

aha!



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...a spirit of enquiry



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DR JANE GOODALL DBE



An interview with the legendary primatologist and United Nations Messenger of Peace, Jane Goodall. Not only an enormously influential scientist, who paved the way for our evolving understanding of animal behaviour and consciousness but also a remarkable person who never ceases to embody what it means to be a conscious human being. Interviewed by Charlie Robinson on June 21, London. TO WATCH FULL INTERVIEW, PLEASE VISIT www.ahamag.co.uk

About 25 years ago you founded the wonderful charity Roots and Shoots, which has literally taken root around the world and I was just wondering if you could give us an idea of its mission and its purpose.

JG Yes, of course, well it began in Tanzania and it began with 12 High School students and the reason I began it was because as I was traveling around the world and I was meeting lots of young people that seemed to have not much hope, they were depressed, angry apathetic and I began talking to them about High School and University, young people out in their first job and basically they were saying, 'well the worlds a mess, you've compromised out future and there is nothing we can do about it- and we have. I see children every day and think how much we have harmed the planet since I was that age, and I feel really ashamed of my species but I still think we have a window of time to start changing things around.

There are a lot of biologist that say 'No, we have reached a point of no return', and maybe it wishful thinking but at least I think if our children loose hope there is no hope.



To read or watch full interview please visit :

www.ahamag.co.uk

So, basically *Roots and Shoots* has as its main message every one of us makes a difference every single day and we have the choices to what kind of action and difference were going to make. It's youth driven, so a group of young people will choose between them, and they get to choose, 3 different projects. One will be to help people, one will be to help animals and one will be to help the environment that we all share. And there is a theme of lets all learn to live in peace and harmony but also with the natural world. So what began with 12 high school students is now in over 130 countries and there are well over 100,000 groups. And on top on that we have all the one I call the alumni, the ones that have been through *Roots and Shoots* and they are now coming into leadership positions.

Can you put into words the feeling you have being alone in the forest for lengths of time?

JG It's really hard to describe I think, I mean on different levels. On one level the forest really helps you to understand the interconnectedness of nature. I mean everything is intertwined; everything depends on something else. The little vine depends on the huge tree to take it up to the sunlight, and there you have a whole new world you have up in the canopy.

In one of your books, *Seeds of Hope*, there was a great passage about the Mother trees and the fact that they are able to look after all the other trees ... it was just that great example of that network of interconnection and communication going.

JG Well you know- what about the fact that trees can send out chemical signals. So if one is attacked by caterpillars they will send out all these chemical signals, and your other friendly tree can put out extra toxins in their leaves to sort of help one another out.

What is the situation regarding the chimpanzee population now, in regard to Gombe, but every where really?

JG Were not in a really good place, Gombe (in Tanzania, where Jane spent most of her time and made the breakthrough discovery that chimpanzees could both use and make tools) is actually getting better by the day, and I will come back to that in a minute, but right across the chimpanzees range, they have already disappeared from 4 countries and so we only find them in 21 now, many of them in small isolated groups – like Gombe. There are maximum 200,000 to 250,000, but it used to be closer to 2 million.

I remember seeing your interview just a few years ago, with you saying there were about 400,000.

JG Well yes its going down, but the reason we are very hopeful about Gombe is that I flew over Gombe and the surrounding country in the early 90s and I knew there was deforestation but I was shocked to see that around the little oasis of forest that was Gombe, and its very small, was completely bare hills. And there were more people living there that the land could support, they were too poor to buy food from else where, and they were struggling to survive and that's when I realised, we cant even hope to try and save the chimps while there are people living like this. So that began our community based conservation program, which is a very holistic effort to help the people improve their own lives.





The Storm Bugs



Disempowering Bugs



Bitter Bugs



Royal Bugs

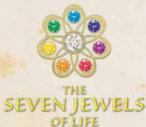
The Storm Bugs live in The Storm of your life and survive on criticism and negativity... these are a few of the characters who might show up in your life...

Disempowering Bugs are disempowered beliefs that you have picked up along the way... They love it when you feel anxious and fearful and say to yourself... I'm not clever enough, I'm not good enough, I'm not worthy, I am not enough... I will never be successful; or whatever your particular sad story is at the time.

Bitter Bugs bear grudges – they don't want you to forgive... they want you to feel bitter, angry, resentful, and jealous as they know that this will keep your heart firmly closed and prevent you from opening your heart to let peace in and allow your life to move forward.

Royal Bugs are like Kings and Queens – very strong characters who seem to have power and influence and no conscience. They press your buttons and send you into a spin and make you doubt your worth. They love to say "I am better than you... you are stupid... you are lucky to know me..."

All Storm Bugs are desperate that you keep feeding them, as that is what keeps them alive and empowered. Some of them look very prosperous...and have done very well on your insecurities and vulnerabilities and have carved out a good life style for themselves... so next time you are feeling sad or triggered, ask yourself, which Storm Bug are you feeding?!



An excerpt from The Seven Jewels of Life by Belinda Jane Robinson (published by Create Space 1st February, RRP £9.99 paperback, RRP £3.99 ebook) will be available to order online from retailers including [amazon.co.uk](https://www.amazon.co.uk).

Ask the Swami



Swami Beyondananda answers your questions

.....and you will question his answers!

Q. Swami, I get very self-conscious when I have to urinate in front of other men in public restrooms. Any suggestions?

A. Sure. First off, turn around and face the urinal.

Q. Swami, is the road to hell paved with good intentions?

A. It's paved with people with good intentions who were used as paving stones by people with bad intentions.

Q. Have you ever wrestled with God about the meaning of life?

A. I used to do it all the time until I realized it was fixed.

Q. Swami, can you predict who will win the Premiership this season?

A. Sorry, no predictions. I don't want to jeopardise my non-prophet status.

Q. Swami, what is the key to the Universe?

A. The bad news is, there is no key to the Universe. The good news is, it has been left unlocked.

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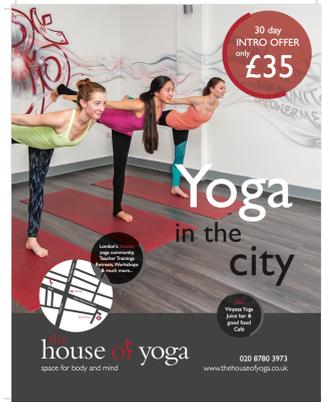


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GAIA VINCE



Gaia Vince, was awarded the 2015 Royal Society Winton Prize for Science Books for *Adventures in the Anthropocene*.



The changes we humans have made in recent decades have altered our world beyond anything it has experienced in its 4.5 billion-year history.

Gaia Vince decided to quit her job at science journal Nature, and travel the world for over two years to explore what all these changes really mean - especially for the people living on the frontline of the planet we've made. She found ordinary people solving severe crises in ingenious, effective ways.

Interviewed by Charlie Robinson

Can you introduce yourself and what you do?

Yes, of course. I'm a science writer and broadcaster. I focus on environmental issues, biodiversity and natural history, climate change, human societies, ecology and energy.

What is the Anthropocene?

Well, it literally means the age of humans. We've created new islands; we've changed the natural dynamics of the whole world by causing extinctions and moving biodiversity around. We've carried out massive deforestation, we've rerouted rivers. We've fundamentally changed the planet and if you were to look from the far, far future back at this you would see this fundamental change which would be marked in the rocks just as we see changes in the past. So scientists are asking this question, "are we in a new era, the anthropocene?"

It really is a great tool for explaining some of these enormous changes we've seen and to try and mark our place in the world and our place in time. So it's become much bigger than a geological position.

And more recently, people talking about the sixth extinction and things like that. So, we're at a pivotal time in understanding that we're part of the problem and crucially, we're also part of the solution and we need to wake up and act.

Exactly, so the sixth extinction is one of the big changes. All of the other five extinctions marked different times.

So this sixth extinction will be another mark in time, it's caused by humans, it's not caused by an asteroid impact or an eruption of a super volcano, as has been the case in the past.

It's by our hunting, our climate change or diseases that humans have brought to other places or the introduction of species that wouldn't have happened naturally. So the sixth extinction is one of the signals, one of the markers of this.

People are realising something big is happening to the planet, and it's caused by this one single species and it's unprecedented. The changes that we're undergoing at the moment are unprecedented.

We're on a kind of knife-edge, it could go either way at the moment. We could continue to obliterate lots of species, many of which we depend on and cause climate change that could lead to starvation of billions of people.

It could go that way or we could embrace an entirely new lifestyle change. Social changes can happen much faster because of the better connections we have now. Also, people are, I think starting to embrace the fact that we have unique flora and fauna, that we are a unique planet. We are the only planet with life on it and that it's really precious.

Reading the book you came across as quite a realistic optimist.

Frances Moore Lappe wrote a book years ago called 'Diet for a Small Planet' and she calls herself a 'possibilist' and I thought it was a really nice phrase and I got that impression from your book, that maybe you're a 'possibilist' too?

A: I am! I am an optimist partly because I don't think there's much point in being a pessimist. We can shrug our shoulders and think it's all going to end badly. That's not going to make me happy, or anybody else happy, but it also doesn't lead to many things getting done. If we can all see a positive and hopeful future it's much easier to achieve something we can imagine in our minds even if it's perhaps less likely than negative scenarios.

Most ingenious and creative adaptation to climate change?

Probably painting the mountain white in [Peru](#). White reflects heat and the sun's rays much better than black or dark materials. Once ice has gone, it's very hard for it to form, because underneath you have the black rock and black is nice and hot to the touch, especially when the sun's shining on it. So the idea is that by painting the mountain white, they're creating an artificial glacier; it's not ice, but it's very reflective, so that any precipitation that falls during the night, if it freezes there, gets a chance to stay and build up. They're hoping to recreate the icy glacier conditions that way.

www.wanderinggaia.com

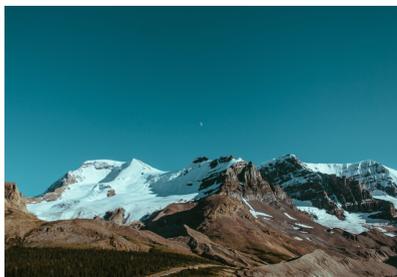


photo by Nick Pattinson



To read full interview please visit www.ahamag.co.uk

Bridge on Mekong River

words and photos by David Guymer



I did not witness its construction sadly. I will miss its sad destruction. That it will be destroyed was inevitable as soon as it was created. Less certain theoretically is its rebuilding.

The Khmer people are Buddhist. The cycle of the bamboo bridge reflects this fact. No one need state that this is a cycle, save me (or you) the non-Buddhist. We go round semantically. Let's not bother with that. Not now.

But I do wish to return in October to see its building. And return again in May (unless the monsoon is late. Then we (we?) wait.) Perhaps again in October, depending.

The Buddhist looks only forward, I'm told. Does the building brigade, this construction crew welcome the bridge's inevitable plight? Forward brings the rain. And renewal.

How many staves? How many different lengths? How deep their sinking? How big a team of men? Beast? An exact replica? Year on year the same? Same team etcetera, same everything?



The Mekong is a bully. Here in Kampong Cham during monsoon when the river swells and runs it's own riot big things are swept away. Trees, cows, even cars. Bamboo staves.

Easy, isn't it, to romanticise some things? Because maybe that way some part of us is touched. A local man (for reasons of his own) had supplied the slightly 'nuanced' details of natural demolition.....rain ruination.....and the sweeping away of thousands of bamboo staves. The symbolism was so gorgeous, so appealing, that for hours I did not consider any other possibility.

The truth of course is more prosaic. They dismantle this marvel annually. Still cyclical, still beautiful, still symbolic. Mere details. Rebirth and its attendant karma undisturbed. May and October are my own approximations.

On March 5, 2013, Francis Tapon started a four-year adventure that takes him across all 54 countries in



Photos : Francis Tapon



Francis Tapon

*What have been the three most important life lessons that a year in the **Unseen Africa** has taught you. Why would you recommend people to visit it?*

- 1) Most people are good.
- (2) Travel outside your comfort zone so that you grow as a person.
- (3) Happiness comes from within.

I truly recommend people visiting Africa to reset their image of this continent.

Going back to your project, if you could describe **Unseen Africa** in one word, what would it be and why?

Surprising: because the Seen Africa always shows the same countries (e.g., Kenya, Egypt, South Africa) and/or the same images (e.g., safaris, tribal dancing, war, famine, disease, chaos).

Malidoma Patrice Some



With the permission of the Dagara tribal elders, Malidoma is now sharing the indigenous wisdom of Africa with the West. This amazing man from humble origin has earned three masters degrees and two doctoral degrees – the first from the Sorbonne and the second from Brandeis University. In a remarkable way, Malidoma bridges cultures like few others.

HOW DO YOU AND DAGARA PEOPLE SEE THE WORLD?

Dagara people see the world primarily as a mythological place. In it, Nature is a fundamental shape-shifting agent that nurses mystery and supernatural beings. It is the element of change and transformation that challenges humans to embrace change for healing purpose. For this reason, the world was constructed by God and gifted to us humans to provide some finishing touches to make it that much more beautiful and loving. So whatever we do here should fulfill that purpose. Anything that we do that harms this world is not God's work. In order to fulfil this purpose, we humans have access to imagination and creativity. We have the power of love and beauty. This planet is a mother that feeds all of us. We must make her beautiful and happy so that we can transform her into a heaven of sort.

CAN YOU DESCRIBE THE PURPOSE AND PROCEDURE OF A RITUAL?

Rituals in general are the means by which we engage the other world. The purpose of ritual is to heal ourselves, repair and sustain the world we live in and restore the vitality in it. Furthermore, ritual allows us to join with the spirit in order to do just this. It acknowledges that there are certain things in this world that cannot be dealt with just mechanically. Every crisis or dysfunction associated with living in this world can be addressed through ritual. Some of them, like healing, have their answer exclusively in ritual. Ritual is therefore a fundamental tool for addressing

issues that pertains to the crisis of the human soul, the obstacles we encounter in this world, and the increasing amount of stress and uncertainties that litter the journey of life.

WHAT DOES LOVE MEAN TO YOU?

Love is the ascension to the Divine consciousness. Love is the soul realising that healing is possible everywhere anytime. Love walks hand in hands with beauty. It knows that vulnerability is sacred and power. Love is the world becoming well again.

WHAT IS YOUR MESSAGE TO OUR READERS?

My wish is to see that through this sharing, the distance between us is erased. I pray that you trust your capacity to confront and deal with all the challenges that rise in front of you. I pray that you trust your ancestors to help with any challenges in your path. In doing this, my ancestors will join your ancestors to celebrate a new era of community, healing and Love.

www.malidoma.com

Interview by Eva Debevec

Enough

Enough. These few words are enough.

If not these words, this breath.

If not this breath, this sitting here.

This opening to the life

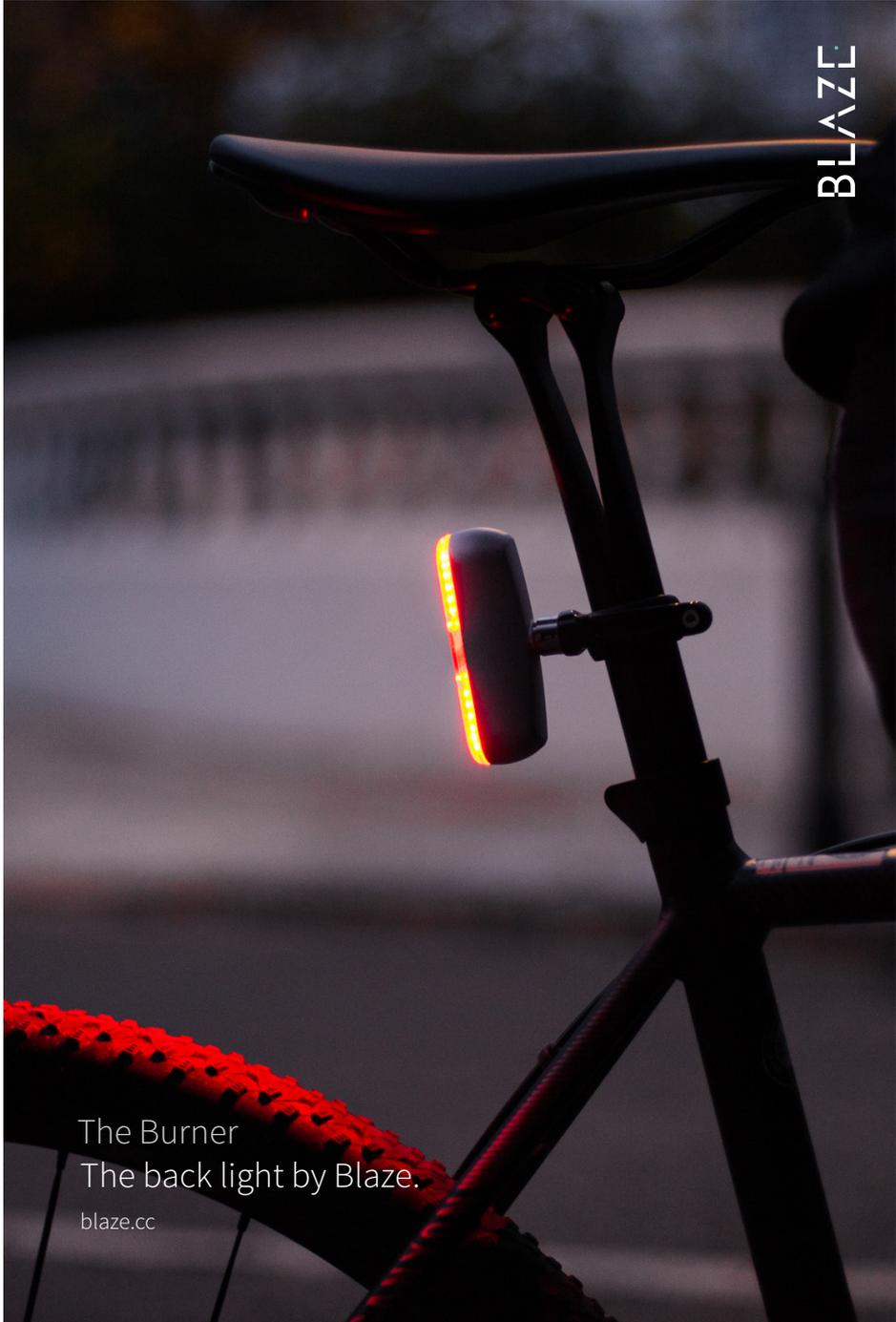
we have refused

again and again

until now.

Until now.

David Whyte



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