

OCTOBER 2017

THE JURY'S OUT ON TECHNOLOGY

# Heartfulness

Self | Work | Relationships | Inspiration | Vitality | Nature | Children

## JOURNEY TO THE CENTER

*Daaji:  
towards Infinity*

## STARSEED AWAKENING

*Magenta Pixie:  
the transition of Gaia*

## LET YOUR LIFE SPEAK

*Rosalind Pearmain:  
the Quakers*

## VIBRATIONAL COMPATIBILITY

*Victor Kannan:  
when does teamwork work?*

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## GOING BACK TO *Our Roots*

Dear readers,

The study of the origin of words can be quite fascinating and revealing. For example, the word 'technology' has its roots in the Greek word *techne*, which means 'craftsmanship', 'craft' or 'art'. It refers to the principles or methods employed in creating or achieving the desired objective.

The technological boom over the past few decades has been mind-blowing. The question is: where are we headed with it? While such advancement has redefined the limits of what we can achieve materially, at the same time there is a sure emergence of the underlying drawbacks. If we look at this situation in the light of the original meaning of the word, we may have the answer.

In this issue, we bring to you the amazing art of making beeswax candles and some tips on how to work effectively as a team. Daaji concludes his series on the march to freedom, a young author explores the liberating nature of hope, and we learn some fascinating history of the human race. The mysterious Baobab tree is featured, while the children's activity gives everyone a reason to smile.

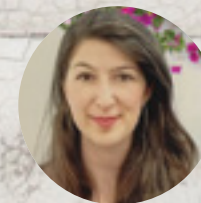
In *I Shall Wear Midnight*, Terry Pratchett says, "If you do not know where you come from, then you don't know where you are, and if you don't know where you are, then you don't know where you're going."

Perhaps it's time we went back to our roots! And let's also spare a thought and some prayers for all those people caught in the path of recent natural disasters.

*The Editors*



Elizabeth Denley



Emma Ivaturi



Meghana Anand



Veronique Nicolai



Rishabh Kothari





# CONTRIBUTORS

## Victor Kannan

Victor is a Director, Heartfulness Institute, USA, and has been an avid practitioner and trainer of Heartfulness Meditation for more than 30 years. As a career CFO he integrates the benefits of meditation in the everyday management of his duties and responsibilities. He lives with his wife in Atlanta and has a daughter.



## Juliette Alay Høyrup

Full time mum, part time illustrator, musician and filmmaker, Juliette has been working with art of all kinds for as long as she can remember. Always enthusiastic about new media, she has lately discovered and is enjoying ceramics. She has been practicing Heartfulness meditation for about 10 years, which is both helpful with the daily job of being a parent, and a beautiful source of inspiration for her work.



## Cate Burton

After 10 years in the corporate world, Cate took up beeswax candle making as a hobby for de-stressing and mental well-being. And so it was that Queen B was born – a heartfelt endeavor to light up the world with the purest, most extraordinary light that can be created, a light that honors the planet and nature. This small business is the platform upon which Cate offers exquisite beeswax candles and other related products to the world. It runs on sustainable principles and a cooperative business model, true to Cate's vision for a better planet.



## Yves Benhamou

Yves is a homeopathic doctor, who is also writing a novel and involved in theatre. He regularly presents conferences on the themes of meditation and spirituality, building bridges between meditation and various social groups and their particular issues. His artistic nature is very much in tune with the joy of the heart, which he is always willing to share with everyone in his role as a Heartfulness trainer.



## CONTRIBUTIONS

letters to the editors and guidelines  
[contributions@heartfulnessmagazine.com](mailto:contributions@heartfulnessmagazine.com)

## ADVERTISING

[advertising@heartfulnessmagazine.com](mailto:advertising@heartfulnessmagazine.com)

## SUBSCRIPTIONS

[subscriptions@heartfulnessmagazine.com](mailto:subscriptions@heartfulnessmagazine.com)  
<http://www.heartfulnessmagazine.com/subscriptions>

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## EDITOR:

Rishabh Kothari

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Sahaj Marg Spirituality Foundation.

## EDITORIAL TEAM

Meghana Anand, Elizabeth Denley,  
Veronique Nicolai

## DESIGN TEAM

Emma Ivaturi, Uma Maheswari, Nehal Singh

## PHOTOGRAPHY

Josh Bulriss, Simonne Holm, Johannes  
Plenio

## ARTWORK

Juliette Alay Høyrup, Icons from [www.flaticon.com](http://www.flaticon.com)

## WRITERS

Josh Bulriss, Elizabeth Denley, Simonne  
Holm, Veena Mishra, Victor Kannan,  
Kamlesh Patel, Rosalind Pearmain, Partha  
Nandi, Papiguy de Montpellier

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Heartfulness

Through meditation, calm

# Cleaning

To complement meditation, we also need a practice to remove the impurities, complexities and emotional heaviness that accumulate during the day in our minds; to purify ourselves so we feel lighter and more carefree.

By practicing cleaning in the evening you will rejuvenate yourself. It is best done at the end of your day's work. It will take between 20 and 30 minutes and is an active mental process. Do not review the particular events of the day or give them undue attention. Instead, approach the cleaning in a general way with the confidence that all complexities and impurities are leaving. A feeling of lightness is a sure sign that the weight of the day's impressions has lifted.

Sit in a comfortable position with the intention to remove all the impressions you have accumulated during the day.

Close your eyes and feel relaxed.

Imagine all the complexities and impurities are leaving your entire system. They are going out from the back, from the top of your head to your tailbone.

Feel they are leaving your system as smoke.

Remain alert during the entire process, like a witness to the clouds passing in the sky.

...

When you feel inner lightness, feel a current of purity coming from the Source and entering your system from the front.

This current is flowing throughout your system, carrying away any remaining complexities and impurities.

You have now returned to a simpler, purer and more balanced state. Every cell of your body is emanating simplicity, lightness and purity.

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# What We Cannot See

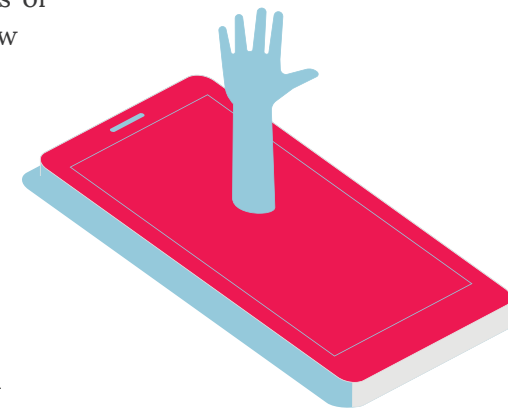
Many of us live surrounded by invisible, silent radiation. ELIZABETH DENLEY shares some thoughts on how manmade electromagnetic radiation may be affecting our health and well-being.



As school kids we learnt that the ancient Romans used lead utensils for cooking and eating. As a result, many died from lead poisoning. We all thought they were crazy. I wonder if they knew at the time that the lead was poisoning them. But are we any wiser today? Have we learnt from the lessons of history?

Let's take our use of technology – Wifi, Internet, Bluetooth, mobile phones, microwave ovens, and all the other manmade sources of electromagnetic radiation in our environment. What do we know about their effects?

The World Health Organization has acknowledged that manmade EMR may affect our health, and many research studies have been done, with variable results. Not everyone is convinced that this is a public health issue, and there are others whose symptoms are serious enough to convince them from personal experience. Yet even knowing that there could be dangers, are we going to continue on so that, like the Romans, future generations think we were crazy? We continue to use Wifi, Internet, Bluetooth and mobile phones with gay abandon, like never before.



In May 2011, the WHO's International Agency for Research on Cancer announced it was classifying electromagnetic fields from mobile phones and other sources as "possibly carcinogenic to humans" and advised everyone to adopt safety measures to reduce exposure, such as using hands-free devices or texting.

Radiation advisory authorities in some countries, including Austria, France, Germany and Sweden, recommended people to:

- Use hands-free to decrease radiation to the head,

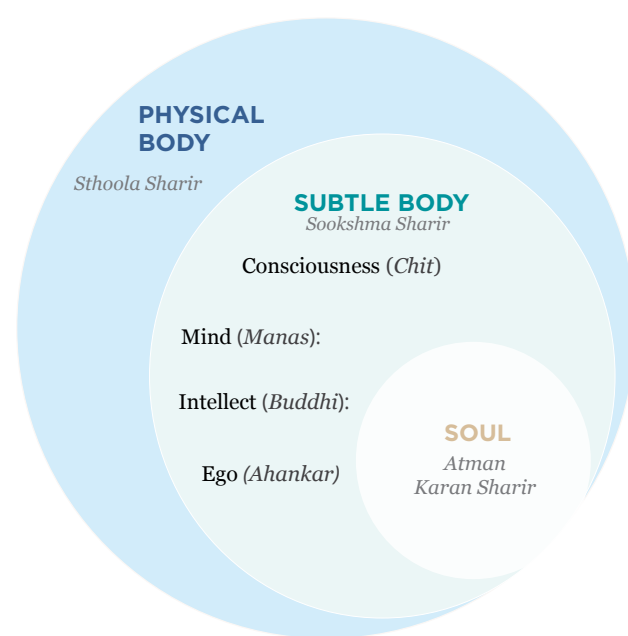
- Keep the mobile phone away from the body,

- Do not use your phone in a car without an external antenna,

and there is now a field of research known as bioelectromagnetics.

How can we understand the way EMRs affect our biology and health? It is quite simple really. All of us have three bodies – body, mind and soul – the physical body, subtle body and causal body.





The Three Bodies

The subtle body, also known as the mind, is our energetic body and here we have an electromagnetic field created by the negative and positive polarity of charge. For example, the subtle body is affected by the build up of positive ions in the atmosphere before a thunderstorm, creating restlessness, and the release of negative ions once the storm hits, bringing relief. The negative and positive charges in this energy field also correspond with yin and yang, electron and proton, female and male, and the positive and negative poles of an electric charge, etc. This is how matter is constructed – as a result of the positive and negative charges in atoms.

In Nature everything is in balance; not a static balance, but a state of equilibrium, of complementary energy flows that alternate just like alternating current throughout any given day. This is seen in our autonomic nervous system, with the complementary sympathetic and parasympathetic currents. It is also seen in the *surya* and *chandra*

Most diseases start in the subtle body as an imbalance or disturbance. That is why Chinese Medicine works on the meridians, and Ayurveda on the *nadis* and chakras. Just because we don't see or feel anything, or cannot measure something, does it mean that nothing is happening at more subtle levels?

*nadis* of yogic science. At times one predominates, and every couple of hours the current switches, so that the other predominates. There are a few main inflection points at sunrise and sunset, called stationary points, where the turn of the flow is more prominent, like the turning of the tide. This is how Nature works, whether it is planetary movements, atomic movements, or any other flow of energy in the universe. Modern science and the ancient sciences of India, Egypt, China, Phoenicia, Greece etc. all agree on this concept of polarity in Nature. It is like our breath, which goes in and out in a rhythmic cycle. The flow of energy in our body, in the earth, in any being, creates a field.

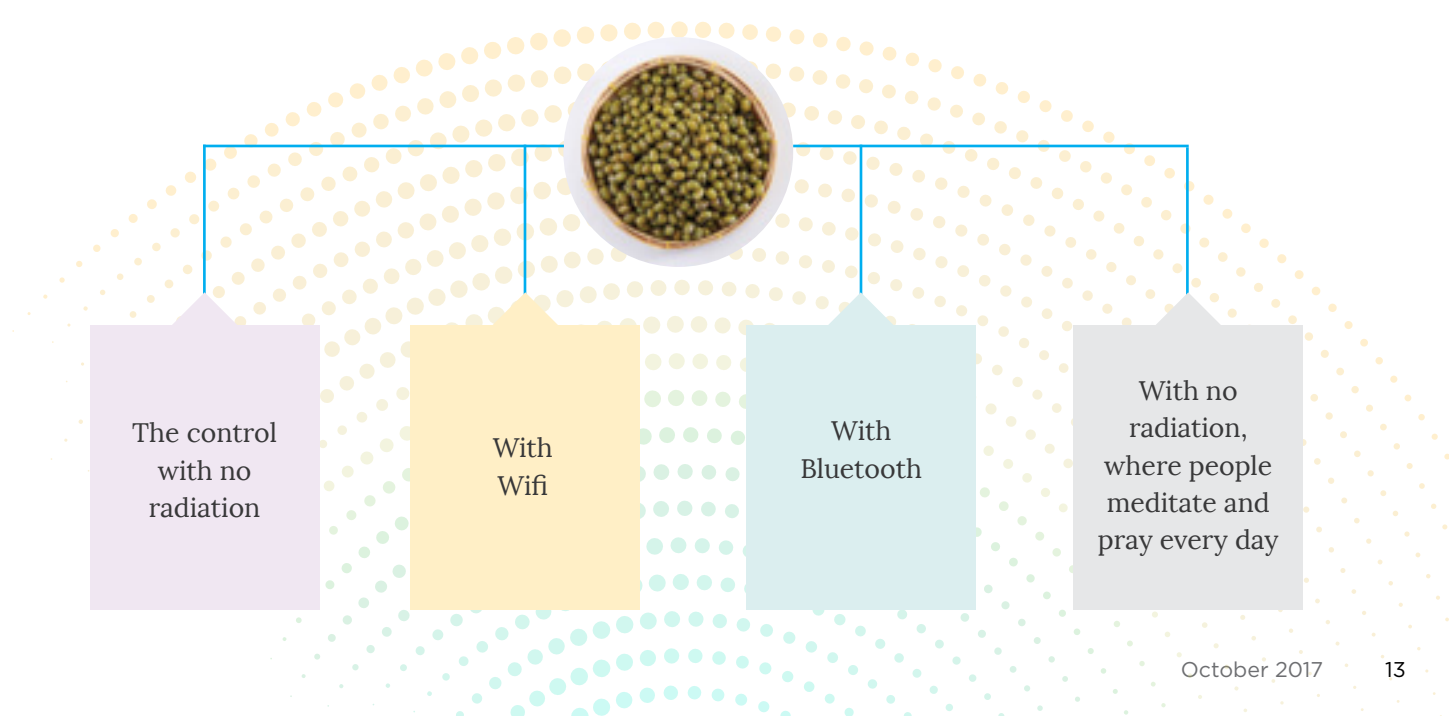
What happens when we add manmade EMFs into our environment? They interact with our natural EMFs. The stronger the wireless technologies we add to our city environments, the more they will interact with our own energy fields. Some people are very sensitive to the effects, getting headaches, rashes, nausea and nervous complaints. The science is still out on whether EMFs cause these symptoms, the evidence inconclusive, but while scientists do their research on the physical body they are unlikely to measure the real effects, which are happening at the level of the subtle body, the energy field. Eventually this can filter down to have a physical effect. Most diseases start in the subtle body as an imbalance or disturbance. That is why Chinese Medicine works on the meridians, and Ayurveda on the *nadis* and chakras. Just because we don't see or feel anything, or cannot measure something, does it mean that nothing is happening at more subtle levels?

There is also an important ethical issue that must be addressed. We have created a situation of no choice: those who live in cities and towns have EM pollution imposed upon them, whether they want it or not. Whenever I open the Wifi settings on my iPhone in downtown Paris, New York, Tokyo, Singapore or Delhi, a whole list of networks pop up. I am surrounded, even when I personally choose not to turn my Wifi on!

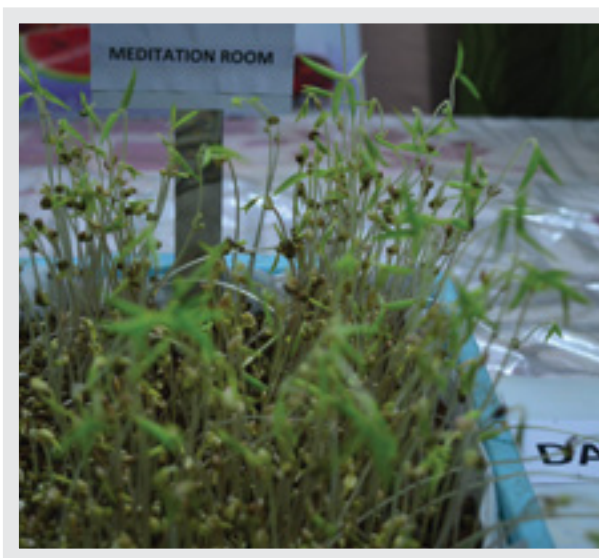
A few years back, a group of five girls from year 9 in a school in North Jutland, Denmark, did an experiment, because they were having difficulty concentrating. "We all think we have experienced difficulty concentrating in school, and if we had slept with the phone next to our head we sometimes also experienced having difficulty sleeping," explained one of the five researchers.

They took 400 watercress seeds and placed them in 12 trays. 6 trays were put in a room without radiation, and 6 in the next room with two Wifi routers. All the seeds were watered regularly and given the same conditions of light. After 12 days the results were clear: the cress seeds next to the router did not grow as well, and some of them mutated or died. The girls were shocked by the findings.

The experiment quickly drew international attention and research scientists went on to replicate it with double blind controls and also using the seeds of other plants such as mung beans. They added other experimental variables. Here is an example using mung bean seeds in seed trays in 4 different environments:







MEDITATION ROOM



RADIATION ROOM

Try it for yourself and see what happens. You can also devise other experiments to observe the effects of EMFs. We hope you will share your results at [contributions@heartfulnessmagazine.com](mailto:contributions@heartfulnessmagazine.com) so that we all learn more about the effects of electrosmog.

One of the Danish students who did the original experiment with cress seeds said afterwards, “None of us sleep with the mobile next to the bed anymore. Either the phone is put far away, or it is put in another room. And the computer is always off.”

We have a choice: to opt for health and wellness, or ease and convenience. If you think it is worth being careful and taking preventative measures, here are a few simple things that can make a difference:

Turn off the Wifi when you are not using it, including at night

Don't use a mobile phone in the car except when necessary, and especially don't charge your phone in the car

Keep your mobile phone in a bag, not in a pocket next to your body

Only switch Bluetooth on when you really need to use it, otherwise turn it off

Keep your phone away from your bed when you sleep

Avoid giving small children phones to play with like toys

Can you add any more lifestyle habits to this list? ●



This world is like a mountain.

Your echo depends on you.

If you scream good things,  
the world will give it back.

If you scream bad things,  
the world will give it back.

Even if someone says badly about you,  
speak well about him.

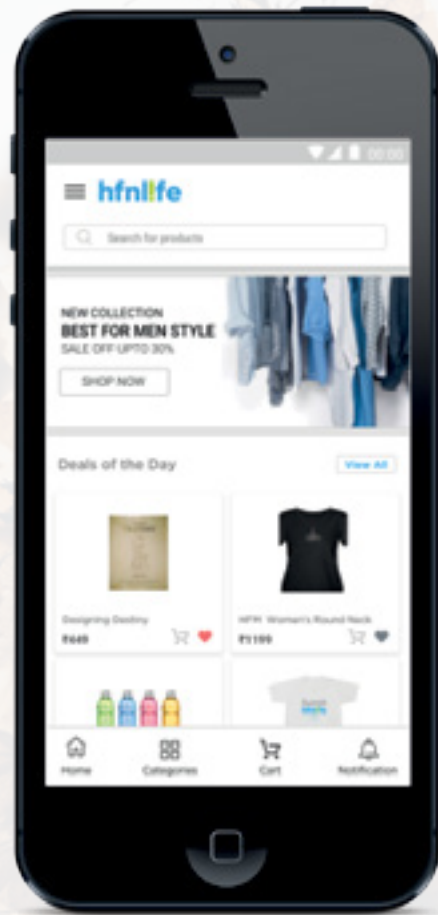
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# Expectation *versus* Hope

VEENA MISHRA

If we do not expect anything, then we will never despair. When we expect, 'I' dominates; when we hope, something higher than us dominates. A discontented mind stokes expectations, whereas the heart kindles hope.

Expectation foils freedom; it leads us to accept only those outcomes that favor the wishes driving the expectation.

But hope unlocks possibilities and enables us to accept anything that may come, keeping us flexible and spontaneous, and empowering us to hope infinitely.

If expectations are the seeds of desires, hope is the soil where faith blossoms.

The gates to disappointment are unlocked by expectations, whereas hope inspires us to one day knock confidently on the door of God.

Expectation entangles us in complexities. When we expect, the mind projects its version of what should happen. Hope? It frees us from the coils of worry. The more we hope the more the heart guides us, so that we achieve what we need to do.

To cover up a lie more lies need to be told. Similarly, to fulfil an expectation we end up expecting exponentially to satisfy the first expectation! Hope, on the other hand, creates a condition of prayer. In this state we patiently strive to overcome obstacles and plant the flag of victory at the summit of self-mastery.

And yet expectations do serve an important purpose. What is that purpose? When we have high expectations of ourselves, the resulting discontent helps us grow faster.

We can hope with a fervent heart for the Divine within us to support and bless us and embrace us in its loving arms.

While expectations trap us in an infinite mess, hope helps us stride with courage towards infinity, so that one day we will become Infinite.



# The heartfelt PRESENTER

## Influence minds and win hearts

### PRESENCE

In the last 4 articles, **RAVI VENKATESAN** has talked about the reasons public speakers fail, the 27 Cs of good communication, body language and voice modulation, and the 'power of pause'. In part 5 he shifts from the science to the art of Heartful presenting, with a focus on 'Presence'.

We are evaluated and judged, even as we walk onto a stage. This happens subconsciously, before we have uttered a single word. There are simple external factors like the clothes we wear, and more subliminal factors like our thoughts and feelings as we walk in, which combine to establish our Presence.

To understand the importance of Presence and how to purposefully establish it, try the following simple exercises:



With a group of friends or co-workers, have one person walk in as if they are about to present on a topic. Before they say anything, ask the group to comment on the person by saying, "I felt that she brought a \_\_\_\_\_ presence to the room," and filling in the blank. You will be surprised at the types of comments you receive. This will bring to light how subconscious evaluation happens.

Ask the same person to now think about what presence they would like to bring, for example, confident, casual, somber, authoritative, serious, joyful, etc. Have them walk in again, without sharing with the group what presence they wanted to bring. Now ask the group to comment again as before. This exercise will bring to light how much the presence of a person can shift simply based on intent.



There are 5 Cs that need to be mastered to establish presence in public speaking:

#### CREDIBLE

It is very important to establish upfront who you are, why are you qualified to speak about your topic, and why your audience should listen to you. For example, if you are speaking about the importance of balancing exercise, nutrition and meditation for overall wellness, it would help to start with a statement like, "I have been an avid Yoga practitioner and meditation instructor for over 20 years. I have also been a nutrition consultant for the last 2 years. I am passionate about helping people create balance in their lives through better nutrition, exercise and meditation."

#### CONFIDENT

Confidence arising out of preparation and self-belief is essential to elicit attention. The best way to develop confidence is to speak to a large group in the same way you would have a conversation. Simply make eye contact with one person at a time, and say whatever you have to say, as if you are having a conversation. Self-belief comes from knowing that you are the expert in whatever message you are here to deliver, irrespective of whether or not you are the expert in a particular field.

#### CURRENT

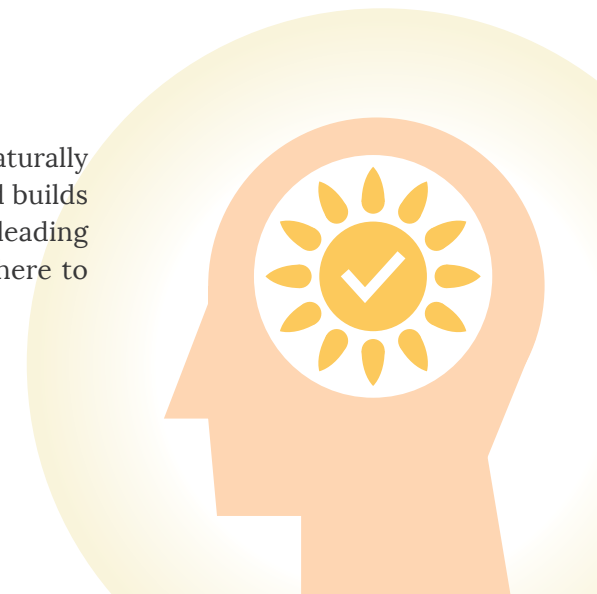
Use approaches that are in vogue with the times and the environment. For example, if you are doing a TED talk, don't stand behind a podium. Use visual aids appropriately to highlight key points. Ask questions so that you use an 'inquiry-based learning' style.

#### CHARISMATIC


Let your natural personality shine through. This is the simplest way to develop charisma. Most of us believe that charisma is something natural, and you either have it or you don't. The reality is that most charismatic people have worked on it. Charisma is there in all of us, but inhibitions and the fear of being judged block it. To overcome this, practice speaking and having conversations with a firm belief that you are not being judged. Deliberately go to the edge of what you are comfortable saying.

#### COURAGEOUS

Be spontaneous. Don't be afraid to go off script. Courage naturally attracts people. This is because it inspires confidence and builds interest. When you get on stage and speak, you are also leading your audience. They need to feel that you are not just there to read a script, but to share something from your heart •







# What is your team's VIBRATIONAL COMPATIBILITY?

VICTOR KANNAN shares some insights on effective teamwork.

Have you ever wondered how some teams work effectively and some don't? Why do some relationships flourish and others not? Why do some morph over time into better or worse?

In a simple word, we can answer this with 'compatibility'. The members of the team must be compatible.

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Alone we can do  
so little;  
together we can  
do so much.

—Helen Keller

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The dictionary says,

*Compatibility is a state in which two things are able to exist or occur together without problems or conflict.*

*Synonyms: like-mindedness, similarity, affinity, closeness, fellow feeling, harmony, rapport, empathy, sympathy*

Can we use these definitions to describe our teams and teamwork?

In their book *The Discipline of Teams*, Jon Katzenbach and Douglas Smith explain that not all groups are teams, and that “teams and good performance are inseparable.” We know teams that don't perform do not exist for long.

Boards, committees and councils are not necessarily teams. Groups do not become teams just because they are in one boardroom and have similar titles.

Friends are not always brothers and brothers not always friends. If friends become brotherly and brothers become friendly, there is a resonance. In this resonance life flourishes, hearts are inspired, wars are won and kingdoms conquered.

Teamwork needs such resonance. There are organically formed teams with natural leaders who remain unmindful of their position; these teams thrive while enjoying the process of collaboration. In this sort of environment, a team is effective, adding value to what it produces, and there is a collaborative flow among the members. Because of this type of flow, the outcomes are good consistently.

Good teams will develop direction, momentum and efficiency towards achieving their any goal. Teamwork, like work, brings joy and fulfillment when we love what we do, and learn how to do it better and better. Then we create a larger flow and we thrive in that environment. Productivity and prosperity abound. Our spirits flourish and joy expands.





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People may hear  
your words,  
but they feel your  
attitude.

—John C Maxwell

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In order for a group to function as a team, its formation is critical. Formation includes persons, values and mutual understanding. This produces a level of maturity, ease and synergy. Those teams that form naturally and those that are engineered can both be high-performance teams if we know and respect the elements of a good team.

While most of this seems commonsensical, we often lament the lack of teamwork in most groups. Why? We need to study how good teams are formed, as individuals, managers and organizational leaders.

Katzenbach and Smith write, “Teamwork represents a set of values that encourage listening and responding constructively to views expressed by others, giving others the benefit of the doubt, providing support, and recognizing the interests and achievements of others. Such values help teams to perform, and they also promote individual performance as well as the performance of an entire organization.”

Teams produce collective work and products. In teams, authority and accountability are shared. A team is not an environment of control, power, concentration and inequality. It does not include haves and have-nots. Individuals in teams possess complementary skills, and teams need this diversity. It is vital for their performance.

A good team flourishes when its members enjoy creative freedom, imbibe discipline of collaboration and coordination, learn constantly and improve their skills continuously as they complement each other towards a united mission or purpose.

And a good team will fizzle out if this complementarity is devoid of freedom, skills development and continuous improvement.

There are plenty of causes for which to work. There are plenty of teams that are needed to embrace those causes. So, if we are not able to be part of such a team, it is more productive to sleep under a neem tree and enjoy life ●

## { Q & A }

IN CONVERSATION WITH  
CATE BURTON

# QUEEN B

CATE BURTON loves everything to do with bees. She is a candle maker with a passion for sustainability and ethical business. She walks her talk and has created a small business based on crafted handmade products of quality, elegance and natural simplicity.



**Q** You started your career in the corporate world. What led you towards bees?

**CB** I had panic attacks and my GP told me that I needed to get a life and some hobbies. So I took up oil painting, carpentry, pottery, painting ceramics, and rolling beeswax candles. I would often get home from work at 8 or 9 at night and roll a lot of candles to calm my mind in the evenings.



I started giving them to friends, and then had a stall at the local markets. One day I was driving across the Sydney Harbor Bridge and the Opera House was lit up with pink lights for breast cancer awareness. I suddenly thought, “Why are we not having a conversation about mental illness?”

It was 2002, and mental health issues were still swept under the carpet, but thankfully my parents didn’t do that. Mum and dad told everyone, “Cate’s having panic attacks.” And people came out of the woodwork, sharing their own experiences of panic attacks or depression. None of them had ever spoken about it.

At the time, I was working in PR and corporate strategy, reading three newspapers a day. I had an idea called ‘Light Up a Life’: school kids would roll beeswax candles, while mental health professionals would talk to them about depression and stress. The candles would raise money for mental health. I made packaging and a beautiful logo, but the organization said no to the proposal – something I hadn’t entertained. All of a sudden I was left with a logo and business cards and a letterhead, so I decided to sell beeswax candles. It was a back door way to start a business.

Normally you build a business and then give your wealth away when you have some. In fact Queen B has never been about that. I still like to make money, but there are other more important priorities.

**Q** What are those priorities?

**CB** One of the most important is supporting bees, as there is a global problem. Beekeeping is a hard profession. Beekeepers lift 30 to 40 kilos each time they lift

a box of honey. They are quite nomadic because they drive the bees around to find a source of nectar. They are fulltime carers: there may be 700 hives of girls to be fed. They take them to warmer climates in winter, up to Queensland or Central Australia, so that they are calm and relaxed.

This business is also part of creating the world I want to live in. I want to live in a world where we have products that are crafted. I feel that we have dumbed down society in our developed countries, because crafts have become too expensive. We don’t want to pay wages for cobblers or beeswax candle makers or tailors and seamstresses making handmade clothes, so we are losing those skills. I am passionate about reviving these handcrafts.

Humans have been making beeswax candles for seven centuries, and when I started reading all the books available on the subject I discovered that much of the craft has not been written down and the books were not always accurate. For example, the temperature at which the books tell you to pour wax is way too high – it would burn the wax.

In the olden days, a child would have been apprenticed at 15 to a chandler, a master candle maker, and learnt their skills over a career of forty years. I have been making candles now for fifteen years and I am still learning new things every day. Working with beeswax is an art. Paraffin or soy candles are chemically made – the same product every single time – but beeswax from ironbark is very different to beeswax from wattle or yellowbox or stringybark. There are no two days the same in our business.

I have to teach my workers to observe and understand the wax, to look at a candle and know when it is ready to come out of its mold. You won’t find a timer in our production space.



**Q** So tell us more about how beeswax, paraffin, soy and palm wax candles are different – the four main types of candles on the market. Also all your candles are unscented. Why?

**CB** Going back centuries, beeswax candles were affordable to royalty and the aristocracy, so common people had no light after dark. When oil exploration started in the 1850s, during the refinement process a waxy layer called paraffin was produced after separating the products from the crude oil. On one hand paraffin was amazing because it democratized light. All of a sudden candlelight was affordable for everyone. On the other hand it means burning a petrochemical. There are seven known carcinogens emitted from

a burning paraffin candle and the toxic fumes are said to be akin to reversing your car into your living room.

There are also palm wax and soy wax candles. Palm wax is out of favor in Australia, because of the environmental issue of plantations destroying natural rainforest. Something like 55 million hectares of the Amazon rainforest have been clear-felled to make way for soy plantations.

There are many issues with soy. 96% of soy crops grown worldwide are GM Roundup ready, and a lot of people think that these GM crops





are contributing significantly to the bee crisis, as they have been shown to disrupt the navigation systems of bees.

Another issue is that the raw product is liquid soybean oil, which has a strong aroma and is bright yellow. It has to be chemically bleached to remove the aroma and the color. After this, the oil is hydrogenated with nickel, a heavy metal, so it becomes a solid wax. Even after all this, the soy wax still has some aroma, so fragrance is added to mask the smell. Soy candles have a low melting point, which is why you will never see a pillar candle made of soy wax. It is poured into a vessel so that it doesn't drip everywhere.

And then there is beeswax, produced from the wax glands of bees. In a hive of 50,000 bees, there is one queen, 49,900 female worker bees, and 100 male drones. After a female worker bee is born, she immediately becomes a housekeeper, cleaning the hive. At other stages of her life she is a nurse bee feeding the larvae, a foraging bee collecting nectar and pollen, a scout bee looking for sources of

nectar and pollen, an attendant to the queen, and for three days of her life she makes wax. She has 6 wax glands on her abdomen, and they exude a white liquid that hardens as soon as it hits the air.

Beeswax is white. Any other color comes from impurities like pollen and propolis. We clean the wax and try to have a very light wax at Queen B, as the impurities affect how well a candle burn. For example, if the wax is yellow because it contains a lot of pollen, it will smoke and burn 30% faster than a pure wax candle. If the wax has propolis in it, it will be a mustard color. Propolis is a resin, which doesn't burn. It may be good for a sore throat but you don't want it in candle wax.

There was a parliamentary enquiry into the beekeeping industry in Australia a few years ago, and it was estimated that feral bees do roughly two billion dollars worth of free pollination every year. All the colored fruits and vegetables that we eat are pollinated by bees. We need bees. By creating demand for a product, we make that product more attractive and more viable.

**Q Tell us about how you make candles – the processes, the equipment you use and how they are designed.**

**CB** We use three different processes. We hand roll, we hand pour, which we do for tea lights, tapers and pillar candles, and we hand dip, which we do for taper lights and twisted candles. They all produce different effects, different finishes, different flexibilities.

Nature makes beeswax beautifully and perfectly. We don't add fragrances because they make it toxic to burn; that research already exists. Natural dyes may or may not be toxic, but the research has not been done yet, so I err on the side of caution. So in

order to compete in a marketplace full of fragrant and colored candles, our candles are distinguished by their design and their purity.

The bees have actually done a lot of the hard work for us by creating a wax that gives a beautiful big flame relative to the width of the candle. This is because the wax has such a high melting point, and we are able to use big wicks. Beeswax also has a lovely light honey aroma when it's burning, so we don't need other fragrances. Nature has given us those natural beauties, and we have to come up with designs that inspire.

**Q You say it gives off a lovely light honey aroma, is there anything toxic in the wax being burned?**

**CB** No.

**Q Does beeswax do anything positive to the air when it's burning?**

**CB** It is said to emit negative ions and be a natural ionizer when burning. When you burn larger pillar candles, you actually see dirt from the atmosphere accumulating in the pool of melted wax around the wick. Moving water is a natural ionizer as is being in a rainforest. You can feel how clean the air is. Most of us can't have a rainforest in our living room or a waterfall, but we can have a beeswax candle. If it is winter and people around you in the room have the 'flu or a cold, you can light beeswax candles to purify the air.

**Q Can you tell us about your designs?**

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When I started thinking deeply about the values I wanted for Queen B, I chose to have designs for the candles that evoked softness, gentleness, a heartfelt mindful way of being, radiating the essence of 'fly with my own wings'.

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**CB** We started with hand rolled, and then we collaborated with Dinosaur Designs a few years back and they really made me think about design and aesthetics. Humans are often very visual beings, consuming things with our eyes first.

I try to create designs that are contemporary, but not literal. A few years back, when I started thinking deeply about the values I wanted for Queen B, I chose to have designs for the candles that evoked softness, gentleness, a heartfelt mindful way of being, radiating the essence of 'fly with my own wings'. Even though we have a product that may be unrivalled anywhere in the world, I didn't want the designs to evoke success in an egotistical sense.

Sometimes designs arise from mistakes, like the 15 cm Gothic columns we produce. The first one was a by-product of an experiment to try to patch up holes in an imperfect candle that had



been taken out of its mold too early. I tried to plug the holes by spraying wax on the sides, and what happened? I got drips down the side. So I started having fun, pouring layer upon layer of wax down the sides of the candle. It gave an amazing Gothic-looking column candle with drips cascading down the side that don't actually drip. I love the way the universe reminds me, "Don't get too clever, Cate. Just remember there is a greater universal power or source at play here," and there is some magic in that.

Then there are the Tosca candles that were originally made for Opera Australia, because the set in the opera Tosca is an exact replica of a church in Italy. We were the only ones who would make customized candles to replicate the original specifications. They also wanted very large flames so the audience could see them from far away, so we made the wicks large enough for that. Every design has a story, for example The Burning Love candle is based on a famous South American sculpture. I was in Buenos Aires for a beekeeping conference and came across it.

We also have a new range called Black Label, where the packaging is also very beautiful. They are great gifts, especially for corporates. Some companies send two bottles of wine to their clients at Christmas, but what does that say about their brand values? Giving gifts is also about standing for something, and being memorable. We do hampers for a local real estate agent: every time they sell a house, they give their vendor a 'Sweetness and Light' hamper with Australian honey and our beeswax candles.

Employers now recognize the need to give their employees gifts that acknowledge them as complete human beings. Sure they need to work hard, but they also need to rest and play. Candles are perfect. We have worked with Cartier, Dior, Bollinger and Dom Perignon, because our small business in the backblocks of a northern suburb of Sydney is making candles that can't be found anywhere else. And that is in the details – in how we clean our wax for 72 hours, and test hundreds of different wicks to find the perfect wick.

**Q** So you do a lot of research?

**CB** Yes, all the time. I used to be a lawyer! I like research, I like data and I like testing. I am a perfectionist.

**Q** Are you still working with the Danish designer, Joost Bakker, whose work is all about sustainability?

**CB** Yes we collaborate with Joost. What's important to me is that we still have a planet that's worth living on in the next five years. For example, every single morning, I watch hundreds of people walk in to my local coffee shop and order takeaway coffee in disposable cups. It's not okay any more: you either bring your own cup or you sit in.

I used to do the same until Joost said to me, "You do realize that's not biodegradable, because the plastic coating on the cardboard can't be separated from the paper."

"I'm in a hurry," I replied. "I'm here at 6 a.m. and I have to get to work."

He said, "If you can't sit for five minutes to have a coffee, there's something seriously wrong with your life."

I've never bought a takeaway coffee since.

And what about soft plastics? I used to throw them in the bin like everyone else. Now the large supermarkets are collecting them and they are being made into council furniture. Baby steps. All our packaging at Queen B is cardboard. I had a choice recently between lining boxes with foam or cardboard inserts. The foam would have been easier and protected the candles well, but foam is not biodegradable so we chose cardboard.



The fact that Queen B epitomizes my values gets me up every morning. I don't want to compromise on that.

Queen B is also kosher-certified. I sat down with a rabbi over lunch and asked, "Can you help me understand your Jewish holidays, and the role of candles and light in your ceremonies?" They use a lot of candles, and I loved learning about their traditions. I loved the fact that anyone can go to Heaven – you don't need to be Jewish to go to Heaven. I don't like dogma and doctrine, but I do like spirituality. I like believing in something, and getting together to celebrate life.

A lot of candlelight is about ritual and tradition. It's about centering, stripping away the peripheral, unimportant details of life, and having close illumination of what's important ●

[www.queenb.com.au](http://www.queenb.com.au)

Queen B is offering a 10% discount for all Heartfulness Magazine subscribers until 31 December 2017.

INTERVIEWED BY ELIZABETH DENLEY





The purpose of life is this:  
we must excel in everything that we do.

KAMLESH PATEL

# unlock



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The single biggest problem in communication is  
the illusion that it has taken place.

GEORGE BERNARD SHAW





# A LIFE OF. Service



PHOTOGRAPHY BY: PAUL PRESCOTT / SHUTTERSTOCK.COM

## { Q & A }

### IN CONVERSATION WITH MADHUSUDHAN REDDY

At a young age, MADHU has already made a difference in his native Telangana, India. He is a modern-day karma yogi, dedicated to the service of others.

**Q Madhu, tell us about why you have chosen a career in social service.**

I have always been passionate about social service and involved in service activities since my student days. I am also a founding member of a couple of service organizations – the Hrudayaspanandana Foundation and Pariniti Unite for Rural Development (PURE).

The aim of the Hrudayaspanandana Foundation is to help poor people receive quality medical services to treat severe life threatening diseases, with special focus on heart problems. PURE provides holistic services to village dwellers, from improving their farming practices to quality education and hygienic lifestyle.

During my student days I convinced many people about the importance of organ donations, and out of those 15,000 went on to pledge eye donations. I also organized several blood donor camps and primary medical camps in urban and rural areas, in collaboration with the NTR trust and the Red Cross. In addition to this, I participated in social responsibility campaigns and found lifetime donors for over fifty orphaned children.



**Q How did you get into this work?**

From childhood I have been fascinated with helping the needy. This brought me into service activities from a young age. During my school days, I would spend my savings to pay for the needs of very poor children. Later, I started participating in service activities in collaboration with NGOs.

Now I have started a couple of NGOs with the help of many friends and well-wishers. Through the Hrudayaspanandana Foundation, we have organized successful heart surgeries and vascular intervention treatments, and through PURE, we have adopted three villages in Telangana and are putting all our efforts into improving the standards of education and lifestyle of the children and women. We plan to extend our participation into women's health and agriculture extension activities.



**Q** Tell us more about the village you have adopted.

PURE has adopted the village of Chegur, in Rangareddy District. Our first initiative is to upgrade the government schools so that they are on par with any corporate school.

The first school has been decorated and reorganized in line with the beautiful village of Shilparamam (a famous arts and crafts village created in Hyderabad), and the teachers, staff and students are very excited about their new environment. We distribute two school uniforms, geometry boxes, school bags, notebooks and shoes to all 650 students of the school.

God created us equal, but situations might have intervened to make us less fortunate or more fortunate. I feel that it is very important for us to demonstrate our true brotherhood and share what is with us.



PURE has also provided those facilities that are found in corporate schools, including clean drinking water, clean toilets, a good kitchen, smart boards for every classroom, modern computer labs and science labs, with the latest furniture for staff and students. The school grounds have been planted with many plants to make the environment greener and contribute to a healthier, happier learning environment. With a firm will to offer a high-quality education, digital classes have been organized. To expand the vision of the students, guest lectures are being organized by experts from various fields.

Some incidents from my childhood provoked me to be more caring for those who are less fortunate than me. God created us equal, but situations might have intervened to make us less fortunate or more fortunate. I feel that it is very important for us to demonstrate our true brotherhood and share what is with us. This is the only thing that gave me true joy during my childhood.

**Q** If you were to give three tips to people on how to develop love and compassion for others humans, what would they be?

We plan to employ teachers to encourage and prepare the students for higher education in the near future. The second phase of development will begin once all the schools are upgraded.

**Q** What has helped you personally to develop a caring, sharing attitude towards others who are less fortunate than you?

I believe that compassion is in the character of every human being. We just need to get rid off greediness. When we realize that we are from one creator, we understand that there is a divine relationship among us. Then we experience true joy in serving other human beings. In the words of Mahatma Gandhi, “The best way to find yourself is to lose yourself in the service of others.” ●

INTERVIEWED BY ELIZABETH DENLEY



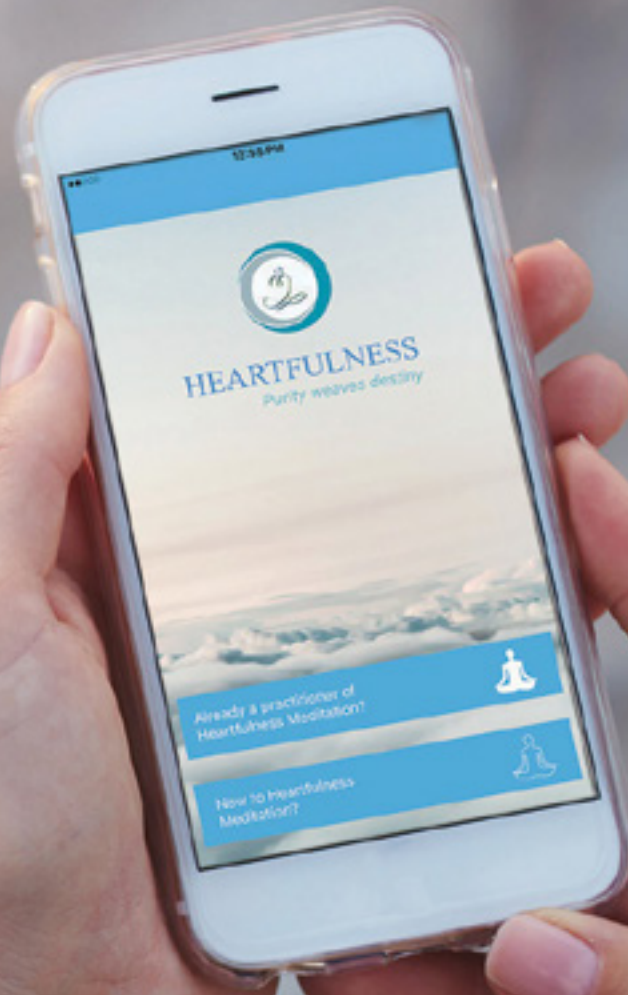


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True silence is the rest of the mind; and  
is to the spirit what sleep is to the body,  
nourishment and refreshment.

WILLIAM PENN



# THE MARCH TO Freedom

## PART 4

KAMLESH PATEL continues his narration of the ultimate journey to freedom. In this issue he takes us even further, beyond experience, beyond consciousness, even beyond the Super-Mind of God, to the Center of all things.

• Evolution of Consciousness Series •

et's revisit the journey so far. Our wayfarer has traveled through six regions: the heart region (*Pind Pradesh*), the cosmic region (*Brahmanda Mandal*), the supra-cosmic region (*Para-Brahmanda Mandal*), the region of surrender (*Prapanna*), the region of transition between surrendering to God and nearness to God (*Prapanna-Prabhu*), and the region of nearness to God, or *Prabhu*. He has traveled from chakra 1 up to chakra 12. By this stage, he has already experienced the Super-Mind of God and reached the point where the soul enters and leaves the body, so what more could there be? The journey doesn't end here, however, as it is infinite and the path dynamic. There is no limit to the extent of evolution and there is nothing static in Nature. We either evolve or devolve.

Up till now, there has always been a polarity at each chakra. This polarity finds its expression in the dualities of positive versus negative and higher versus lower. In the heart region, the realm of feelings and emotions, our wayfarer identified this play of polarity with various spectra of emotions, such as desire – contentment, restlessness – peace, anger – love, fear – courage, and confusion – clarity.

In the mind region, while crossing the rings of ego between chakras 6 and 12, this play of polarity was experienced between 'I' and the Lord – individual identity and universal identity. It started with the vast power and capacity of the cosmic region, and became subtler and subtler as he journeyed onwards. Eventually it transmuted into the state of potentiality in the realm of the Super-Mind of God at chakra 12. In between was the process of refinement – the alchemical transformation from matter to energy to Absolute.

Now, after all this, our wayfarer reaches the central region, where the play of polarity ceases. All that happens here in the central region is beyond description. Words fail, so please be extra sympathetic with me while reading this. I have no intention of keeping anything hidden, but only personal experience can reveal all that happens in this region.

The pre-requisites for entering this region are insignificance and humility, so that the 'being' of individual existence is able to dissolve into the 'non-beingness' of God. The individual human mind transcends into the 'no-mindedness' of God. By cultivating this state of no-mindedness, he becomes God-like and enters the central region, the undifferentiated state. In this state he is lost to himself. Only then can he feel the omnipresence of God. The feeling enjoyed by the wayfarer, that God is everywhere, while in the upper region of chakra 1 of the heart is far heavier, and cannot be compared with the feeling of His omnipresence at this stage.



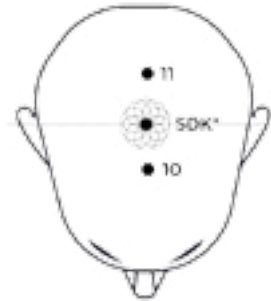
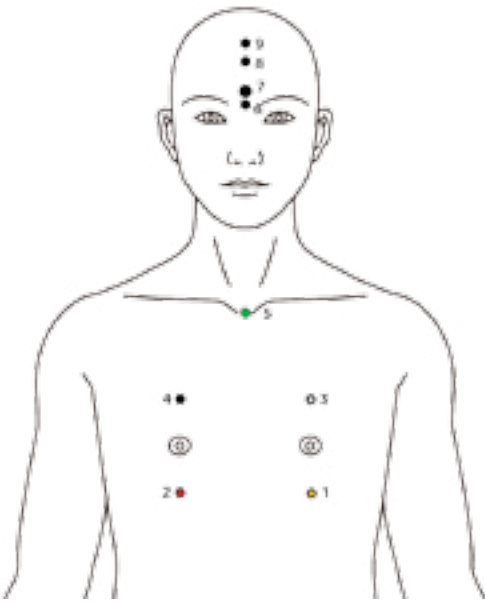
Our wayfarer experiences the divine qualities of omnipresence, omniscience and omnipotence as a result of his humility. Like God, though he is everywhere he does not make his presence noticed; though he knows everything, he doesn't declare his knowledge; though he is omnipotent, he doesn't interfere with anyone's freedom.

Our wayfarer experiences the divine qualities of omnipresence, omniscience and omnipotence as a result of his humility. Like God, though he is everywhere he does not make his presence noticed; though he knows everything, he doesn't declare his knowledge; though he is omnipotent, he doesn't interfere with anyone's freedom.

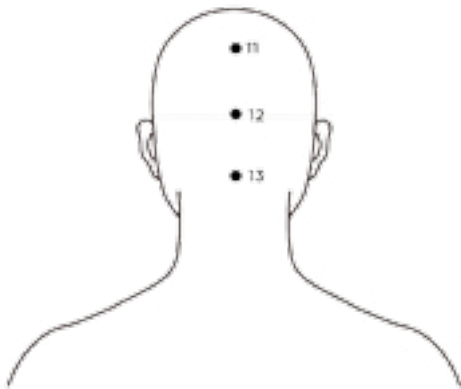
This condition at chakra 13 is like that of a newborn child – absolute innocence. And just as a mother must look after her newborn child, it is the duty of the Divine to look after the wayfarer. Now he can say that he has finally arrived home.

My first Guru, Ram Chandra of Shahjahanpur, wrote about this region in 1944: “Here is the end of all our activities and we have now entered the Godly region in pure form. Our goal is achieved and we are admitted into it. The Self is realized. We are above actual consciousness, which abides in the region of heart, and its potentiality, which is rooted in the mind region. We are now free from the endless circle of rebirth.”<sup>1</sup>

<sup>1</sup>Ram Chandra of Shahjahanpur, 2015. *Efficacy of Raja Yoga in the Light of Sahaj Marg*. Shri Ram Chandra Mission, India.



TOP OF THE HEAD  
\*SDK\* : Sahasra dal kamal



BACK OF THE HEAD

LOCATION OF THE CHAKRAS  
FROM THE HEART TO  
THE CENTRAL REGION

Having traveled this journey and gained so much knowledge and enlightenment along the way, the wayfarer is now dumbstruck by the higher ignorance of the Absolute state. There is only harmony within and everywhere in the Universe. He finds superconsciousness of the finest type in this region.

He is in a state of wonder and awe as he witnesses the splendor that emerges on entering chakra 13. Has the journey come to an end? No! The Guru continues to support him and carry him forward like a kangaroo carries a joey in her pouch. As a result, there is a lack of feeling of journey.

Do we feel like we are travelling at great speed around the Sun while living on the surface of our Mothership Earth? The Earth does a complete revolution around the Sun during the course of a year, spinning at a speed of 18.5 miles or 30 kilometers per second on its axis, but does it feel like we are moving? The Guru's support of the wayfarer is like that. Just as we observe the shifts from day to night and witness the seasons coming and going, our wayfarer witnesses inner changes. His descriptions of these shifts are usually very vague, however, because they are so subtle: “It is simpler than before,” “There is more purity than before,” or “It is what it is.”

In this tremendous innocence, he remains unaware of himself and his Guru. The feelings of knowing or loving, of being known or loved, all vanish here. He is now at the Source of enlightenment, from where all knowledge flows. He is now at the Source of love, from where all love flows. He no longer needs to know, and he no longer needs to love, as he is love. In this state, there is the innocence of knowledgelessness. This is the state of higher ignorance, of Nothingness or Zero.

In Heartfulness, Yogic Transmission generally flows from the heart of the trainer to the heart of the seeker. In rare cases, the trainer witnesses the

Transmission flowing from the higher chakras. When Transmission flows from chakra 13, the Center, the result of any positive suggestion by the trainer is unfailing. Here the will is no longer acting, as where there is ignorance, innocence, knowledgelessness and egolessness, how can there be will? It is not possible. Instead, the work of Nature happens automatically, through the heart and mind of the wayfarer. When he remains absorbed and in tune with the Lord, Nature's commands come naturally and are also fulfilled in the most natural way, like effortless breathing.

And if he needs to offer prayer, it is incumbent upon him to descend from the central region to a most supplicant state, like the one that prevails at chakra 9.

Our wayfarer cannot rush matters and say, “I want to have the experience of chakra 13 or chakra 8,” as this is not something that can be ordered from a menu. But once the journey has been made, it is easier to go back and forth along the path at will.

I would like to share some very profound and motivating lines of Ram Chandra of Shahjahanpur about this region, with respect to consciousness. He writes, “Consciousness is not our goal. It is only a toy for children to play with. We have to reach a point where consciousness assumes its true form ... We have to make a search for the Mother Tincture from which medicines are actually prepared. We are searching for the potentiality which creates consciousness, and if that too is gone, then we find ourselves on the verge of true Reality – pure and simple.”

It is here in the central region that we go beyond potentiality to true Reality. We have reached the realm of the Absolute, the state that



It is here in the central region that we go beyond potentiality to true Reality. We have reached the realm of the Absolute, the state that existed before the creation of the universe, and we finally understand what human life is really all about.

A - HEART REGION

B - BRAHMAND MANDAL

C - PARA-BRAHMAND MANDAL

D - PRAPANNA

E - PRAPANNA - PRABHU

F - PRABHU

G - CENTRAL REGION

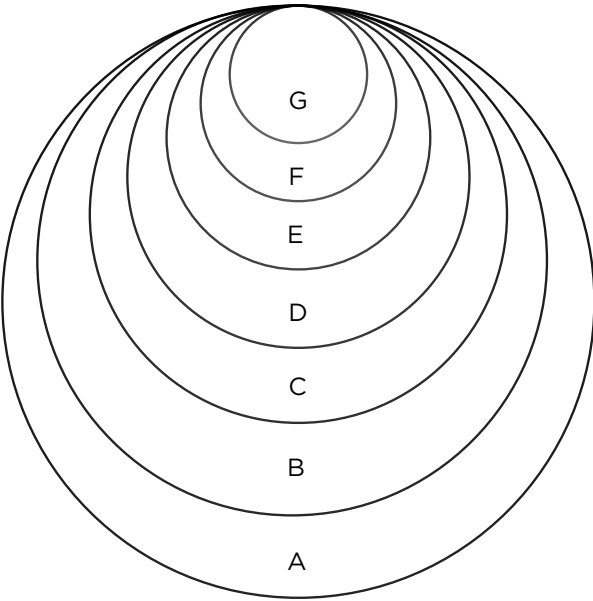
existed before the creation of the universe, and we finally understand what human life is really all about.

I have a wish, dear readers, that all of you will find this journey enticing enough to experience it. How? By following the path of meditation that assures systematic spiritual expansion. This can be felt on an everyday basis, nay, on a moment-to-moment basis, by those who are eager enough to undertake this simple approach of meditation.

The Guru, in his benevolence and mercy, gives us glimpses of the central region long before we truly reach there. We are at times given the experience of the condition prevailing at the various rings of splendor within the central region, but this is a virtual experience rather than the real thing.

While journeying through the chakras to the Centre, there is another vital thing: we begin and end our journey in the heart. Everything is encompassed in the heart.

Within the central region itself there are seven circles, known as the rings of splendor. Swami Vivekananda communicated to Ram Chandra about them in the following way: "These are the divisions with certain curls in the central region. If you start from the first circle and reach the last one, that means you have gained the last point and you come to the landing ground of the Rishis and the liberated souls. What is that? You begin from the heart and end in the Heart, but reach the landing ground. Do you not cross all the regions in that way?"



And the regions that lie within these broad regions can also be of countless varieties. This description of the journey is only an outline, a map to be followed.

Now, please understand that everything I have just shared with you is valueless unless you experience it for yourself. Having a map that tells us how to get from New York to Washington DC is not the same as making the journey. Buying the map and making an itinerary is part of our preparation, so that we know in which direction to move, which plane to take, which train, and then we prepare accordingly. Then we decide what sort of clothes we will need, what food to buy, etc.

How do we prepare for the inner journey? By deciding what is needed in our lifestyle – what sort of qualities, attitudes and behaviors will help to reach the final destination. And then comes the question of where to find a Guide who has undergone the journey himself and knows the way? How to recognize such a being?

We can go on pilgrimages to holy places, but whenever a pilgrimage is made within, sincerely, then only is it the true journey. We must change from within. Have we changed to the extent that under all circumstances of misery or extreme ecstasy we remain centered and equanimous? That is the state of *sthit pragya*, so highly praised in the Bhagavad Gita. That is the true test.

So while we journey through the chakras and regions, the best benchmark of how far we have come is the degree to which we are able to joyfully accept all situations, where nothing and nobody can shake our inner balance.

As human beings we have this golden opportunity to experience the journey to the Center of all existence! We have been blessed with the possibility of expanding our consciousness to encompass the universe and beyond, as we march towards Infinity ●

## ABOUT KAMLESH PATEL

*Kamlesh Patel is the world teacher of Heartfulness, and the fourth spiritual Guide in the Sahaj Marg system of Raja Yoga. He oversees Heartfulness centers and ashrams in over 130 countries, and guides the thousands of certified Heartfulness trainers who are permitted to impart Yogic Transmission under his care.*

*Known to many as Daaji, he is also an innovator and researcher, equally at home in the inner world of spirituality and the outer world of science, blending the two into transcendental research on the evolution of consciousness. He is expanding our understanding of the purpose of human existence to a new level, so necessary at this pivotal time in human history.*







## Living inner truth in every moment: THE QUAKER INSPIRATION

ROSALIND PEARMAN shares her appreciation of the Quakers, their principles and their way of living.

The big test in following any spiritual way is to really know what is our inner truth or guidance. Second, how do we bring that awareness into everyday existence, so that we walk the talk, we embody our inner knowing in every moment?

There is one group in the world – sometimes described as “the longest lasting leaderless group” – whose high reputation for integrity is founded in centering their whole lives on inner discernment. The Religious Society of Friends, otherwise known as the Quakers, has been going since the seventeenth century. I have come to appreciate that it is through a courageous adherence to inner discernment and practical expression that their impact in the world has been so transformative and powerful. It is carried through into every aspect of life, every day, in relation to the whole of humanity and creation.

If you have come across Oxfam, Amnesty International, Greenpeace, Cadbury chocolate, Rowntree’s sweets and Clarks shoes, these organizations were originally founded out of Quaker inner guidance and consideration for what was needed in organizing business. In the nineteenth century, drinking chocolate was seen to be a good alternative to alcohol!

The Quakers also have a permanent presence in the UN, in conflict resolution in wars, and in conflict zones, helping refugees. They started the Kindertransport during the 1930s, which saved many lives. They befriend the outcast of society, and so have been very involved with prisoners and with prison reform.

Here is the key principle for their approach, which you can find on their UK website:

*Quakers try to live according to the deepest truth we know, and we connect most deeply to this in the stillness of worship. This means speaking the truth at all times, including to people in positions of power. As we are guided by integrity, so we expect to see it in public life.*

*We believe that, as Quakers, we should put our whole lives under the guidance of the Spirit.*

The Quaker movement started during the ferment of change during the 17th century in England. George Fox was born to strictly religious parents in 1621, and underwent a profound spiritual crisis at the age of 19. He was appalled by the schism between religious beliefs and the actual behaviors of those who should be exemplars. He left his home and job and, in despair, sought for years for spiritual solace.

Eventually, inspired by his own visions and mystical leadings, he came to the understanding that everyone could have a direct, personal experience of God, which he called “the inner light”. He then started traveling all over the country spreading this message. Those who took it up were called ‘Friends of the Light’. They were persecuted a great deal and imprisoned, but by 1660 there were 50,000 followers. He traveled to Europe, the West Indies and America to spread the message, as did his wife, Margaret Fell. These early Friends or Quakers were all young people in their twenties and thirties.



Quakers turned against organized religion and churches. Fox argued that Jesus should not be sought in a stable but in people's hearts. They met in silence with the idea that in this silence they could wait for divine light or the presence of God in the gathered meeting. If someone felt inspired to share an inner discovery they were free to do so, and the 'quaking' could be a part of the feeling of this! Basically they felt that there was no need for priests, for special buildings, even for special days. Every day was the Lord's day. Everyone had God within them.

This core principle of faith, where each person waits for the inner light to guide them, is the central ground of Quaker belief and practice. Out of this central principle came a commitment to an unshakeable integrity of being in every area of life. For example, it was a principle to refuse to swear on the Bible in legal proceedings, because of the utter commitment to truth and honesty that was fundamental to being a Quaker.

Another core value has been simplicity:

*We try to live simply and to find space for the things that really matter: the people around us, the natural world, and our experience of stillness.*

Needless to say such a radical view did not go down well with the political and religious power structures of the times. Quakers were persecuted, imprisoned, and had their businesses destroyed.

For Quakers, truth is not fixed. It has to be discerned, felt and known as an inner experience. It continues to unfold and be revealed. It can express in living values in different ways, which are called testimonies. This means there is no fixed text for Quakers. There is a book called *Faith*

*and Practice*, which continues to evolve with new wisdom and discoveries. For this approach to be honored, to be lived, it requires another value, a commitment to listen for the truth in other's ideas and philosophies, to be humble, open and fundamentally tolerant of others and difference.

*The unity we seek depends on the willingness of us all to seek the truth in each other's utterances.*

Holding dearly the idea that God is in everyone, Quakers work in the world at all times to affirm equality in every sphere of life, to embrace peace, simplicity and justice. They are pacifists, and many are willing to go to prison if their beliefs go against the laws of the land – for example not supporting taxes to pay for weapons of destruction.

Quakers are perhaps best known for their peace testimony, which is based on believing that love is at the center of existence and that all human life is of equal worth. As pacifists, Quakers were conscientious objectors during the world wars but they also worked extensively for peace and for refugees. They are currently very much focused on sustainability.

Here are a few of the suggested guidances from the book, *Faith and Practice*. Many of the suggestions come in a form of enquiry inviting personal reflection.

*Seek to know an inner stillness, even amid the activities of daily life.*

*Take time to learn about other people's experiences of the light.*

*Spiritual learning continues throughout life and often in unexpected ways. Are you open to new life, from whatever source it may come?*

*Do you work gladly with other religious groups in the pursuit of common goals? While remaining faithful to Quaker insights, try to enter imaginatively into the life and witness of other communities of faith, creating together the bonds of friendship.*

*Live adventurously. When choices arise, do you take the way that offers the fullest opportunity for the use of your gifts in the service of God and the community? Let your life speak. When decisions have to be made, are you ready to join with others in seeking clearness, asking for God's guidance and offering counsel to one another?*

*Try to live simply. A simple lifestyle freely chosen is a source of strength. Do not be persuaded into buying what you do not need or cannot afford.*

*We do not own the world, and its riches are not ours to dispose of at will. Show a loving consideration for all creatures, and seek to maintain the beauty and variety of the world. Work to ensure that our increasing power over nature is used responsibly, with reverence for life. Rejoice in the splendour of God's continuing creation.*

Of course, having all these noble principles is not always easy. So Quakers aim to encourage and support each other in trying to live their inner truth faithfully. It is also not always easy to be the partner of a Quaker with their predilection for direct honest talk! I know very well from my many years of marriage to someone born into a Quaker family. More fundamentally though, I have always found Quakers to be sincerely open to listening and learning from others. I am deeply grateful and inspired by their presence in the world ●





# Being PRESENT



Photo Essay by JOSH BULRISS









For the last decade I have been photographing monks throughout Asia. Not only because it has a timeless element, but also because it brings me peace. Photography to me is a form of meditation. It brings me into that moment, and in that moment I am completely present. I think in life it is important for us to take time during our busy schedules to focus on being present and fully in the moment.



While looking for the right subjects to photograph on my travels, I like to find a quiet place to take it all in. And sometimes in this moment the perfect shot presents itself to me. I think when all the elements line up for the perfect shot there's nothing more tranquil ●



## YOGA AND MEDITATION CAN ACTUALLY CHANGE YOUR GENES

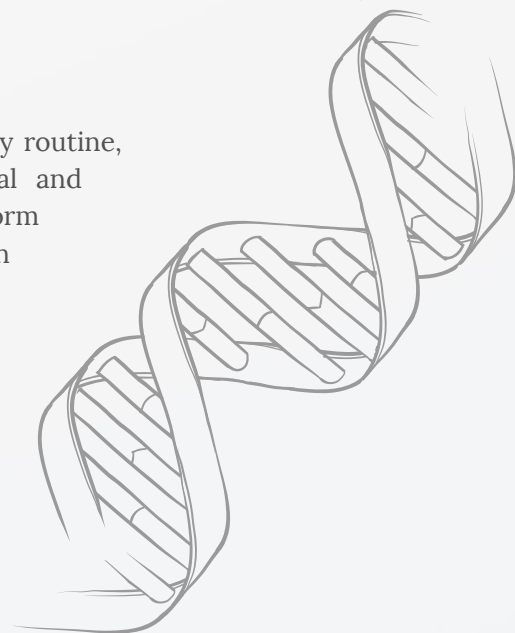
DR PARTHA NANDI explores the relationship between a healthy lifestyle and how it affects the expression of our DNA and resulting health. He especially focuses on the benefits of Yoga and other traditions – both the meditative practices and the physical movement – in achieving a healthier life.

From a young age, I knew that I wanted to create a world full of Health Heroes. These are people who make their health a priority and commit to achieving greater health and happiness. Two of the best ways to achieve a healthier life are through movement and spirituality. Each is an important tool in our fight against disease and premature death.

Two of the most effective – and fun – ways to use these tools is through the practices of meditation and Yoga.

When you make them a part of your daily routine, you're rewarded with improved physical and mental well-being. They not only transform and strengthen your body, but also sharpen and condition your mind.

This makes them powerful allies to any Health Hero committed to living a healthy and fulfilling life.



And it gets better. In addition to the many health benefits that we already know about, new research is showing that these mind-body practices can actually change your genes.

### MIND-BODY PRACTICES ARE CAUSING YOU TO CHANGE ON THE CELLULAR LEVEL.

The way you live affects you right down to your genetic level. Your stress levels, social surroundings, nutritional habits, physical activity and overall lifestyle all contribute to how your genes express themselves, and how your cells respond to their changing environment.

How you cultivate your mind is no exception. New research findings show that the benefits of mind-body practices, including meditation and Yoga, actually begin on the cellular level. Through these practices, you have the ability and power to change your gene expression.

More specifically, meditation and Yoga can change how your DNA responds to stress. And considering that stress is a silent killer that creeps up on us and significantly elevates our risk of disease and premature death, this is especially exciting.



## WHAT ACTUALLY HAPPENS?

When we're exposed to a stressful situation, our 'fight or flight' response is triggered. This response increases the production of NF-kB, which regulates how our genes are expressed and causes dangerous inflammation on a cellular level. According to research published in Frontiers in Immunology, people who practice mind-body interventions like Yoga, meditation and Tai Chi have the opposite experience of the fight or flight response: there is a decrease in the production of NF-kB and a reversal of the inflammatory gene.

Basically, this means that meditation and Yoga don't simply relax you, but also might actually have the ability to reverse molecular reactions to stress in your DNA that can lead to poor health, disease and depression.

## YOU ARE NOT YOUR GENES.

Let's mention the obvious. You can't control everything that happens to you. You're going to deal with stress and health challenges. But when you take advantage of the power you do have, you give yourself every possible opportunity to live your best and healthiest life. And these new findings have created a shift, putting some newfound power into your hands.

## USE YOUR POWER WISELY.

Imagine how your life could change if you took advantage of every drop of power you have to transform your health – right down to the genetic level. How might committing to 10 to 20 minutes a day of meditation change your life? What would you do differently with improved health, less stress and anxiety, more focus and a greater sense of purpose? You'd probably be able to enjoy life in entirely new ways.

## BE A HEALTH HERO.

I encourage you to take advantage of the ability to alter your genes for improved wellness. The game is now changed, and you have more possibilities than ever to transform your biology and heal your body. Take time every day to practice meditation, breathe deeply and commit to greater health and longevity.

Make healthy living a part of every day.

The light in me honors the light in you. Namaste ●

*Dr Nandi*

Book link:

[https://www.amazon.com/Ask-Dr-Nandi-HealthHero-Well-Being/dp/1501156810/ref=sr\\_1\\_1?ie=UTF8&qid=1504980266&sr=81&keywords=ask+dr+nandi](https://www.amazon.com/Ask-Dr-Nandi-HealthHero-Well-Being/dp/1501156810/ref=sr_1_1?ie=UTF8&qid=1504980266&sr=81&keywords=ask+dr+nandi)

In the August issue of Health Hero Magazine, we share the raw and inspiring story of how the power of meditation and Yoga changed the life of Health Hero, Nikki Panfil in 'Healing Invisible Wounds With Yoga' :

<https://askdrnandi.com/health-hero-magazine-healing-invisible-wounds-with-yoga/>.



# ALKALINE Juice

## Wheatgrass

HIGH-ENERGY / HIGH-VIBRATIONAL / LIVING FOODS

———— A Recipe for Energy ————



Photos & recipes by SIMONNE HOLM  
Alkaline-Institute.com

Sunlight Gives Energy to Plants  
which Gives Life on Earth.

Wheatgrass is vibrant because it is high in chlorophyll. Chlorophyll uses light energy from the sun, air and water to produce energy to grow. Wheatgrass contains chlorophyll, proteins, fats, carbohydrates, iron, vitamins A, B5, B12 and E, calcium, magnesium, selenium, enzymes, amino acids and more. In addition, chlorophyll has a detoxifying effect due to its antioxidant activity that cleanses the body

and eliminates heavy metals. Antioxidants reduce free radicals, one of the fundamental causes of premature aging.

A complete food rich in essential vitamins, minerals, complete protein, fiber, fatty acids and phytonutrients, it is one of the most abundant nutrient-dense foods on the planet.

*Make your own powerful and affordable vitamins,  
simply with wheatgrass seeds, soil, water and light  
- nature's most health-promoting nutrient.*

Wheatgrass is the young wheat plant which can be grown indoors on a window sill with sunlight or on a sunny terrace. It is best to grow the wheatgrass in trays with at least 1" soil in the bottom.

Alkaline juices maintain a healthy alkaline level in our bodies. From juices, our bodies receive the maximum benefit of the pure extract from

the vegetables, without the pulp, fiber and peel. The intestines are spared the work of digesting which saves your body some energy. This enables you easily to absorb lots of alkaline mineral salts, vitamins, phytonutrients and antioxidants. Juicing also has an important cleansing effect for the body and is the fastest way to achieve real health.

## How to make wheatgrass

You need:

A plastic gardening tray with holes, 25 cm x 30 cm ( 10" x 12")

100 gm of organic wheatgrass seeds for this tray.

A tray underneath without holes.

Compost or potting soil.

Spray bottle filled with water.





Wheatgrass after 9 days ●●●●●●●●●●

## How to do

Rinse the wheatgrass seeds in cold and clean water and drain well.

Put them in a bowl (glass or metal) with cold clean water about 3 times as much as the seeds.

Cover the bowl with a towel and soak overnight, 8–10 hours.

The next day rinse with cold and clean water and drain the seeds in a strainer.

Add cold water again and soak for another 10–12 hours.

The seeds should begin to sprout shoots and roots, and are then ready to plant.

Carefully rinse and let drip free of water.

In a tray spread a two-inch layer of the compost or potting soil.

Place gently the seeds in an even layer on top of the compost or potting soil.

Spray to moisturize the seeds.

Cover the tray with damp newspaper or a towel for 2 days and keep the seeds moist.

Place the tray in a light place (not directly in sun all day).

Water the tray every morning and keep seeds moist every evening.

Harvest after 7–9 days. Keep watering the wheatgrass to grow and to produce a second crop.

## Nourish & rejuvenate with your wheatgrass juice

When the grass is harvested, use a wheatgrass juicer to squeeze the juice out of the grass.

To get your nutritional supplement, drink 2–4 ounces of wheatgrass juice daily until the wheatgrass is used, about 8–10 days. Then hold a break for some weeks.

## Wheatgrass Juice Recipe

It's best to drink your juice on an empty stomach, half an hour before eating or 2 hours after eating.

Use some of these vegetables together with wheatgrass and alternate between different vegetables: cucumber, ginger, celery, kale, broccoli, leafy greens and for the more sweet versions you can add beetroots and carrots. Spice it up with fresh chili, ginger or fresh turmeric. Remember to alternate the wheatgrass with different vegetables. Be mindful to keep the juice alkaline by avoiding sweet fruits.

Start slow with the wheatgrass if you are a beginner and not used to its highly alkalizing and detoxifying effect.

### ALKALINE JUICE

1 bunch wheatgrass | 1 beetroot | 2 leaves of  
kale 1/2 cucumber

### ALKALINE JUICE

1 bunch wheatgrass (a handful) | 2 medium  
carrots | 2 celery stalks

### HIGHLY ALKALINE JUICE

1 big bunch wheatgrass (a big handful) |  
2 inches of ginger | 1 cucumber



# STARSEED Awakening

## Q & A WITH MAGENTA PIXIE

**MAGENTA PIXIE** is an author, YouTube personality, and channeler. As a seven year old, Magenta had memories of being able to move things by using her mind, and she sensed entities. At the time she thought they were fairies. It was her brother, who practiced meditation, who encouraged Magenta to develop her natural psychic gifts. In her 20s, she began to connect with a higher dimensional entity she called 'White Spirit', which eventually morphed into a collective consciousness she called the 'White Winged Collective Consciousness of Nine'. Magenta shortens this to 'The Nine' in conversation.

**Q** Magenta, in your books and videos, you describe this time now on Earth as a very special period. To quote one of your recent YouTube videos, "The period will be known throughout your future timelines and within other planetary systems and dimensions as 'the time of the great gathering,' 'the return of the bird tribes,' 'the transition of Gaea,' and 'the resurrection and ascension of the rainbow children.'" Can you explain what is so special about now on Earth?

**MP** As a race, we have been in one particular state of existence since the beginning of our known history, if you like from the period around the dinosaurs to now. We have been in a specific state known by many as the third dimension.

We are in a transitional period right now. If you can imagine a caterpillar transforming into a butterfly, we are currently in the cocoon, in the transformatory phase. We are moving from one state to another. The Nine have always used the metaphor that we are in the third dimension, going through the fourth dimension, into the fifth. That is the model they use, however other spiritual teachers and researchers talk about third density to fourth density – that is true as well. It's confused a lot of people, but actually we are all saying the same thing. There are just different models to explain the shift.

**Q** In your messages, you refer to a group of people you call 'starseeds'. Who and what is a starseed?

**MP** My definition of a starseed is someone who is aware that they are more than what presents in human form. It's not so much about being from the stars, having memories of an incarnation in the Pleiades or Lyra, as it is about having expanded consciousness beyond the planet. A starseed embraces the planet, the cosmos, the stars, the galaxy, and fully accepts the galactic community, whatever that may mean.

Starseeds accept a greater reality than we've seen in this particularly system on this planet, which is restricted. They have never been limited by that restriction. They are born like this and in their own way are helping other people to expand their worldview.

There are so many ways to explain starseeds. You can use the words 'starseed', 'light worker' and 'healer'; all would be appropriate. But 'starseed' seems to be the most fitting, because they realize they are from the stars, and they are connected to the stars and beyond.

**Q** And for the average person who is not so familiar with these terms, what is the message for them? What do we need to do as common people on this planet during this ascension period?



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when you open your heart, you feel unconditional love.

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**MP** We need to absorb this information outside of a linear analysis. For example, if we are looking at different labels for starseeds – indigo, crystal, rainbow, awakened one – a linear-thinker will ask, “Which one am I? There are eight or nine different labels and I must fit into one camp.” I am not suggesting we go away from linear thinking, because we need it. Compartmentalized thinking is how we survived within this reality, as our brain is an interface to translate higher dimensional frequencies into a third dimensional way of thinking. But the way forward is about perspective. The Nine say that perspective is the teaching.

You can instead say, “I am a crystal child, a rainbow individual, a starseed and a light worker.” If you resonate with all of them, you are eight or nine things all in one. It’s like a rainbow. When you see a rainbow you see the entire thing and you call it a rainbow. You don’t call it, “Red, orange, yellow, green, blue, indigo and violet.” That’s why the rainbow children can think in more than one stream. The teaching is to think in more than one stream.

The Nine teach us to embrace opposing viewpoints. There have been so many differences of opinion throughout religion, from the beginning of time and certainly now in the new age community. One of the big arguments is about the higher dimensional energy or guides or God: is it a being outside of us or is it actually inside us? Both are correct. We need to embrace these different viewpoints.

You will not be able to work out why we are here, who we are, and what’s going by thinking in a linear way. You will only get a story or a model, and if you stay within a linear framework you will stick to that particularly model or story, to the exclusion of all others. You will say, this is truth and everything else is not. That is never going to get you answers, and that is never going to give truth.

Try to resonate with any or all of the goodness in all of the perspectives. The higher dimensional guidance system is not going to give us all the answers on a plate. We have to do our own discovery. We have to take the quest. It’s a partnership. So, if we start asking questions, researching, going into meditation and doing whatever it takes to discover the answers to the questions we have. then that higher dimensional energy steps in and meets us half way and we work together as a partnership.

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So bliss, compassion and  
unconditional love together  
create a wave formation  
or pulse formation within  
the energy of the body and  
within our DNA.

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**Q** Are you familiar with the term ‘egregore’? You mention these starseeds and light workers are coming together and working together, even though they might not consciously know that it is happening. There is a group energy that is manifesting on the Earth and this group consciousness can be thought of as an egregore.

**MP** This egregore is the source energy manifesting in a large group here on this planet. It’s the collective awareness that is growing and growing and growing. It is actually a manifestation of the planet, of the Earth, of Gaia, and because it’s growing that’s creating the dimensional density. It’s growing because the density and dimension is already there waiting for us to move into it. This is the time. This is ascension. It’s a normal organic process. That egregore is an entity and is expanding all the time, just as we are.

**Q** I have one last question. Can we talk about the role of the heart? You mentioned that ascension is “the quest of the heart”. What is the heart’s role in this awakening and this ascension process?

**MP** On a spiritual level and metaphoric level, the heart, the heart chakra, the emerald ray, the pink ray, the opening of unconditional love, is fifth dimensional or fourth density. Either way you want to describe it, it is the dimension of love. You cannot access this dimension if you do not have an open heart.

That’s on a spiritual level, but you can take this also to a biological level. It’s my understanding that when you open your heart, you feel unconditional love, and a very connected emotion to that is bliss. And a very connected emotion to that is compassion. So bliss, compassion and unconditional love together create a wave formation or pulse formation within the energy of the body and within our DNA. It actually changes the structure of the DNA, so the DNA is no longer sort of cycling round and round and round. It can now actually go somewhere; it gives the DNA momentum and creative ability. This changes the formation of the DNA.

So the quest of the heart is unconditional love, bliss and compassion. That is the key. Many teachers talk about this, but a person who is just waking up may not understand any of it. They may feel as if they are going to be left behind because they don’t understand. The Nine say you don’t need to understand; all you need to do is open the heart and live with compassion, unconditional love and bliss.

We are ultimately connected to the geology of this planet. Our DNA is connected to gravity, the sun, the stars, the movement of the tides and the weather. We are connected to our environment, to this planet, to nature. This is the big secret that we have not been told. Why has it been hidden from us? Because the minute we discover it, we realize how powerful we are as co-creators. The word you mentioned earlier, egregore, is a huge divine being that can actually manifest new planets and new worlds and new dimensions.



That is how crop circles are created, that is how the pyramids were built, and that is who the extraterrestrials are. That is who the group souls are, the logos, and we are the anchors for them. We are not just connected to the planet, but also to the cosmos, space, the galaxy, and we create the coordinates to the star gates through the galaxy. We create the coordinates for the star gates on the planet. We are so entwined with our reality, and that's the teaching here.

This doesn't mean you must sit there in a state of bliss and unconditional love 24/7. If you can do it, that's amazing, but it is not necessary because the collective starseed energy is always present. Imagine each individual as a light: if one goes out because the person is depressed, another one will come up because they are connected and they are meditating. It's always there! We are always adding to it, so even if you feel dreadful and take a week off, it will still be there collectively.

Most starseeds don't take much time off, however, as they move through the lower emotions very quickly. They deal with challenges on this planet very well. Many starseeds have the ability to feel a lower emotion and higher ones simultaneously. For example, if they are worried about some bill that needs to be paid, and they don't have the money, at the same time they move to gratitude, the 4D experience. They are able to feel a higher mergeance simultaneously, constantly feeding that grid, changing their reality, and moving them from one dimension to another ●

INTERVIEWED BY CHRIS MILLS

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We are not just connected to the planet, but also to the cosmos, space, the galaxy, and we create the coordinates to the star gates through the galaxy.

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Humankind has not woven the web of life. We are but one thread in it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.

CHIEF SEATTLE





# Some amazing medicinal plants

Have you ever come across a tree that looks as if it is standing upside down? If the answer is yes, then you have probably come face-to-face with the strange and mighty Baobab. This majestic tree, tall and shrouded in mysteries, is known to have a lifespan of more than 1000 years. This time we present to you some of its intriguing features and medicinal properties.

## Baobab

### botanical name:

Genus: *Adansonia*. Species: There are various varieties, including *A. digitata*, *A. grandidieri*, *A. gregorii*, *A. kilima*, *A. madagascariensis*, *A. perrieri*, *A. rubrostipa*, *A. suarezensis* and *A. za*.

### common names:

Baobab, boab, boaboa, tabaldi, dead-rat tree, monkey-bread tree, upside-down tree, bottle tree.

### habitat:

Baobabs thrive in arid or semi-arid climate and they grow in abundance in the low-lying sandy belts of Africa. Of the nine known species, six are native to Madagascar, two are native to Africa and the Arabian Peninsula, including India and Sri Lanka, and one is native to Australia.

All species of the Baobab are deciduous and they mostly grow as solitary individuals, largely scattered over the thorny woodlands of the African savannahs. If the soil type is suitable, they may also grow in small groups; they cannot grow if the sand is deep. These trees are sensitive to water-logging, frost and strong winds and can be uprooted by storms.

### legends and mythology:

Tribes along the Zambezi believe that when the world was newly created the Baobabs stood upright and proud. However, they looked down upon the smaller plants and growths around them. Their vanity angered the gods who, in turn, uprooted these mighty trees and shoved them back into the ground upside down. The natives love to narrate different versions of this story from generation to generation.

One of the largest Baobabs, found in Kafue National Park in Zambia, is called 'Kondanamwali', which literally means, 'the tree that eats maidens'. Legend says that once four beautiful maidens took shelter in the shade of this enormous tree, and the tree fell in love with them. Soon the maidens came of age and started looking for prospective husbands, which made the tree very jealous. One stormy night it opened its trunk and took in all the four maidens, and even today people claim to hear the maidens crying inside the trunk.

Certain tribes along the Limpopo and in the Transvaal Province bathe young boys in the water used to soak baobab bark, believing that by doing so they will grow up into big men, as mighty and strong as the Baobab.

There is a scientific basis to some of these native beliefs. For example, women living in kraals where Baobabs grow in large numbers are believed to be more fertile. These women regularly consume a soup made out of Baobab leaves, which are a rich source of vitamins, and this soup compensates for any deficiency in their diet. Physicians have confirmed that it also improves the fertility rate.



There are several superstitions attached with this strange-looking tree. Some people believe that if you pluck a flower from the Baobab tree you will be eaten by a lion. Others are of the belief that drinking water in which seeds of this tree have been soaked will save you from crocodile attacks.

## description:

The Baobab has very distinguishing features that sets it apart from other trees. It is massive and can easily grow up to a height of 5 to 30 meters. An adult tree usually has a vast trunk with a diameter of about 2 to 10 meters, appears pinkish grey or copper in color and, unlike most other trees, the texture of the bark is smooth and shiny with longitudinal fibers.

The tree branches out widely and, when it is bare of leaves, the branches look like roots sticking out into the air as if the tree has been turned upside down. The actual roots of the old trees are tuberous at the tips and rarely grow beyond 2 meters into the soil.

The leaves of the tree are simple, and the first leaves appear mostly at the end of the season or just before the first rains. This is also the time when flowering begins. Large whitish flowers bloom late in the afternoon and fall off by dawn the next day. The flowers have a rather pungent fragrance that attracts bats, the main pollinators of the tree. The fruit can grow up to a foot long and has an acidic pulp with large seeds.

## plant parts used:

Bark, leaves, flowers, fruit, roots, seeds and pollen.

## therapeutic uses:

Various parts of the Baobab have been used in preparing traditional medicines since ancient times. It is a multipurpose tree that not only provides shelter and protection to several species in the ecosystem but also provides human beings with food, clothing, medicine and raw material for preparing useful items.

The Baobab has antioxidant, anti-inflammatory, antiviral, antimicrobial, anti-malarial, analgesic and astringent properties:

- The fruit pulp, which is a rich source of Vitamin C and tartaric acid, can be soaked in water to make a refreshing drink. It can be roasted and grounded into a powder that may be consumed as a supplement or even added to certain culinary preparations as a seasoning and thickening ingredient. The pulp is widely used in native medicine to treat dysentery, smallpox and measles, and promote perspiration.

- The leaves are generally boiled to make a delicious soup that is known to increase fertility in women, and they are sometimes harvested for their essential oils. Fresh leaves are quite similar

to spinach, and can be used to treat asthma, gastrointestinal diseases, insect bites and other ailments.

- The seeds contain significant quantities of phosphorous, magnesium, zinc, sodium, iron, manganese, calcium and iron, and are used to treat diarrhea and hiccoughs. They can be dried, roasted and consumed as a tasty and nutritious snack.

- Oil from the seeds can be applied on swollen gums to ease toothache.

- The bark is mostly used in place of quinine to treat malaria. The natives are known to bathe children with rickets in a decoction made from the bark, as a cure for the disease. The bark also produces a white sap, like gum, which is used to clean sores. Bark fibers are used in making clothes, ropes, mats and baskets.

- The pollen is mixed with water to make glue.

## current ecology:

The Baobab has the unique ability to regenerate upon being burnt or stripped of its bark. When it perishes, it simply rots from the inside and collapses into a heap of fibers, which makes it look as if it just disappeared! But this magical tree is under threat today because of overexploitation for its multipurpose utility as well as due to climate warming. It is also adversely affected by pests and fungal diseases.

The Baobab has been identified as one of the most important tree species to be conserved in Africa and other parts of the world. It calls upon us to recognize the mutual dependence of all life and preserve this magnificent being by using its resources wisely. After all, wisdom is like a baobab tree; no one individual can embrace it ●



# THREE APPLES



Once upon a time, there was a rich, kind and blissful merchant, Boniface, who lived in a village near Montpellier in France. His childhood friend, Philibert, the clog maker, lived at the other end of the village. They were very fond of each other and they really appreciated being together.

But times were hard for the clog maker, as nobody wanted to wear wooden clogs anymore. His business had declined and he was now as poor as a church mouse. Misery would not leave his door, and he could not feed his twelve children properly. On the 1 January, his wife gave birth to a new child.

“Now there are too many,” he cried, sitting on his doorstep with his head in both hands, giving way to despair.

Boniface went by and saw that his friend was in tears: “What’s the matter with you Philibert? Should you not rejoice on such a day?”

“No, Boniface,” the clog maker sighed, “I won’t be able to feed the girl who has just arrived in our family, and I will have to abandon her at the gate of the Sisters of Mercy’s orphanage. It hurts my heart, but there is no other way.”

“Listen, Philibert, I have three boys and no girl. Let me adopt her, if you please.”

“Thank you, Boniface. God bless you.”

The girl was named Marylou, and she grew up with the three sons of Boniface. Time passed quickly, and before anybody could realize the girl had turned into a beautiful young lady and the three boys were now handsome youth.





One evening in May, sitting in the shade of an olive tree, the father said to his sons, "You love Marylou, don't you?"

"Of course we do! Why are you asking?"

"Sons, you should know that she is not really your sister."

Then he told them how he had come to adopt her. Once he had finished telling the story, one of the sons exclaimed, "That's wonderful news. Father, let me marry her, please!"

"I too want to marry her!"

"No! I am the eldest and it is for me to marry her."

The three brothers were stunned, moved, amazed, impatient, frantic, thrilled and restless, and they all spoke at the same time, assaulting the armchair of their father, who smiled and tried to keep them at bay.

"Well! Keep calm boys! I'm really sorry I inflamed you with such passion. So, before your hearts are set ablaze, here is what I suggest you should do. Go to Paris, the magic city. I give you three days to find the present you think she deserves and bring it back here. Then Marylou will choose."

No sooner said than done. They went to Paris, and parted when they were at the gate of Notre Dame.

"This is the place where we shall meet in three days, the eldest brother said. "God bless the three of us."

On the third day, when the cathedral bell struck midday, the three brothers were back on the esplanade.

The eldest said at once, "Brothers, I think the matter is settled. It really seems it is my fate to be Marylou's husband. Last night, I met an old coachman who lay dying on the seat of his car. I gave him some water and I stayed with him to accompany him in his last moments. He whispered to me, 'Thou, the obliging one, you will be my heir. I bequeath my car to you. It is not really beautiful but it is magic. Just get into it, say 'Go, Go,' and it will take you wherever you want to go in a trice. It is

yours. Don't forget, it must come from your heart. Farewell and good luck!"

"Not bad, not bad," the middle brother said, "now listen to my story. Last night, in a dark street, I bumped into a robber who had just burgled the attic of a famous astrologer. He growled to me, 'You come at the right





moment. Here, have this telescope for threepence. A real bargain since it's as good as new!' So I bought it.

"We are really blessed, brothers, for it's an invaluable one. With it we can see anything, including the most distant stars. We only have to wish to see a particular thing and there it is. For instance, now I can see Marylou's face. It's true! I can see all that Nature will let me see. Oh look, Marylou is sighing. She's longing for me!

"And what about you, little brother, what did you find?"

"I'm sorry, brothers, I found only three apples. Your gifts are so incredible; forgive me if I only have a trivial adventure to offer. I met an old lady who was having difficulties walking, so I helped her home. Her sons had abandoned her, and since she was

feeling lonely, sad and forlorn, I stayed with her during these three days.

"This morning when I left, she put three apples into my pocket and said, 'Don't eat them but keep them for a fatal time. They will heal any poison. They can bring the light of Life back to anyone who has already set foot in the Dead's night.'"

Having shared their discoveries, they went, arm in arm, curious and dazzled to walk around the capital. When the mist started to darken the banks of the Seine, their legs felt heavy with a burning pain in their feet.

The eldest brother said, "It's time to go back home, brothers. Come on, let's get into my car. It will take us home in no time."

"Wait a minute," the middle brother said, "I want to see if our soup is ready." He looked into the telescope and cried, "Oh dear! Oh no! It's a catastrophe. Mother and father are lying in bed, and Marylou is on the floor. They are very sick and they are going to die."

The eldest said, "Go, Go," to his car, and they were home in a minute.

The youngest brother ran to the bedroom and gave one apple to Marylou, another to their mother, and the third to their father, bringing them all back to life.

Seeing them breathing, the brothers heaved a sigh of relief, laughed and embraced each other, saying, "Come on! Let's have dinner."

Over dessert the father asked, "Now, Marylou, whom do you choose as your husband?"

The eldest son showed off the magic car parked in pride of place in front of the stone steps. The second brother took out the glowing telescope of which he was so proud. The younger one turned out his empty pockets, and showing his empty hands said, "I have nothing left!"

At this, Marylou seized his hands: "Here is the best of men! He gave everything he had and kept nothing for himself or for his salvation. Do you have any objection, dear brothers?"

They all kept quiet.

And so will I. Wishing you sweet dreams! ●

STORY BY PAPIGUY DE MONTPELLIER  
ILLUSTRATIONS BY JULIETTE ALAY HØYRUP







Dear children,

Have you ever wondered whether you smile because you are happy, or you are happy because you have smiled? The movements of joy produce joy.

And here we have this great word, Joy. Do not hesitate to put a capital letter!

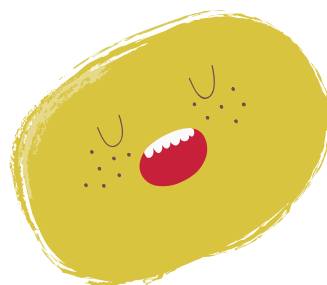
Did you know that while you use around 43 muscles to frown, only 17 muscles participate in a smile on your face?

Last but not least, what does the smile of another person convey to you?

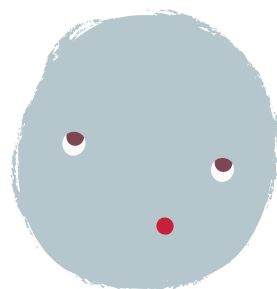
Well, we have a wide range of smiles at our disposal:



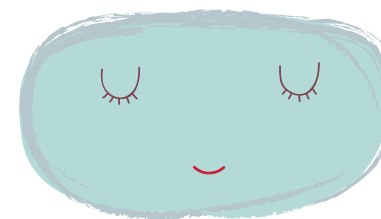
The popular smile of the Mona Lisa



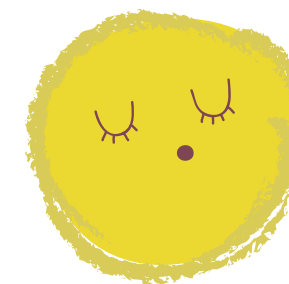
A broad cheeky grin



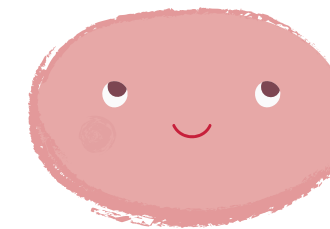
A smirk that is cynical and malicious



A timid smile



The smile of an all-knowing sage, an enlightened one.



The contented smile of a worker who has satisfactorily finished his work

So can we say that a smile reflects the heart of a person? Is it unique to that person? Think about it.

A *smile* has several benefits:

It relaxes both the person who smiles as well as the person who receives it.

When you are in pain, try smiling and observe how it reduces the sensation of pain.

Smiling is contagious: smile and the world smiles with you!

## Activity

Try this simple and fantastic experiment at school, home or even while walking on the street:

Be still for a few moments, close your eyes, and dive within your heart space. Feel that particular smile which not only stays on your lips but also rings tiny bells and sparkles in your chest.

Then open your eyes and let this smile and the feeling of joy stay with you. Share it with the people you meet.

Observe how many people smile back at you.

Maybe you will even observe that they carry on smiling at others. You might very well have changed their day ●

ARTICLE BY YVES BENHAMOU