

Members Connect

Issue 2 – 2009



Dear Custodians,

Welcome to the second newsletter of the Church of Conscious Living.

A couple of years ago I attended a film screening and lecture by a well-known journalist and political activist who had produced yet another compelling documentary on powerful elites and the way in which they exploit the environment and minorities for financial and political gain.

Both prior to the screening and in the interval before the speeches, virtually the entire audience (all sympathisers for the cause), hung out on the footpath smoking and devouring buckets of chips and other fast-food items purchased from a nearby store. Looking back on that night, it's easy to see how people fail to make the connection between the way they treat themselves and what they perceive to be the "big issues". Perhaps this is why well-meaning activists who work so tirelessly to bring injustice into the public consciousness, so often end up on the losing side. They fail to understand what Ghandi meant when he said, "Be the change you want to see in the world". In other words, if the environmental degradation we have subjected our planet to angers you, then begin to change it by changing the way you treat yourself. Our Sacred Laws speak directly to this. This idea of "self love" runs through virtually every spiritual belief system of our species. In order to stop the pollution of our air, water and earth, we must literally stop polluting ourselves. One must "clean up one's own back yard" before attempting to clean up for everyone else. This is the challenge for us as members of the Church of Conscious Living. If we can live according to our level of consciousness, then this must filter through to the rest of the population.

So, keep eating those organic and biodynamic goodies and stay tuned for news of our next meeting.

Regards,
Adriano & Jane

News Items:

- Western Australia announces a four year extension to the WA ban on all GM food & fibre crops. " This announcement isolates the rogue states Victoria & NSW which have allowed GM canola to be planted this year without the agreement or consent of a majority of states or citizens" – says Gene Ethics Director Bob Phelps.
- Czech newspapers are questioning whether the shocking discovery of vaccines contaminated with the deadly avian flu virus -- distributed to 18 countries by the American company Baxter -- were part of a conspiracy to provoke a pandemic.

Because of laboratory protocols that are routine for vaccine makers, mixing a live virus biological weapon with vaccine material by accident is virtually impossible.

Baxter flu vaccines contaminated with H5N1 (the human form of avian flu) were received by labs in the Czech Republic, Germany and Slovenia. Initially, Baxter refused to reveal how the vaccines were contaminated with H5N1, invoking "trade secrets." After increased pressure, they then claimed that pure H5N1 batches were sent by accident.

But in the Czech Republic, reporters are investigating whether the contamination was part of a deliberate attempt to start a pandemic.

The fact that Baxter mixed the deadly H5N1 virus with a mix of H3N2 seasonal flu viruses may be the smoking gun. The H5N1 virus on its own has killed hundreds of people, but it is less airborne. However, when combined with seasonal flu viruses, which are more easily spread, the effect could be a potent, airborne, deadly biological weapon. Source: Dr Mercola jm@mercola.com

- Bisphenol A (BPA), which has been associated with health risks including, diabetes, heart disease & obesity, is found in the blood of 92% of all Americans over the age of five. Even after abandoning BPA-leaching polycarbonate water bottles, the hormone-disrupting chemical can still make its way into the bloodstream via seemingly safe foods like canned soup. The majority of canned foods on the market come in containers whose linings are laced with traces of BPA that can migrate into food. Cut back on BPA by purchasing foods packaged in Tetra Paks, aseptic cartons made in layers of paper, aluminum & polyethylene, & pick up products packaged in BPA-free cans, like beans & soups by Eden Foods. Even better, avoid packaged foods altogether & stick to fresh fruits & vegetables & homemade dishes.

Recipe: Spaghetti alla Carrettiera (cart-driver's spaghetti)

A Favourite: Into a bowl toss as many fresh, quartered cherry tomatoes as you can get your hands on, plus a couple of fistfuls of fresh basil leaves (both easy to grow in the garden). Throw in a couple of roughly chopped garlic cloves, a little salt & pepper, or even chilli. Pour a generous amount of organic, extra virgin, cold pressed olive oil over the top & mix it altogether. Cook 500gms. Of whole spelt spaghetti. When aldente, infuse with the sauce & eat.

Next Meeting:

Date: May 23rd.

Time: 1pm – 3pm.

Venue: Simpson's Playground, Graceville Ave. Graceville

BYO – picnic, rugs, chairs.

Look for the banner – hope to see you all there.

Garden Tit-Bits:

- Mosquitoes do not like the smell of Italian Lavender
- Mosquitoes & flies are both repelled by Basil
- Wormwood is a natural deterrent to snails, slugs, flies & fleas.

Remember – be the change you want to be in the world. (Gandhi).