

FREEDOM
& DELIGHT
SUMMER 2014

ABSOLUTE
FREEDOM OF
ENLIGHTENMENT

DELIGHT
FROM WITHIN

LETTING GO
OF BODY
JUDGMENT

PREVENT
SUMMER
BREAKOUTS

LUSCIOUS
ALMOND TREATS



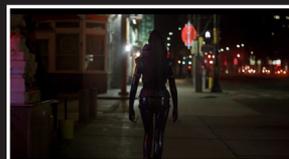
PARVATI

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About

Parvati Magazine is an online monthly magazine dedicated to awakened living. The name of the magazine is not about an individual person but a celebration of the goddess Parvati in Her incarnation as the awakened Earth.

Parvati Magazine is managed and written by volunteers who give their time and talent to help build a regular source of information and inspiration for all who seek to live an awakened life, whether through personal development, spiritual practice, engaged activism or simply some fresh perspectives on arts and current affairs.

Submissions of 350-650 words may be considered for inclusion in Parvati Magazine if they are in keeping with the theme for a given month. Your article should be well-written and

give clear and useful information that empowers the reader.

Columns with editorial openings include Yoga, Meditation, Wellness, Books, Film, Music and Business.

For further information about editorial guidelines:

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A percentage of all proceeds is donated to the global charity **Embracing The World.**



Welcome

Welcome to the summer 2014 edition of **PARVATI MAGAZINE**.

This issue has a double theme: Freedom and Delight.

My summer has been both delightful and full of fresh insights that have given me a sense of new-found freedom. Since the last Parvati Magazine publication, we launched my new website. We hosted a preview party of my soon-to-be released music video "Yoga in the Nightclub". We are in post-production for a second music video for my song "Shanti Om". (Please watch the teasers!)

On a personal level, my spiritual teacher Amma recently blessed me by officiating my wedding to my long-time partner Rishi Deva. I am now married!

Being free means we can experience delight in the wonder and beauty of every moment in this human existence.

May the articles this month inspire you towards your own sense of freedom and help you to feel delight in every day.

Parvati



Parvati Magazine is your monthly source for awakened living. The name of the magazine is not about an individual person but a celebration of the goddess Parvati in Her incarnation as the awakened Earth.

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ENLIGHTENMENT

Absolute Freedom



Understand enlightenment to be part of every human being's destiny. We each are called to this state, to reach the "goal" (as some traditions call it) at some point through our many incarnations. In truth, we are one with pure consciousness. The process of our soul's evolution involves a purification of our distorted perceptions so that we may realize our true, divine nature. This process is of personal benefit, and also of benefit to all beings, as we are all connected.

There are various stages of enlightenment. In the early stages, we begin to awaken and realize that there is more to life than wanting and our perceptions. We start to question the nature of the mind and the grip of the ego. Then there are various stages of purification of the mind as the ego dissolves and we feel more interconnection. As we evolve, the ego holds less power and we slowly merge back to the One. Finally, we reside in a permanent state of oneness with pure, divine consciousness and feel a unity with all that is. In this final stage, we are no longer identified with the body or the mind. We have transcended even death itself.

"When we explore the mind, we see that in fact, it does not exist by any other means than by the energy we give it."

My guru, Sri Mata Amritanandamayi Devi, Amma, speaks of this state of being with first hand experience:

"As the realization that everything is pervaded with Divine Consciousness dawns within you, you also see that every human being, everything in creation, is already Divine. The only difference is that you know that you and they are one with Divinity, but they do not. It is only a question of uncovering the truth."

It is my understanding from my meditation practice, and from guidance from great teachers, that our state of unity with the One already exists, but we, for the most part, cannot see it because we are so busy, so caught up with our mind. We are used to identifying with our mind, to feeling that our ego is in control. We do not allow ourselves to trust and to let go. It is a bit like we are so focused on a tiny speck of cloud, thinking that it is the entire world, we miss the vastness of the sky and the infinite expanse of the universe.

When we explore the mind, we see that in fact, it does not exist by any other means than by the energy we give it. Most of what we think and feel we “know” is a configuration of the mind, mental constructs to help make us feel in control, powerful, important. But all thoughts are passing. There is no thought that is fixed, permanent or eternal. It is the nature of the mind to think. It goes on and on – thinking – until we

bump up against grace and notice that perhaps what we think may not be so fixed and solid after all. When we look at our lives, we see that what we think in fact is not all that reliable. We think for sure we will get that promotion, or that we won't get it. We get ourselves all worked up about it, either with excitement or with foreboding. When the thing we like happens, we are happy. When it does not, we are sad. We are like weather-vanes turning in the winds of our ever-changing thoughts.

So then what is beyond the mind? If we remain open, we begin to see that between our thoughts is a space, just like the pause that exists between each inhalation and exhalation. In that pause, lies possibility. Yogis have taught this wisdom for millennia through meditation and breathing practices, in which the aspirant learns to observe the space between.

In the space between, we open up to the field of pure

consciousness that has been there all along. The change we are inspired to embody in the process of enlightenment is one that dissolves the grip of the mind and opens us to the field of possibility that lies as a substratum beyond it. This, in essence, is at the root of meditation practice and ultimately, enlightenment: becoming one with the space through which pure consciousness arises.

Enlightened masters tell us to watch the rise and fall of the mind, like the waves of the ocean. The waves are not the ocean, just the surface agitation. The ocean is deep, powerful and vast, just like the space beyond thoughts.

“When you have reached enlightenment, ignorance will delude you no longer. In the light of that knowledge you will see the entire creation within your own Atman and in me.” - Bhagavad Gita 4:35



Parvati Devi is the editor-in-chief of Parvati Magazine. In addition to being an internationally acclaimed Canadian singer, songwriter, producer and performer, she is a yoga teacher and holistic educator. Having studied yoga and meditation since 1987, Parvati developed her own yoga teaching style called YEM™ Yoga as Energy Medicine. Her current shows, “YIN: Yoga In the Nightclub” and “Natamba” bring forward a conscious energy into the pop mainstream. Her book “Confessions of a Former Yoga Junkie” is a road map to a revolutionary life makeover for sincere spiritual seekers.

For more information on Parvati, please visit www.parvati.tv.

YOGA

THE FREEDOM To Be Whole



Freedom has recently become my personal mantra. The word itself beckons me to exhale – to let go and release the constriction in my body and mind, as fear, my go-to form of personal suffering, tries with all its might to entangle me in its illusions.

As humans we all experience various forms of suffering. While caught in the midst of our universal patterns of suffering we have a tendency to get stuck in states of mind that decrease our ability to process what is happening. If, however we can train ourselves to allow the experience of unwanted emotions or states of mind to serve us, we can use these states as an entry point through which we can attain authentic freedom. Allowing ourselves the freedom to lean in to the entirety of our experience – suffering and joy alike – affords us the opportunity to become whole, fully realised human beings.

The Yoga Sutra teaches that the five Kleshas, the universal afflictions that bind us, are the root cause of our suffering and ultimately keep us from experiencing inner freedom and wholeness. The five Kleshas: Ignorance (avidya), Ego (asmita), Attachment to pleasure

(raga), Aversion to pain (dvesa) and Fear of Death (abhinivesah) encapsulate the multitude of ways in which we tend to suffer.

Thankfully, the Yoga Sutras offer us several paths to help us attain freedom from our suffering. The practice of yoga postures (asana) is one such path. Yoga practice guides us to open our mind, body and spirit and pay close attention to the ways in which we suffer. The inward focussed attention we experience when we practice yoga allows us to see that there is a space between what we experience, think or feel and how we choose to respond to it. As Viktor E. Frankl wrote, "Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." As we continue to practice and become familiar with the space between 'stimulus and response' we realise that

in each moment, both on and off the mat, we are given the freedom to consciously choose our response to our suffering and our joy. And that freedom, if we choose, invites us to lean in to the entirety of our human experience – the dark and the light. It allows us the freedom to be with what is and to move through it, allowing it to change us and shape us into more compassionate, kind and loving, whole beings.

Personally, I find that it is my yoga practice that continually liberates me from fear and suffering and provides me with the space to investigate my experience, and the freedom to consciously choose my response. As I move through my practice and breathe into my body, I release the places that have been constricted by my mind – the places that have been bent and molded by mental, emotional and physical fear, by a literal lack of freedom. With each exhale I calm my

body and relax my mind. And then miraculously, as my body and mind settle into stillness, I find that I am able to allow whatever is present - even the fear itself - be there without judgement.

Remarkably as we cultivate our ability to befriend and investigate our afflictions, we find that we can slowly and lovingly release ourselves from their grip. When we give ourselves the necessary time and space to practice - the patience, kindness and compassion to be with whatever arises, and the ability to choose how to meet it – we are awarded the freedom to embrace our whole selves. And it is embracing our wholeness - light and dark, joys and sorrows - that offers us the greatest freedom of all: the freedom to be fully ourselves.



Kristin Tait is a registered holistic nutritionist, a registered Phoenix Rising yoga teacher, and a certified exercise physiologist. Currently she is studying to become an Ayurvedic Lifestyle Consultant. Kristin is a student of life, a deep soul diver, a seeker of truth. Her greatest passions are natural health and healing, yoga, all things culinary and creative, and assisting both herself and others in their quest to live a healthy, authentic, and inspired life.

BHAVANA

Delight on the Mat



What brings us to our yoga mat each day? As practitioners we cultivate agility, fluidity and acceptance. These are just a few descriptives. I was asked to explain the concept of delight and how it weaves into our yoga practice.

Delight is the sensory experience that all sentient beings seek. Initially I sensed delight as a colour. I see tangible shades of pink, e.g. Laurent-Perrier Rose and Maison Ladurée . To move beyond the material, delight within our practice can be experienced as bhavana which alludes to a feeling or cultivation.

Delight can arise when we are in a state of creativity, and with yoga we thrive in creativity through fluid movement, altruism and self-realization. Onwards we endeavor to feel that tribal connection. We observe yoga tribes as seekers of the truth, “being” with the truth, or satsang, which quiets a busy mind.

This cultivation or bhavana can be traced to an early Buddhist Canon, the Pali Canon. metta-bhavana, translated “cultivation” or “development of loving-kindness.”

As we move through realms of happiness and unhappiness, we assemble memories of bygone delights. We return to the diversions that gave us pleasure. We return to our yoga mat, time and again. Delight can evolve from self-seeking to sharing. The delight of helping others thrive brings us to metta-bhavana, or loving kindness.

Yoga in Toronto is plentiful and joyful. Many yoga teachers are quite passionate about

their practice and find delight watching their students evolve. So I asked:

“What gives you delight in your yoga practice right now?”

“When I’m able to focus entirely on my breath, disengaging from asana and maintaining an consistent vinyasa, that delights me in my practice.”
- Ruth Zive, an inspiration, five kids! 5:30am daily Mysore practice.

“I bask in delight, with gratitude, as my yoga practice continuously informs me of who I am, what I value and what I am learning today through a physical and spiritual experience.”
- Sari Nisker, Spynga. She holds a calm space for all.

“The sun shining through my stained glass window and altar gave me delight this morning.”
- Nicky Poole, 889 Yoga. Her generosity is beyond, as I witnessed.

“Daily, through morning sit and physical practice I am reminded of the magic of movement, a connection to the stillness within my creative being, a feeling of freedom, and my closest connection to magic..I thrive in the magic of movement.”
- Amber J , Misfit Studio.

“I helped a student overcome their fear and they did a yoga asana they never thought possible. Now they will ask themselves, ‘what else can I do that I never thought was possible’.”
- Daniel Lacerda, Mr. Yoga.

“When I can really drop-in and get completely lost in my practice, I feel a sense of warmth and connection that is nothing short of delightful.” - Kate Gillespie. So strong, kind and inspiring.

“Honestly, heat and dripping onto my mat in a room full of other yogis with good jams.”
- Corrie Teahen, 889 Yoga. Corrie keeps it real.

Authenticity.

“My practice and meditation are keeping me healthy, happy, vibrant and bring a smile to my face and peace to my heart.”
- Michael Siddall, Y-Yoga. Michael’s guidance is sought out in many communities.

“In my daily meditation practice, I experience delight from simple yet profound insights to life that I receive from simply ‘being’. Makes everything more clear in my life.”
- Michael DeCorte, Jock Yoga. Uplifting. His path is a cleansing fire.

So when you see the yogi huggers closing in on you, maybe you embrace their bear hug, withmetta-bhavana having a cumulative effect on your well-being. Yoga in all its manifestations should feel delightful, introspective and disciplined all at once. Come together and experience joy.



Jodi Fichstein is a mixed lineage yoga teacher, loving the many aspects of Ashtanga and Vinyasa yoga. She has also completed Thai Yoga massage training. In 2010, Jodi visited Kerala, India with world renowned teacher Shiva Rea, to immerse herself in local Ayurvedic traditions, as well as the ancient South Indian martial art Kalarippayattu. Jodi has near completion of 500 hours in Prana Flow Yoga which builds on her foundation 200 hour training that she received from Cynthia Funk at the Yoga Sanctuary in Toronto. Jodi is committed to raising money and awareness for projects she believes in. She lives in Toronto with her husband, four children and a pomeranian.

THE MEANING OF FREEDOM



What is this thing called 'freedom' that we so earnestly wish for? Certainly, it means different things to different people. If we lived in so many parts of the world today: Russia, China, Afghanistan, Iran, Ukraine (to name a few), it might mean the freedom to live without war, the freedom to associate or gather together with people of like mind, the freedom to speak out, to get an education, to walk unmolested by reason of gender or sexual orientation.

“We must strongly ground the spiritual journey in wholesome moral conduct, with compassion leading the way.”

How fortunate we are to live in a country where all those issues are non-events in most personal lives! But if we are engaged in spiritual search, this word 'freedom' takes on a different meaning. The 'nafs' or hindrance patterns, the Maras, are primarily internal, though they will most likely be reflected in external activity. At their gross level, they are the psychological imbalances, neuroses even, that prevent us from becoming clear, unobstructed people, able to relate in a wholesome

way to ourselves and to others.

This is the first work of the awakening process. Some people will spend their whole lives attending to this level, or think that is the goal of the search, to be free of personal suffering. But from a deeper spiritual perspective, this is only the beginning. Particularly within Vajrayana, spiritual search is deemed suitable only for 'spiritual warriors'. The term is not ill advised, as deeper spiritual work demands that we open ourselves to all aspects of the psyche. To become fully authentic, we must be willing to face all of the demons of the human race and know that we can accept that there are parts of ourselves and others that in certain circumstances could become so flawed that even we, spiritual beings, could inflict horrors on others. That is why we must strongly ground the spiritual journey in wholesome moral conduct, with compassion leading the way.

When we truly understand what Buddhists call 'interdependent arising' we begin to see the web that binds us to our planet and all the creatures and creation contained within it. The responsibility of the Bodhisattva within the Buddhist philosophy is to take on the world of suffering for the sake of others. Paradoxically, when we step across this threshold with a willingness to always help until 'all beings have been released from samsara', a miracle takes place. Our own suffering diminishes, freedom from negative patterning arises and our inner world as well as the world around us becomes a place of much more freedom. Here freedom arises from acceptance of those bonds, neither running towards them, nor running away.

Participating with full knowledge in the drama of human existence, we find ourselves searching for more and more skillful ways of helping others. Awakening for ourselves

alone becomes unnecessary and even unthinkable. Worrying or searching for freedom becomes irrelevant. What remains is a person who is malleable, open and responsive, presenting him/herself as one ready to help at any time, place or in any way that can relieve another's suffering.

'Isms' fall away. One is no longer engaged in Buddhism or Catholicism or any other 'ism'. Religion itself can become a block to this freedom, especially if it attempts to present its 'truth' as the only truth. Compassion, however, remains outside any religious dogma. It is a message from heart to heart and hand to hand. This then is true spirituality, true freedom.

May all beings be free.

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Catherine Rathbun received her traditional teaching name, Lama Jetsun Yeshe, from Ven. Karma Thinley Rinpoche, a lineage master of the Sakya and Kagyu traditions of Tibetan Buddhism, in 2002. She taught meditation at York University (1989 to 1997) and is the founding teacher at Friends of the Heart, a meditation centre in Toronto. With a background in dance — she was a member of the National Ballet Company of Canada from 1962 to 1963 — and a modern dance career in England (1967-69). She is the author of *Developing the World Mind* and *Clear Heart, Open Mind*, and is currently working on a new book called *Waiting for Truffles: Meditations for Daily Living*. For more on Catherine, please visit www.friendsoftheheart.com.

BUBBLING UP From Within



“Delight was
always present
in my connection
to the natural world.”

I always associate delight with bubbles, for it seems to be a state that comes up from within, often as unexpected mirth. It makes me think of babies whose smiles and gurgles cause an almost magical apparition to take place. It is as if pure happiness shines forth from their tiny bodies. How blessed we feel when we are the receivers of such joy.

Dividing the word into syllables gives us: de light. ‘De’ means ‘of’ in French. So we might better think of delight meaning ‘producer of light’. That explains babies and us.

Delight seems to me to reference simplicity and newness, what Buddhists call 'beginner's mind'. When we are mired in book learning, we can become jaded; the world no longer seems fresh or exciting. Everything needs naming, identifying and cataloguing. We reduce the world to its components and think we have mastered it but perhaps something gets lost in the transaction.

I was fortunate to have a mother who turned us out of doors each summer in the country to explore unencumbered without any duty to learn anything. What we did in our play, however, was run free in the fields and ponds and barns of the neighbourhood looking, smelling, touching and tasting nature in all its unnamed glory. What arose in me was a deep appreciation for the wonder of the world and a sense of awe at its majesty. Hours passed watching bubbles come from the mud in the ponds when you pushed

a stick into it. The world stood still when the dragonflies hummed over the marsh marigolds in the early summer sun. Mother would wake us up with a thrill in her voice to hear the 'spring chorus' or to see a Luna moth stretched out on the screen door.

Delight was always present in my connection to the natural world and from that came a curiosity to understand how things worked, how they meshed, how they interacted. Learning through naming and cataloguing those things came later. Within early or Nikaya Buddhism, the world, the passions, the body were all seen as hindrances to spiritual unfoldment. Inherently, they were bad and should be constrained and abandoned in order to awaken to the spiritual world. This idea is echoed in many places in the Christian, Muslim and Jain world view.

Within the Buddhist traditions, the rise of Vajrayana took a different tack.

It embraced the idea of the bodhisattva who vows to continue to return life after life in order to help all beings emerge from suffering. Vajrayana is deeply life affirming. Delight in all the activities of the world becomes part of the recognition that Enlightenment is present inherently in all things, at all times. We are asked to shift our preoccupation with self-reference to care and concern for others. Once compassion predominates our world view, there is no reason to reject any of life. All becomes potentially sacred. That does not preclude wholesome moral conduct nor respect for the vows you and others have taken but it significantly allows us to participate fully in a meaningful life. Delight becomes part of this path, as we learn to celebrate the accomplishment of others, the beauty of the world and the incredible opportunity of this precious human birth.



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WELLNESS

PHYSIOTHERAPY

Get Free From Injuries



Have you been exercising, perhaps running, playing tennis or doing another regular activity, and noticed that you are getting an increasing niggle, ache or pain? Have you experienced an injury, accident or surgery that seems to have permanently changed the way your body moves? If so, you may find physiotherapy to be an excellent option in helping you get free of unnecessary pain and move your body optimally.

A trained physiotherapist can assess your biomechanics and determine whether something is impinging on your natural healthy range of motion, or if your body is overcompensating in some way for a weakness at one point that may lead down the road to pain in another point. For example, a runner may have pain in their Achilles tendon, and following traditional wisdom may vigorously massage or foam roll their calf in the hopes of improving the situation. But a physio-

therapist could recognize that the problem actually lies in a hip that is not flexible enough and gluteal muscles not firing enough. The therapist can perform manipulations and prescribe exercises to address the weak or tight area in the body that leads to pain or impaired movement.

Following an injury or surgery, physiotherapist can help to redevelop muscles that may have been injured or atrophied, preventing the development of unhealthy compensation mechanisms that could lead to injury down the road.

Depending on why you are seeing a physiotherapist and the severity of your issue, you may need to experience some painful manipulations or stretch to a point that causes intense discomfort in order to regain normal mobility. Good physiotherapists will know the difference between the necessary pain of a rehabilitative stretch and one that is doing

harm. In addition to the manipulations, they may perform other treatments such as therapeutic ultrasound, dry needling, heat or cold therapy, or skin and wound care.

Some physiotherapists specialize in sports injuries, while others may work with retirement homes, or focus on patients who have been through traumatic accidents. Physiotherapy is a regulated profession in Canada, which means practitioners must pass certifications and adhere to practice standards.

If you are feeling a slight ache, the best time to deal with it is before it becomes a bigger problem. With a doctor's referral, you can claim physiotherapy on many extended insurance plans. It's a worthwhile investment in keeping your body happy, healthy and moving for life.



By **Parvati Magazine** staff

LETTING GO Of Body Judgement



“Our worth is not dictated by our dress size or number on the scale.”

Living in freedom is really the ultimate feeling of Nirvana for me. The ability to act, speak and live with the power and authenticity to be myself without feeling restraint or hindrance. It is a constant journey, this state of bliss I long to live moment to moment.

We are bombarded by images in the media, TV, and print, of what an “ideal” body needs to look like to achieve success, to hang out with right crowd and land the perfect job. Media attempts to make us right or wrong, for the haircolour we choose, the way we express ourselves with clothing, the words we speak, and the attitudes

we have and values we believe in. So much effort seems to be made in herding us, like sheep, to think and act the same.

Being in the fitness industry for over 12 years, it still boggles my mind how many women consistently put down other women for being a particular body type or dressing in a manner they deem "inappropriate."

If a woman has more body weight than ideal for her height and is "sloppy" (a term used in the industry for not having a tight body), than she more often than not be called fat, obese or lazy. She will be told to just start working out and she will look better. Another woman may work out regularly and have a "tight" body, yet still be viewed as fat because her stomach is not completely flat, her butt too large, or her thighs not the size of matchsticks. This woman mostly will be told to stop eating so much, so she can be-

come smaller and look more "acceptable".

Then my favorite type of woman who gets ranted on is the skinny woman. The model type who is told she needs to eat a burger and put some meat on her bones. Heaven help her for having a naturally thin body type and a fast metabolism. How dare she!

Our worth is not dictated by our dress size or number on the scale.

I am ranting here because the stupidity of it all makes me crazy. Imagine a society where we gave ourselves and others the freedom to just be? To embrace how we look, to stop judging others for how they show up? What if we stopped needing the designer yoga pants, the latest and greatest running shoe? What if we were comfortable walking around in a bikini not being a size 8? What if we allowed our cellulite to be seen, held our heads high and gave

ourselves the respect we deserve? Imagine the freedom of fully embracing our beauty and uniqueness.

Imagine if we moved our bodies for the sheer joy of being able to do so. For the bliss and health benefits we are rewarded with for doing so. Imagine the euphoria of not caring what anyone else thought about you. How would life be if we all evolved to granting ourselves and other complete freedom to live our authentic selves?



Sandra O'Brien is mother to the world's three most fabulous children. She is also a Law of Attraction Life Coach, Personal Trainer, yoga instructor, published author and Reiki healer. Her work has been featured on CityLine Television, and The Toronto Star. She is owner of Muskoka Hot Yoga, and Muskoka Goddess, offering hot yoga, tabata bootcamps, personal training and coaching. She created the Goddess Creation system, a female fitness program to blowtorch body fat, sculpt sexy lean muscle and empower women everywhere to be the best version of themselves, inside and out. She enjoys dancing, reading, hiking in the forest, meditation. For more information on Sandra, please visit www.muskokahotyoga.com.

YOUR OPPORTUNITY To Find Joy



“Like life,
your workout
is overflowing
with opportunity
to find joy,
expansion
and ideal health.”

Life is a joy or a hardship, depending on your perception and the vibration you put forth. You could spend all day, perhaps a lifetime, finding fault with your spouse, your kids, your boss, your clients, even yourself. Or you can fill each breath, each day with complete joy, and delight. Which way you decide to view things is a moment to moment choice.

I know so many who work out on a regular basis, yet would rather have major surgery than complete a workout. They do it. However they complain about it, from every angle imaginable. They say it's too much work, it hurts, they get

sweaty, it's boring, takes too much time and they would rather sit on the couch and eat chips. I have always found that funny. If they don't enjoy it, why do it? Why not find an activity that has similar health benefits that you love doing? No one ever said you had to step foot in a gym and lift weights, or spend an hour, like a hamster in a cage, on a treadmill.

Like life, your workout is overflowing with opportunity to find joy, expansion and ideal health. Whether you find delight or boredom in each workout has more to do with your mindset and attitude, than the actual activity.

So many ways to find delight and excitement in each workout. You could focus on the probable outcome if you didn't take the time to be physical on a regular basis. You could dwell on what your body and energy levels would look like without ongoing

maintenance. Perhaps the dread of having to appear in a bathing suit having not worked out all winter is terrifying to you. Yet that motivates you like nothing else. There is joy to be found in something that inspires you to make positive change. You could decide to put your thoughts on what you will feel like strutting around in your bathing suit, having practised clean eating and regular intense workouts as a lifestyle. Perhaps you notice you are getting stronger, can lift more weight, do more reps, with less fatigue than previously. If dance or yoga is your thing, you can find sheer joy in the flow of your movements. A runner can find sheer delight in the freedom of movement, strength of their legs, and cardio system.

There is delight to be found in slipping into clothing that fits you perfectly and allows your backside to look fabulous. While working out you can notice

how strong you feel, how much energy you now have compared to before you committed to a regular practise. You can visualize how delicious you will feel in that new dress you have had your eye on. How great it will feel to buy it in a smaller size. Knowing your joints will be more fluid, less achy, is a great thing. Find pure delight in knowing, with each workout you are moving towards creating the best possible version of yourself. With this brings the possibility of being able to show up larger for those in your life you love. I don't think anything is more delightful than that!



Sandra O'Brien is mother to the world's three most fabulous children. She is also a Law of Attraction Life Coach, Personal Trainer, yoga instructor, published author and Reiki healer. Her work has been featured on CityLine Television, and The Toronto Star. She is owner of Muskoka Hot Yoga, and Muskoka Goddess, offering hot yoga, tabata bootcamps, personal training and coaching. She created the Goddess Creation system, a female fitness program to blowtorch body fat, sculpt sexy lean muscle and empower women everywhere to be the best version of themselves, inside and out. She enjoys dancing, reading, hiking in the forest, meditation. For more information on Sandra, please visit www.muskokahotyoga.com.

LUSCIOUS ALMONDS



This summer, delight in a healthy snack that boosts protein, calcium and bone-building phosphorus, while alkalizing the body, lowering bad cholesterol, slowing the rise of blood sugar and nourishing your brain and nervous system. Are you sold yet? If so, grab a handful of almonds!

Almonds are one of my favorite things to snack on, especially now that I am recovering from a broken wrist and need foods that are easy to eat and help my bones rebuild. Almonds are satisfying and flavorful in any form: raw straight out of the bag, roasted with tamari, soaked overnight to germinate, or ground into nut butter and smeared on a celery stick (or even just on a spoon!).

My latest find is seasoned, sprouted nuts. The California company Living Intentions has put out an amazing line of raw, sprouted nuts and seeds with delicious, natural flavors. These seeds are vibrant with life when I open the package. They are a real treat! The Lemon Pepper Cajun almonds, and Spicy Cocktail Mix, are scrumptious and more-ish. When I can

refrain from simply eating them by the handful, they're great on a salad.

If you wish to try sprouting your own nuts, the process is quite similar to sprouting other seeds: soak overnight in a jar with mesh over the opening, drain, invert the jar, and rinse twice daily. If you are in North America, you should know that most almonds you encounter labeled "raw" are not really raw. United States law requires that all almonds grown in the US be pasteurized. As such, you can soak these nuts overnight to make them more digestible, but do not try to sprout them. To get truly raw almonds in North America, you have to get imported, European-grown raw almonds. You will notice a big difference in taste!

Here is a decadent freezer fudge recipe you can enjoy with almonds and Candida-queenching coconut butter. It is completely vegan, is completely raw if you use raw

almonds, is Paleo if you use honey, and is sugar-free if you use Stevia. And it tastes better than any fudge you'll find in the store!

Luscious Almond Freezer Fudge

Soak one half cup of almonds overnight. Drain thoroughly, and place into a food processor with the following ingredients:

3/4 cup coconut oil, at room temperature

1 tbsp raw honey or maple syrup, or 5-8 drops liquid stevia

1 tsp vanilla (or use vanilla stevia in the ingredient above)

pinch of sea salt

Optional: Half a teaspoon of cinnamon

Blend until thoroughly mixed - about 30 seconds, and make sure you scrape the sides with a spatula.

Line an 8x8 baking pan with parchment, or spread 1/4 cup of chopped al-

monds or shredded coconut across the bottom.

Pour the mixture into the pan, and use a spatula to spread it out as evenly as you can. If it sticks, wet your spatula.

Top with your choice of chopped almonds, shredded coconut, cacao nibs (if you do chocolate), or dried fruit such as goji, apricot, cranberry or raisin.

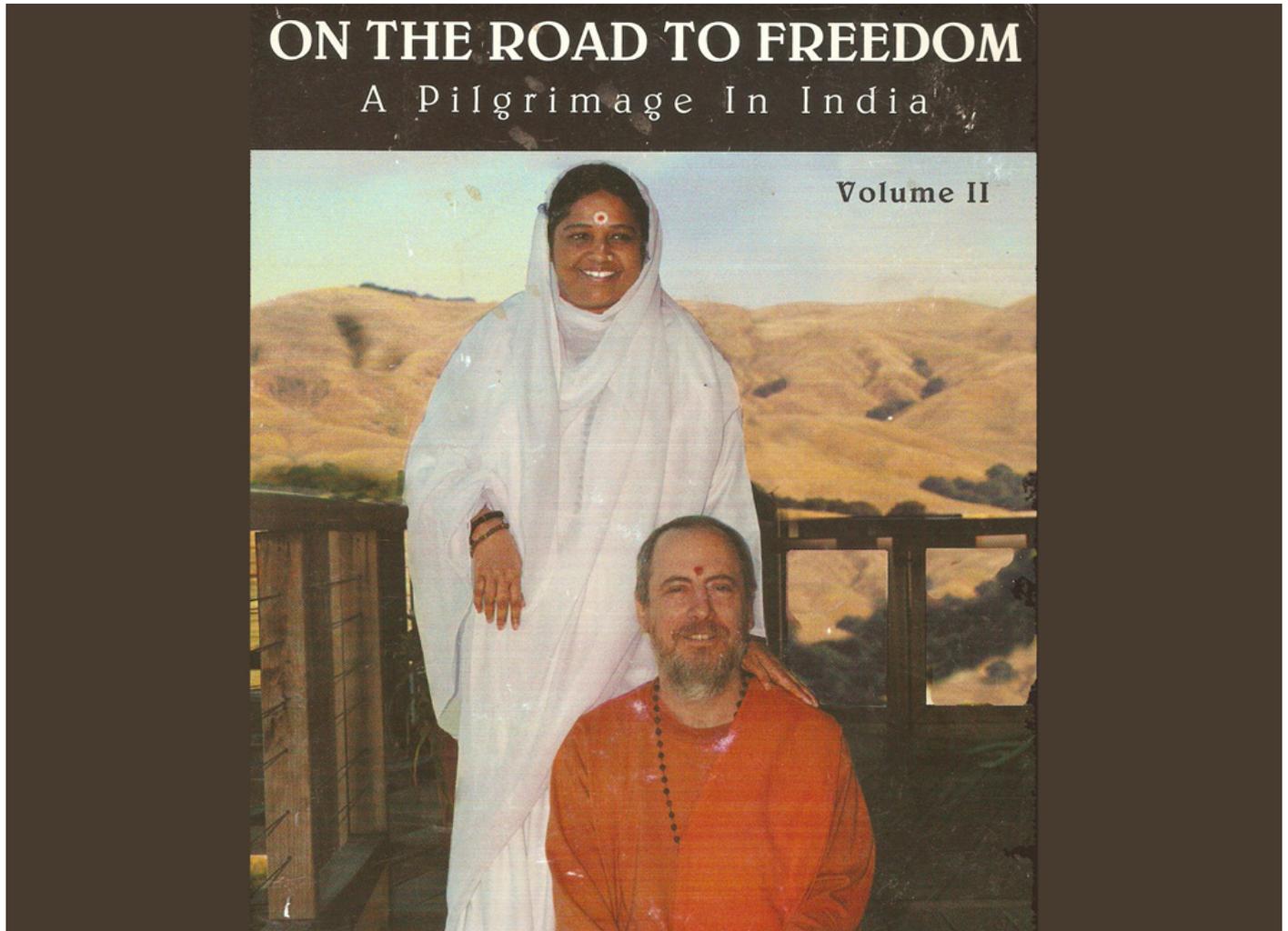
Place in the freezer for 10 minutes. Then use a paring knife to score the top. Freeze again at least 20-30 minutes.

This luscious dessert is not solid at room temperature, so store it in the freezer. Bring it out five minutes before you want to serve it. Then cut in small pieces (it's very rich) and enjoy. Return any leftovers to the freezer.



Pranada Devi is a communications professional living in Toronto, Canada. She is the Managing Editor of Parvati Magazine, and serves as an advisor on marketing communications for Parvati's various projects. Recently, she edited Parvati's new book "Confessions of a Former Yoga Junkie", which is has gone on to sell out its first two printing runs.

ON THE ROAD To Freedom



In 1968, young Jewish American Neal Rosner made the decision to live in India at the ashram of a Hindu saint, at an age when most of us are not deciding anything more momentous than where to go to college.

What led him on this journey, and what brought him over the years on travels to India and Nepal in the company of enlightened masters, before settling down in the south of India at the ashram of Sri Mata Amritanandamayi Devi, is the subject of his two-volume book "On the Road to Freedom". Rosner, now known as Swami Paramatmananda, shares in an engaging and candid tone the spiritual inspiration that got him started on the path and led him to study Eastern spirituality, as well as the intense challenges he faced both from within and without in his quest for the ultimate spiritual goal.

The first volume tells of how Rosner took up yoga and soon thereafter found himself naturally becoming increasingly monastic, less interested in spending time with a girlfriend and more interested in meditating. This was not something he had sought out at all, but he soon embraced it. He shares the experience of someone born to the affluence of the West experiencing the austerities found by spiritual aspirants in the East: few possessions, sleeping on

the ground, bathing with a bucket, arising before dawn, eating simple vegetarian food and using broken or worn-out items rather than spending money on new ones. Yes, there is an adjustment period, but somehow when we read this book's matter-of-fact narration of these austerities, they seem more natural and less daunting. When Swami himself says that all we need to sleep is five feet of ground, we know that he grew up sleeping on a bed like us, so his words carry more weight. His immersion into austerities began at the ashram of Sri Ramana Maharshi, where he began to serve Maharshi's disciple Sri Venkatarathnam (Ratnamji), who took him on as a spiritual little brother, nicknamed him Nealu, and instructed him sternly but lovingly in spiritual practices.

After the death of Ratnamji, the young Nealu was visited at his ashram by a devotee of Sri Mata Amritanandamayi Devi.

He felt her subtle presence and was inspired to travel back to Kerala and meet this "Amma" for himself. He soon realized that he was in the presence of a fully awakened master, one who embodies God-consciousness. At the time, there was not an ashram environment around Amma. There were some young college-age people who knew little of spiritual practice but wanted to be around Amma as much as they could. After some time, it became an ashram environment, and Amma instructed him and all the students in regular spiritual practice. Many of them went on to be formally initiated into sannyas, full renunciation where they dedicated their lives to serving the world, expecting nothing in return. It was at this time that the young Nealu became Swami Paramatmananda. For a number of years after the events in "On the Road to Freedom", he served as the monk in charge at the fledgling MA Center in San Ramon, California,

before returning to India. During his tenure in California, he gave regular spiritual discourses to inspire spiritual aspirants of all levels.

If you are interested in knowing what it might be like to pursue monastic spiritual practices in India, this book is a great primer. If you were simply interested in shaking up your sense of wants versus needs, this book can do that. And if you are interested in encountering a fully enlightened master - one who can take you to the state of ultimate freedom - this book can point you in the right direction.



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FILM

THE GRAND BUDAPEST HOTEL



When a storyteller narrates a story, there is inevitably a certain amount of artistic license, fantastic details that become more fantastic with each retelling. As the story is passed on from one teller to the next, the luminous and the ludicrous increase until they become almost mythologized. A good film director can take advantage of this nature of storytelling, choosing imagery, sets and colors, and turns of speech or action that might not be believable in a straight documentary-type film, but become part of the delight in a storytelling film.

“Big Fish” was an example of this, as was “Life of Pi”. “The Grand Budapest Hotel” is one of the latest in this storytelling style, and it is quite simply an excellent movie.

It is set up as a story within a story, where the narrator to whom we are first introduced gives way within a flashback to the voice of a second narrator. This second narrator is Zero Moustafa, owner of the Grand Budapest Hotel. Once the first narrator sets the scene of the hotel as it existed in 1968, Moustafa (F. Murray Abraham, who won an Academy award for his role as Salieri in 1984’s *Amadeus*) takes over and brings us back to his beginnings as a lobby boy (played by Tony Revolori in a debut role) at the hotel in the period between the wars. His manager and idol is the concierge M. Gustave (Ralph Fiennes), immediately shown to be tremendously effective and capable. We also learn over time of some of the extra attention and services he

provides his clientele that make him so popular. Zero and Gustave soon find themselves embroiled in a murder mystery, where Gustave himself has been framed for the crime and is sent to prison. With Zero’s help, he escapes and they make a mad journey through the mountains aided by a series of unlikely helpers (including hotel concierge Monsieur Ivan, played in *Godfather* style by Bill Murray) and pursued by the menacing and murderous Jopling (Willem Dafoe with a black dye job, brush cut and death’s head brass knuckles, leering at every turn as an unredeemably evil goon).

In the end, the various resolutions come fast and furious, piling up on top of each other as quickly as they can be narrated. This is the license of the storyteller: to linger on the entertaining parts of the journey, and to quickly wrap up what would become upsetting or or less engaging if given more screen time. In this man-

ner, the movie manages to keep humor even in dark moments.

“The Grand Budapest Hotel” is visually rich, and played expertly by actors (other great performances not already mentioned include Tilda Swinton, Jeff Goldblum, Saoirse Ronan and Adrien Brody) who know the comic value of appearing absolutely serious the more ludicrous the scene becomes. While the humor can be a little dark at times, and you should be ready for some well-placed swear words, it’s a delightful bit of storytelling and one of the best movies currently playing.



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THE RENTALS



“The energy of the small band was more important than the budget.”

In September 1994, I had just graduated university and started my first real job, at an indie record label in Toronto. Apart from helping many bands, one of the biggest perks was being guest listed to attend concerts at almost all of Toronto’s music venues. I was out three times a week at CD releases, press conferences, and concerts just for the sake of enjoying live concerts. I felt like Toronto was mine. I felt free and the music that took me there was liberating.

During this period in my life, music was great. Record labels were signing all kinds of acts, Indie had taken over the world and mammoth recording budgets had fizzled out. The energy of the small band was more important than the budget and the labels were taking chances on all kinds of artists. One trend that had arisen was the rise of the

Geek. From Silicon Valley to suburban garages, the Geeks were taking over the world. The summer of 1995 was no exception. "Geek Rock" was at its height and Weezer were leading the way for a new generation of rockers who were far less "cool" than the groupie-laden bands like Van Halen, Aerosmith and KISS.

In the fall of 1995, Matt Sharpe, the bass player for Weezer, started a side project with Patrick Sharpe, Weezer's drummer. The project was called The Rentals, and they released a record called "Return of the Rentals". The group had a hit with a song called "Friends Of P".

What I loved about that song was the Moog synth mixed with layers of guitar, bass, violin, and happy catchy female backup vocals. **Here** is a link to the song.

For those of you who ever wondered who P is, it is rumored that P is Paulina

Porizkova, the wife of "The Cars" frontman Ric Ocasek. Ric had produced the first Weezer record. During that time, Paulina made a claim that no one had ever written a song about her, so Matt took on the task and it led to a top ten hit.

The Rentals are anything but prolific and I had not heard anything about them in years. In fact, they quietly broke up in 1999. So when I found out that they are releasing a new record this year, I became excited.



Now with Patrick Carney, the Black Keys drummer, The Rentals are about to release a third record in August entitled "Lost In Alphaville". The lead off single was just released a few days ago. True to The

Rentals form, this song's driving guitars, sunny harmonies and lyrics about freedom are reminiscent of a band I used to love. The single is called "Thought of Sound". Check out Thought of Sound on **YouTube**.

Lyrically the song is about freedom. It celebrates love of sound. "There is nothing more beautiful right now than the thought of sound... The sound of pure emotion lifts up from the ground. You are free as a sunset, you are free like the thought of sound."

This song reminds me of why I got into the music business in the first place and brings me right back to a time when I felt endless possibility working in the music industry, a time when the music made me feel so free.



Since 1994, **Rishi Gerald**, founder and CEO of RishiVision and entrepreneurial coach, has empowered thousands of businesses. Rishi has an MBA in marketing and entrepreneurial studies and a BBA in accounting. He has spent nearly twenty years coaching, consulting, managing and supporting thousands of businesses from new startups to active global leaders.

For more information on Rishi, please visit www.rishivision.com.

FASHION

CHANGE UP YOUR ROUTINE

With Some Retail Therapy



I have to admit that I have experienced a certain sense of happiness after going shopping. The last time it happened was when my girlfriend and I decided to take one afternoon off our hectic work schedule to go to an outlet mall. For those few hours, we laughed, engaged in girl-talk, and of course, we tried on a lot of clothes. It was so fun because it's not something that we both normally do.

When I came home, I noticed that as I unpacked, I had a certain sense of fulfillment. The colours of the clothing items I purchased made me smile. The fact that we were shopping at an outlet mall and managed to get amazing deals, made me smile even more.

It made me wonder if there was any evidence to show that shopping brings about a feeling of delight. My research proved that it did.

Although it's true that the evidence points in both directions, meaning that too much shopping can be a sign of depression, I found some interesting facts. In a paper entitled "The Benefits for Retail Therapy: Making Purchase Decisions Reduces Residual Sadness" in the *Journal of Consumer Psychology*, professors from the University of Michigan explain that shopping can actually reduce sadness.

Sadness is strongly associated with a sense of not being in control. Thus, shopping, by restoring control over one's personal situation can reduce sadness and actually make us feel happy.

In the study's experiment, two groups of shoppers were formed: the "browsers" and the "choosers". The result was that 79 percent of the choosers felt more in control while choosing, compared with 2 percent of the "browsers." The "choosers" were also three times less sad.

This does not include the type of shopping that occurs on the week before Christmas, where everyone is running around frantically in a mall. That's totally stressful. This is the type of shopping where one chooses where and when to go and has a fantastic time.

So, when you're feeling a bit down, and if you can afford it, maybe change up your routine by shopping for some fun fashion clothing, home decor, or whatever you fancy! Wishing you delight in whatever you do.



Renia Pruchnicki lives in Toronto, Canada and is a vegan fashion designer. In 2001 she started a company called Truth, which is a line of vegan belts made in Canada. She has a passion for sustainability, healthy living and fashion. She loves to express her creativity wherever she can.

For more information on Renia, please visit www.truthbelts.com.

NATURAL WITCH HAZEL

For Blemish-Free Skin



“The next time you're facing a breakout, give balancing and clarifying witch hazel a try.”

While the warmer weather and longer days have been lovely, many people have been coming to me about their frustrations from breaking out due to the start of the new season. Being a practical Pitta, I instantly started brainstorming ways to help pacify these clients' inflammation and blemishes. The best way to approach a situation like this is to purify the skin without drying it out. Not only is this good practice to keep our skin hydrated and healthy, but also because drying out our skin has been known to promote more blemishes. Yes, we can worsen our acne when we try to treat it that way!

When I had acne I was convinced that drying out my skin was the best way to treat blemished skin. Unfortunately, I found that drying out my skin only gave way to more blemishes as it impedes the skin's barrier function, provokes increased oil secretion, and causes inflammation. In my experience the best way to clarify the skin is to bolster its healthiness by nourishing it. But that's not to say that you don't need to purify problem complexions.

When an acne sufferer has small blemishes that do not have a pustular head, moisturizing and re-balancing is often best on its own; but if acne is cystic and has a lot of pus, disinfection is still needed. However, purifying and drying are not one and the same. Hydrosols from natural astringents such as witch hazel are both gentle and anti-inflammatory as well as anti-bacterial.

Witch hazel is one of my go-to hydrosols for toning cystic acne complexions.

The hydrosol is extracted right from the witch hazel plant and is an excellent anti-septic. It disinfects the skin without stripping it, unlike alcohol-based toners and treatments. Using the water extracted from this plant makes for an excellent clarifying toner. It can even be added to a facial mask, charging it with blemish-fighting power, or used as a natural disinfectant for cuts and scrapes.

Even those with sensitive skin can use naturally-astringent witch hazel due to its anti-inflammatory properties. This is important because many blemished skins tend to be hypersensitive as those prone to acne often have a history of using harsh, sensitizing products. Witch hazel is also a tannin, meaning that it helps seal up the skin. This makes it excellent to use after picking a pimple (not advised but if you do, remember to steam first!) as well as on pustules that have broken. Applying this plant extract onto

open breakouts helps prevent bacterial infection, thus preventing breaking out again while supporting wound healing.

For all these reasons, witch hazel is one of my favourite natural toners for acneic complexions. So, the next time you're facing a breakout, give balancing and clarifying witch hazel a try. Who says you have to have to be rough to achieve blemish-free skin?



Kristen Ma is the co-owner of Pure + Simple Inc., a group of Holistic Spas with its own line of Natural Skincare and Mineral Make-up. She is an Ayurvedic Practitioner who has studied in Canada, the United States and India. She is also a Certified Esthetician with eight years of practical experience, having worked in Canada as well as Australia. Most recently, Kristen has authored "Beauty: Pure + Simple" which was published by Mc Arthur and Company. Kristen has written on the subject of Holistic Beauty for Vitality Magazine, Blink and Jasmine. She is also a regular contributor to B Magazine, Tonic and Sweat Equity Magazine.

For more information on Kristen, please visit www.holisticvanity.ca.

DELIGHT YOUR SKIN With A Steamy Night



“Steaming your skin is an excellent way to unclog your pores without picking at it.”

When I had acne my mother used to joke that some of my pimples were so big they seemed to cry “pick me! pick me!” (she would raise her hand in the air and fluttered it frantically while doing this). But while her blemish comedy was not only embarrassing, it caused confusion.

You see, in my pre-esthetician days I was torn about whether to pick or not to pick my spotted skin, and when I did, I often bruised it. I would become so attached to digging it out of my face that my technique lacked the gentle care it does now. This is a dilemma that many of my clients have – and I can see their struggle as they come in with scars and scabs.

Now if we have clogged pores or pimples, they need to be removed – but how do we remove them if we have neither the time nor the budget to come in for a full-length professional facial? Well, I will let you in on a little secret: warm steam.

Yes, steaming your skin is an excellent way to unclog your pores without picking at it. And even for those of us who don't have blemishes (I love being able to be put into this camp now!), it helps infuse moisture, mobilize circulation and blood flow, sweat out skin toxins, and prevent a build up of blackheads. Even the colour and tone of our skin improves from this simple at-home treatment.

To properly steam your face, all you have to do is bring a medium-sized pot of water to a boil, take it off the hot plate, and hover your face at least six inches away from it with a towel over your head to entrap the steam. Re-

lax here for 5-10 minutes and let the steam do all the work! You can also add loose herbs, herbal tea bags or essential oils to the water for a more therapeutic effect. Sage and rosemary are good for disinfecting the skin, chamomile and rose are best for a soothing effect, and lavender is an easy-to-source skin balancer. I find that these are good to include because our skin absorbs much more deeply when our pores are open.

Initially, I recommend doing this every night for one week to see results of a smoother, less angry complexion. After this, you can decrease down to twice per week until your skin rebalances. For those with rosacea or broken capillaries, only start with twice per week and hover even further away from the hot pot (8 inches away or so).

Now, after steaming it is very important to follow up with a nourishing moisturizer or hydrating mask to prevent dehydration. If

you would like to make it a full evening of skin pampering, exfoliate before the steam, and mask afterward for a mini-facial experience.

Unlike me, you will avoid ugly scars and learn that you don't need to teach your skin tough love, a little TLC will have your complexion clear, clean and positively glowing.



Kristen Ma is the co-owner of Pure + Simple Inc., a group of Holistic Spas with its own line of Natural Skincare and Mineral Make-up. She is an Ayurvedic Practitioner who has studied in Canada, the United States and India. She is also a Certified Esthetician with eight years of practical experience, having worked in Canada as well as Australia. Most recently, Kristen has authored "Beauty: Pure + Simple" which was published by Mc Arthur and Company. Kristen has written on the subject of Holistic Beauty for Vitality Magazine, Blink and Jasmine. She is also a regular contributor to B Magazine, Tonic and Sweat Equity Magazine.

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TAKING RESPONSIBILITY And Helping Others



Editor's note: As this issue of Parvati Magazine goes to press, perhaps the two most preoccupying situations in the news are those in the Gaza strip, where hostilities continue to claim lives on both sides, and in the Ukraine, where a passenger jet carrying almost 300 people was shot down, with no survivors. Both these issues are so complex and changing so rapidly that we do not feel able to adequately address them in a single monthly column. We encourage you to read up about these issues and to visualize peace descending on these areas. In this column, we will address something that is getting less attention but also affects us all.

While some voices continue to persist that climate change is not real, the scientific community (and even insurance companies) have moved on from “if” to the “when” and “how” of climate change. Temperatures and sea levels are expected to rise. Some parts of the world will feel this impact much more strongly than others. For example, densely populated coastal areas in South Asia may see their land underwater within the coming century. This will displace hundreds of thousands of people who will need a place to live and a way to grow food. Such displacement will certainly lead to new migration patterns globally and

could also feed conflicts as people contest access to arable land that remains. Ironically, many of the countries that stand to be affected the most by climate change are among the poorest. The impact they stand to face is not proportionate either to their wealth or to the degree to which they have contributed, through pollution, to the current global calamities. Instead, richer countries will be affected less, even though they have more resources to deal with the problem, and contributed more to the problem in the first place.

In an attempt to address this great inequity, the United Nations has created a fund to help poorer countries deal with climate change. Named the Green Climate Fund, this initiative has been sadly unsupported since its inception in 2010 while countries negotiated over its design. Germany has just been the first nation to step forward and support the fund, with an alloca-

tion of €750 million. Norway is expected to soon follow suit, announcing a pledge to the fund in September. Environmental organizations are calling on other rich countries like the United States, France, Japan and the UK to follow suit and pledge to this fund before the next round of UN climate negotiations takes place this fall.

Some may say that countries must attend to their own bottom line, and stay out of deficit, before contributing to a fund such as this. But if we look at the true bottom line, we see that many countries are running an environmental deficit, taking more from the earth than they put back, doing more harm than reparation.

With the environmental devastation of the tar sands, it behooves Canada as well to step up and donate to this fund, allocating some of the wealth generated in those sands to the parts of the world

that will suffer because of them.

If this fund matters to you, we suggest that you contact your local federal government representative (Member of Parliament, congressman or senator) as well as your environment minister, and urge them to advocate for a sizable donation to the green climate fund. It is a humanitarian investment, an investment in peace. If we simply allow the devastation of climate change to affect these countries without our help, then it could come to pass that richer countries will be spending those dollars anyway in dealing with an onslaught of climate change refugees, or in sending troops to regions where conflict has erupted.

Lokah Samastah Sukhino Bhavantu.



By **Parvati Magazine** staff

ENTREPRENEURS Being Free Right Now



Many people work towards a retirement plan, hoping that freedom will come after we get the proverbial gold watch. Books like "The Wealthy Barber" suggest that the path to freedom is to put 10% of every paycheck aside so that one can retire at 55 years of age. While this certainly is a great financial investment strategy, it suggests that freedom is financial. For many people, financial freedom 20-30 years down the road is not freedom at all. For these people, this future freedom comes at a price: usually of living for weekends and holiday time. These type of workers usually feel trapped at the workplace, sacrificing enjoyment and fulfillment for salaried employment with the promise of future freedom upon retirement. For entrepreneurs, this sacrifice or price for future freedom is too much to pay. These workers will not pay for future freedom with the time they have now.

According to various research in the USA, approximately 39 percent of entrepreneurs report experiencing "complete" job satisfaction versus 28 percent of those who work for a

boss. Further to this, a UK study revealed that the move from wage employment to self-employment boosted people's overall life satisfaction.

This level of satisfaction is attributed to a level of freedom that comes when one follows their joy. If this is the case, then freedom is not related to the amount of pay. To further this point, according to a recent census study entrepreneurs have a lower annual income than the average yearly salary. Yet, they are happier! While abundance is wonderful, it's worth stopping to consider whether the numbers on our paycheque truly contribute to our happiness or if they come at a cost to our freedom.

If annual income is not equated to workplace freedom, then one may think that the increased freedom an entrepreneur feels over a waged employee is due to hours spent working. However, according to 2013 figures

from the Bureau of Labor Statistics entrepreneurs spend far more time thinking about work than employees of organizations.

There is a science to success at business, and if you look at most of the top business books they all point to the same thing. Freedom equals happiness, happiness equals joy and joy results in success.

After studying many of these business success books, you can decode the patterns of work success and equate it simply to a science of loving what you do.

The science of loving what you do is not exclusive to an entrepreneur. It can and does happen in the wage-employed sector as well. The common elements needed for freedom in the workplace are workplace autonomy, working with your core competence and relatedness to work and other.

Real freedom comes from being empowered and motivated at work, which for most is a combination of autonomy or how one fills one time combined with working with one's core competence or doing what one is masterful at. The freedom that ensues from work is only truly fulfilling and joyous if one can relate to others. Feeling a connection to others, to feel loved and cared for, transfers directly to love of what one is doing. And after all isn't love the ultimate root of freedom?



Since 1994, **Rishi Gerald**, founder and CEO of RishiVision and entrepreneurial coach, has empowered thousands of businesses. Rishi has an MBA in marketing and entrepreneurial studies and a BBA in accounting. He has spent nearly twenty years coaching, consulting, managing and supporting thousands of businesses from new startups to active global leaders.

For more information on Rishi, please visit www.rishivision.com.

Confessions

OF A FORMER YOGA JUNKIE



A REVOLUTIONARY LIFE MAKEOVER
FOR THE SINCERE SPIRITUAL SEEKER

“Parvati has a very poignant and compelling message.”

Connie Smith, *CTS National News*

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OnWord

Thank you for reading the Summer 2014 edition of **PARVATI MAGAZINE**.

True freedom does not depend on our external circumstances, but arises as we release our attachments to sorry stories and past wounds. Liberation in Sanskrit is "moksha", which refers to the final state of liberation we experience once we are enlightened. This is the freedom from our dualistic worldview and a permanent merging with the One, the all-pervading force of pure consciousness.

Both freedom and delight require that we have the courage to fully show up in our life and take a risk on doing things a different way.

As you move forward into the month ahead, may you feel inspired to let go your attachments which stand in the way of your sense of freedom and delight.

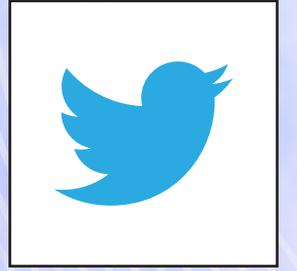
Love yourself.
Love others.
Love our world.

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