

natural selection

GREEN YOUR WORLD WITH THESE HEALTHY SOLUTIONS



No longer a ritual practised by the spiritual elite, meditation is now mainstream and the physical and mental benefits are extraordinary. We chat to Transcendental Meditation teacher Gary Gorrow (pictured below with daughter Leela).

HOW IS TRANSCENDENTAL MEDITATION DIFFERENT TO OTHER MEDITATIONS? "With TM, there's no attempt to relax, force or focus in any way. The whole procedure is completely effortless because it's natural for the mind to enter the meditative state, provided the correct method and mantra are used. Within a few minutes, your body enters a state of rest deeper than sleep and your brain moves into a completely new state of consciousness."

WHAT DOES THE TERM MANTRA ACTUALLY MEAN? "The word mantra literally means 'vehicle for the mind'. It acts as the medium that takes awareness from the busy superficial plane of thinking into the deeper quieter level of consciousness. The mind is active, always moving from one

thought to the next with no respite. When you learn TM technique, you receive a personalised mantra and are taught how to use it artfully."

HOW CAN WE REAP THE BENEFITS OF MEDITATION AT HOME? "The best time to meditate is at sunrise and again at sunset. Get yourself into a comfortable sitting position, close your eyes for 20 minutes and repeat your mantra. Let go of any destructive habits, behaviours and attitudes. Exercise regularly and get to bed before 10pm. Ensure your life has purpose and you're doing what you love.



EDITED BY VANESSA KEYS. PHOTOGRAPHY: TOP LEFT: URBANLIP.COM/SNAPEER MEDIA; TOP RIGHT: MARNIE BURKHART/CORBIS; BOTTOM RIGHT: ROGER DIXON/JUPITER IMAGES

raw food nation

A forkful of leafy greens may make you feel virtuous but gulp down a green smoothie and you'll be swinging from the ceiling. "Blending leafy greens like spinach, kale and chard breaks down their tough cellular walls so that all the goodness is exposed," says nutritionist Susie Burrell. Pair 3-4 cups of greens with a combo of your favourite fruit – we love raspberries, banana and orange – for a glorious green concoction full of iron, folate and antioxidants. You won't even taste the greens, promise! Visit rawpower.com.au or luckyyoucleanse.com.au for easy recipe ideas.



organic chemistry

It may be a staple in your beauty bag but paw paw cream devotees should think twice before using it on rashes and redness. Ingredients in some creams, such as mineral oils and petroleum jelly, can cause irritations. If you're keen to consider an organic solution, try Natural Alternative's Certified Organic Paw Paw (\$7.95/40g, naturalalternative.com.au) or Simmons Paw Paw Salve (\$5.90/25g, todae.com.au).

WHEATGRASS WONDER

If the notion of knocking back a shot of freshly-mown grass doesn't appeal to the appetite, there's a far tastier way to glean the benefits of wheatgrass. Uspa Supernatural Wheatgrass Shampoo and Conditioner are bursting with anti-oxidant rich chlorophyll, which boasts 20 amino acids and restores growth and colour to faded hair and damaged roots. From \$32/bottle, call 03 9510 6051.

