pathocracy ~ best before death ~ good country equation ~ climate strike
mars, martyrs & martial law ~ build back better ~ self connection qigong

on september 1st 2020, humanity takes over!
September 2020

Articles

**Build Back Better**
_Llyn & Eifionydd Group_ 4

**Best Before Death**
_Bill Drummond_ 6

**Community Gardens Under Threat**
_Lizzie Wynn_ 8

**Pathocracy**
_How Psychopaths Took Over The World_ 10
_Steve Taylor_

**Global Day Of Climate Action: September 25th**
_Fridays For Future_ 23

**Self Connection Qigong**
_Rik Midgley_ 25

**The Good Country Equation**
_Simon Anholt_ 26

**Future Generations Commissioner Is Recruiting!**
_Sophie Howe_ 28

**Returning Wildlife To Balance**
_David Woodfall_ 29

**Mars, Martyrs & Martial Law**
_Phillip Lindsay_ 32

This Month

**What’s Goin’ On?!** 13 ~ 24

**Full Moon Meditation Network** 33

**Local Food Supplies** 34

**Network Of Goodwill** Back Cover

Front Cover Illustration by Femke van Gent  
www.femkevangent.art

Printed on 100% post consumer waste paper by Network News cic, Pwllheli
Welcome to the September Network News. *We, the people, have had enough!* Through all human history - despite the efforts of our finest saints, sages and revolutionaries - the power and resources always just end up in the hands of a mad, sad or bad minority: kings, priests, presidents, prime ministers and now billionaires.

The nation state has failed, so the planetary power vacuum has been filled by a handful of vast corporations, accountable to no-one. Most human lives continue to be spent in endless drudgery to support an elite crew of inadequates in their waste and warfare.

**However.** Since the 1980s, the powers-that-be decreed that all citizens would now be known as “Consumers”. Unwittingly, they handed humanity a key to liberation. As citizens, we were virtually powerless: one flimsy vote every few years for the red or blue team. But as Consumers, even as *poor* Consumers, we vote every day. Each time we pay or withhold payment, we vote to feed or starve some corporate kingdom. And when a corporate kingdom falls, with it must fall all the client politicians, spin doctors and enforcers.

We are awakening. We are beginning to figure out who and what is behind the curtain. We are capable of designing a world without any mad, sad or bad control freaks at the helm: a planetary web of self-organising communities in millions of colours. And now we know how: We will all simply and suddenly stop paying the elites.

On September 1st, 2020, we, the people, will stop giving money or votes or any other kind of allegiance to any person or company or institution that is not actively and honestly committed to the finest human values and structures: universal rights, local decision-making, fair access to resources, sustainability, tolerance and compassion. On September 1st, 2020, *Humanity Takes Over.*

Blessings to all beings
Dear Liz Saville Roberts,

We are a growing group of people living in your constituency requesting your help to ensure that the covid-recovery plan is built on the following principles:

1. **A fairer, greener economy based on quality and sustainability**

   The recovery from COVID-19 and the hosting of COP26 present opportunities to create a new economy in line with the values of equality and sustainability. We call on the government to decarbonise the economy in a way that tackles inequality and enhances the lives of ordinary people. The need for a rapid and just transition to net zero must be at the heart of all spending decisions. This includes ending all public financing of, and tax breaks for, fossil fuel projects.

   It is vital that policies introduced to address the climate crisis are fair, and are seen to be fair. Research shows that wealth inequality in the UK is vast. We believe the time has come to explore options for taxing wealth more effectively. As a logical first step, income from wealth (such as capital gains and dividends) should be taxed at the same rates as income from work. (For more detail, see Notes below)

2. **A peaceful world**

   As part of Rethinking Security, we call for security based on justice, cooperation and sustainability. To provide holistic, human security, we believe the government must stop investing in arms and fossil fuels, and invest more in renewables and public services. Further urgent measures must be put in place for nuclear disarmament.

   COVID-19 and the Black Lives Matter movement provide an opportunity to reflect critically on our education system and the values it instils. Peace education, with its emphasis on relationships and critical thinking, can be part of the rebuilding process. (For more detail, see Notes below)

3. **A humane immigration and asylum system**

   Some of us belong to groups that offer sanctuary to people forced to flee their homes. The COVID-19 crisis made this more challenging, but we continue to advocate for racial justice and the rights of people from migrant backgrounds. We call for the government to end the hostile environment and allow people from migrant backgrounds to access work, housing and healthcare. We would like to see those released from detention remain at liberty, and an end to the use of Immigration Removal Centres. This would restore dignity to people from migrant backgrounds and enable them to contribute fully to our economy and society. (For more detail, see Notes below)

4. **A transformative justice system**

   Despite introducing an early release scheme to reduce prison overcrowding during the pandemic, fewer than 100 people were actually released. We believe it is vital that the UK government adopt the presumption against short sentences that is working well in Scotland. The government must do more to address racial inequality in the criminal justice system.
Ultimately, we call for a wholehearted shift from punishment to prevention and rehabilitation. Justice plays a crucial role in creating peaceful and inclusive communities and building a country where civil liberties can flourish. An emphasis on transformative justice would help improve resilience in our system, so it isn’t in perpetual crisis. (For more detail, see Notes below)

**Devolved Powers**

Although the Westminster government has officially devolved many powers to the Home Nations, there is significant overlap and the powers retained at Westminster are considerable. We see that the current Conservative UK government is very hostile to devolution and is seeking to undermine it by withholding in Westminster the finance that formerly came straight to Wales from the EU.

Therefore, our call applies to both devolved matters and UK-wide matters, and we support you as our MP in your work alongside MPs from all parts of the UK in Westminster when forming and voting on policies related to both reserved and devolved powers. Post-industrial Wales has huge green-sector potential due to its topography and coast, which can be to the benefit of the UK, provided regeneration funding is made available. Please see the following notes, which expand on the four topics in this letter, and also cover (in no particular order): planning, land use and ownership, housing, food production, travel and transport, communication, health, education and training wildlife, employment, energy, and taxation.

We would like to meet with you on Zoom, to present this letter, if you would be kind enough to arrange the meeting at a time of day to suit yourself, and let us know.

Many thanks,

**Build Back Better / Llyn & Eifionydd**

Local Contact Frances Voelker: francesvoelcker@gmail.com

---

**Take action**

Imagine a world where nurses, teachers, waste collectors and all essential workers are properly valued. A world where our public services are protected and everyone’s needs are met. A world which can sustain us well into the future. **That world is possible.**

If individuals and organisations from across society stand together, we can demand that the government builds an economy that benefits everyone, not just big businesses. It won’t be easy, but if ever there was a moment to try something new, this is it.

We’ve already seen what can be achieved when we support each other during this crisis, from doctors coming out of retirement to care for coronavirus patients, to people picking up prescriptions for their neighbours.

Now we need to channel that community spirit into rebuilding our society for the better, by urging the government to provide a new deal that puts people, not profits, first.

[www.buildbackbetteruk.org](http://www.buildbackbetteruk.org)

---

There are detailed notes to accompany this letter, which can be found on the Network News website: [network-news.org/noticeboard](http://network-news.org/noticeboard)

Local BBB Contact: francesvoelcker@gmail.com
In early May, I was sitting on the sofa watching a TV news story about BANKSY having secretly donated a painting to a hospital in Southampton. According to the report, it was a thank you to the NHS. To me, sitting on the sofa, it seemed weak and patronising – a middlebrow action pandering to the editors of the programme I was watching. This was not what we wanted from our BANKSY. I wanted to throw the TV out of the window, but I didn’t have it in me to get up off the sofa.

Then on the 7th of June, when sitting on the same sofa, I watched the TV news footage of the statue of Edward Colston being toppled in Bristol and dumped in the dock. And I thought – “How could any art compete with that?” This was the real deal. This was activism supplanting art. And not art posing as activism.

When Echo & The Bunnymen were playing the Colston Hall in Bristol, back in the early 80s, we had no idea who or what Edward Colston was, we just wanted to know if we had sold the place out. And if we did know who he was, I don’t think it would have made any difference. I mean, a couple of hundred years ago weren’t many of our cities built on the slave trade or the East India Company or the like? I mean it wasn’t our job to feel guilty or address what our forefathers had done back in history. I don’t blame my German friends for what their grandfathers did to the Jews.

Back in 2018, The 25 Paintings 12 year world tour took me to be working in Lexington, North Carolina. While there, I was surprised to see a statue of a Confederate soldier acting as a war memorial in the centre of the town. It was there to commemorate the local young men who “took a rebel stand” and died in the American Civil War. They were fighting, amongst other things, for their right to keep the local black population in slavery. I was surprised that nobody, over the past one hundred years, had pulled this statue down. Hadn’t the civil rights movement sorted all this sort of stuff out? But I did know one thing, I knew it was not my job to do that pulling down.

What is my job?
What is your job?

Then just after 6am on the 15th of July I heard a breaking news story on my bedside radio. It was about a statue of a young black female protester that had been secretly placed on the plinth where the toppled statue of Edward Colston had stood. And as the story broke further, I learned that this young black female protester had stood there herself giving the black power salute just after Colston had been toppled. This was brilliant. Inspiring. This was activism as art. And it worked. I celebrated by getting up and putting the kettle on.

But then it came out that this whole thing – as in the statue of the young black female protester – had been masterminded by Marc Quinn. Marc Quinn being one of the major movers and
shakers in the Brit Art crowd back in the mid 1990s. This somewhat undermined it for me. Was this merely art posing as activism?

But there was another voice in my head going “But Bill, it was obviously going to take a person with confidence and the where-with-all to make an action like this happen. And that should not undermine the message.”

But it was not until that evening while sitting on the sofa again, watching the news with my partner Ronita – Ronita being a woman of colour sees things differently to me – that I got a real sense of it being just another worthless statement of white privilege. It was Ronita’s reaction at seeing this statue of a young black woman having been done by another middle aged, middle class white male with an international art reputation, with art works in private collections and public galleries around the globe, that it really sank in. And the fact that he was there on the Ten O’clock News being interviewed made it even worse. He might have been thinking he was doing it for all the right reasons, but in reality, if you take a few steps back you see his action for what it is – white saviour complex to the max. White privilege writ large. Whatever Marc Quinn thinks or says does not change that.

And does not change the fact that I would have done the same as him if I could only have got up off of that sofa. And does not change my motivations behind The 25 Paintings twelve year world tour. A tour being done off the back of white privilege, however I might want to dress it up, and tell whoever might be listening that I am sidestepping the art world of private collectors and public galleries. I mean you have seen the film Best Before Death, right?

Paul Duane’s film about Bill Drummond’s tour
BEST BEFORE DEATH is released as a blu-ray DVD on September 28th from anti-worldsreleasing.co.uk

All of this, what Marc Quinn did, what I’m doing on The 25 Paintings 12 year world tour, is all as pompous as being the first white man to claim to have discovered the source of the Nile, or getting to the South Pole, or maybe the first to climb Everest.

Maybe – taking into account my physical and mental health, my carbon footprint, my white privilege, my family responsibilities and the ongoing global pandemic – from here on in, as in for the four remaining years of The 25 Paintings twelve year world tour, I should take it to the failing sea side towns and ports on this island and work with those refugees and asylum seekers that have done the crossing of the seas for me – proper travellers with a reason to cross continents. It can be them that will bang the drum and blow the horn, even if it is still me that makes the bed and bakes the cakes. I might not be able to suppress my white saviour complex completely and may have to accept my white privilege as something I was born with.

One of the jobs on each of these seaside locations might be to stand on the shore and stare out to sea and dream of the far off lands somewhere over the horizon. Lands that I will never know.

Bill Drummond is an artist, author, a justified ancient of MuMu, but is still only remembered for burning a million quid.

Complete version of this article is at: penkilnburn.com
Bwyd Bendigedig Port / Incredible Edible Porthmadog (or BBP for short), are having a tricky time at the moment. They had almost completed the roof on their cob and ecobrick build, funded by the Welsh government/WCVA, when obstacles were thrown in their path with Byw’n Iach Cyf suddenly raising the alarm that planning permission was required to continue (May 2020). This was inconsistent with the Gwynedd planning team, who confirmed they would not be making an enforcement. Reeling from this, the group leapt into action to amend the situation, but Byw’n Iach issued more orders, banning all members of the group from even gardening on their Porthmadog site, claiming that the group were not cooperating. BBP is jumping through all the hoops (which carries substantial costs), but the ban on gardening/building continues and the goalposts keep moving.

Common sense could prevail. BBP want their members to be able to maintain the garden, harvest vegetables and protect the building for the winter. The cob making season is almost over and the small amount of protective works, which will take about 3 weeks, will not be possible as it gets colder. The cob walls need to be at their full thickness for maximum stability and the roof membrane needs to be on the roof, edged and covered with earth. Senior lecturers from the Welsh School of Architecture have written to support this work as the building is part of a PhD study.

Byw’n Iach suddenly decided at the beginning of 2020 that their current 10 year agreement made in 2018 for BBP to use the land was no longer adequate, so Byw’n Iach, BBP and the Gwynedd Council estates manager met in February to work on a new agreement. Due to covid-19, this was not drafted and BBP carried on gardening and building, not wanting to bother the council or Byw’n Iach, who they knew were under greater stress in the new circumstances. No secret was made of the work, it is on the Byw’n Iach website and was on Heno (April 2020). Plans have also been displayed by the building for the past year.

Mistakes have been made. BBP could have investigated further to see if planning permission was required, though initial enquiries led them to believe that a shed and greenhouse would not need permission. It appears that Gwynedd Council were happy to allow work to continue; the structure was well published and could be seen by all, but someone put the situation in the spotlight. Byw’n Iach agreed the work could start (in May 2019) and the plans were approved, but seem to have failed to follow correct procedure from this point. All now point the finger at BBP, a small charity, to sort it.

A planning application has been submitted and the appropriate council departments are being engaged to check technical requirements, but this will take time. This could have been resolved in the winter (19/20).
The losers in this situation are the whole community. The building has been appreciated by so many people of all ages, called a wonder and an inspiration and applauded by the Future Generations Wales Commissioner saying, “This seems like an amazing idea that more people and public bodies should know about!”

It is supported by Earth Building UK and Ireland, Cardiff University and the Global Ecobricks Alliance.

But most important of all, our community keeps saying they love it.

If the building fails due to the stubbornness of Byw’n Iach and Gwynedd Council’s sluggishness to help to protect this sustainable structure, in a time when there is ‘a climate emergency’, then some hope will be squeezed out of the group and the community, in a difficult time when hope is indeed needed more than ever.

To support this project, please write to Gwynedd Council:
afyddgibbard@gwynedd.llyw.cymru
and Byw’n Iach:
cyswllt@bywniach.cymru
asking them to do what they can to enable BBP to protect the build.

Donations are welcome to help with the extra costs and can be made by PayPal or by emailing:
ediblemadog@gmail.com
facebook.com/ediblemadog

Bwyd Bendigedig Port / Incredible Edible Porthmadog (charity no. 1189361)
The Polish psychologist Andrew Lobaczewski spent his early life suffering under the Nazi occupation of Poland, closely followed by the brutality of Soviet occupation after the war. His experience of these horrors led Lobaczewski to develop the concept of "pathocracy." This is when individuals with personality disorders (particularly psychopathy) occupy positions of power.

Lobaczewski devoted his life to studying human evil, a field which he called "ponerology." He wanted to understand why 'evil' people seem to prosper, while so many good and moral people struggle to succeed. He wanted to understand why people with psychological disorders so easily rise to positions of power and take over the governments of countries. Since he was living under a "pathocratic" regime himself, he took great risks studying this topic. He was arrested and tortured by the Polish authorities, and was unable to publish his life's work, the book Political Ponerology, until he escaped to the United States during the 1980s.

Pathocracy is arguably one of the biggest problems in the history of the human race. History has been a saga of constant conflict and brutality, with groups of people fighting against one another over territory and power and possessions, and conquering and killing one another. Surveying the course of human history from ancient times to the 20th century, the historian Arnold Toynbee spoke about the "horribly sense of sin manifest in human affairs."

But there is an argument that this is not because all human beings are inherently brutal and cruel, but because a small number of people—that is, those with personality disorders—are brutal and cruel, intensely self-centred, and lacking in empathy. This small minority has always held power and managed to order or influence the majority to commit atrocities on their behalf.

A small minority of humans suffer from personality disorders such as narcissism and psychopathy. People with these disorders feel an insatiable lust for power. People with narcissistic personality disorder desire constant attention and affirmation. They feel that they are superior to others and have the right to dominate them. They also lack empathy, which means that they are able to ruthlessly exploit and abuse others in their lust for power. Psychopaths feel a similar sense of superiority and lack of empathy, but the main difference between them and narcissists is that they don't feel the same impulse for attention and adoration. To an extent, the impulse
to be adored acts as a check on the behaviour of narcissists. They are reluctant to do anything that might make them too unpopular. But psychopaths have no such qualms.

**At the other end of the scale, people with a high level of empathy and compassion usually aren’t interested in power.** They prefer to be "on the ground," interacting and connecting with others. They may even refuse the offer of a high-status position because they’re aware that higher status will disconnect them (although for a non-empathic person, that is part of its appeal). So this leaves positions of power open for people with psychological disorders (or at least with a high level of ambition and ruthlessness, even if not a fully fledged psychological disorder).

Throughout history, these pathological individuals have always risen to the top. In some ways, pre-industrial feudal societies restricted them, since power was often bequeathed by birth rather than attained by individual efforts. The demise of the feudal system was certainly a positive step towards greater equality and democracy, but a negative side effect was that it gave psychopaths and narcissists greater opportunity to attain positions of power.

As Ian Hughes points out in his important book Disordered Minds, the whole point of democracy is to try to protect the mass of people from this pathological minority. This was the central idea of the American constitution and the Bill of Rights. Democratic principles and institutions were established to limit the power of pathological individuals.

This is why, as Hughes also points out, pathological leaders hate democracy. Once they attain power, they do their utmost to dismantle or discredit democratic institutions, including the freedom and legitimacy of the press. (This is the first thing which Hitler did when he became German chancellor, and it is what autocrats like Vladimir Putin, Viktor Orban of Hungary and President Erdoğan of Turkey have done. It is also what President Trump has been attempting.)

Moreover, pathological leaders are completely unable to comprehend the principles of democracy, since they regard themselves as superior, and see life as a competitive struggle in which the most ruthless deserve to dominate others.

But pathocracy isn’t just about individuals. As Lobaczewski pointed out, pathological leaders always attract other people with psychological disorders, who seize the opportunity to gain influence. At the same time, individuals who are moral, empathic and fair-minded gradually fall away. They are either ostracised or step aside voluntarily, appalled by the growing pathology around them. As a result, over time...
pathocracies tend to become entrenched and extreme.

This isn’t to say that everyone who becomes part of a pathocratic government suffers from a psychological disorder. Some people may simply have a high level of ambition and a lack of empathy without actually having a diagnosable condition, while others may simply ride the coattails of a pathological leader whose goals happen to coincide with theirs.

A significant part of the problem is the attraction that many people feel to charismatic demagogues. You can see this in the appeal of President Trump, despite the obvious flaws - his extreme narcissism, lack of empathy and his distorted, delusory view of reality - of his personality disorder. Psychologically, this is very similar to the attraction of spiritual gurus, who often attract the blind devotion of disciples, despite unethical and exploitative behaviour. The attraction of gurus and demagogues is a deep-rooted impulse to return to the childhood state of worshipping parents who seem omnipotent and infallible and could take complete responsibility for our lives, and magically solve our problems. At the same time, the paranoia of pathological leaders leads them to demonise other groups and creates an intoxicating sense of group identity with a common purpose.

Is the United States is in danger of being taken over by a pathocracy? Unfortunately, I believe it has already happened. Despite a convention that psychologists shouldn’t unofficially diagnose public figures, many American psychologists and psychiatrists have publicly stated that Donald Trump displays all the signs of narcissistic personality disorder. This would certainly explain his grandiosity, his lack of empathy and moral principles, his excessive need for admiration and his sensitivity to criticism (all of which are traits of narcissistic personality disorder).

Similar cases have been made by psychologists for other ‘strongman’ politicians around the world, such as Recep Tayyip Erdogan of Turkey and Rodrigo Duterte of the Philippines. Trump has certainly attracted politicians and advisors with a similar lack of empathy and conscience to his inner circle, while principled and responsible individuals have either been ejected or have removed themselves, so that the pathocracy has become more entrenched.

But we should remember that pathocracy only flourishes because we don’t take sufficient measures to protect ourselves from pathological leaders. We need to preserve and strengthen our democratic institutions and processes to ensure that the great mass of people is protected from the minority of psychopaths and narcissists with an insatiable lust for power.

We need to make sure that our democracy does not transmute into a pathocracy.

Steve Taylor is a senior lecturer in psychology at Leeds Beckett University, and the author of several best-selling books on psychology and spirituality. His most recent book is Spiritual Science.

stevenmtaylor.com

This article was first published in: psychologytoday.com
In this September issue you’ll find that places and centres are beginning to open up and some groups and classes are able to meet. 

Whilst we decide how best to step out of our doors or engage socially, we hope that in the following pages you will find inspiring books to read, films to watch, webinars to attend and online groups to engage with.

---

SEPTEMBER 25
:: Global Day of Climate Action ::

Demonstrations and manifestations will take place all across the globe, all adjusted according to Covid-19 circumstances.

If we are to minimise the risks of triggering irreversible chain reactions beyond human control, we need to act now. *See page 23... fridaysforfuture.org*

---

Stop RAF propeller aircraft droning over Gwynedd / Anglesey

RAF Valley has started flying Texan, single propeller planes over Bangor and Anglesey. These flights create considerable, irritating noise pollution which is adversely affecting the mental health and peace of local people.

The petition is to get the flight path moved to over the sea. Please call RAF Valley complaints on 01407 762241 extension 7824 to lodge a complaint. The more who call the better.

Thanks. Let’s reclaim our peaceful skies.

*Sign the petition on change.org*

---

**MAE BYWYDAU DU O BWYS**

Born Oluale Kossula/aka Cudjo Lewis was the last known survivor of the trans-Atlantic slave trade from West Africa to America. He was taken 50 years *after* slavery was outlawed.

c.1841 - 1935

*See page 20*

#BLACKLIVESMATTER
September Events  

**Feldenkrais Method with Veronica Rock**  
Starts September 8th, then weekly on Tuesdays, 4.30 - 5.30pm.  
Verve Health & Fitness, Llangollen  
Veronica 07990 825783  
rock.feldenkrais@gmail.com

**Cwrs 8 Wythnos i Leihau Straen drwy Ymwybyddiaeth Ofalgar | Via Zoom**  
2 Sept - 21 Oct; and  
The Present: 8 week course,  
15 Sept - 3 Nov  
Contact Tara:  
tara.anne.dew@gmail.com  
gwyneddmindfulness.co.uk

**Timber Frame Building:** A collective learning experience to construct a traditional timber framed building  
7 - 11 September. Suitable for beginners & more experienced  
~ 18 yrs+ ~ £395; £8 per night camping. Food extra.  
Bookings: 07765 251531  
~ wernogwood.co.uk

**Live in the Woods**  
Singer / musicians  
Elfin Bow: 6 Sept & Little Sparrow 26 Sept  
We are social distancing / 30 tickets for sale.  
Both 2 - 4pm, £10 each.  
Woodland Skills Centre, Bodfari LL16 4DT.  
Bookings: woodlandskillscentre.uk

**Self Connection Qigong with Rik Midgley.** Explore the mind-body interaction from the body’s perspective of tangible sensations. Begins 7 Sept, Mondays 6 - 7pm online. More details from  
choosecompassion.uk/qigong

**Mountain Skills Course**  
We will equip with the skills and knowledge to safely undertake mountain walks. 17 & 18 Sept, 24 & 25 Oct, 28 & 29 Nov, based in Capel Curig  
beyondtheedge.co.uk

**21st Century Periods**  
September 3  
A lively, virtual discussion around menstruation, period poverty, and challenges to the old taboo against periods. 5 - 5.45pm.  
National Library of Scotland.  
Join free via: eventbrite.co.uk

**Journey to Brotherhood**  
A retreat for men in the Aquarian Age  
11 - 13 September  
Cae Mabon, Llanberis  
FB: Cae Mabon

**Free Lunchtime Qi-Gong**  
with Felixia Yu ~ 2 Sept,  
12.30 - 1pm, via Zoom  
eventbrite.co.uk

**PopUp Craft & Gifts**  
4, 11 & 18 Sept /  
10am - 4pm  
Crocheted items; sea glass and upcycled jewellery, palm oil - free hand made soap, pin art embroidery cards, photographic cards, upcycled art and so much more. Free entry to The Lookout, Café and shop.  
RSPB Conwy Reserve  
FB: Artlysparklydesigns

**Free Lunchtime Qi-Gong**  
with Felixia Yu ~ 2 Sept,  
12.30 - 1pm, via Zoom  
eventbrite.co.uk

**Gwyl Fwyd Digidol Amguedfa Cymru Digital Food Festival**  
12 - 13 Sept,  
Tickets: museum.wales

**Mountain Skills Course**  
We will equip with the skills and knowledge to safely undertake mountain walks. 17 & 18 Sept, 24 & 25 Oct, 28 & 29 Nov, based in Capel Curig  
beyondtheedge.co.uk

**Zero Carbon Britain: Live online discussion days**  
September 23 & 24  
Offering an in-depth look at CAT’s flagship research project, Zero Carbon Britain. Connect with a network of others working and studying in the field and explore the radical changes needed to rise to the climate challenge. 9.30am - 5pm both days | £75; panel discussion Day 2 @ 5.30pm  
For Zoom link go to: cat.org.uk

**Blake and Apocalyptic**  
5 September 10am - 4pm, with good break mid way. Fiona Owen and Kevin Ellis will be leading a day looking at how Blake and Apocalyptic dovetail together. Via Zoom, free  
Contact: fiona@rhwng.com
Emergence Online Tasters and Retreat Programme

Do you feel like you are seeking something new? Can you feel that change is afoot? Are you living a life true to your values and beliefs? If any of these questions made you stop and think, then this course could bring you a lot of value! Led by Tom Carter, we take it back to the very beginning and ponder on what is most important, we explore where we are in our life right now, and develop skills and good practices to help us achieve our potential.

Using the pillars of our Nomad philosophy - promoting connection to nature, oneself and to others, we have created a programme that brings the Nomad journey to your device for you to enjoy whilst you are at home. The content of this course could be described as many things; life coaching, handicraft projects, meditations, visualisations, bush-craft skills, outdoor activities, stories, poems, personal challenges, conference calls, wilderness connection - the list goes on! The programme aims to bring personal value through a series of online gatherings, tasks, challenges and micro adventures. We ask big questions, create an environment for self reflection, and hand over a box of tools for you to use in your everyday life. Join a tribe, and over the 6 months grow and explore together as you take steps towards the actual face to face retreat next Spring.

Come ... weave some magic
Check out the “How To’s” & FAQs on the website, sign up and join us on the adventure of Emergence.

Online Forest Garden Design Course Pt 1 & 2
Thursdays, 6 - 8pm,
Pt 1: Introduction to Forest Gardening
3/10/17/24 September
with Rakesh Rootsman Rak.
Pt 2: Working on real designs and implementation.
To find out costs and more details
FB: of event name

Emergence Taster Experiences:
September 4 - 6 & October 11 - 14.
This is a perfect opportunity to get a feel for what we do at Nomad regardless of whether you want to dive deep into the full programme or not. Anybody is welcome to join and we encourage nature newbies and seasoned adventurers alike! Free!
Book a place: tom@nomadwales.com
FB: nomad - journey with purpose

Emergence Course:
Equinox Tribe starts September 21, 2020
Blue Moon Tribe starts October 31, 2020
Both £550 each

The Mountain Environment of Snowdonia with Jim Langley 26 September, Saturday 10am - 4pm; (& 10 Oct). An interactive workshop investigating the mountain environment of Snowdonia.
Glaciation in Snowdonia 27 September, Sunday 10am - 4pm (& 11 Oct). This workshop is an introduction to regional glaciation of North Wales.
Each workshop: £47.48, book via eventbrite.co.uk
FB: Nature’s Work - Jim Langley

Mindful Storymaking 19 - 21 September. A 3-day workshop combining mindfulness, creativity and storytelling for change-makers with Claire Thompson and Bethan John.
Residential (£465 - £390) and non-residential (£285). Held at Trigonos, Nantlle. Bookings contact: info@trigonos.org or 01286 882388

Daily quotes and words of wisdom for troubled times; download the app
16

Awakened Heart Sangha
The Meaning of Samata with Rigdzin Shikpo
3 & 4 October
Lama Shenpen will first talk on Rigdzin Shikpo's article from Fabrice Midal’s book 'Recalling Trungpa Rinpoche'. Rigdzin Shikpo will talk later in the afternoon. 10am - 7pm, including meditation sessions and a chance to discuss your practice.
Open to all ~ Via Zoom
Also: Teaching & Meditation Day
17 October 10.30am - 6pm, morning meditations are in silence.
Zoom available or turn up in person.
Also: Sadhana Retreat
7 - 21 November For those interested in the principles and practices of Sadhana (daily practice) via Zoom
Bookings: ahs.org.uk

Free Online Nature Sessions
To register & receive Zoom password go to:
www.coedlleol.org.uk/naturefix
Then join in the Zoom meeting
ID 472-420-3037
www.coedlleol.org.uk

FB = Facebook :: YT = YouTube
**We Want To Live !**  
**Cymru & West Rebellion**  
**September 1 - 5 in CARDIFF**  
**Find out more:**  
[actionnetwork.org](http://actionnetwork.org)

**BREXIT : Moving Forward with Brexit in North Wales**  
led by Academi Busnes Gogledd Cymru / North Wales Business Academy  
Prepare for Brexit with this free webinar, consider and discuss the possible impacts on your business.  
16 - 20 September daily 1 - 3pm. These FREE sessions are open to anyone employed, self-employed or on Furlough in North West Wales  
Register: eventbrite.co.uk ~ nwba@gllm.ac.uk

**Centre for Alternative Technology Workshops**  
October 3rd ~ Shrink Pot Carving | £65 &  
14th & 15th ~ Zero Carbon Britain: webinar | £75  
17th ~ Compost Toilets  
November 11th & 12th & December 1st & 2nd ~ Zero Carbon Britain: webinar | £75  
[cat.org.uk](http://cat.org.uk)

**Theatr Colwyn is now Open again.** Please contact the manager Phil for all the things you need to know before turning up to events.  
01492 872000 to book/reserve a socially distanced seat

**All About Meadows with the Wildlife Trust:**  
3 September, 6 - 7pm | free  
A look at the history of meadow management & how we can restore them in the future.  
Register: [eventbrite.co.uk](http://eventbrite.co.uk)

Britain’s 300,000 miles of road verges contain more than 700 species of wild flowers - almost 100 are threatened with extinction

**Gardens of the Mind ~ Verity Pulford**  
11 September - 21 November  
The visual and physical correlation between structures and micro-structures within plant and human biology. Exhibition opens in Ruthin Craft Centre LL15 1BB, 01824 704774, [ruthincraftcentre.org.uk](http://ruthincraftcentre.org.uk)  
The Centre is now open Weds - Sat 11am - 4pm. Advanced bookings to visit from their website.  
Other Exhibitions, films and talks in Ruthin Craft Centre are available to see online from their website. Including  
**Eleri Mills: Egni: a decade of creativity**; until November.  
**Fflora** - A group exhibition by 16 makers in many materials - until 24 September.  
*Plus free resource packs available*

**Trigonos, Nantlle**  
[www.trigonos.org](http://www.trigonos.org) or 01286 882388  
Book a place on forthcoming workshops  
15 - 18 Oct : Weaving Colours with Eta Ingham Lawrie; and Space to Be - An Open Course.  
23 - 26 October - Rewilding the Mind  
23 - 26 October: Yoga with Kate Knowles  
31 October-6 November: Land, Sea, Sky Travel

Answers page 34
Healthy Body ~ Healthy Mind ~ Healthy Soul

Ongoing Sessions, Groups and Classes,
See network-news.org for more contacts

**Inspire - Rewire**
Monthly Mindfulness for anxiety & letting go :: full moon sound healing :: upcoming workshops for 2020
FB: Inspire - Rewire ~ inspire-rewire.com

**TAI CHI & QI GONG**
Internal Arts Academy in Daoist and Buddhist Studies, Martial Arts & Medicine
lotusneigong.com *
Tai Chi North Wales
taiji-online.co.uk *
Qigong for Beginners
30 minutes
YT: Yoqi Yoga and Qigong *
Qi Gong Classes via Zoom
taichiphil@outlook.com

**Mum & Baby Online Group**
We will meet each week to share the challenges and gifts of mothering in this unprecedented time. We will make time for relaxing body and mind; soothing ourselves and our babies with gentle songs; and connecting with other mothers on a deeper level than the every day chit chat. Via Zoom | £4 - 7, Thursdays: 10.15am - 12noon,
Led by Laura Knott
birthingmamas.co.uk

**Lotus Nei Gong**
*t*
lotusneigong.com

**Qigong for Beginners**
30 minutes
YT: Yoqi Yoga and Qigong *

**Pure Sound ~ Steph Healy**
Free relaxation and sound meditations! Feel free to pop over and subscribe or share. 20-25 mins
YT: Pure Sound

**Liberation From Sorrow**
Meditation every 8th of the month, all welcome
tharpa.com

**Nonviolent Communication (NVC)**
Learning to communicate with empathy and observation.
Connect through Skype with Lisa Mundle, email: busybees@phonecoop.coop

**NetworkShe**
Join us to find out about - masterclasses, blogs, wellbeing weekend, conversations, Women Mean Business Weekend, Book Club and much more!
FB: The Mothership
networkshe.co.uk

**Vajraloka Buddhist Retreat Centre**
Bookings are now being taken for retreats dated:
6th - 26th Nov, Total Immersion
9th - 18th Dec, Practice Retreat for Men
More from: vajraloka.org

**WOMEN’S GROUPS**
Red Tent Gwynedd
Pabell Goch
FB: Red Tent Gwynedd Pabell Goch *
Online Sister Circles
sistercircletemple.com
FB: Sister Circle *
Free Weekly Meditations ... a community for all women
FB: Sisters Circles Under the Dancing Tree *
Circle of the Feminine
FB: Circle of the Feminine - women’s spaces and activities in North Wales *

**Pilates with Carys**
First part of a video that introduces key elements of Carysmatic Pilates - 40 mins
YT: Introduction to Carysmatic Pilates 1

**The Work That Reconnects**
It's a heart-felt, gentle and sane inquiry into how we should live in a time when human systems and structures, as well as ecosystems, are dying at a vast scale and pace.
YT: Living in The Time of Dying

**Teresa’s Yoga Class Online**
Join me for weekly Dru Yoga classes in the peace of your own home, either live or via the recording any time.
Includes full health and safety screening and guidelines
Contact Teresa
teresa@teresa4yoga.co.uk
teresa4yoga.co.uk/yoga-online

**Yoga with Louise**
Classes online / Zoom £30 block of 5 or £7.50 per class. Link to class sent once paid. Contact Louise
louisedixon@gmail.com
harmonyoftheheart.co.uk

**The Mothership**
Join us to find out about - masterclasses, blogs, wellbeing weekend, conversations, Women Mean Business Weekend, Book Club and much more!
FB: The Mothership
networkshe.co.uk

**Pilates with Carys**
Classes online / Zoom £30 block of 5 or £7.50 per class. Link to class sent once paid. Contact Louise
louisedixon@gmail.com
harmonyoftheheart.co.uk
**MOVEMENT / DANCE**

Liz Lane Dance/Movement Sessions
with Groove Dancefloor Sundays 5 - 6pm, Tuesdays 7.30 - 8.30pm. All welcome, you can switch off your camera if you like, just enjoy the sounds and movement.

**FB: Liz Lane**

Continuum Practice Group Monthly 9.30 - 11am,
**FB: Lucy Parry / North Wales Continuum Movement**

Farrah’s Dance Workout - Bollywood Fit at Home!
Several dates; 6pm, Mondays. £5/session. More from
**FB: farrahsdanceworkout/live**

Chakradance with Roz
Connect with Roz Daws for some freeform, spontaneous dance in response to music designed to balance the chakra system
**FB: Chakradance with Roz**

Polynesian Dancing
Every Thursday 8 - 8.50pm. Led by Rachel
**FB: Under The Dancing Tree**

Dance classes
With Louise Online; Tues, 7 - 8pm, Hatha Flow 8.15 - 9.15, and more see:
**FB: Harmony of the Heart**

“The purpose of having an altar in your home can be as simple as reminding you to take time for serenity each day.”

**How To Tap**
A holistic healing technique
with Nick Ortner of The Tapping Solution
**YT: How to Tap**

**Wing Chun**
Mondays, 7.30 - 9pm, active now! Held in Llanddulas Village Hall, LL22 8FH. We will be social distancing and using track & trace with limited numbers.
**Dave McQuillan : northwaleswingchun.co.uk • dave@northwaleswingchun.co.uk**

**Blodeuwedd Botanics**
*Wellbeing Through Gardening*
Y Plot, Pandy Farm, LL57 4RA
Thursday afternoons, tea, cake, company, gardening 1.30 - 3.30pm. Croeso Pawb ~ Everyone Welcome.
**FB: Blodeuwedd Botanics ~ 07799 224636**

---

**YOGA**

Emily Kyle Yoga
Contact: 07775 798536 FB: Emily Kyle Yoga

Rosslyn Falconer Yoga Friends FB: Yoga Friends

Tru Dru Yoga
Cat Stuijt 07816 103064 Book: trudruyoga.co.uk

Claire Mace ‘All The Yogas’ Subscriber & Virtual Yoga Vault. Plus Gentle Beginners; & Pregnancy Classes, starting Tuesday 1 September
YT: Claire Mace Inspiratrix Yoga ~ inspiratrix.co.uk

Easy and Gentle
YT: Yoga with Dhananjay

OM Yoga North Wales
YT: OM Yoga at Home
FB: OM Yoga North Wales

Dru Yoga North Wales
druyogaonline.com FB: Dru Yoga Online Studio

Yoga Shala Classes back on FB: Yoga Shala North Wales

Source Yoga Nutrition & Health. Classes open again: sourceyoga.org.uk

Derwen Hatha Yoga
FB: Derwen Yoga (North Wales)

Rishiculture Ashtanga Yoga FB: Yoga North Wales

---

“I have outdoor safe distance Zumba every Monday and Wednesday 5:30 till 6:30pm in the Masonic Hall Car Park, opposite Premier Inn Table Table, Parc Menai, LL57 4FH, £5 per class”.
Helen McGreary 07751 017157, dance-classes-north-wales.co.uk
Excerpt by editor Deborah G. Plant from *Barracoon: The Story of the Last “Black Cargo”* by Zora Neale Hurston

*Maafa* is a Ki-Swahili term that means disaster and the human response to it. The term refers to the disruption and uprooting of the lives of African peoples and the commercial exploitation of the African continent from the 15th century to the era of Western globalisation of the 21st century. Through telling the story of Kossola, there is implicit throughout the phenomenon of the African Maafa as it recognises the extensive and continuous devastation of the African continent and its inhabitants; the continuous plundering that extends the trauma brought about via trans-Atlantic trafficking. For “illegitimate trade” was superseded by the European “scramble for Africa” and colonisation of the continent, just as the “Peculiar Institution” of slavery in America was reformulated as the convict-leasing system, an earlier term for of the Jail-Industrial Complex. And just as Kossola was ensnared in the institution of slavery in America, his son, Cudjo Lewis Jnr., who was sentenced to 5 years imprisonment for manslaughter, was handed over to the convict-leasing system in the state of Alabama. Cudjo’s experience was not anomalous. It is representative of the reality of African American people who have been grappling for a sense of sovereignty over their own bodies ever since slavery was institutionalised.

blacklivesmatter.com
Sustainable Earth Institute
Promoting a new way of thinking about the future of our world. We bring researchers together with businesses, community groups and individuals to develop cutting-edge research and innovative approaches that build resilience to global challenges.

YT: Sustainability Earth Institute

Mothers of Invention
Join former Irish President Mary Robinson and comedian Maeve Higgins in this uplifting new podcast, celebrating amazing women doing remarkable things in pursuit of climate justice.

mothersofinvention.online

The Power of Generosity
Satish Kumar will talk about why generosity of spirit is the path to a joyful life. 15 September
Join at: resurgence.org/talks

Caroline Ciavaldini is the first woman to make the ascent of The Quarryman in Wales in April 2016. Located deep in the Twll Mawr slate quarry high above the village of Llanberis, the route offers four pitches of highly technical climbing.

Watch a short film by Neil Hart on climbing The Quarryman: gripped.com

Hear to Say
Black feminist podcast with Rozanne Gay and Tressie McMillan Cottom
luminarypodcasts.com

Cancel Culture & Identity Politics
with Bayo Akomolafe and Ronan Harrington: “In the midst of Black Lives Matter, is there both a renewed urgency to protect marginalised groups and a simultaneous backlash against it. Is this because of ignorance or is there a valid concern?

Listen for free: thealternative.org.uk

New Dimensions Radio
An infinite array of inspiring spiritual and practical programmes
newdimensions.org

Democracy Now!
A daily, global, independent news hour with Amy Goodman and Juan González.
Meet the 3 founders of the Black Lives Matter Movement: Patrisse Cullors, Alicia Garza and Opal Tometi / 1hr / 2015
democracynow.org

Essential Reading!
Six Steps Back To The Land
Colin Tudge writes about the need to achieve “Enlightened Agriculture” without wrecking the rest of the world

Sand Talk by Tyson Yunkaporta “The only sustainable way to store data long term is within relationships - deep connections between generations of people in relation to sentient landscape, grounded in vibrant oral tradition”.

Essential Viewing!
KISS THE GROUND
A film about rejuvenating the soil: making connections between soil health and people’s health and planet health.
kissthegroundmovie.com
*available on Netflix on 22nd September*

BEST BEFORE DEATH
A film covering 2 years in ex-KLF Bill Drummond’s 12 year world tour.
BBC Scotland on iPlayer
*see page 6

THOMAS KEATING: A RISING TIDE OF SILENCE
Docu-film about Father Thomas and his well respected spiritual practice
*Amazon Prime free to watch

THIS IS NOT A MOVIE
Meet the 3 founders of the Black Lives Matter Movement: Patrisse Cullors, Alicia Garza and Opal Tometi / 1hr / 2015
democracynow.org

Sand Talk by Tyson Yunkaporta “The only sustainable way to store data long term is within relationships - deep connections between generations of people in relation to sentient landscape, grounded in vibrant oral tradition”.

Essential Reading!
Six Steps Back To The Land
Colin Tudge writes about the need to achieve “Enlightened Agriculture” without wrecking the rest of the world

Sand Talk by Tyson Yunkaporta “The only sustainable way to store data long term is within relationships - deep connections between generations of people in relation to sentient landscape, grounded in vibrant oral tradition”.

Essential Viewing!
KISS THE GROUND
A film about rejuvenating the soil: making connections between soil health and people’s health and planet health.
kissthegroundmovie.com
*available on Netflix on 22nd September*

BEST BEFORE DEATH
A film covering 2 years in ex-KLF Bill Drummond’s 12 year world tour.
BBC Scotland on iPlayer
*see page 6

THOMAS KEATING: A RISING TIDE OF SILENCE
Docu-film about Father Thomas and his well respected spiritual practice
*Amazon Prime free to watch

THIS IS NOT A MOVIE
Meet the 3 founders of the Black Lives Matter Movement: Patrisse Cullors, Alicia Garza and Opal Tometi / 1hr / 2015
democracynow.org

Sand Talk by Tyson Yunkaporta “The only sustainable way to store data long term is within relationships - deep connections between generations of people in relation to sentient landscape, grounded in vibrant oral tradition”. 
ART EXHIBITIONS

Oriel Ynys Mon You need to book online for a free visit. For full details about your visit go to website. Exhibitions are: Lisa Eurgain Taylor: Rhwng Dyn a Daear until 13 September; & Ceri Pritchard: Ymyl Rhtfedd Reali - Rhan 11 19 September - 1 November. Llangefni, Ynys Mon LL77 7TQ, 01248 724444, kyffinwilliams.info

Ffin y Parc Gallery, Betws Road. Llanrwst, Conwy. LL26 OPT, 01492 642070 Visit website for up-to-date details of their open times. Exhibitions are: Luned Rhys Parri, Elaine Preece Stanley & Lynne Cartlidge Until 9 September David Grosvenor Major Solo Exhibition & John and Marilyn Davies 13 Sept - 7 Oct Watch a virtual tour of latest exhibition on website: welsh.art

Summer Exhibition Until 30th September We are pleased to announce that Plas Glyn-y-Weddw, Llanbedrog, is open with a Summer Exhibition consisting of a variety of works by more than 50 artists. The paintings can be seen at the gallery and are available to buy ‘off the wall’ or online. Visit: oriel.org.uk


MOSTYN Llandudno is open Tues - Sun 11am - 4pm, 01492 879201, oriel.org.uk Kiki Kogelnik :: Riot of Objects Ceramics; influenced by culture, technology and feminism, a key figure of the post-war avant-garde movement *both until 1 November

Athena Papadopoulos :: Cain and Abel Can’t and Able Working across sculpture, painting, text and sound, Papadopoulos’ practice defies traditional representations of the body, between worlds of the imagined and the real.

Oil on Canvas: View from Lyth Hill-Golygfa o Lyth Hill by Faye Pearson Jones
This autumn, school strike movement Fridays For Future calls for a global climate action day. On September 25th, demonstrations and manifestations will take place all across the globe, all adjusted according to Covid-19 circumstances.

During the last few months, the Covid-19 pandemic has forced activists to find new ways of protest and use digital activism to demand climate action, as marches have not been appropriate. The 25th of September will be the first global action day of the year.

The coming months and years will be crucial in ensuring a safe pathway below 1.5°C increase in global mean temperature, a target stated in the Paris Agreement. If we are to minimise the risks of triggering irreversible chain reactions beyond human control, we need to act now. It is therefore vital that the climate crisis doesn’t get forgotten in the shadow of the coronavirus but is regarded as the utmost priority. Fridays For Future will keep protesting as long as exploitation of nature is allowed to continue. The form of protest will be adjusted according to local Covid-19 conditions and in places where physical action will be taking place, participants will be asked to take precautions to prevent the spread of the virus. In cases where physical protest is inappropriate, we will instead turn to digital action.

“The pandemic has shown us that politicians have the power to act quickly and consistent with the best available science. But not even amid a pandemic is the climate crisis on hold. No measures have been taken to lower worldwide greenhouse gas emissions in a sustainable and just manner. The billion-dollar-investments that are now made to tackle the pandemic and its aftermath must be in line with the Paris Agreement”, says Eric Damien from Fridays For Future Kenya.

“To actually experience the climate crisis makes you understand the urgency of the situation. Millions are losing their homes and livelihoods, this can no longer exist in a vacuum. We need world leaders to prioritise humanity over greed. The youth are going to come together, over and over again – each time more strategic and united than ever before”, says Disha Ravi from Fridays For Future India.

We will keep you informed about the details concerning the planning of the protests.

Due to the current circumstances actions may vary from normal, because in times of crisis we change our behaviour. Please contact or follow the directives given by your local organisers.

*FFF is a global climate strike movement that started in August 2018, when 15-year-old Greta Thunberg began a school strike for climate.*

[fridaysforfuture.org](http://fridaysforfuture.org)
ARE YOU SELFISH ENOUGH?

…or does your ego get in the way?

Perhaps you don't believe "you're worth it"?

Online transformational coaching and (coming soon) North Wales events and training.

www.liveinthenow.co.uk

07473095135

Follow @SerendaEvents (Facebook/Twitter) for event updates

---

**Alexander Technique in Gwynedd**

A means of releasing tension physically, emotionally and mentally, and moving with grace and ease.

One-to-one sessions in Bangor and Porthmadog area

Pippa Bondy MSTAT
07814 959613
pip@pipbondy.com
www.pipbondy.com

---

**Brand New YURTS FOR SALE 20/16ft Made in Snowdonia**

* Locally sourced Ash & hazel roundwood frame
* Top quality British-made canvas cover (rot-proofed, water proofed & flame retardant), choice of colour.
* Sturdy weatherproof design
* Ideal living/ workshop/ holiday space

Visit: www.upsticksyurts.com
Phone: 07976 091425
upsticksyurts@yahoo.co.uk

---

**Are you feeling stuck in your life?**

Can’t make or sustain positive change? Want to change but don’t know how?

Whether emotional, physical or life style issues, **Josephine Airns** facilitates powerful personal and spiritual growth processes.

**Resonance Repatterning®**
01691 773806
Llangollen Natural Health Clinic
resonancerepatterninguk.net

---

**A means of releasing tension physically, emotionally and mentally, and moving with grace and ease.**

---

**Top quality British-made canvas cover (rot-proofed, water proofed & flame retardant), choice of colour.**

---

**Sturdy weatherproof design**

---

**Ideal living/ workshop/ holiday space**

---

**Locally sourced Ash & hazel roundwood frame**

---

**Top quality British-made canvas cover (rot-proofed, water proofed & flame retardant), choice of colour.**

---

**Sturdy weatherproof design**

---

**Ideal living/ workshop/ holiday space**

---

**Alexander Technique in Gwynedd**

A means of releasing tension physically, emotionally and mentally, and moving with grace and ease.

One-to-one sessions in Bangor and Porthmadog area

Pippa Bondy MSTAT
07814 959613
pip@pipbondy.com
www.pipbondy.com

---

**Are you feeling stuck in your life?**

Can’t make or sustain positive change? Want to change but don’t know how?

Whether emotional, physical or life style issues, **Josephine Airns** facilitates powerful personal and spiritual growth processes.

**Resonance Repatterning®**
01691 773806
Llangollen Natural Health Clinic
resonancerepatterninguk.net

---

**Brand New YURTS FOR SALE 20/16ft Made in Snowdonia**

* Locally sourced Ash & hazel roundwood frame
* Top quality British-made canvas cover (rot-proofed, water proofed & flame retardant), choice of colour.
* Sturdy weatherproof design
* Ideal living/ workshop/ holiday space

Visit: www.upsticksyurts.com
Phone: 07976 091425
upsticksyurts@yahoo.co.uk

---

**Are you feeling stuck in your life?**

Can’t make or sustain positive change? Want to change but don’t know how?

Whether emotional, physical or life style issues, **Josephine Airns** facilitates powerful personal and spiritual growth processes.

**Resonance Repatterning®**
01691 773806
Llangollen Natural Health Clinic
resonancerepatterninguk.net
Our capacity to be present is our empowerment to choose on what and how we want to focus our attention. What we are aware of at any moment could be the external world perceived through our senses, or it could be the internal world; the internal world being either our feelings and emotions, our body sensations or our thinking.

It is common to confuse our thinking with our awareness. This results in the perspective that it’s the ‘I’ doing the thinking. We need to ask, “What part of me is aware that I am thinking?” Confusion arises as a result of the cultural dissociation of the body.

The ability of the human body to feel has evolved over millions of years. As with our other sense organs, such as our eyes, our nervous system is bewilderingly complex with a myriad of functions, the purpose of which is to serve life. As there is no part of our seeing which is detrimental to life, all signals from our feeling body are information on how the body can enrich life. There is no such thing as a negative feeling. The perception of a feeling to be negative can only arise with the dissociation of the body, which leads to the sense that I am my thinking self residing in the mind. As such, it is not a feeling, but a memory of a judgement of what a feeling should feel like! In this denial, responsibility for thoughts and actions may also be denied.

Examples: Pain is my body screaming that something needs to be attended to, while in the mind it is a distraction to be suppressed. Anger energises the body to protect something considered to be of value, while the mind’s denial of feelings projects the cause externally and blames another person/event. Fear is a wake up call that something in the external world is changing and may impact. The dissociated mind becomes scared, and again, suppresses responsibility and projects a judgement externally.

To take back my power, to become confident, authentic and grounded, I need to nurture and befriend my relationship with my body, to build an aware loving relationship with myself. This is a spiritual journey asking for much self compassion and forgiveness. My own journey has involved over 30 years of practice of Vipassana Meditation, tai chi, yoga and various somatic processes, as well as a decade of learning the art of Nonviolent Communication which has brought clarity to the mind-body relationship.

Over the past 15 years I have developed a physical practice with the intention of enhancing my awareness of my body sensations, to support me to be in presence, to be alive and aware of the world and at the same time be aware of the tangible voice in my body which is continually feeding back information from the deep yearnings within my body. It’s about being alive and empowered, being happy and at peace, while understanding what this means, both physically and intellectually. I call this practice ‘Self Connection Qigong’ and am now sharing it online from September 7th on Monday evenings 6-7pm. The first class is free; you are invited to come and experience if this works for you.

ChooseCompassion.uk
Have you noticed how much time we spend worrying about the state of the world these days? Even before the pandemic struck, we were forever discussing the global challenges, speculating about the future of humanity, voicing our fears about the fate of the planet and the plants and animals we share it with. In one way or another, we are constantly asking, “What’s gone wrong with the world?”

Not surprisingly, there’s no shortage of theories, explanations, and solutions. The number of books published each year that try to explain and resolve our global difficulties just keeps on growing.

I try to read them because I’m fascinated and appalled by this subject, but I’m ashamed to admit that I don’t always finish them, and often start skimming after the first chapter. This isn’t because I think the authors don’t know what they’re talking about - on the contrary, I’m deeply impressed by their knowledge of society, politics, public health, economics, history, culture, and human nature.

Usually, it’s because I just find them too dense, too difficult, and frankly too depressing to read. This doesn’t seem right. If COVID-19 has proved anything, it has proved that the way countries work together - or fail to do so - is not a subject for experts alone; by definition, it’s a subject for everyone, everywhere. We all need to understand, because it’s going to take all of us to avoid these kinds of problems in the future, and to tackle the ones we already have.

So in my book I’ve tried to explain where I think we’ve gone wrong in terms that most people I’ve ever met can understand and enjoy: a book about the present and the future of humanity that doesn’t require a degree in economics or political science to read. And I’ve tried to make it as fun and interesting to read about the issues as I have found it fun and interesting to learn about them. Just because these things are serious doesn’t mean they have to be boring. I also have some concrete suggestions about what we can all do to make the world work better, in one generation.

For the last twenty years, I’ve worked as an independent policy adviser to the presidents, prime ministers, monarchs, and governments of more than fifty countries. Most of them have invited me to help them engage more productively and imaginatively with the governments and populations of other countries, although we’ve often ended up spending our time on very different challenges from the ones they thought they were facing.

In my discussions with them and with thousands of their citizens, from religious and business leaders to students and factory workers, I’ve always challenged them with the same basic questions: What is your country for? What is its gift to the world? How can it make a difference to the whole of humanity, not just to its own...
citizens? How should a country make itself useful in the twenty-first century and so earn its place in the world?

The theory behind this book is the Good Country Equation, a simple summary of what I’ve learned about the world so far. The equation consists of a problem and a solution.

Yes, the Good Country Equation is a much simplified account of the state of things. The simplification is deliberate because, over the years, faced with a world that seems to become more bewilderingly complex and unstable with every month that passes, I’ve learned to revere simplicity: not the simplicity that comes from seeing only the surface of things, but the simplicity that comes from seeing through the surface.

**Problem:** All the grand challenges of today are caused by the way countries and people behave. Countries compete more than they collaborate, so there are never enough resources to meet those challenges. And we still educate people in ways that only made sense before humanity became interdependent and its problems interconnected.

**Solution:** We can change the way countries behave by proving to governments that collaborating to build a better world doesn’t mean national or political self-sacrifice: it boosts national standing and thus promotes growth and innovation. We can change the way that people behave in just one generation, starting with a new global compact on educational values.

I hope I’ve avoided the trap of expecting too much of humanity, or crediting it with more compassion, intelligence, foresight, or imagination than it really has. An objection I sometimes hear from critics of my work is that I don’t make sufficient allowances for people’s innate selfishness, their mistrust of each other, the greed and corruption and shortsightedness of politicians, the stupidity of crowds, the innate tendency of all humankind toward prejudice and tribalism.

Well, in one sense I am guilty as charged. I can’t help liking people and trusting in their capacity for good sense and kindness, even though these qualities aren’t always on show and have a frustrating tendency to emerge only when it’s too late for them to make much difference.

But I hope that my prejudice in favour of humanity is not based on naiveté or sentimentality. I have always taken great care to test it repeatedly with objective research, observation, and study.

Many of us are in danger of allowing ourselves to become discouraged and downhearted, even cynical and fatalistic, just when we need the most hope and the most energy. Despondency is one of the habits of our age and a temptation we must resist. I hope that reading this book may help restore redress the balance between realistic concern and justifiable optimism.

The way I’ve written the book is a little unusual. It’s an autobiographical travelogue which incorporates research, analysis, and case studies, but it’s also a call to action, ending with some specific proposals that I intend to pursue with, I hope, the help of many of my readers. In other words, it’s the story of an unfinished journey and an invitation to continue it together. I hope that the story of where I’ve come from will interest and encourage you enough to join me where I’m going.

_Simon Anholt is an independent policy advisor who has worked to help develop and implement strategies for enhanced economic, political and cultural engagement with other countries._

goodcountry.org
The Well-being of Future Generations Act gives us the ambition, permission and legal obligation to improve our social, cultural, environmental and economic well-being.

The Act is unique to Wales and is attracting interest from countries across the world as it offers a huge opportunity to make a long-lasting, positive change to current and future generations.

The Act requires public bodies in Wales to think about the long-term impact of their decisions, to work better with people, communities and each other, and to prevent persistent problems such as poverty, health inequalities and climate change.

We’d love to find new talent for our Team, people who are as passionate as us about achieving change for the future.

Is this you?

Media Lead with a starting salary of £25,401 per annum for 4 days per week (equivalent to £31,732 per annum full time). This is a permanent contract. You can find the full role description on our website.

Are you a natural storyteller – someone who is constantly curious about the latest story in the press and passionate about creating stories about our own work that will inspire people to support a movement for change?

Closing date: 15th September

Change Analyst with a starting salary of £31,732 per annum for full time hours. This is a 1 year fixed term contract. You can find the full role description on our website.

Are you someone with an analytical mind-set, someone who can use their own initiative to explore ideas, who enjoys desk-based research and who can turn theory into practical examples.

Closing date: 16th September

Involvement Artist with a starting salary of £25,034 per annum for full time hours. This is a permanent contract. You can find the full role description on our website.

Are you someone who will enjoy sharing and gathering real-life examples of the simple changes and interesting examples people and organisations can make to improve Wales for future generations?

Closing date: 17th September

As a Team we approach our work fearlessly, learn quickly, improve constantly. We like to think differently, to question and to try new ways of doing things. So we are looking for people who can work with agility, who like to continually improve their performance and knowledge, adapting their role and purpose in response to the needs of the team.

In return we are happy to support all manner of flexible working arrangements, part time applications and remote working situations. Interviews are scheduled to take place in late September and early October.

For full details and Application Forms, please visit our website:

futuregenerations.wales/careers/were-recruiting/
Following the end of the last Ice Age 10,000 years ago, Britain and Ireland began to colonise with birch and oak which, apart from mountain tops, became established in all of our islands. Rewilding, essentially a new concept, is the return to allowing nature to take its own course and carpet our islands once more in natural vegetation and its associated fauna.

During the Mesolithic period (15,000–5,000 bce) this native forest was considerably modified by burning and felling. By the Middle Ages (500 ce onwards) the wildwood had been replaced by a mosaic of cultural landscapes, created by an ever-increasing population.

The Enclosure Acts of the eighteenth century were swiftly followed by the Industrial Revolution, with its increasing demands on mineral and timber resources, and further modified our landscapes. Landscapes became empty of all of our major predators, such as wolves, and landscape modifiers such as the beaver. While our cultural landscapes contained wonderful chalk grassland grazed by huge flocks of sheep, numerous heathlands grazed by cattle and diminishing peat bogs harvested by crofters in the north and west, these landscapes were unrecognisable from their native state, much of their diversity and richness gradually stripped away.

During the Industrial Revolution there was a rapid reduction in the number of people employed on the land and a consequent decline of rural communities. There were changes, too, affecting limestone pavements, peatbogs – a reduction of sheep farming led to the depletion of chalk grassland. The last time our islands possessed any degree of biological richness was the 1930s, a richness that disappeared swiftly during the 1940s when World War II interrupted food imports, leading to a massive increase in lands given over to arable crops.

By the 1960s only a handful of intensively managed nature reserves contained a fraction of our previous flora and fauna, often isolated islands in an extensive agricultural prairie, where food production was continually supported by pesticides and chemical fertilisers, further diminishing our wildlife – the future of peregrine falcons were threatened by the build-up of toxins in the food chain. In the US, scientists such as Rachel Carson began to draw the public’s attention to such concerns and the environmental movement was born.
This has subsequently led to the evolution of the rewilding movement, which I would define as allowing the natural succession from open ground to forest to take place, much in the way it happened 10,000 years ago. Essentially, to allow the landscape to develop in an organic way, opening up the full range of available niches for local species.

However, much of the landscape of the UK and Ireland has been so severely modified that in many cases it is a challenge to allow rewilding to take place, as this process can lead to a short-term reduction in the existing diversity. In effect, the decision on the part of conservation organisations to cease management is a form of management in itself. Many of the priorities in conservation previously seen as set in stone will have to be carefully reconsidered. Further complications emerge from the significant changes being wrought on our landscapes, ecology and ourselves by climate change.

By the modern age, most of the significant apex, ‘game changers’ within our flora and fauna, were now absent – in parallel with a naturally developing climax vegetation, it was deemed necessary to reintroduce many of the key animals which significantly affect the ecology of our landscapes. These include beavers, lynx, sea eagles, and red kites: species that will help stimulate and revive ecological processes that have been absent from our lands for thousands of years.

The introduction of beavers could have a significant effect on reducing the flooding of agriculture areas and towns, something that appears to have increased in both intensity and frequency. Species such as sea eagle and red kite have already demonstrated that their increased presence can have a significant beneficial effect on tourism at both a local and national level.

This work has been carried out by inspired individuals, scientists and a growing number of NGO organisations, who are working with the government conservation agencies to help negotiate with landowners, carry out research and conduct trials with reintroduced species to ensure that such populations are sustainable and equitable among our highly managed islands.

In addition, rewilding calls for a greatly reduced grazing regime in our uplands by both deer and sheep, and a general reduction in the grazing of our grassland ecosystems where appropriate to increase both plant and invertebrate populations, which in turn will greatly increase our mammal and bird populations.

Due notice will have to be given to our ‘cultural habitats’, e.g. downland, which have evolved through our grazing regimes. Also both the significance and value of our post-industrial sites will have to be given greater recognition as we are blessed with large numbers of places that are great examples of the beneficial effect of rewilding, without us doing anything active at all.
The reduction in fishing through a system of quotas, during the last ten years, has once again made the North Sea a place in which to fish sustainably, and the introduction of many wind turbines has had the effect of creating ‘artificial reefs’ which have further increased marine diversity. This is nowhere better demonstrated than the huge growth in cetacean and grey seal populations throughout Britain and Ireland. In turn this has attracted significant populations of killer whale.

The changing sea temperatures around our coasts, due to changes in the jet stream, are also enhancing our whale and dolphin populations. Tuna weighing up to 230 kg (500 lb) have been caught off the Hebridean island of St Kilda, demonstrating that our seas, too, can be rewilded.

Our agricultural landscapes, even more so than the native habitats, have the potential for great change through rewilding. Our agriculture has been heavily subsidised through the European Economic Union (via Common Agricultural Payments), since the 1970s, and this has had a profound effect on both the landscapes themselves and their biodiversity.

We are about to leave Europe and at the very least this is going to produce uncertainty for our agricultural landscapes. The most likely outcome of this will be that large areas of land will not be cultivated as intensively as previously. On the other hand, financial conglomerates, pension funds and extremely rich individuals may well buy up aggregations of small farms and produce ‘super farms’, leading to even greater insensitive management of our landscapes.

The first of these outcomes ought to give the opportunity for a theory like rewilding to really flourish, allowing for many natural processes to take hold once more, rather than the more manicured effects of conservation that have been attempted so far. We have reached a point in our islands’ evolution where our growing understanding of rewilding has the realistic prospect of gaining both political and popular support.

This has been achieved, in part, by the rapid growth of environmental education, and the popularity of TV and radio programmes by such people as David Attenborough – informing and enthraling the public with the ‘natural world’. This in turn has inspired countless individuals, paid and voluntary, to get involved in disparate conservation projects employing both species introduction and the development of more naturally developing climax vegetation communities.

Rewilding has arrived and I feel that now is the right time to publish a book highlighting all the wonderful organisations and inspired individuals who are making the UK and Ireland such a biologically rich series of islands once again.

David Woodfall is an award winning photographer with a passion for environmental issues. “Rewilding” is published by Harper Collins.

www.davidwoodfallimages.co.uk
*all photos by David Woodfall*
On its two year cycle, Mars usually takes an average of two months to pass through each of the twelve zodiac signs. However, due to Mars going retrograde in its own sign of Aries, it will remain in that sign for an almost unprecedented six months – from the end of June 2020 until the first week of January 2021.

As a “non-sacred” planet, one of the tasks of Mars is showing each individual what has not been “made sacred” within – that which is “unredeemed”, must be “raised up”. As Mars is co-ruler of the solar plexus centre, seat of the astral body – and co-ruler of the sixth ray, its primary work is with human emotion and desire, sexuality, aggression and drive for action upon the physical plane.

This passage of Mars through Aries will be unusually intense due to the fact that Mars makes several square aspects to the three planets currently passing through Capricorn: Pluto, Saturn and Jupiter – some very challenging tensions, but fortunate in some ways because,

“Mars embodies sixth ray force which leads to idealism, destructive fanaticism frequently, struggle, strife, war, effort and evolution. God’s idea in Aries becomes the concrete plan in Capricorn whether that objective is the full flower of the planetary life in all its forms, the ambition of a personality working out its own ideas and ambitious worldly projects or the spiritual aspiration (worldly ambition transmuted into its higher aspect) of the initiate, who seeks to work out God’s plans and make them his own.” [Esoteric Astrology by Alice A Bailey]

Mars is also ruler of emotionally intense Scorpio, and in Aries carries similar expressions such as fiery anger or rage, volatility and reactivity, aggression or competitiveness, forcefulness, impulsiveness, argumentative – “spoiling for a fight”!

Whilst Mars is passing through Aries, it will test everybody in how they handle their emotions and how to exercise restraint – hopefully with the help of Saturn in Capricorn!

Personal vigilance is of utmost importance in these trying times, but especially during this Mars transit – it will push every emotional button that might result in the most untimely outbursts of hatred, frustration and anger. Already with a global lockdown imposed, tensions are running high, people are feeling trapped, confused and precarious economically.

The shadow of the incoming seventh ray of Organisation, which finds such a strong expression through Capricorn, is becoming more evident around the world. It has been abused by authorities and government in the past and that trend appears to be making a comeback:

“The standardisation and regimentation of nations is but an aspect of this move towards synthesis, but one that is being misapplied and prematurely enforced. All moves towards national and world synthesis are
good and right, but they must be consciously and willingly undertaken by intelligent men and women, and the methods employed to bring about this fusion must not infringe the law of love.” [ibid]

Anyone with planets at around 13 degrees of cardinal signs needs to be particularly wary! Mars returns to square the Cap-Can axis again towards the end of November 2020, a couple of weeks after the US election. This may indicate great turmoil in the USA, dispute over the election outcome, martial law, paramilitarised policing etc. Mars’ rules the solar plexus (along with Neptune) – the seat of the emotional life, where most of Humanity is polarised,

“The effect of Mars is, therefore, largely mass effect and group results, producing great struggles but leading finally to great revelation. In Aries, it is the final revelation of the nature of knowledge and the purpose of incarnation … Mars establishes relations between the opposites and is a beneficent and not a malefic factor, as is so often supposed.” [ibid]

Yet, like all the planets there are often several expressions, depending on the stage of consciousness unfoldment. Mars and Saturn are very potent with regard to initiation – “when … rightly employed there comes liberation from form control and the release of the conscious individual.” [ibid]

Mars, along with the Moon “brings about a fearful conflict” at the third initiation.

In 2020, transiting Mars was square Saturn on August 24 and will be again on September 29.

The tension between these two planets may see anger of the populace at large (Mars), boil over in reaction to what is perceived as repression – by government (Saturn) or groups. The best outcome is if the discipline of Saturn can be employed to direct their Mars frustration. One astrologer commented on this transit for August:

“Frustrations and disagreements abound under this arrangement … This moment also is likely to constitute a turning point, when many become convinced of the futility of discussion and harden into crystallized points of view.”

Then September 29: “This is a particularly volatile moment … for Saturn also turns direct today … Individuality confronts government.”

Repressive actions may be attempted, but such attempts to brutally control the people would meet with even more resistance and opposition.

Some - who have been able to stay centred and focused in spite of the surrounding uproar - will bring their works and labours to a successful conclusion.

Phillip Lindsay has been a student and teacher of the Ageless Wisdom and Esoteric Astrology for over 30 years and has authored several books. You can subscribe to his monthly newsletter at:

esotericastrologer.org

Full Moon Meditation Network
Virgo: August 23rd ~ September 22nd
Full Moon: September 2nd at 6:22am
Autumn Equinox: September 22nd at 2:30pm

The Great Invocation
From the point of Light within the Mind of God
Let light stream forth into the minds of men.
Let Light descend on Earth.

From the point of Love within the Heart of God
Let love stream forth into the hearts of men.
May Christ return to Earth.

From the centre where the Will of God is known
Let purpose guide the little wills of men –
The purpose which the Masters know and serve.

From the centre which we call the race of men
Let the Plan of Love and Light work out
And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on Earth.

www.lucistrust.org
LOCAL FRESH FOOD - Deliveries (as of 24th August)

Village Veg, Waunfawr/Caernarfon Delivery Fri or Sat. Free delivery over £8.50 order. Phone 07962 214347. For updates: FB: Village Veg

Moelyci, Tregarth Orders/payment via phone; outside seating area now! 01248 602793, FB: Moelyci

Cadwyn Ogwen Order midnight Sunday; delivery Thursday 1- 6pm. Delivery area includes: Bethesda, Gerlan, Carneddli, Rachub, Llanllechid, Tregarth, Sling, Mynydd Llandygai, Glasinfryn, Pentir, Rhiwlas & TalyBont. Visit: ogwen.wales

DJ’s Fruit and Vegetables, Penrhyndeudraeth Mixed organic boxes Email: info@djfruit.cymru for a form or call 01766 514330, djfruit.cymru

The Eating Gorilla in Penrhyndeudraeth Open for takeaways and family days on Sundays. Call 01766 770292; see website for menus: eatinggorilla.co.uk

Siop a Caffi y Garreg in Llanfrothen are doing grocery deliveries to vulnerable people. They can also deliver simple hot meals. Box collections available, call 01766 770094.

Grapes in Maentwrog are now offering takeaway. 01766 590365, grapeshotelsnowdonia.co.uk

Henbant, Clynnog Fawr, Caernarfon Now taking orders for their veg boxes £15/ week standard or £10/week small. Sign up : henbant.org. matt@henbant.org / 07786 316413

Kyffin Cafe Deli, Bangor Kyffin are making food for takeaway and delivery, including packs of various loose leaf tea. You can find them on Facebook or call 01248 355161.

Wildings Vegan Kitchen, Colwyn Bay Soups, main dishes and cakes; home delivery (for a small tip) for those within 3 miles for orders over £15. Phone 07980 112698 or Facebook

Soulvegan Bakery Online orders welcome. Emma 07583 947472, emma@soulvegan.co.uk, soulvegan.co.uk ~ FB: Soulvegan bakery

Treddafydd Organic Farm Order online seasonal veg bags, fruit bags, chutneys and jam. Local delivery or pick up in person. Llithfaen; deliveries around Pen Llyn. treddafyddorganic.co.uk

Eat Your Greens Grown using environmentally friendly methods. Delivery service available, based in Denbigh. Order from 01745 289160, hello@eatyourgreens.wales ~ eatyourgreens.wales

Central Bakery Delivering in Anglesey. Contact 01248 810386 to place your orders, payment can be made over the phone. See Facebook: Central Bakery for more info.

Phoenix Bistro, Llangollen Operating a take away service. Order via phone or email, pay over the phone, beep/call when outside, pick up your food from collection point. Service available 12pm & 8pm. Contact 01978 469829, thephoenixbistro2018@gmail.com Facebook: The Phoenix Bistro.

Zero Food Waste and Food Share Llangollen See their page on Facebook: offering food to those in need

Felin Uchaf, Rhoshirwaun Market Garden full of veg, fruit and flowers. FB: Felin Uchaf; 01758 780280, felinuchaf.org

Premier Nefyn Will deliver anything from a newspaper to a full basket. Open 7am - 10pm: phone in order/pay over phone with card, free delivery. 01758 721700.

Blodeuwedd Botanics Variety of veg available / collect. Message 07799 224636, FB: Blodeuwedd Botanics

Plant-based recipes and ideas from Beach House Kitchen - Plenty of ideas for vital nourishment. Check out: beachhousekitchen.com or Facebook of same name

eatweeds.co.uk ~ a foraging guide to the edible and medicinal wild plants of Britain
Support Your Local Health Food Store

Dimensions Health Store
15 Holyhead Road
BANGOR
LL57 2EG
01248 351562

The Natural Choice
14 Colwyn Avenue
RHOS ON SEA
LL28 4RB
01492 549520
“Your Quality, Local Health Food Shop”

Bespoke Crafts & Gifts
15 Abergele Road,
COLWYN BAY
LL29 7RS
01492 209876 or Facebook

Ucheldre Centre
Millbank
HOLYHEAD
LL65 1TE
01407 763361

Ruthin Wholefoods
58-60 Well Street
RUTHIN
LL15 1AW
01824 702778

Harmony with Sarah
The Square
Corwen
LL21 0DL
07725 724932

Rainforest
51 Watergate Row
CHESTER,
CH1 2LE
01244 340200
Gift Shop / Holistic Health Service

Vegonia Wholefoods
49 High Street
PORTHMADOG
LL49 9LR
01766 515195

RainbowBiz Hippy Shop
Unit 8, Daniel Owen Precinct
MOLD CH7 1AP
07759 753473

Zingiber Wholefoods
15 Bridge Street
LLANGOLLEN LL20 8PF
01978 862676

Harvest Moon
4a Newry Street
HOLYHEAD LL65 1HP
01407 763670

Ucheldre Centre
14 Stryd Fawr,
Penrhynedraeth
GWYNEDD
LL48 6BN
01766 770266

Harmony with Sarah
The Square
Corwen
LL21 0DL
07725 724932

Where to find Network News . . . .
in a month or two!

Subscriptions
£20 for 12 issues
£12 for 6 issues
or £2 per month

Advertisements
Eighth Page: £10
Quarter Page: £15
Half Page: £30
Full Page: £60
Back Cover: £100

Network News cic, Llithfaen, PWLLHELI, LL53 6PD
07777 688440
info@network-news.org ~ network-news.org

Payments
Bank Transfers to:
Network News cic
Sort Code: 08-92-99
Account No: 65260034
By PayPal

Dimensions Health Store: OPEN
The Natural Choice: OPEN
Bespoke Crafts & Gifts: OPEN
Ucheldre Centre: OPEN
Ruthin Wholefoods: OPEN
Harmony with Sarah: OPEN
Rainforest: OPEN
Vegonia Wholefoods: OPEN
RainbowBiz Hippy Shop: OPEN
Zingiber Wholefoods: OPEN
Harvest Moon: OPEN
Ucheldre Centre: OPEN
A Network of Goodwill

In every neighbourhood we can find kindred spirits who share a vision of a beautiful and humane world, and who share a commitment to making it a reality.

They might be found planting organically - food, herbs, flowers, forests; or simplifying their lives, using less fossil fuels, recycling and repairing, going by bus and by bicycle, pouring less poison down the sink and less waste into the landfill. They might be working to restore the soul in science; or creating artefacts that are sustainable and beautiful; or sharing their craft in sound, colour or form.

Others are reaching out to those that society has abandoned; or reminding big organisations to respect life at human scale; or challenging “expert” opinions. They may be choosing a more compassionate diet, moving their money to a more ethical bank or credit union, raising their children without force or fear. They may be pioneering new ways to exchange ideas, skills and resources; experimenting with different kinds of household or community; or simply remembering how to play, sing and dance together without dependence on drugs or alcohol.

Some are learning to heal - bringing together wisdom and skills from different ages, cultures and dimensions. Then there are those who are advocates for the voiceless kingdoms - animal, vegetable and mineral - that depend on human beings for their welfare and survival.

Others are struggling to uproot violence - in the nation, the community, the home and the heart - learning to think, to speak and to act without cruelty.

Most are politically engaged, but each with their own unique mix of causes and ideals. Many prefer to "follow the money" rather than a party line - aware that every donation and purchase they make every day is a powerful vote for good or ill.

Most are spiritually active, but without a conventional creed. They may practice meditation or mindfulness, and use the insights and strength from their inner work to inform their service in the world.

Some are reclaiming the great seasonal rituals, aligning themselves with the cycles of Earth, Sun, Moon and Stars; or reinventing those essential rites of passage: the initiations of birth, coming of age, marriage, death and spiritual unfoldment.

Many sense that the world will need a vast outpouring of goodwill if it is to make it through the next few decades intact. Some found their deeper purpose through personal crisis - perhaps global crisis is humanity's great opportunity?

Do you recognise yourself here? Are you a member of this extraordinary group? Are you one of those resisting the great tide of materialism that would engulf our civilisation? Are you among those building little altars and centres and refuges of hope for a more compassionate world? If so, you need support! Network News exists to reach, encourage and support all members of this “network of goodwill”. A space where members can meet, share their gifts and celebrate their unity and their diversity. A place to vision, to collaborate, and to affirm that, truly, “another world is possible”. 
