

52. On Food and Money, Nurturing The Mother, Colon Hydrotherapist Worldwide List

Happy Equinox and Day of Peace, dear light being :)

I trust your days are unfolding with a pleasant sense of abundance and clarity...perhaps it is time to enjoy the following:

*On Food and Money

*Shazzie Interview - Sept 25th

*Mr. Monarch's Marvellous September Deals

*Nurturing The Mother

*WIN 'Birth As We Know It' DVD - 2 weeks left

*Colon Hydrotherapist Worldwide List

Food and Money

I've been thinking a lot recently about the connection between money and food in our societies. My sense is that as most people at this point usually BUY food, rather than pick it from somewhere for free, there is a STRONG connection in our collective consciousness between food and money. This seems to easily lead to situations where people don't want to 'waste' any food and perhaps end up eating more than the BODY actually requires, simply because that food was PAID for with money... Imagine the relationship wild animals have with food in contrast...imagine a zebra overeating 8lbs more grass than it actually requires because it 'bought' it from an antelope and hence feels compelled to use it... ;)

Here's a suggestion – if you find yourself in a situation where you're feeling compelled to 'finish something off', let's say a basket of peaches that are over-ripe...step back for a moment and ask yourself a few questions: 'am I actually hungry?', 'does my BODY want this food, or my mind?', 'is the main reason I want to eat this so that I don't feel it has been 'wasted'?' and so on...maybe also try imagining that you're in an ORCHARD of over-ripe peaches – would you feel compelled to eat them ALL? It is not your 'responsibility' to eat something just because it is ready to be eaten...nature (and industry) produces food in abundance all the time and you don't have to eat it all – lol ;) EVEN if you've paid for a portion of it with money – it is ok to let things go to the compost pile/back to the Earth without passing through your body first... I wrote something along these lines in my book 'Raw Emotions' – I wanted to re-visit these ideas here today though, as I find this money-food connection so interesting and bizarre – the more I look at humans, the more curiosities there seem to be... ;)

Shazzie Interview - Sept 25th

A little reminder that coming up next on The Raw Food World Radio Show is an interview with the one and only Shazzie, raw food diva extraordinaire from the UK, author, mama, artist, visionary, lover of life, dancer with the divine, mover-

shaker, recipe-maker - she does it all and she does it with frilly knickers on - are you ready for this...??? ;)

Mr. M will be connecting to Shazzieworld via the telephonic system on Friday September the 25th from 7pm Eastern time (4pm west coast, midnight UK time) - this will surely be an ext-raw-dinary meeting of two raw Aquarian (=rawquarian ;) minds, so please join in the fun by signing up for this FREE event, HERE... ENJOY :)

Mr. Monarch's Marvellous September Deals

Mr. Monarch just updated his monthly special offers again for TheRawFoodWorld.com...here they are for your delight and exploration:

The following specials are available until September 30th... "Below Cost":

- Nutiva Coconut Oil 54 oz - \$14.95, Normally \$23.95 - with 7% coup0n \$13.90, and 12% 'Inner Circle' coup0n \$13.16
- Oxygen Supreme II, 4oz - \$16.47, Normally \$24.95 - with 7% coup0n \$15.32, and 12% 'Inner Circle' coup0n \$14.49
- Zeoforce Caps - \$19.95, Normally \$29.95 - with 7% coup0n \$18.55, and 12% 'Inner Circle' coup0n \$17.56
- Zeoforce Powder - \$19.95, Normally \$29.95 - with 7% coup0n \$18.55, and 12% 'Inner Circle' coup0n \$17.56
- Organic Hemp Protein 30oz & Hemp Oil 16oz (Dark Glass Jar) - \$10.95, Normally \$32.90 - with 7% coup0n \$10.18, and 12% 'Inner Circle' coup0n \$9.64
- Freeze Dried Durian - \$7.77, Normally \$12.95 - with 7% coup0n \$7.23, and 12% 'Inner Circle' coup0n \$6.84
- Freeze Dried Pineapple - \$5.37, Normally \$8.95 - with 7% coup0n \$4.99, and 12% 'Inner Circle' coup0n \$4.73
- Freeze Dried Mango - \$7.17, Normally \$11.95 - with 7% coup0n \$6.67, and 12% 'Inner Circle' coup0n \$6.31
- Freeze Dried Banana Chips - \$5.37, Normally \$8.95 - with 7% coup0n \$4.99, and 12% 'Inner Circle' coup0n \$4.73
- Organic Hemp Oil 16oz (Dark Glass Jar) - \$5.95, Normally \$14.95 - with 7% coup0n \$5.53, and 12% 'Inner Circle' coup0n \$5.24 "At Cost":
- Peruvian Olives - 15.7oz in glass jar - \$7.67, Normally \$10.95 - with 7% coup0n \$7.13, and 12% 'Inner Circle' coup0n \$6.75
- Rawnola - \$7.67, Normally \$10.95 - with 7% coup0n \$7.13, and 12% 'Inner Circle' coup0n \$6.75
- Platinum Agave - 500ml - \$8.37, Normally \$11.95 - with 7% coup0n \$7.78, and 12% 'Inner Circle' coup0n \$7.36

To access these offers, click the link below, or type - hnymn - in the search box at the top right hand corner of www.TheRawFoodWorld.com.

[Click Here For "At Cost" Specials](#)

Additionally, you can redeem this coup0n at www.TheRawFoodWorld.com by typing in - HONEYMOON - in the coup0n number section, to get an additional 7% off your order. This coup0n will be good through September 30th, 2009 and can be redeemed at:
www.TheRawFoodWorld.com

You can get 12% off your order and ALL FUTURE ORDERS by joining the Inner Circle Community [HERE](#) for ONLY \$9.97 a month.

Nurturing The Mother

Recently I received an 'SOS' message from two separate women on the same day, both feeling distraught about the same thing: the wonderful natural parenting magazine 'The Mother' from the UK is set to close down, without more support. These two women both felt this would be a HUGE loss in the world of natural parenting/lifestyles and were seeking out extra support for the magazine. I have since been in contact with the editor of the magazine - Veronika - and I've been registering subscriptions for various friends worldwide who are new or soon-to-be parents.

I truly feel the value of this magazine too – it has been around for many years and offers outstanding articles on conscious birthing/parenting, peaceful pregnancy, ecstatic natural/home births, breastfeeding, homeschooling and so on – it even has a regular raw food column :)

The Mother magazine is currently being published 6 times a year and subscriptions can be sent anywhere in the world. If YOU too would love to support the vital message of this magazine, you can visit their site and sign up to receive the mag [HERE](#)...if not for yourself, then maybe there's a friend you feel would love to read these mags, or a local women's centre where this message might be well received? I sincerely hope that together we can keep The Mother flowing in her divine ways – I feel this is such a key message to keep in circulation...

WIN 'Birth As We Know It' DVD - 2 weeks left

While we're on the

vital subject of conscious parenting, here's a little reminder that there are two weeks left to enter this month's giveaway contest, to win a copy of the absolutely phenomenal 'Birth As We Know It' DVD from Elena at [BirthintoBeing.com](#). Elena has a profound, simple, healing message and vision of conscious parenting, which she is sharing with the world and I am THRILLED to help spread this message far and wide too...so, with that in mind, to be in with a chance of being the very fortunate winner of

this month's giveaway prize, please send in your answer to the following question, to angela@rawreform.com:

"If you were the winner of the Birth As We Know It DVD, who would you share this inspiring documentary with and why?"

Maybe you'll open your heart to showing this DVD to a local women's group, or share it at a potluck gathering, with a group of teenagers, your extended family, your local school or arrange a whole event around showing the documentary...whatever resonates for you, we'd love to hear about it - the more people who receive this information, then all the better :) ...and it is my sincere hope that whoever is picked to win the DVD around the start of October follows through and does actually share the DVD with those around them - this is vital, life-shifting information... ENJOY and we look forward to reading your suggestions for outreach and connection...you have until October the 5th to send your yummys in... ;)

(You can also get Elena's DVD from our store [HERE](#) if you just can't wait... ;)

Colon Hydrotherapist Worldwide List

I'm VERY excited and delighted to say that I recently discovered a wonderful list of colon hydrotherapists who practice the Gravity method, over on Natalia Rose's website, [HERE](#). This is exciting for us, as we've never seen a list like this anywhere else and people often ask us for referrals for good hydrotherapists – well, now we all have somewhere to check

