

# Members Connect

Issue 3 – 2009



Dear Custodians,

Welcome to our 3<sup>rd</sup> newsletter of the Church of Conscious Living.

Recently at a social gathering a group of people were talking about the key emotions which drive human behaviour. Love, it was decided, has the greatest power to heal and change. Hate on the other hand is the most corrosive and destructive of emotions. But it was decided that on the most everyday level, it is fear which informs and has always informed human conduct through the ages and it is fear which can so easily turn into hate.

So what is this thing called FEAR - this emotion D.H.Lawrence referred to as "the old, old physical fear which crouches in the bodily roots of us."?

What we are talking about here is not fear of death, pain, war or famine, but something so mundane we barely notice it: Fear of rejection or peer disapproval and as a consequence - fear of speaking one's mind.

Human beings are gregarious creatures and we crave approval from those around us, which translates easily into a desire to be like "everyone else", something we can observe at virtually any social gathering or backyard barbecue, particularly if people have been drinking. It is fascinating to observe the efforts people make to find common ground with strangers, whether it be a favourite T.V. show, an opinion on the weather or a negative like shared animosity towards a "nutty" or recalcitrant group or individual. This latter sadly, always seems to bond strangers whilst leaving them deflated afterwards.

This scenario is far less likely to occur in cultures where the class/caste system precludes those with differing world-views from finding themselves under the same roof. In Australia we have a natural egalitarianism which makes the cross-fertilisation of ideas a possibility and affords us the opportunity of speaking our mind. We are not advocating preaching or grandstanding here, but as members of the Church of Conscious Living we hold deeply felt convictions which often fly in the face of so-called "conventional wisdom" and we do no-one a service by remaining silent when the opportunity arises of offering an alternative viewpoint. This is especially true when you consider that during those uncomfortable moments when we assume we are being judged with disapproval as the "other" with an unpopular viewpoint - our words may be precisely what somebody is yearning to hear-somebody who until this moment may have felt very alone in their convictions and as we all know, mutual support is essential for anyone whose life path is at odds with mainstream sentiment.

So let's speak our minds when the moment presents itself, not to satisfy the ego's desire for combat, but from a position of love and a genuine desire to inform and liberate, bearing in mind the words of Thomas Moore that "Silence is the maxim of consent".

Regards - Adriano

**News Items:**

- So much information on the internet, & so many more people being vocal & standing up against the Swine Flu Vaccine. The people seem to have had enough, & are letting Big Pharma know. So many more blinkers seem to be off.
- Planting by the Moon Calendar is a practice based on the moon's gravitational effect on the moisture in both plants & the soil & to a lesser extent on the effect of moonlight. At different moon phases the gravitational pull of the sun & moon are combined to create a high sap run in plants. At other times these natural forces create a rest period. Following the Moon Calendar ensures seeds germinate sooner; plants are healthier & produce higher yields, & weeds are kept under control more easily. A great website on this is [www.moongardeningcalendar.com](http://www.moongardeningcalendar.com)
- Another website [www.westonaprice.org](http://www.westonaprice.org) may be of interest to those that would like to know more about why we eat what we eat from an anthropological view point. Very well researched & pertinent years after the study was first undertaken.

## Recipe: Scalloped Potatoes

### Ingredients:

4 cups thinly sliced, scrubbed raw potatoes ( with skins on )  
 ½ cup raw cashews ( heaped )  
 2 cups water  
 2 flat teaspoons sea salt  
 1 teaspoon onion powder, onion flakes or raw onion.

### Method:

Lightly oil a baking dish with cold pressed olive oil. Put sliced potatoes into dish. Blend all other ingredients & pour over potatoes. Cover with a lid with aluminium foil, & bake 60 – 90 mins.at 190c. Prick with a fork to make sure they are done. Remove aluminium foil / lid, sprinkle with paprika, & put back into the oven just long enough to brown

Enjoy.

### Next meeting:

**Date:** Saturday, Dec. 5<sup>th</sup>.

**Time :** 5pm.

**Venue:** Apex Park – cnr. Of Sturgeon & Starkey St. Ormiston.

**BYO:** Picnic rug, chairs, picnic food & meat / veg. for BBQ ( on site ); torches for koala spotting.

**Look for the Banner. Hope to see you all there**

**Quote:** “ Pain is the breaking of the eggshell of understanding”

- Kahlil Gibran