

Food For Thought

by Eleanor Niblock
eleanorniblock@yahoo.com

Coaching – Green Style

There can't be a single person out there who doesn't feel invigorated, calmed and inspired by a walk in the park and for those of us who live in cities these green oases represent the last bastion in the face of the ever encroaching and enlarging concrete jungles around us. One therapist has decided to tap into this green energy to bring a deeper meaning and power to her work through a process entitled Green Space Coaching.

Karen Liebhugth studied linguistics before becoming a master practitioner in Neuro Linguistic Programming (NLP) as well as studying hypnosis and generative trance. Karen says of herself that she has a deep connection with nature which led her to develop a strong interest in Eco therapy, a therapy where one looks at their connection with nature and how they are part of it. Karen explains: "Bringing us back to nature is returning to our source, to our place of origin, a great place of wisdom, tenderness, passion and creativity. It's a powerful way to regain new ways of thinking insight and ideas."

Karen works in various green spaces so to experience the therapy for myself I met Karen in Finsbury Park one delightfully sunny evening. Perhaps it was because I was more attuned to thinking about my feelings I felt that as soon as I entered the park my mood lifted, my chatter slowed and my mind sharpened. Karen explained that this focusing of the mind whilst walking through green space was what she tapped into in order to get the best results when coaching clients. As we walked through dappled shade, the wind tinkling the leaves on the trees overhead we talked about life love and everything. I felt instantly at ease with Karen and she honed in on various issues I spoke about and got me thinking about solutions until I felt I had a route forward with something that had previously seemed a dead end.

I left the session feeling quietly positive, that someone had helped ease out the keys to my problems from within in a manner that was being totally painless. Now all I had to do was to put them into practice. Some of the suggestions we arrived at I've since implemented and have had a good result so I would definitely say the session was worthwhile.

Karen mostly works with clients who feel stuck in their lives or who feel unsettled, restless and anxious and also those who have run out of ideas, inspiration and creativity. I expect my petty skirmishes were pretty paltry compared to some of the issues she aids people with but none the less she helped me find solution to these problems.

Karen works across London's parks, in private gardens or in the countryside as well as holding group works such as guided meditation walks and creative problem solving workshops. There are two such workshops in August and September: 2 Aug & 5 Sept Guided Meditation Walk, 16 Aug & 27 Sept Creative Problem

Solving Workshop.

For more information please visit <http://www.karenliebhugth.com/> or call Karen on 07815 591279 or email Karen@karenliebhugth.com

Hemp for Victory!

Most people have probably heard the slogan embraced by the US government during the Second World War "Hemp for Victory" but few of us have probably considered what relevance that slogan has for us in this current day and age. Both myself and a company championing hemp within the UK believe that hemp contains the seeds of our salvation for the future of planet earth.

Amaru is a green, ethical business that has a new vision for hemp as a community-based resource whose main focus is to support communities and local farmers with growing, hempseed, processing and manufacturing. It also has its own brand of hemp food products which are distributed locally and regionally, which hemp growers can contribute to which massively reduces the carbon costs and creates an income for farmers.

Amaru's Managing Director, Rebekah Bloom explains: "Because there is no infrastructure, or corporation controlling hemp we are in the unique position to utilize the benefits that have a direct positive impact environmentally, socially and economically directly back into the local community. We are creating local manufacture and distribution system for hemp products, that is a net absorber of carbon, and empowers communities to become self-sufficient. As the movement grows there will be enough investment to research using hemp for paper, bio-ethanol and plastics."

To understand why this is such an important crop that should be embraced we need to look at the facts. Hemp only has a three month cycle, between May and September in the Northern Hemisphere, growing 12-15 feet tall making it one of the fastest natural carbon absorbers. Its short growing time also enables farmers to grow food during the rest of the year. The roots of hemp sink deep into the soil, sucking nutrients up from below, enriching depleted soils, and binding and protecting against soil erosion and nutrient run-off. It needs no pesticides or herbicides, uses minimal water compared to other crops, such as cotton, and only requires nitrogen fertilizer, which can be sourced naturally.

The health benefits of hemp are also astounding. It is the most complete and balanced single source of nutrition found in nature - with every known Essential Fatty Acid, Amino Acid, and Omega Oil, including Omega's 3, 6 and 9 in the ideal ratios for human dietary requirements. Hemp seed is also high in easily digestible globular proteins, known to help maintain a healthy immune system, GLA, and a range of key vitamins and minerals.

The fibre of hemp is also infinitely versatile and can be used to make cloth and rope as

well as being used as a fibre for the animal bedding, automobile and construction industries.

If the world is to become a greener place then surely one of the keys to our future is taking a closer look at the materials that we use whenever we consume or purchase anything and hemp seems to have a lot of the answers, if only it could be embraced by the UK industries. Hopefully Amaru's work will give hemp a helping hand and help it on its way to victory for the planet once more.

To find out more, or if you want to get involved please contact Managing Director: Rebekah Bloom - rebekah@amaru.com

Meeting without Masks

Are you searching for that special someone in your life but haven't found the right person yet. Well how about Naked Dating? Now before you balk at the idea, no you don't have to take your clothes off, the nakedness comes from within!

Jan Day's 'Meeting without masks' dating day is all about being able to be yourself and meet like minded people in a safe environment that also aims to teach people the vital tools to create meaningful relationships in their lives whether you meet your soul mate there or not. Jan explains: "You'll get the chance to meet a lot of different people in guided experiences, followed by the opportunity to chat over gorgeous food, there will be dancing, there will be laughing and tenderness, there will be aliveness and a lot of fun."

The day has equal amount of men and women attending so no one will be outnumbered or left out and the whole day is set up to make you feel relaxed and open.

The day is for singles only, however if you are already in a relationship and want to experience richer relationships and deeper intimacy you could attend Jan's other workshop 'Living Tantra'. This course is also open to singles and is a seven day residential workshop which includes guided meditations, explorations in small groups and sharing circles. You will also be introduced to ritual and ceremony as well as breath work and tapping into the body's natural sources of energy. Jan explains: "The workshop will focus on the way that we love, relate and express our sexuality as man or woman. It aims to open participants to a deeper yes to all that they are."

The next Meeting without Masks course for singles only is at Belgrovia on 6th September 2009.

The next Living Tantra residential workshop is 2nd-9th April 2010 at Earth Spirit Centre.

For more information on either courses visit www.jan-day.com or call 020 8123 9831