-202-88-88 email: info@wingsherbal.co.za



WWW.WINGSHERBAL.CO.ZA



Treasure

In this issue Liesel James talks about how Conscious Cooking can assist you and your family not to become a statistic of an autoimmune disease caused by the imbalance in gut bacteria or leaky gut syndrome. This has become a growing issue in Western Societies due to poor diet, chronic stress, toxin overload and bacterial imbalances.

A healthy immune system defends your body against disease and when out of balance an autoimmune disease develops when your immune system decides your healthy cells are foreign. Your immune system then attacks healthy cells and can affect one or many different types of body tissue.

It changes between periods of temporally recovery, little or no symptoms and then flare-ups, which are worsened symptoms. Often we don't take these symptoms seriously as they are not continuous however, the body is slowly being poisoned.

So what happens?

Your digestive tract has a universe of living organisms a rich variety of bacteria, viruses, and other microorganisms, as well as a wide array of fungi which are vital to your health. This is known as your gut microbiome. Each one of us has a microbiome for our skin, our lungs, every organ has a microbiome of its own and they all differ.

There is a direct connection between your microbiome and your immune system. As the host and when your gut microbiome is in balance all is well and these organisms live in perfect equilibrium with you. Gut bacteria play a beneficial role in countless bodily functions and can help you perform at your maximum level, if the right kind is multiplying rapidly in the right environment. These

organisms regulate your immune system to keep the lining of your gut strong and can be a part of how you take control of your own biology.

Maintaining the correct balance however will make your cells in your gut biome do everything from making you happier, clearing up acne or fixing autoimmune issues. However as soon as your gut bacteria are out of balance, it can turn into Leaky Gut Syndrome - a condition where holes develop in the walls of your gut allowing intestinal contents to "leak" through into the bloodstream. Bad bacteria and undigested foods particles - particularly gluten, A1 casein (found in milk and cows meat), and soy - are proteins similar to proteins found in your body. When your immune system sees gluten from your leaky gut, it may accidentally begin attacking your thyroid gland in a condition called Hashimoto's. Or they can impact other organs like the liver, kidneys, and heart, causing widespread inflammation and disease.

Toxic waste can also leak from the inside of your intestinal wall into your bloodstream causing an immune reaction.

Recently researchers discovered the gut-brain axis which means that your intestines and brain communicate to each other via the endocrine and the nervous system which means it is an important messaging system that oversees your satiety, food intake, glucose regulation, fat metabolism, insulin secretion and sensitivity, and bone metabolism.

ure Your Gut

When you have a leaky gut your cells are not absorbing Vit B12, Iron and Magnesium which are essential in keeping you healthy and providing energy.

When you have a leaky gut your cells are not absorbing Vit B12, Iron and Magnesium which are essential in keeping you healthy and providing energy.

Common diseases of an imbalance in gut bacteria or leaky gut syndrome include: Asthma; Food allergies; Chronic Sinusitis; Persistent acne; Eczema; Migraine; Irritable bowel syndrome (IBS); Fatigue; Weight gain; Digestive issues/bloating; Mood swings; Depression; Autism; Autoimmune disorders such as (there are approximately 80) Celiac disease, Diabetes mellitus type 1, Graves disease, Inflammatory bowel disease (IBD), Chron's disease, Alzheimer's and Rheumatoid arthritis.

So let's have a closer look at the causes of Leaky Gut

Poor Diet

Lectins are a protein found in many foods that can bind to cell membranes and if you consume small amounts it will not have a negative affect. However large amounts are problematic and cause leaky gut. The highest food in lectins are found in GMO and hybridized foods since they have been modified by humans to fight off bugs and have better yields. A typical sign of a hybrid food is a fruit without seeds as fruit are technically defined to have seeds. Lectins are found in raw legumes and grains like wheat, rice, spelt and soy and there is enough evidence that gluten-containing grains will damage your intestinal lining and cause leaky gut syndrome. I recommend sprouting and fermenting grains as it reduces phytates and lectins, making these foods easier to digest.

Sugar is another destructive substance causing havoc on your digestive system. Sugar will feed the growth of yeast, candida and bad bacteria, which will further damage your gut. Bad bacteria actually create toxins called exotoxins that damage healthy cells and can eat a hole into your intestinal wall.

Milk from conventional cows is another food that can cause leaky gut due to the protein A1 beta casein. The Guernsey breeds produce only about 10% of their beta casein as A1 while the Jersey breed produces about 35%. The Ayrshire produces 50% or

Recently researchers discovered the gut-brain axis, which means that your intestines and brain communicate to each other via the endocrine and the nervous system which means it is an important messaging system that oversees your satiety, food intake, glucose regulation, fat metabolism, insulin secretion and sensitivity, and bone metabolism.

more.

Artificial food colouring is routinely added to food to make them look more presentable. Research on these compounds has focused primarily on toxicity factors, but if you dig deeper, you'll find that many food colourings have been shown to exhibit both antibacterial and antifungal properties. Generally this would be considered a positive attribute however, when we begin to concentrate and purify or create these compounds synthetically, we run the risk of disrupting the natural order of microflora in our bodies.

www.drdauidwilliams.com

Chronic stress

Stress is not just in your head and chronic stress can trigger symptoms and full-blown disease in your gut.

I recommend getting into nature, gardening where you also get sun the greatest source of Vitamin D (30 minutes without sunblock), swim in fresh or sea water, exercise, schedule fun into your week, meditate, and hang out with positive, uplifting people. They are all natural mood lifters.

The connection between soil microbes and human health also have a positive link which has been studied and found to be verifiable. Soil microbes, *Mycobacterium vaccae* have been found



to have similar effects on the brain and are without side effects and chemical dependency potential. It has been found to mirror the effect on neurons that drugs like Prozac provide.

Mycobacterium antidepressant microbes in soil are also being investigated for improving cognitive function, Crohn's disease and even rheumatoid arthritis. Read more [here](#).

Toxins

It is impossible to avoid all of the eighty odd thousands of chemicals and toxins we are exposed to every single year, but the worst offenders for causing leaky gut include antibiotics, pesticides, tap water, mercury and aluminum in vaccines and dental fillings, aspirin and NSAIDS (anti-inflammatory aspirin, Ibuprofen and more).

I recommend buying a high-quality water filter to eliminate chlorine, fluoride and mold. To reduce inflammation in your body and promoting anti-inflammatory biomes; eat 2 stewed green apples with a bit of cinnamon and raisins with organic plain yogurt or even better kefir. This will reduce local and systematic inflammation. There is truth in the old saying - an apple a day keeps the doctor away.

Dysbiosis

This is one of the leading causes of leaky gut, which means an imbalance between beneficial and harmful species of bacteria in your gut. This

imbalance can begin at birth for many because of a C-section as the birth canal in natural birth offers the first inoculation of good bacteria followed by breastfeeding. Further imbalances are due to the overuse of prescription antibiotic drugs, tap water with chlorine and fluoride, and the lack of probiotic-rich foods.

Here are some great Probiotic Foods which are available from most health stores in the country and also easy to prepare at home:

KEFIR - is a fermented dairy product with a combination of milk and fermented kefir grains. Kefir is similar to yogurt, but because it is fermented with yeast and more bacteria the final product is higher in probiotics.

CULTURED VEGETABLES (Sauerkraut and Kimchi) - high in organic acids (what gives food its sour taste) which support the growth of good bacteria. Kimchi is the Korean take on cultured veggies and a cousin to sauerkraut. Both of the fermented formulas are also high in enzymes, which can aid digestion.

KOMBUCHA - Is an effervescent fermentation drink made of black tea and started by using a SCOBY (symbiotic colony of bacteria and yeast) and its primarily health benefits include digestive support, increased energy and liver detoxification. Kombucha has been around for over 2,000 years originating around Japan.

COCONUT KEFIR - Made by fermenting the juice

of young coconuts with kefir grains. This dairy-free option for kefir has some of the same probiotics as traditional dairy kefir but is typically not as high in probiotics and is very tasty.

YOGURT – Possibly the most popular probiotic food is live cultured yogurt if it comes from raw grass-fed animals. It is recommending when buying yogurt to look for 3 things. That it comes from goat's or sheep milk, or that it is grass-fed, and or it is organic.

BONE BROTH – helps heal your damaged cell walls as broth contains collagen and the amino acids proline and glycine. A bone broth fast for three days is a recommended way to help heal leaky gut and cure autoimmune disease.

RAW CHEESE – Goat's milk, sheep's milk and A2 casein cow's soft cheeses are particularly high in probiotics, including thermophilus, bifidus, bulgaricus and acidophilus. It is important to note that only unpasteurized cheeses will give probiotics.

MICROGREENS AND SPROUTS - are Bio-Genic Nutrition, known as the 'Life Generating' phases of plants. It is the cell renewal phase and supplies your body with top-notch, super alkalizing, nutrients and enzymes. Very easy to grow – refer to *Simply Green Issue 2* for easy steps to grow your own microgreens at home.

ORGANIC VIRGIN COCONUT OIL (not palm oil) a healing plant in so many ways and can be used in food or externally as a nourishing cream. It helps regulate the bad bacteria and support the good bacteria and reduces inflammation and leaky gut. Add to everything.

Supplements to assist Leaky Gut

VITAMIN D3 – increases intestinal absorption of calcium, iron, magnesium, phosphate, and zinc. In humans, the most important compounds in this group are vitamin D3 and vitamin D

SLIPPERY ELM – Derived from the bark of the tree is a prebiotic and assists in the healing many conditions but in this case it causes mucous secretion which is helpful for stomach and intestinal problems.

PROBIOTICS – replenish good bacteria and crowds out the bad bacteria

L-GLUTAMINE – an essential amino acid supplement that is anti-inflammatory and necessary for the growth and repair of your intestinal lining.



Digestive Enzymes – before meals to ensure that foods are fully digested and pro

LICORICE ROOT – This herb is especially beneficial if someone's leaky gut is being caused by emotional stress.

Fixing your microbiome is the most important thing you can do. I hope this article has inspired you to know which of the elements destroys and what builds good bacteria and how to create a healing process in the microbiome which spreads to your entire body and impacts on your entire life: because health is wealth and it starts at the very core of your gut.

There are many progressive doctors and Integrative practitioners out there. I can highly recommend the autoimmune series: Betrayal: which was recently launched including interviews and latest facts and findings from 85 doctors' specialists and recovered patients from various autoimmune diseases. Click [here](#) for more. [📄](#)

For any further information on courses on how to make your own probiotic foods email liesel@creatingchange.org.za

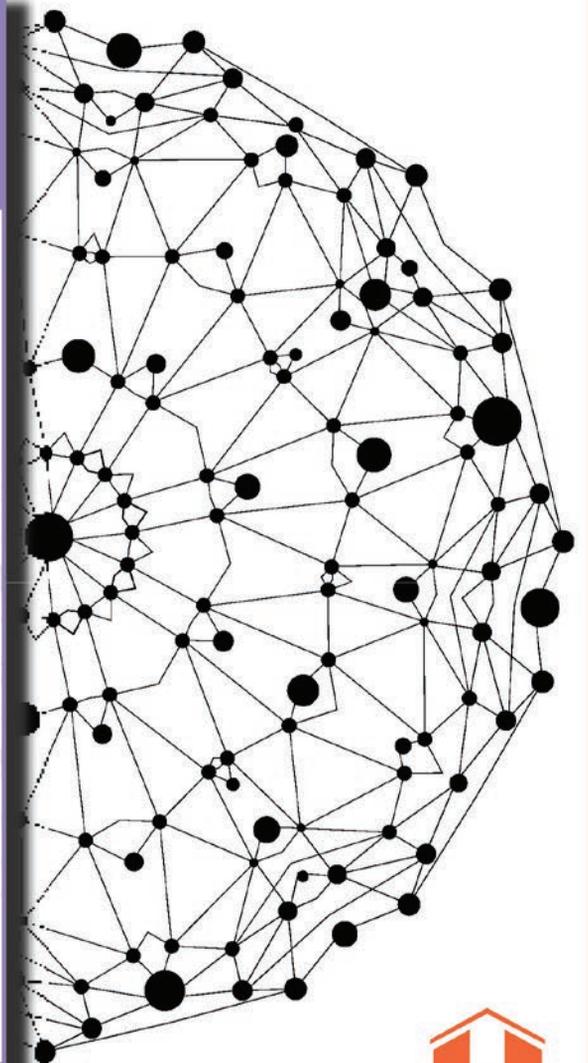
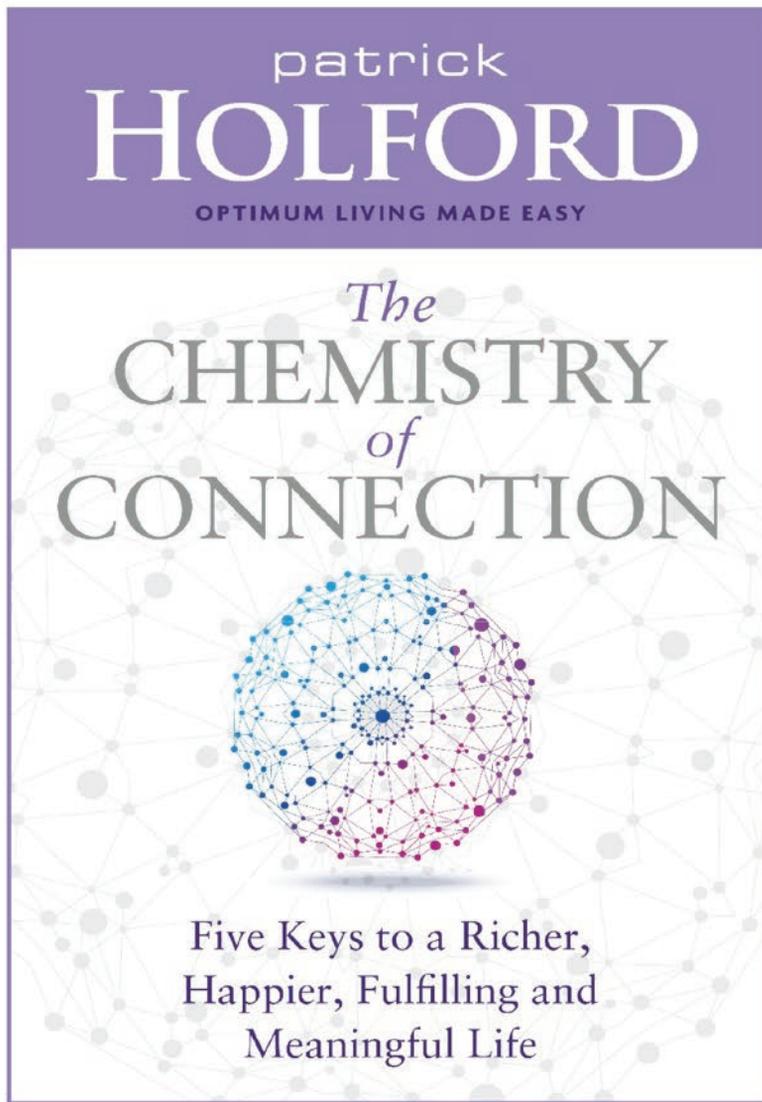
References:

- <https://blog.bulletproof.com/how-to-own-your-gut-bacteria-and-fix-leaky-gut-syndrome/>
- <http://www.drdauidwilliams.com/lifestyle-habits-that-damage-gut-bacteria/>
- <http://www.globalhealingcenter.com/natural-health/the-9-best-fermented-foods-for-your-gut/>
- <https://www.thecandidadiet.com/what-is-candida-albicans/>
- <http://www.thekitchn.com/how-to-make-homemade-sauerkraut-in-a-mason-jar-193124>

NEW

FROM PATRICK HOLFORD

AND IN STORES NOW!



9781401952228 tpb

How connected are YOU?

Find out at media.patrickholford.com/connectionquiz/



Homemade Sauerkraut in a Glass Jar

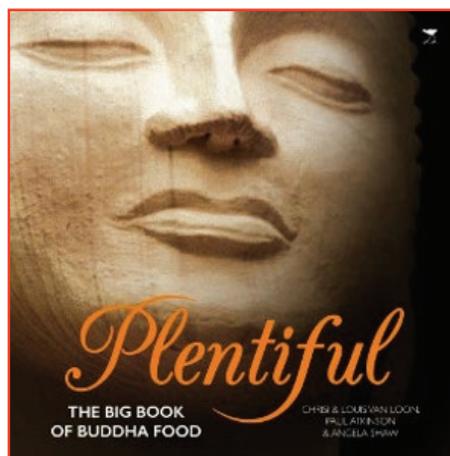


What You Need

- **1 medium head green cabbage (about 1.5 kg)**
- **1½ tablespoons sea salt**
- **1 tablespoons caraway seeds or any other herb of choice (optional for flavor)**
- **Equipment**
- **Cutting board**
- **Chef's knife**
- **Mixing bowl**
- **Two glass jars (1 litre)**
- **Smaller jar with stones or marbles – or clay weights**
- **Cloth for covering the jar**
- **Rubber band for securing the cloth**

Instructions

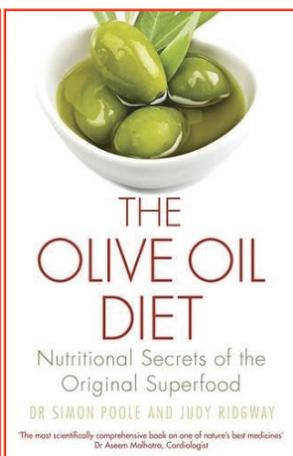
1. Clean everything
2. Shred the cabbage into very thin ribbons.
3. Combine the cabbage and salt working the salt into the cabbage by massaging and squeezing the cabbage with your hands. Gradually the cabbage will become watery and limp. This takes 5 to 10 minutes. Now is the time to flavour with spice of choice.
4. Pack the cabbage into the jar with the liquid released by the cabbage while you continue massaging it into the jar with a wooden spoon. *Optional:* Place one of the larger outer leaves of the cabbage over the surface of the sliced cabbage. This will help keep the cabbage submerged in its liquid.
5. Weigh the cabbage down once it is packed into the glass jar, slip the smaller jar with marbles or heavy stone or weight into the mouth of the jar and weigh it down. The idea is to cover the vegetables with the brine.
6. Cover the jar: Cover the mouth of the glass jar with a cloth and secure it with a rubber band. This allows air to flow in and out of the jar, but prevents dust or insects from getting into the jar.
7. Press the cabbage every few hours: Over the next 24 hours, press down on the cabbage a couple of times with the weight. As the cabbage releases its liquid, it will become more limp and compact and the liquid will rise over the top of the cabbage. It might even spill over.
8. Add extra liquid, if needed: If after 24 hours, the liquid has not risen above the cabbage, dissolve 1 teaspoon of salt in 1 cup of water and add enough to submerge the cabbage. (this only means not enough massaging)
9. Ferment the cabbage for 3 days to 4 weeks: As it's fermenting, keep the sauerkraut away from direct sunlight and at a cool room temperature preferably not more than 23 degrees Celsius. Check it daily and press it down if the cabbage is floating above the liquid. Small batches ferment quicker. After 3 days, screw on the cap on and leave for 10 days to 4 weeks. Remove weight and refrigerate.
10. While it's fermenting, you may see bubbles coming through the cabbage, foam on the top, or white scum. These are all signs of a healthy, happy fermentation process. The scum can be skimmed off the top either during fermentation or before refrigerating. If you see any mold (which shouldn't happen), however skim it off immediately and make sure your cabbage is fully submerged. It is not advisable to eat moldy parts close to the surface, but the rest of the sauerkraut is fine.
11. Store sauerkraut for several (2) months in a refrigerator: Consume only 2 tablespoons a day.



PLENTIFUL: The Big Book of Buddha Food
Cheri & Louis van Loon,
Paul Atkinson &
Angela Shaw

Jacana Media • 978 1 4314 2470 2

This book will give you an opportunity to explore vegetarian cuisine of the highest order, tried and tested in the kitchen of an internationally renowned meditation centre. The Buddhist Retreat Centre (BRC) in Ixopo, South Africa was voted by CNN as one of the ten best meditation retreat centres in the world. The purpose of the book is to continue the tradition of excellent vegetarian food, centred on Mediterranean flavours, served at the BRC which has always had the personal touch of the head chef in charge of the menus and that of his co-chefs: the lovely, friendly local Zulu women who have worked in the kitchen for many years to great acclaim from visitors. These ladies were taught the skills of traditional Zulu cooking from their mothers, which they then readily adapted to cooking the vegetarian cuisine served at the BRC. These women could hold their own in the kitchen of any up-market restaurant anywhere. With this book, the BRC also wanted to showcase the exquisite indigenous environment in which it is set, which has become a spiritual haven for South African

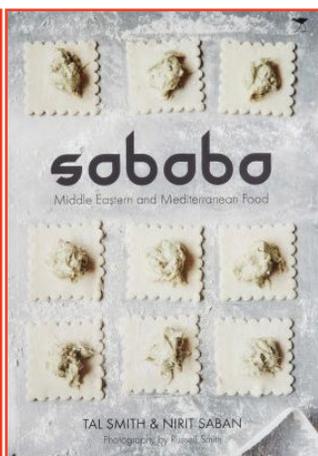


and international visitors. The layout of this and their previous books are indeed breathtaking. Thank you for this product of love.

THE OLIVE OIL DIET: Nutritional Secrets of the Original Superfood
Dr Simon Poole &
Judy Ridgway

Robinson • 978 1 4721 3846 0

Is it true that two tablespoons of olive oil a day can halve your risk of heart disease and help sustain weight loss? Can olive oil kill cancer cells, fight Alzheimer's Disease, revive a failing heart and even turn off bad genes? This book describes a diet for life. It is a way of living which has been shown to help people not only to achieve and maintain a healthy weight but also to protect them against chronic heart disease, strokes and much more. *The Olive Oil Diet* takes an authoritative look at the science behind the headlines. Recent studies have shown that a diet based around olive oil will significantly improve your health, well-being and vitality. It will also help you maintain a healthy weight and avoid heart disease, stroke and diseases such as cancer, diabetes and dementia. All olive oils are not the same, however. This book also explores the effects of

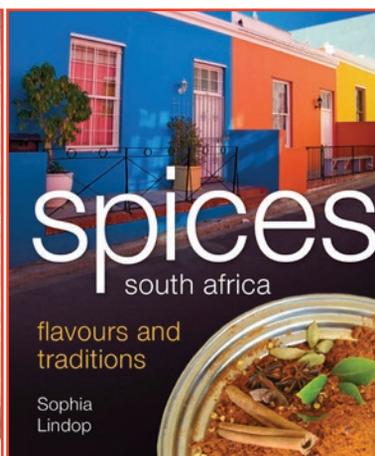


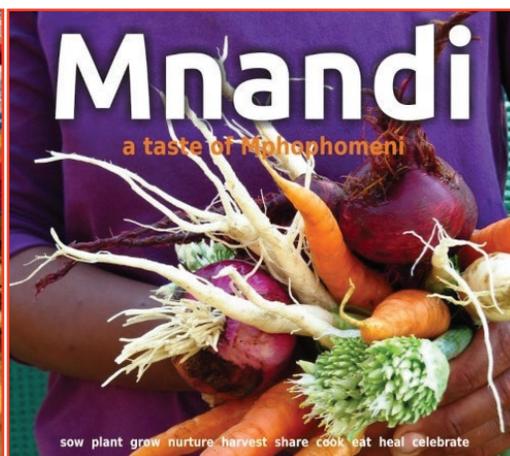
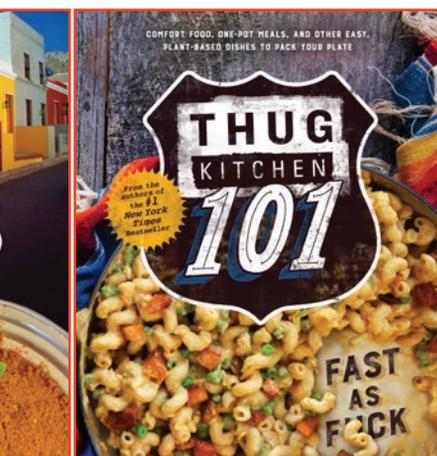
diverse varieties of olives, growing techniques and oil-production methods on the health-giving properties – and flavour – of different oils. With over 100 delicious recipes, it points the way to those extra virgin oils and food combinations that are likely to do you the most good. This fascinating journey to the heart of the Mediterranean reveals the extraordinary health secrets of nature's original superfood.

FEAST WITH SABADA: Middle Eastern & Mediterranean food
Tal Smith

Jacana Media • 978 1 4314 2408 5

Upon entering Cape Town's Sababa restaurant, you step onto a blank canvas with a riot of colour right at its centre. This is the buffet, bright with salads, some stained pink with roast beetroot juice, others seasoned with freshly squeezed lemon or strewn with generous quantities of fresh herbs. Here food is a celebration. Sababa is all about uncomplicated and wholesome food with a Middle Eastern and Mediterranean influence. Food is prepared fresh daily in the Sababa kitchens by sisters Tal and Nirit, along with a group of dedicated and passionate chefs who love to cook and live food. Using local ingredients and fresh produce, Sababa is full of recipes that





anybody can cook at home. Tal Smith, owner of the much-loved Cape Town deli Sababa, is back with new recipes in *Sababa: More Middle Eastern and Mediterranean Food*. This follows the incredible success of the first book and the constant request for more recipes. The recipes continue to be simple to follow and the ingredients are always easy to find. Sababa encourages home cooking and are all based on family recipes not only for cooking everyday suppers but for celebrations too. The photography is exquisite. Well done Russell Smith.

SPICES SOUTH AFRICA: Flavours and Traditions Sophia Lindop

Jacana Media • 978 1 4314 2424 5

Sophia Lindop has produced another little gem in this book telling the tale of not only the two main influences, namely the Indian population and the Malay population, and how their age-old usage of spices and eating habits influenced the rest of our country in such a way that their recipes are now part of South Africa's national heritage, but of all the other nations that played a role in this spicy story. Recipes in this tantalizing collection include, among others, Cauliflower-and-chickpea biryani, Chilli bites,

Courgettes stuffed with lamb mince and fragrant rice, Cucumber pickles, Chocolate cardamom brownies, Milk tart, Spicy rooibos iced tea and Mosbolletjies.

THUG KITCHEN 101 Thug Kitchen

Sphere • 9 780751 562309

The creators of the *New York Times* bestselling cookbook series *Thug Kitchen* are back to deliver you the gentle, but always hilarious shove you need to take the leap into healthy eating. *Thug Kitchen 101* includes more than 100 easy and accessible recipes to give you a solid start toward a better diet. TK holds your hand and explains ingredients from chickpeas to nooch so you'll feel confident knowing exactly what you're cooking. This kickass kitchen primer also serves up health benefits and nutrition to remind everyone, from clueless newbies to health nuts, how a plant-based lifestyle benefits our bodies, minds, environment, and pocketbooks. So scared of commitment you can't even dedicate some time to cook? Thug Kitchen's here to fix that. All recipes in this book are guaranteed to be faster than delivery, so you can whip up some tasty meals with simple ingredients regardless of when you stumble home from work. You're too important to be eating garbage, so

TK has made it easy to take care of #1: you. No needless nonsense or preachy BS. Just delicious, healthy, homemade food for all the full-time hustlers out there.

MNANDI: A taste of Mpophomeni

In Mpophomeni Township in the Kwa-Zulu Natal Midlands, food is grown from the heart, meals are meant to be shared and stories are told with pride. In this book of fresh garden food, the people with their hands in the soil and their creative customers share their delight in seasonal produce. This is colourful food that celebrates community and the environment. Mnandi (which translates as 'tasty') will inspire you to take part in the magical process of growing and preparing food that is good for you and good for the planet too. Each season features food that is at its best right then – ideas for making the most of abundant beetroot, spinach or pumpkin – some familiar, some unusual. Need a recipe to deter pests or boost your immune system? You will find them too! Ntombenhle Mtambo, inspiration behind the Mpophomeni Community Garden, is adamant that eating more plants is good for you. These recipes are ideal for people who want to eliminate meat from their diet for health reasons or are trying to balance their budget. Mnandi has been compiled by Midlands-based Nikki Brighton – writer, activist and ardent supporter of Mpophomeni Conservation Group. Mpophomeni Conservation Group is an informal group of conservationists, activists, food growers and environmental students. **Visit www.hillalids.org.za for more.**

Recharge Your Batteries



'Today one of my patients said: "My batteries are flat." I just love this metaphor. It does truly explain what happens when we are tired mentally and are feeling depleted. When he made this statement about his state of being, I felt inspired to write a battery recharge formula,' writes Sue Fuller Good.

If your batteries are low, your light is shining less brightly, your tank is running on near empty and your 'vooom' is at a low ebb. Your response needs to be rejuvenation, tank refilling and battery recharging. What does that include and what does it not include?

It includes

1. Gentle restorative exercise that is fun and relatively effortless. Don't go too hard or try to go from zero to hero, just get moving and enjoying exercising. I always used to use holidays to get fit, but now, I see, getting healthier is a better goal. Whatever

that means for you. Motion is lotion and exercise is medicine.

2. Good nutritious food, that is colourful and grown in the ground, if possible.
3. Plenty of water and staying hydrated.
4. Laughter and connection with friends and family
5. Good quality sleep and plenty of it. Every hour of sleep before 12pm is far more valuable than any hours after midnight, so getting to bed early is vital. Sleeping deeply and undisturbed, so make sure you get the lighting and temperature right in your holiday bedroom, if you are away: as dark as possible, as

quiet as possible and as cool as possible. Afternoon naps that are less than 30 minutes in duration so they don't disturb your night sleep pattern also help a lot.

6. Mindfulness. Studies have shown that for many people, even when they are on the beach and having a 'Peter-Stuyvesant-Style' fabulous time have a happiness quotient of about 5/10. The reason being: they are not really there. They are busy in their heads planning, thinking, ruminating and complaining to themselves. They are enslaved to their ego voice and its comparisons, expectations and criticisms.

If we can inspire ourselves to just be present for a fraction of our lives we will change our existence completely and bring about rejuvenation and recovery that will sustain us and fill us with wellbeing. We do this by noticing the sensations that exist in any given moment. If you are at the seaside, feel the sand between your toes, hear the sound of the waves and smell the scent of the sea. Feel the sun on your skin if there is sun where you are, and the cold on your skin if you are somewhere cold. Taste the food you eat and the water you drink. Wherever you are feel the sheets on your skin in your bed and the lotion on your skin if you are finished washing and creaming yourself. Hear the sounds of the birds and insects, or the city you are in. Just pay attention and be in your body and its sensory system. Delight in the simple pleasures of every moment. Do it on purpose and practice. It will change your happiness quotient and rejuvenate your body. It will recharge your batteries more than you know.

What does it not include?

1. A lot of alcohol. Being a toxin, alcohol changes your sleep quality, so excessive drinking will prevent

battery recharge. Drink with awareness and have one water for every alcoholic beverage you take.

2. 'Empty calories' (food that has calories, but no nutritional value), which we are all inclined to eat at this time of year. Don't abstain from everything yummy, but be mindful of your daily intake. Enjoy an ice-cream, a chocolate or a cappuccino or two, but make sure the rest of your calorie intake is nourishing your body, so you get nutrition and have pleasure. Eat well in the morning, at least, to set your body and your sugar levels up for the day. Eat as little as possible at night.
3. Excessive screen time. Detox on screen time during your holiday and especially for an hour before bed. Let your nervous system have a rest and let the coil of your nervous system uncoil for a while.
4. Conflict, and the churning over of events and discussions that have already passed. Let go of worrying thoughts and angry ones. They drain your batteries more than you can imagine. Just choose to let them go.
5. Complaining and discussing negative things. Consciously avoid these things while you are on battery recharge or on holiday. Consciously focus on the good stuff and the happiness-generating things. We always say 'happy Christmas and happy new year', 'happy holidays'. Well let's choose happiness. Avoid talking about politics, global economics and Donald Trump.

Just taking time off work is often not enough to rejuvenate and with the world being the way it is right now, we can't afford to miss any chance we can get to recharge. Recharge and de-stress. You owe it to yourself. Come back in January 2017 feeling like your batteries are full and your system is pulsing with energy and vitality. 



Body Brilliance
connect heal energise

Holistic Wellness Centre

- Physiotherapy
- Sport & Orthopaedic Rehabilitation
- Mindfulness & Lifestyle Coaching
- Corporate Training & Wellness

011 4630229 • bodybrilliance.co.za



THE SOIL-WATER CONNECTION

Many clever water conserving devices and techniques are surfacing which is encouraging and I am excited to trial many of them. However there is no question that in conjunction with this we need to start taking responsibility for our soil's water-holding capacity because when we only have restricted access to water the soil has to be able to hold onto the limited amount that it will receive during the dry, hot periods. Most people know this and so there is hardly a person that does not want to create good soil when asked the question. Furthermore, nearly everybody buys into the natural logic that good soil promotes healthy plants, and healthy produce promotes healthy people. So the will is largely present, but do we know what good soil is? And do we know how to create it in our home gardens?

Conventionally we have become accustomed to buying some kind of dark compost to mix into our soil, and then we typically mulch with another layer of similar courser material because we have been told it is beneficial to do so. However, this is of limited value as many of you will have come to realise, a disheartening reality as evidenced by poor soils despite decades of following this, or similar practices.

Unfortunately the truth is that often this 'beautiful' looking black compost you purchase has been literally burnt through overheating in the compost-making process, which unfortunately means that it has lost many of its valuable nutrients to gas exchange as well as its ability to bond nutrients. Assuming, however, that it has not been overheated, it is also probable that the compost is



By now all gardeners have had some experience with water restrictions, whether for brief periods of time or long whole hot summers, and with that a gnawing, knowing feeling that this is to become a way of life into the future, and that we all need to be prepared on one level or another. Sarchen Bassingthwaighte digs deeper.

sold to you before it has been allowed to build up again. Why do I say this? Compost goes through to two phases; one, where it heats up and organic content breaks down, and two, where it cools down and nutrients are locked into the organic content again. The appearance of the compost can seem the same, or similar, to the layman and most gardeners would never know the difference. So, unfortunately, good soil-building is not going to be achieved by following the basic conventional wisdom of religiously adding compost and mulch.

But yet it remains critical to have good soil because this will nourish and provide moisture to plants for season upon season, and in this time of never-ending water restrictions it is fool-hardy not to look closer at the moisture retaining capabilities of good soil.

The ingredients of good supercharged soil building are simple:

- **Green nutrients** to provide the nutrition base for soil building and to strengthen the immune system of the soil and plants;
- **Composting worms** to start the decomposition process of the organic material;
- **Micro-organisms** to further decompose the organic material and then to re-arrange nutrients into stable usable bonds, and Trace Elements to help in the vital bio-electro-chemical processes involved;
- **Carbon bonds** to provide the building blocks for humus chains.

It is worth following this strategy because many scientific studies have shown that good soil can retain three times more locked-in moisture

than poor soils, ensuring a higher plant carrying capacity, and plants with a drought tolerance which show limited adverse effects during dry periods. Conversely, poor soils lose their moisture retention capabilities and their plant carrying capacity.

But it is not just about the ability to retain moisture, because, after all, plants need more than just moisture to survive and thrive. In the presence of moisture micro-organisms remain active, nutrient exchanges continue and immunity is high; whereas the absence of moisture retention limits nutrient exchange and immunity is diminished.

We also have to adjust our notion of water vs moisture. Micro-organisms require a microscopic film of moisture around particles to perform the nutrient exchanges and the immune responses, this and oxygen circulating through a porous soil structure that can be absorbed into this tiny film of water around the particles. In fact water *per se* leads to the expulsion of oxygen from the soil and a potential detrimental effect due to resultant anaerobic conditions which lower-energy life forms require – not good for growing plant life.

But exactly how is this done? Over the last 15 years we have experimented with various simple methods of creating soil *in situ* in home gardens and have devised a simple 4-step system for you to utilise. This 54 second animated video below gives a splendid overview:



Essentially, the process is as follows. 1) Dried and fresh greens are laid down to form the food source for the life forms that you will inoculate. The first life form is 2) composting worms which will start to propagate and multiply in as little as a few weeks. They are fantastic contributors to the formation of humus and only need to be inoculated once a year, 3) Micro-organisms are the second life form to be inoculated via a simple water solution that one

easily flicks onto the soil. These firstly break down the organic matter and later build nutrient chains up again; meaning one gets break-down-micro-organisms and build-up-micro-organisms which basically need a constant food supply in the form of organic matter. These micro-organisms need to be re-applied constantly as they tend to die off easily in our compromised and modern environments. We suggest fortnightly in most cases.

Electrolytes in the form of trace elements are vital to this bio-chemical process and are added in the same application. 4) Carbon Build is applied to form the basis of nutrient chains that are subsequently released back to the plant as and when the plant requires the nutrients. This reflective mulch, as with shredded thatch, is also advantageous in keeping the supercharge soil building layers which are cool and moist via a miniature greenhouse effect contained in the supercharge soil building layers, whilst dark inert material attracts heat and adversely affects the moisture-holding capacity.

Building a good soil with moisture-retaining capabilities clearly has benefits in times of drought but it also has health benefits to us;

1. Plants that are grown in good soils have high immune responses which, as it turns out is good for you and me. By way of illustration you may consider the cancer-reducing potential of fruits and vegetables grown naturally by comprehending Dr Burke's findings. Dr Dan Burke discovered that cancer cells in humans have a specific enzyme called CYP1B1 that does not appear in healthy human cells, which basically means cancer cells have the potential to be specifically targeted by virtue of this unique enzyme that exists only in cancer cells. And indeed Dr Burke found an agent called Salvestrol that in fact targets this enzyme and thus kills cancer cells. But here's the real discovery relevant to this topic: Salvestrol exists naturally in healthy fruits and vegetables. But how so? It appears that salvestrol is predominantly found in fruits and vegetables that have been attacked by pathogenic fungus, and that the plants' natural defence against this attacking fungus is to produce salvestrol. Imagine that, a cancer preventative agent in fruits that have had to 'toughen up' and produce salvestrol in order to fend off an invading bad fungus.





It may be worth considering that naturally grown fruits and vegetables with blemishes on them are evidence of a plant that has had to fight back and survive, and potentially has health-promoting agents in it, otherwise absent in conventionally grown produce. (*See disclaimer below)

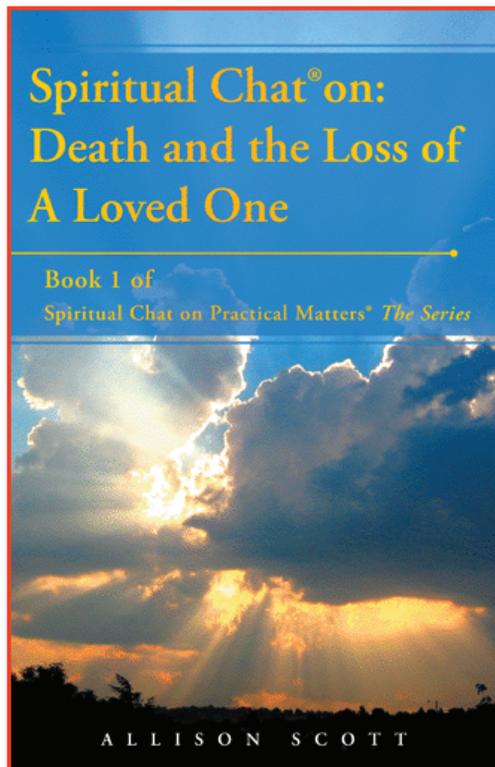
2. Plants that receive too many water-soluble nutrients are too high in the wrong nutrients and have been proven to be unattractive to pasture animals when compared to grasses grown in healthy soils which produce pastures with a more comprehensive nutrient component. (This diverse nutrient component is incidentally delivered to the plant via the nutrient-tie-in-micro-organisms that are so often deficient in commercial composts).
3. Science has also proven that mature soils produce plants that are not contaminated by radioactivity. This was proven by virtue of two adjacent fields; one with good soil high in micro-organisms, and one with poor soil low in micro-organisms which produced foods that were respectively; not radioactively contaminated as in the case of good soils, and radioactively contaminated as in the case of the adjacent poor soil.

Of course, there are also the environmental considerations of superior soils such as: preservation of our water sources from reduced water soluble fertiliser contamination, topsoil preservation, wildlife preservation and so on. And one would do well to remind oneself of this factor too as we all try and do our bit for the environment, however large or small that may be. □

For further background information, a case study, a 3-step programme and a way to get started you can visit www.superchargesoil.co.za

***Disclaimer: Research this yourself as I am not a medical doctor and do not make this claim.**

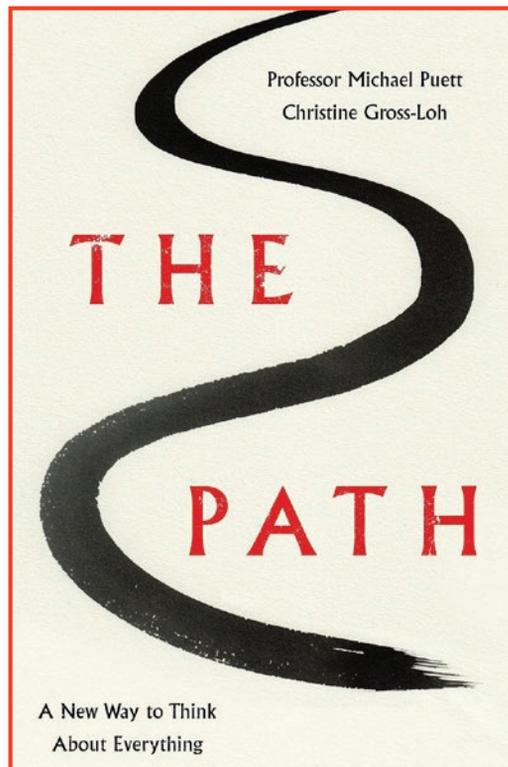
Plants need more than just moisture to survive and thrive. In the presence of moisture micro-organisms remain active, nutrient exchanges continue and immunity is high; whereas the absence of moisture-retention limits nutrient exchange and immunity is diminished. Thus soils need to be able to retain moisture through good soil building practices



**SPIRITUAL CHAT ON:
Death and the Loss
of a Loved One**
Allison Scott

Balboa Press • 978 1 5043 5209 3

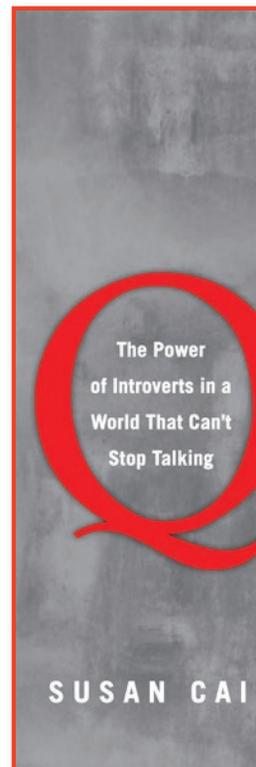
Death is one of the most confusing and difficult aspects of life, especially for people such as many of us in Westernised societies where death, as an aspect of life, and its natural place in the order of things, has been culturally and socially repressed as a suitable topic for conversation, discussion or even contemplation. The author has done all who encounter this great little book a service in capturing some of the key revelations brought to her by a lifetime of sensitive awareness of what one may loosely call 'spirit'. There are various aspects to loss and death discussed but all are put in simple, pertinent words which are likely to be a balm for those most deeply affected by the overwhelming grief that often accompanies the death of a loved one, human or animal.



**THE PATH: A New
Way to Think About
Everything**
Prof Michael Puett &
Christine Gross-Loh

Pengjun • 978 0 2410 0450 0

The authors, one of whom is described as 'Harvard's most popular professor', have used Chinese writings and philosophy to take a fresh look at living well. From Confucius to Zhuangzi, they use the synthesised wisdom extracted from the leading thinkers in one of the world's great cultural traditions to throw new light on issues ranging from decision-making to relationships. They challenge some of our deepest-held Western cultural assumptions in the process, drawing a distinction between how we think we are living our lives and how we actually are living them. Rather than working with the Western notion of 'finding' out true selves, for example, they point to another way forward on a path of self-cultivation and engagement with the world. Instead of believing

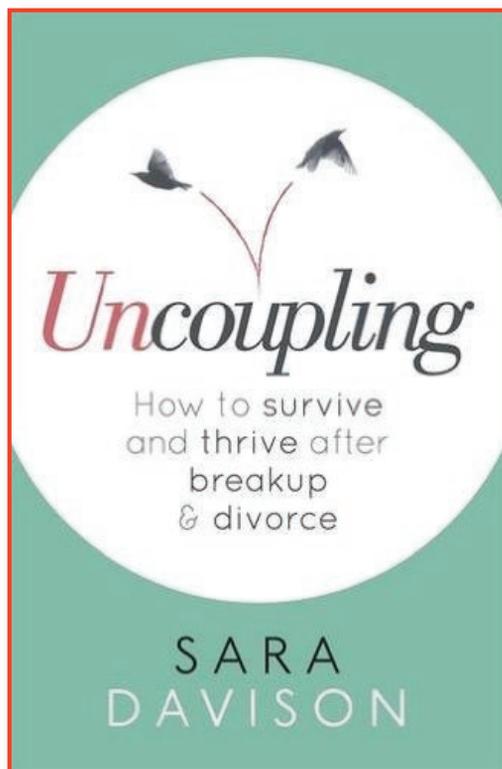
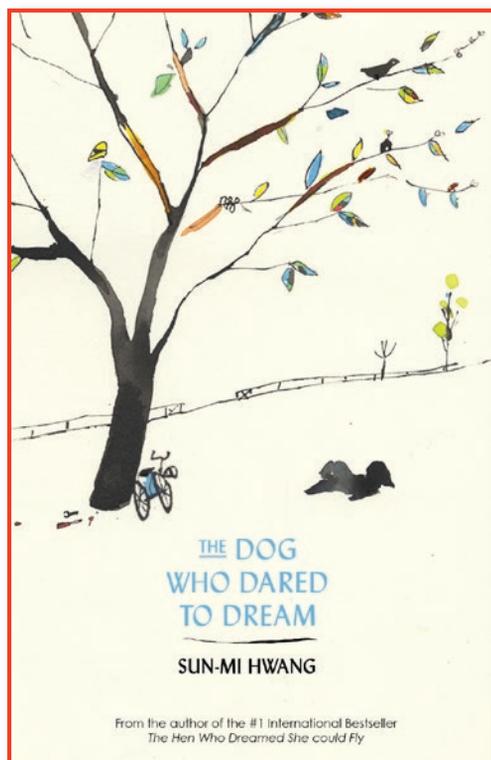


in a 'true self' which must be discovered somehow, they point out that such a view only restricts what we can become because of how we are thinking about ourselves and that process. And much of the change they are suggesting – which is profound in its cumulative effect – comes down to tiny shifts, for example in how we think about our careers, to how we talk to our family. Slowly but surely these shifts open an entirely new way of being, drawn from a timeless resource not widely known in the West. An excellent book to reset one's thinking for the new year ahead.

**QUIET POWER:
Growing up with an
Introvert in a World
That Can't Stop
Talking**
Susan Cain with
Gregory Mone & Erica
Moroz

Pengjun • 978 0 2412 7355 5

Your quiet nature, says the author, who has sold over two million



copies of her previous work *Quiet*, is a hidden superpower. People with quiet voices, she adds, achieve incredible things in the world, precisely because of their quiet nature, not in spite of it. If you feel you are naturally thoughtful and creative (as opposed to perhaps gregarious and outgoing) then she suggests you best accept yourself as you are and treasure that. She points out the many ways to go about quietly doing your own thing – amid and despite the noisy haste and bustle – while harnessing and utilising your secret (quiet) strength to make your mark. Excellent for those who feel overwhelmed by the world's noise and their own reticence to join the madding crowd.

THE DOG WHO DARED TO DREAM Sun-Mi Hwang

Abacus • 978 0 3491 4210 4

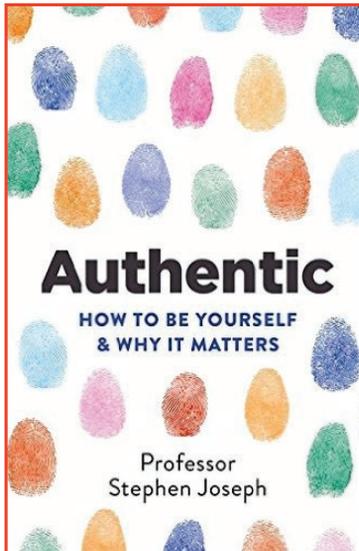
Few Westerners may have yet heard of Hwang, who is a renowned author in South Korea

with over two millions sales of *The Hen Who Dreamed She Could Fly* plus some 40 other books. In this lovely little work, allegorical and yet in some manner very much down to earth, and described as an 'instant classic' the author's simple yet powerful style takes one into the world of Scraggly, born an outsider because of her distinctive appearance, and who lives out her days in her owners' yard. It turns out Scraggly (and by extension all dogs) have dreams and aspirations, like the rest of us. But each winter, amid the lowering clouds, she must face challenges. Yet beyond the limitations of her small world, she knows there lies something for which she yearns – friendship, motherhood and happiness. This is a story about a dog but also about people, and about love that transcends the boundaries that we usually place on it. Excellent, lovely and a definite must-have.

UNCOUPLING: How to Aurrive and Thrive After Breakup & Divorce Sara Davison

Piatkus • 978 0 3494 1148 4

When the author's marriage broke down, she felt as though her life was over. It took every ounce of her strength to deal with the daily rollercoaster of raw emotions and practical difficulties that make divorce one of life's most stressful experiences. This book has grown out of Sara's own experiences, as well as those of a life and business coach in which she helped others in similar predicaments. An NLP Master Practitioner, she has worked with some of the top names internationally in coaching and is considered the UK's premier divorce coach.



AUTHENTIC: How to be Yourself and Why it Matters

Prof Stephen Joseph

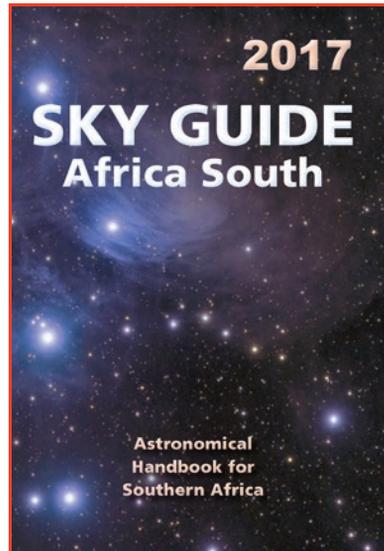
Piatkus • 978 0 3494 0484 4

It is likely true that the great majority of people are living lives that in part at least not true to who they really are. This denies the ability to live authentically in which what we say and do reflects what we truly think and feel. Science has now proven that the instinct to be true to yourself has strong basis in living healthily and well – it is the key to feelings of fulfilment, vitality and well-being. This book will help you shift your priorities toward what really matters – and thereby to live a happier, more contented life.

2017 SKY GUIDE SOUTH AFRICA

Struik Nature • 978 1 7758 4477 8

This is, for those interesting in knowing more about the twinkling universe of the night sky, a fantastically useful resource

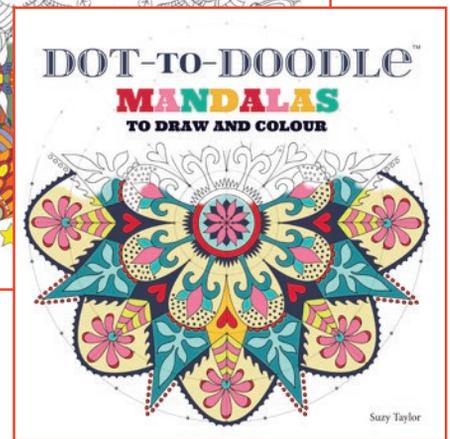
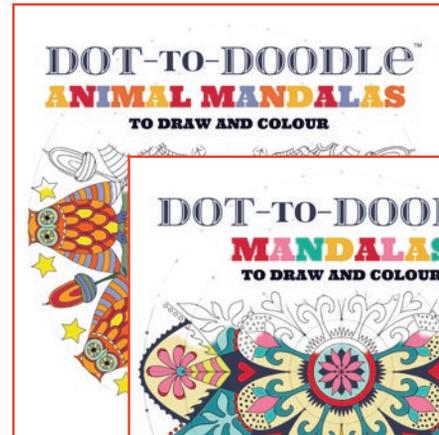


and practical guide to help you navigate your way through the heavens, constellations, galaxies and myriad of stars and star systems visible by eye or through telescopes. It can be used by novices, amateurs and even professional astronomers and has been prepared by the Astronomical Society of Southern Africa. If you are one of those who goes out of a clear evening and stares into the night sky, amazed and in wonder, this little booklet will help to enrich and inform your experience enormously.

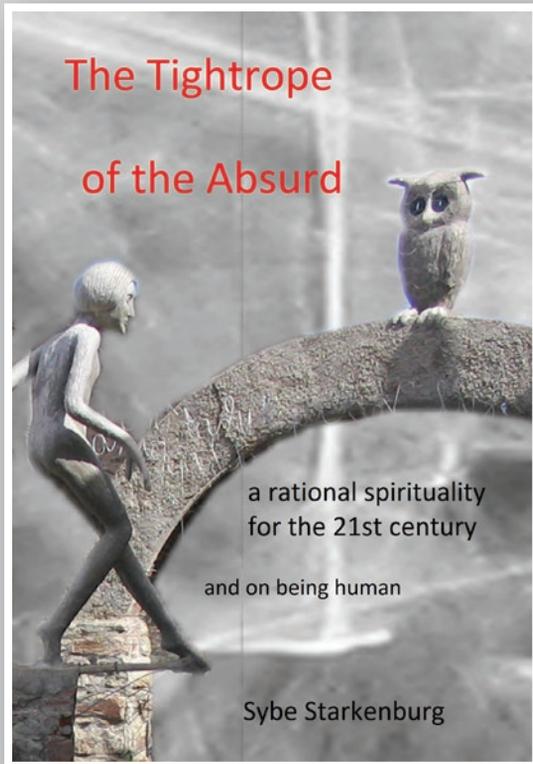
DOT-TO-DOODLE ANIMAL MANDALAS **Suzy Taylor**

Struik Lifestyle • 978 1 432308 01 8

Use the special guides in this book to doodle your own Animal Mandalas and then colour them in. It's easy, fun and challenging – the designs get more complex as you work your way through the book. At the back of this book there are some extra templates



so that you can design and doodle mandalas of your own. You can colour or stipple your designs when they are complete. Start in the middle, using the dots and circular guides to form the shapes, and work outwards to build your Mandala. There are endless design possibilities. Use our examples to copy, or create beautiful shapes of your own. As an extension of colouring mandalas, Dot-to-Doodle allows the hobby colourist to create his or her own mandalas before colouring them in. There are two main techniques involved: stippling and colouring. Stippling is the creation of a pattern using varying degrees of solidity or shading with the help of small dots. Dot-to-Doodle Animal Mandalas makes doodling mandalas easy and fun using specially provided guides for patterns. Detailed instructions are included for completing these entertaining animal and nature-inspired mandalas, before colouring them in.



The Tightrope of the Absurd

by Sybe Starckenburg

What if God does not exist?

**Be your true self,
find meaning living
in the present.**

Available to order from **Loot.co.za** (R145)
and **Amazon.co.uk** (£9.10)

MERKAVAH

MERKAVAH (AS IT IS SPELLED IN
HEBREW) MERKABAH (ANCIENT EGYPT)

'MER' MEANS 'LIGHT'

'KA' MEANS 'BODY'

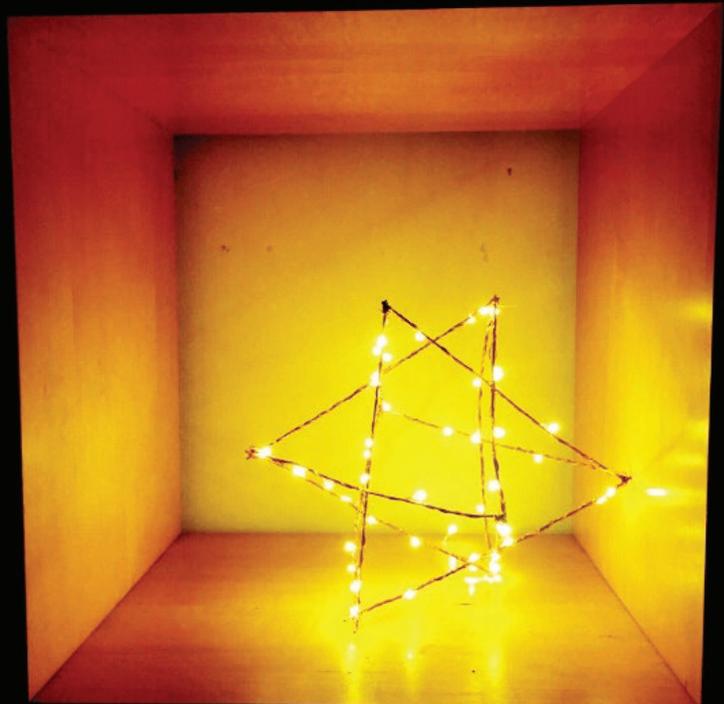
'VAH' MEANS 'SPIRIT DIVINE LIGHT
VEHICLE' - ALLOWING A PERSON TO
ASCEND INTO THE HIGHER REALMS.

COPPER LIGHTS: 10CM IN DIAMETER

WHITE LIGHTS: 21 CM IN DIAMETER

BOTH: R360 EXCLUDING SHIPPING

CONTACT: SUSANABRAHAM013@GMAIL.COM





DITCH THE **RESOLUT**
START A **REVOLUT**



ION ION

It's easy for us to make big plans for gargantuan change on New Year's Eve but not so easy to stick with the program come January. Especially when, in the words of Robbie Burns, 'the best laid schemes o' mice an' men gang aft a-gley' or, in plainer English, have a tendency to go slightly off the rails. Cherie Roe Dirksen takes a look.

Resolutions can be monotonous affairs with ones inner struggle to become happier/healthier/or whatever your intention may be. Trouble is, the only resolution that's going to work and stick is more of a revolution.

The definition of revolution is:

1. A forcible overthrow of a government or social order, in favour of a new system.
2. An instance of revolving.

I love the latter definition as we lean towards making these 'resolutions' at the end of an Earth's revolution around the sun. Drop the 'r' and you've got evolution – even better. The definition of evolution is the growth, rise, expansion or advancement of something. Now we're cooking.

CHANGING PERSPECTIVES

Let's look at definition number 1 – overthrowing the old, outworn structure to bring on a new, rejuvenated system. That's really what resolutions are about.

Instead of making unreasonable vows to never eat carbs or ice-cream again (let's face it, it's a grim prospect) or to spend hours a day at the gym – why not pledge to make a lifestyle change that is gradual and attainable?

Like for instance: I'm going to make healthier lifestyle choices.

The above statement doesn't enforce deprivation of any kind. It's harder to break a new way of being if restrictions are not stringently placed upon it. Use this as your mantra every morning and become more mindful of what you're putting in your mouth every meal-time – you'll start to develop an awareness of healthier foods and you'll begin making better choices on your sojourns down the aisles at your local grocer or market. Baby steps make strong foundations for change.

Go one step further and start a veggie garden or a vertical balcony garden. If you have absolutely no space – approach your local council or community representative and start a communal garden.

Start making better activity alternatives like taking your bicycle into town to buy that bunch of bananas for your fruit salad or climbing the stairs to your apartment instead of taking the lift. Carry lots of pure drinking water to wash away what the body doesn't need and to keep you hydrated.

If it's happiness you're after, start pledging to do more things that make you happy. Make a list of all the things you'd like to try, do or devote more time to. If you don't have time, start affirming that you've got all the



time in the world and then start cutting out hour-guzzling activities like social media and staring at a box with flashing pictures on it (as much fun as it is, two hours a day is ample time to spend watching the telly).

5 SIMPLE STEPS YOU CAN TAKE TO THRIVE IN 2017 AND BEYOND

- **MEDITATION** – it's not difficult and you don't have to get into the lotus position to do it. You can lie comfortably on your bed (make sure you kindly request no disturbance from any house dwellers co-habiting). 10 minutes in the morning and 10 minutes in the evening are plentiful to get you zenned out and reduce your stress levels – if you can spare more time in meditation, then go for it.
- **GETTING CREATIVE** – devote some time every week to letting the inner child out for some therapeutic play-time. Creativity is another stress-reducing activity that gets those happy endorphins alive and singing. There are various activities that can stir you into action – my favourites include perusing Pinterest and frequenting art galleries, exhibitions/installations and exploring artists' studios that are open to the public. Exposing yourself to other people's creativity and creations can be very inspiring and may motivate you to explore your own hidden talents.
- **NATURE** – whenever I feel low, the first thing I do



If it's happiness you're after, start pledging to do more things that make you happy. Make a list of all the things you'd like to try, do or devote more time to. If you don't have time, start affirming that you've got all the time in the world and then start cutting out hour-guzzling activities like social media and staring at a box with flashing pictures on it (as much fun as it is, two hours a day is ample time to spend watching the telly).

is to go walk in my garden. Ground yourself and feel the connectedness you have with Mother Earth by taking off your shoes and standing on the grass (especially effective in the morning when there is still dew on the blades). Don't underestimate the calming effect weeding has on one. I would never have believed it until I tried it. I found it to be the most gratifying exercise. Not only do you reap the rewards by giving your plants space to grow but you work your body and get the balancing benefits that gardening has to offer. Ever watched a Japanese person raking patterns in the sand? Gardening can be a zen workout if you change the way you see it. Sitting outdoors, walking in the forest and dipping your toes in a stream are tremendous health and happiness boosters.

- **SPREAD THE LOVE** – smile more, hug more and dish out genuine compliments to people instead of holding back. Pay love forward and start a global revolution of kindness, laughter and integrity. When you exude happiness, you'll lasso more in. It's quite simple – be kind.
- **HAKUNA MATATA** – worrying never solved anything, believe me. When you tally all the worry up you've accumulated over the years and balance it off against what actually transpired, you'll see that worry is a pretty useless, happiness-devouring

action. Stop yourself when you feel a bout of the collywobbles coming on. Redirect your thoughts rather to what you would like to see happen than what you dread happening.

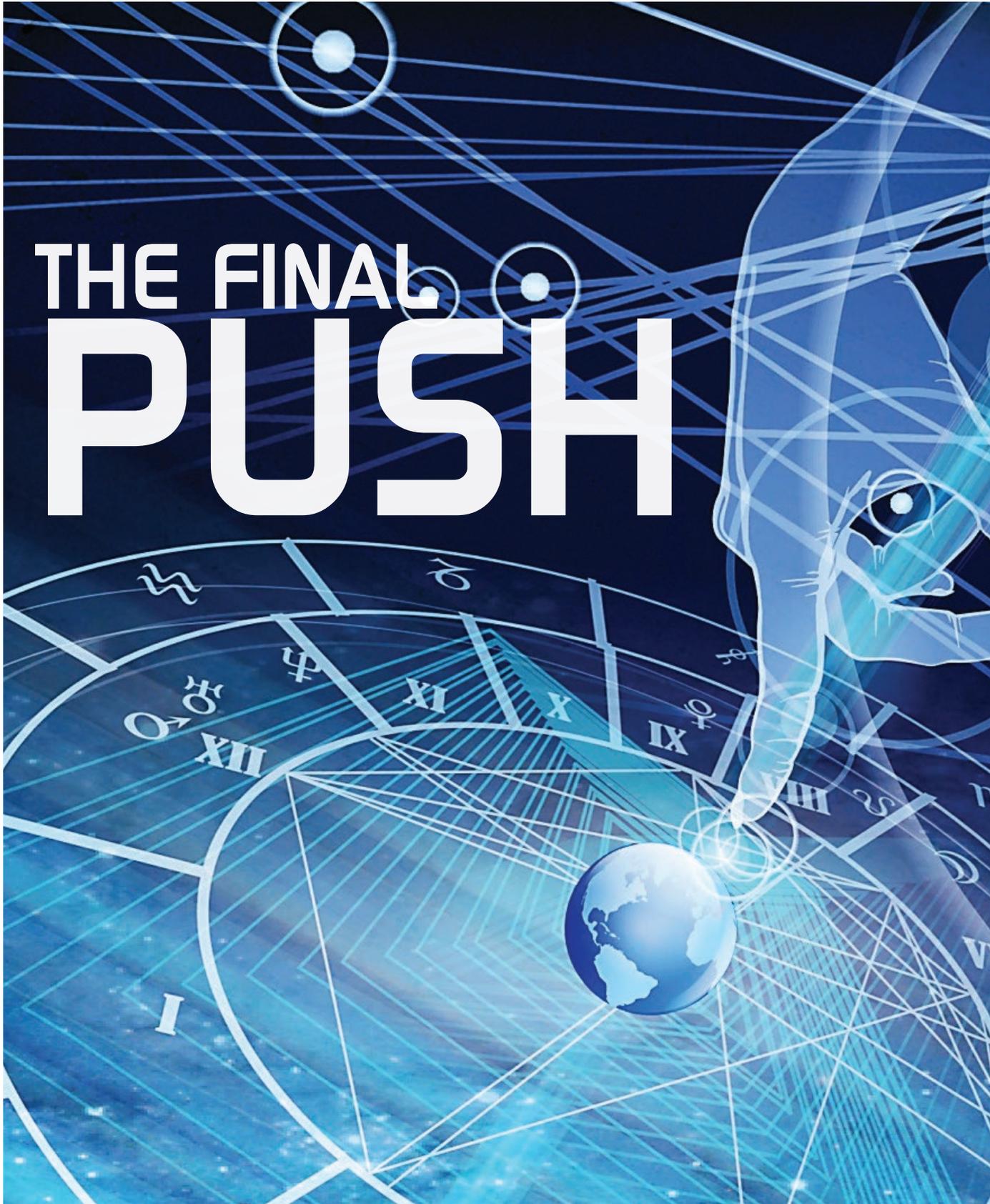
Happiness is responsible for creating success and not the other way around (or not in my experience at least). I've spent a lifetime chasing success only to realise that I was already happy by just being who I am. When I began to detach from what I thought success meant (as dictated by others, media and society), I saw my life from a different perspective.

The more creative I am, the healthier I eat, the more time I spend in my garden blissing out while weeding or just meditating on a deck chair, the more I move my body and build up a 'happy' sweat (usually by dancing or walking around my picturesque town), the more kind I am to people I meet, the happier I feel and the more abundant I become.

My wish for you is that 2017 will catapult you into greater heights of happiness, purpose, abundance and health and all because you dare to start a personal revolution. ☐

For more from Cherie please visit www.CherieRoeDirksen.com

THE FINAL PUSH





What a year. What a year. Many of us are shaking our heads as we read that line, flummoxed, bewildered and exhausted. It's not secret that 2016 has been a rough ride for all of us – no one has emerged unscathed. Battle scarred, limping, bloody bandages trailing after us as we creep toward the finish line – we are much stronger than we were before, albeit shaken and carrying some post traumatic stress. And we are praying for a reprieve, a break from the chaos that has strewn about the contents of our hearts, lifted up Pandora's Box and allowed the shrieking demons to fly, baby, fly. The above description may be rather dramatic, but apt. Why has this been happening, Astrologically, at least? Is there even a reason? Is there any sense to what has passed? Margarita Celeste takes a look.

Dear friends, it is not all our fault. There has been dire chaos in the heavens this year which has had an effect in every single person out there – no-one is alone in this. We welcomed the year in with two big eclipses, in Virgo and Pisces. Eclipses have a six-month or longer effect on us, particularly if any of your birth chart planets (cast your chart here to find out) around the degrees of the eclipses – for example, if your Moon in your chart lives at 18 degrees of Pisces, the eclipse would have happened right on top of it, likely spinning you into an emotional sh*tstorm.

Eclipses in themselves are tough enough, as they are traditionally harbingers of strife and challenge. They swallow the light and push us into a dark, shadowy place. Their lessons are through the dark night of the soul.

Later on, we watched as first Mars, God of War, began his backward dance into the sign of Sagittarius and Scorpio. Fire and Ice, we could call it. When a planet goes into retrograde, his powers are weakened and he brings out the worst of himself. Mars' powers are of assertion, energetic forward movement, passion, fight, drive, vitality. In the reverse, we became argumentative, exhausted, passionless, frustrated. Particularly if we were an Aries or Scorpio Rising sign, or if we had any personal planets in the early degrees of Sagittarius or the late degrees of Scorpio.

Cue Saturn, the greater 'Malefic'. This planet, Father Time, Lord of Karma, The Old Wise Man, strolled in with his hard lessons of fear, insecurity, huge and painful change, responsibility, structure – he came into the picture, into the sign of Sagittarius and began his months long war with Mars. Like an immovable object stopping a frustrated and fast moving cannon ball. He too went retrograde and all of our throat choking fears emerged, our deepest insecurities, our fear of change – and for months Saturn and Mars warred, meeting in a final clash, a conjunction, in August this year. This could have crippled many of us.

All this happened while Neptune was retrograding in Pisces – Neptune bringing confusion, fogginess, unable to see the truth in front of us, stumbling around in the dark looking for a light. Neptune also warred with Saturn and despair was their child.

Pluto and Uranus, the last two outer planets, were also in retrograde during this time, adding to the general confusion and disorientation. Pluto challenged us to look at where our power lay – was it with us, or someone else? Who did we needlessly surrender to? A job? A partner? A family member? Our own seemingly indefeatable darkness? We became weaker and weaker. Uranus

brought us constant change, chaos, electric storms, jolts of shock to the heart space, things were happening too fast, too unordered.

Is it not interesting that this season was named 'Mutable Madness' by Astrologers? Why? Well, almost all, besides Pluto and Uranus, of these planets, including the eclipses that were also later this year as well as earlier – were in mutable signs – Sagittarius, Pisces, Virgo, Gemini. These signs are all about change, they signify the change of a season, that step of darkness into light, or light into darkness, Spring into Summer and Autumn into Winter. They are that critical point of change.

Hence, As Above, So Below – we had been flung into change. Into chaos. And we have scrambled, because, dear ones, it has not been easy. Our armour has been stripped, we have been laid bare to the elements. We have been vulnerable, naked, like children.

But we have emerged. And we have come out stronger. And we have made the changes. And we are still struggling along but we know, now, that truly, what doesn't kill us makes us stronger. If we can handle 2016, we can handle anything.

It's not quite over yet. On December 19th, the final door closed when Mercury, planet of thinking, communication and travel, went into retrograde in the sign of Sagittarius. The sign that has been edging us all year towards what is really true for us, what is authentic – cutting the crap. The sign Mars and Saturn warred in. It's no coincidence, folks. Mercury retrograde urges us to now reflect – go inwards. Collect ourselves. Reflect on the year. Close the chapter.

It's not an easy period my friends, so gear up. It's the Final Push of a long year of labour. The throes of this birth have been long and hard, but there is a gift waiting us. The gift of truth. Of true compassion. Of Self Knowledge. Of living a life true to us. Of freedom. Of less restriction.

As this number nine year draws to a close and we prepare ourselves for the new cycle ahead, a number one year in 2017, we can ask ourselves what we truly want to take into the new cycle – and we can bet our bottom dollar that the Gods will take away anything that is not truly aligned to us anymore. If that relationship, that job, that mindset, that draining family member, our own darkness, is tripping us up – it must go, now. There is no space in the new world for this anymore. And we need all our strength in these coming years to be self-led, as our world leaders have failed us. To care for our Mother Earth, as her people have failed her. To care for ourselves, as we have failed to do.

We move into 2017 with clarity, compassion, and brave, new hearts. We have made it. We are free. ◻

IXOPO BUDDHIST RETREAT CENTRE

Mapping out your Inner
Blueprint using

Astrology

Join Astrologers Corinna and Margarita, for an insightful workshop on how Astrology can help you live a better, fuller life, with a deeper understanding of the innate cycles of nature. Learn to achieve greater equanimity during this magic weekend away, with stargazing walks and gentle yoga classes. Beginners are welcome, and encouraged!

June 9 - June 11, 2017

Cost :
2 night's
accommodation +
R250 surcharge

contact cor@corastrology.co.za or
margs@margaritaceleste.com to reserve your place
and receive an itinerary

Soul Art WORKSHOPS



BODYMAPPING



COLOUR THERAPY



SACRED GEOMETRY



NUMEROLOGY

www.theplatinumcanvas.co.za
Christelle Swart - 071 478 0354

DIANNE GARVEN | ASTROLOGER

FOR READINGS CONTACT 082 823 8358 OR 021 712 8540

EMAIL DIGARVEN@MWEB.CO.ZA OR VISIT WWW.DIGARVENASTROLOGY.CO.ZA

LONG DISTANCE READINGS ALSO AVAILABLE VIA SKYPE OR TELEPHONICALLY

GIFT VOUCHERS ALSO AVAILABLE



O.W.L.
Our World's Love

Lee Ashendorf

Psychic Consultant

Shiatsu Registered Practitioner & Teacher

Reiki 1 & 2 Registered Practitioner

Healing Treatments for Humans & Animals

Psychic Reading & Dream Interpretation

072 678 8722

owl.ourworldlove@gmail.com

By Appointment Only

Viviana Clark

Psychic Tarot Reader

Master Numerologist

- accurate email readings
- effective clearances of person, houses, offices
- spells • talismans • feng shui
- tarot courses

+27 (0)83 748 6501 • www.vivianaclark.co.za • vclark@netactive.co.za



SOUL SISTA

*I offer Insight, Expression and Release through a combination
of Astrology, Life-Coaching and the Metamorphic Technique*

*To make an appointment with me in Cape Town,
please access www.soulsista2016.wordpress.com
or call Heather on 079 391 1907*



THE NEW NOVEL FROM THE
MULTIMILLION COPY GLOBAL BESTSELLER

Paulo Coelho



THE SPY

A NOVEL

Her only crime was to be an independent woman.

The Spy is the unforgettable story of a woman who dared to break
the conventions of her time, and paid the price.

www.penguinrandomhouse.com

'We are not here just to survive, make money and live long, we are here to live and know life in all of its richness, variety and many dimensions.' – Ronnie Muhl



INSPIRATION AT WORK

The Strength of a Person

The strength of a person isn't in the width of their shoulders, but rather in the width of the arms that embrace you.

The strength of a person isn't in the tone of their voice, but rather in the gentle words they whisper.

The strength of a person isn't about how many friends they have, but how good a friend they are with their children.

The strength of a person isn't about how much respect they have at work, but rather about how they are respected at home.

The strength of a person isn't about how hard they are, but rather about the tenderness of their touch.

The strength of a person isn't about how proud they are, but rather about what truly lies within their heart.

The strength of a person isn't about how many people they have loved, but rather about whether they can be true to one person.

The strength of a person isn't about the weight they can lift, but rather about the burdens that they can understand and overcome.

As we start a whole new year, be strong and full of courage to face what lies ahead.

Thoughts to Ponder

A person without a living purpose leads a cramped life, lacking vision and power. Present conditions can easily swamp us and life can become a drudgery. However, if we walk with purpose and look into the future with keen expectancy, we will attract those opportunities for creative service, and which will give us meaning and purpose for the present and the future.

To possess riches we must learn to give. In fact, no one can grow rich until they have given something the world is waiting for and something it needs. Morris and Ford gave an affordable family car to ordinary men and women, and the world poured riches into their laps. The whole history of mankind reveals that those who have given joyful service to their fellows have not gone unrewarded.

These two little words are so important: Thank You. To use them frequently is to spread joy and appreciation wherever we go. To fail to use them is to miss a glorious opportunity of lifting someone's burden, and of replacing gloom and despondency with brightness and inspiration.

A person who has discovered the secret of true living has learnt the art of giving to life. This person is not continually asking what he or she can get out of life, but is always seeking new methods of serving others. In doing so, this opens new channels of expression, which lead to fulfillment and purposeful living. □

www.ronniemuhl.com

THE 10 STEPS



At the beginning of any journey, we all have what is called 'beginner's luck'. In this edition's column from Paulo Coelho, he looks at the 10 steps of the spiritual path.

Benedictine Steindl-Rast speaks of his experience at the monastery: 'People get used to associating the religious life with negating all the pleasures in life; this is wrong. It is about disciplining the directions, in a way in which you can further understand your existence. Life in the monastery is constant training, bringing quality to study, of language, nutrition and prayer. If you refine your diet, you will need to open your hand to certain foods. Therefore, if this diet begins to serve you well, you will begin to verify that you aren't sacrificing anything. A good runner, musician, gardener, anyone that does something with passion, easily forgets certain things because he is concentrated in his art. The same thing happens with religious services.'

Yitzchak Isaac de Kamarna used to have a sweets shop to exemplify his spiritualness. When a person walks into a shop like his, with all the candies and bon-bons, the first thing the baker does is to show the customer each product so that he can get an idea of his tastes. When, after trying a little bit of everything he was shown, the client decides which treat he would like, the baker says, 'now you will need to pay for that which you ate that gave you such pleasure'.

The free sample of the Divine Light is planted in your heart, and awakens at the slightest signal. But when we select our paths, this is when we must decide whether we want to pay in order to continue forward.

The oral tradition lists the ten steps of the Spiritual Path:

THE RESTLESSNESS: The person realises he must change his way of life, whether it is as a result of tediousness or suffering.

THE SEARCH: The person comes to a decision about the change. The search happens with books, courses and encounters.

THE DECEPTION: The changing of paths begins. The one who is searching realises the problems and defect of those who have taught him. No matter how far he twists his thinking on philosophy, religion on society, he continues to encounter the classic problems; vanity is the search for power.

THE DENIAL: It is not unusual to abandon the path after the person sees that that which he has not yet resolved are his own problems.

THE ANGUISH: The path was abandoned, but the seed was planted: faith. It grows day and night. The person feels uncomfortable, he feels he has discovered and also lost.

THE RETURN: Because of another serious event (tragedy, death, etc) the person discovers that his faith is alive. It is faith, if it is well cultivated, that can resist any disappointment.

THE MASTER: The most dangerous moment. Masters are merely people with experience. The path is individual, but at this point it may change and become collective.

THE SIGNS: The Master is abandoned, when the path that begins to show itself. After the signs, God will teach you what you need to know.

THE DARK NIGHT: Choices are made. The person changes his life and takes his steps, regardless of the fear he has.

THE COMMUNION: It is the moment, as Saint Paul says, that Divinity inhabits a person. The mysteries of the sacraments manifest themselves in all their grace and greatness. **□**