



welcome...

spreading the spirit of inspired times

As leaves lead the way by gently falling from the trees, autumn is about clearing clutter and letting go of the old. By looking both internally and externally we can create space for life to unfold in new and fresh ways. With each issue of Inspired Times I'm touched by the unbridled enthusiasm it ignites in whoever works alongside me, and by how each person brings their own unique creativity to the content and illustration. The team constantly changes but the spirit remains steady – almost like the leaves which renew, whilst the tree stands strong.

Heather's lovely autumn cover is a collage of all she loves about this season... colours, nature and leaves blowing in the wind. As we waft throughout this issue's pages, we hope you will be uplifted by the array of interesting articles which burst from its pages. Our 'Green Christmas' section will get you in the mood for a heartfelt festive season of volunteering, ethical gifts and make-your-own ideas. Max Drake shares his herbal remedies whilst Jayadevi evokes deep relaxation with her Yoga Nidra article. Anna Middleton's 'Spice up your Raw-tumn' gives top tips on ways to bring warmth to raw food, as well as tasty recipes which spice things up. Her Thai Noodle Soup looks delicious and it's hard to believe that the noodles are courgettes!

And it doesn't stop there! Rebecca Day digs around to uncover the truth behind maintaining a sustainable plant-based diet in 'A life as a Herbivore' and Andy Melhuish unearths the latest on fracking... a topic regularly hitting the headlines at present. Charlotte Biszewski interviews Dan Glass for our Inspiring Individual piece, and becomes infected by his deep-rooted passion for campaigning against injustice.



With 2014 just around the corner, what better time to stay present than during the coming months – increasing our awareness of old habits which no longer serve us? Ending this year lighter and more joyful will unquestionably make a positive impact on those around us. This fragrance of inner peace can drift far and wide... now that really will ensure a happy New Year!



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Jayadevi

Jayadevi's (Julie Bladon) spiritual journey started by pure chance almost 20 years ago. Since that time she has been guided to study Lomi Lomi bodywork in Australia and Hawaii, having the honour to work with Hawaiian elders. World travels and journeys to India led Jayadevi onto yoga teacher training at the Sivananda Ashram in Tamil Nadu, Southern India.



cultures and experiences life as fully as possible.

Her practice is very much heart based and intuitive, creating a supportive, sacred space for self-acceptance, self-care and healing. Jayadevi is currently writing an illustrated children's book, to share some of the knowledge she has gained from her spiritual trainings and world travels. Her dedication to travelling continues; she explores other

Jayadevi is based in Devon, teaching regular yoga classes, Yoga Nidra workshops, offering Lomi Lomi bodywork and running retreats. In this issue of Inspired Times she shares with us the deeply nourishing relaxation that Yoga Nidra inspires. You can purchase her guided meditation downloads and CDs via her website.

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Max Drake

Having been involved in herbal medicine for a number of years, Max Drake is continuously applying new ideas and research to medical practices and traditions in order to benefit his patients.

Based at the Urban Fringe Dispensary in Bristol, Max believes through using plant-based medicine, the body is given an opportunity to heal itself – rather than being over-powered by pharmaceuticals.

Providing a holistic perspective on health, the practice aims to address the causes, as well as alleviating the symptoms. Max places a strong emphasis on maintaining wellbeing and preventing illness through the use of herbal medicines. As well as giving treatments, Max also teaches herbal medicine courses, drawing on traditional herbal practices influenced by his recent research.

Max will be enlightening us in this issue of Inspired Times about the current situation surrounding the herbal medicine industry and the shift in European legislation. With high hopes for keeping herbalism alive, he also shares some autumn remedies to boost our health throughout the colder months ahead.



www.urbanfringe.co.uk