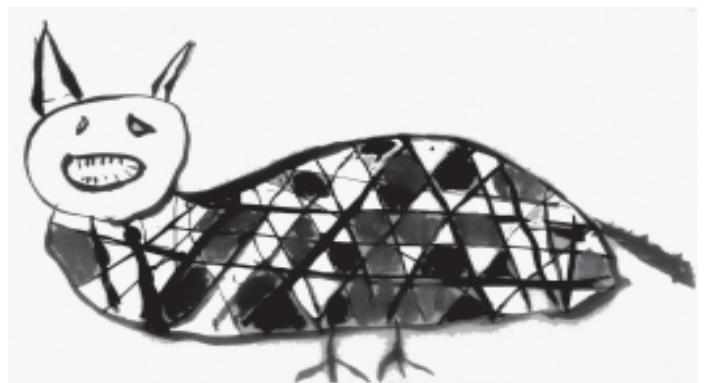


FAMILIES  
LEARNING  
TOGETHER



first issue july 2006

## हम 'होम-स्कूलिंग' के ढाँचे से क्यों बचना चाहते हैं?

जबसे हमने लोगों को यह बताना शुरू किया है कि हम अपनी बेटी (जो अब चार साल की हो गई है) को स्कूल नहीं भेजेंगे, तो हमें कई तरह की आश्चर्यजनक प्रतिक्रियाएँ प्राप्त होती रही हैं। कुछ लोग तो हँसकर चुप हो जाते हैं और कुछ लोग बोलते हैं – “ओ! तो क्या आप होम-स्कूलिंग करेंगे?” मुझे इस शब्द के इस्तेमाल से दिक्कत महसूस होने लगी है और जैसे-जैसे यह ज्यादा प्रचलित होने लगा है, मैं इस लेबल से भी दूर जाना चाहती हूँ। मैं यह स्पष्ट करना चाहती हूँ कि मुझे इस शब्द से इतनी दिक्कत क्यों है।

मैं अपने घर जैसी पवित्र जगह को स्कूल जैसा धिनौना स्थान नहीं बनाना चाहती हूँ। 'स्कूल' शब्द मेरे मन में कुछ ऐसी भयानक चीजें लाकर छोड़ देता है, जैसे – पाठ्यक्रम, प्रतिस्पर्धा, तानाशाही, क्लासरूम, मूल्यांकन, परीक्षा आदि; जिन्हें हम बिल्कुल अपने घर में लाना नहीं चाहते। मेरे खुद के स्कूल व कॉलेज के अनुभव से मैं यह अच्छी तरह जानती हूँ कि ये सब चीजें वास्तविक सीखने व रिश्ता बनाने के लिए बहुत खतरनाक हैं। अगर मैं ये सब चीजें घर पर करती हूँ, तो सब परिजन भी स्कूल-टीचर बन जाएँगे और वह रिश्ता बहुत ही सतही व गैर-जिम्मेदाराना होता है। हम तो ऐसा रिश्ता बना रहे हैं, जिसमें हम साथ मिलकर अपने हाथों से सृजन करें और स्वयं के प्रश्नों को निरन्तर बढ़ाते रहें, जबकि स्कूल हमारे प्रश्नों को बहुत आसानी से खत्म कर देता है।

होम-स्कूलिंग करने वाले कई परिवारों से मैं इस बात पर भी असहमत हूँ कि हम घर पर ही बैठे-बैठे अपने बच्चों को स्कूली पाठ्यक्रम रटा दें। हम ना तो कोई पाठ्यक्रम अनुकरण कर रहे हैं और ना ही कंकु की काबिलियत को किसी हम-उम्र बच्चे की काबिलियत से तुलना करना चाहते हैं। हमें यह पूरा विश्वास है कि कंकु में सीखने की अनन्त ऊर्जा है और उसे जब भी कोई नई चीज सीखने की प्यास होगी, वह स्वयं ही उसके लिए प्रयास करेगी और माध्यम ढूँढेगी। हाँ, हम यह प्रयास निरन्तर कर रहे हैं कि हम अपने स्वयं के सीखने की प्यास को बुझने नहीं दें और कुछ न कुछ नया करते रहें।

हम कंकु के साथ अलग-अलग कलाकार, जैसे – आधुनिक शैली के चित्रकारों शाहिद व किरण मुर्झिया और पारम्परिक शैली के चित्रकार राजाराम शर्मा के साथ काफी समय बिताते हैं। साथ ही

कंकु कठपुतली कलाकार बाबूलाल शर्मा के साथ कठपुतली का खेल भी सीख रही है और जगदीश प्रजापत के साथ मिट्टी के खिलौने व बर्तन बनाना सीख रही है। शायद इसी तरह से हम अपने सीखने की प्रक्रिया को विस्तृत करना चाहते हैं और हजारों लोगों को इससे जोड़ रहे हैं। खासकर ऐसे लोगों को, जो ज्ञान को पैदा कर रहे हैं – खेती के माध्यम से, संगीत के माध्यम से और कला के माध्यम से। हम केवल अपने घर को ही सीखने का स्थान नहीं बनाना चाहते, बल्कि जितना हो सके, नई-नई जगहों, प्राकृतिक स्थानों तथा अलग-अलग हुनरों से जुड़ रहे हैं। हम कंकु के साथ असली लोगों, असली जगहों और असली चीजों से जोड़कर सीखना चाहते हैं। कंकु हर उम्र के लोगों के साथ आसानी से घुल-मिल रही है और बिना झिझक के सबके साथ दोस्ती कर लेती है। आम-तौर पर मैंने यह महसूस किया है कि स्कूल जाने वाले बच्चे केवल अपनी ही उम्र के बच्चों के साथ रिश्ता बना पाते हैं और बाकी लोगों के साथ उनका रिश्ता बहुत सीमित होता है। इसीलिए जो लोग सीखने की प्रक्रिया को वास्तव में स्कूल से मुक्त करना चाहते हैं, उन्हें मैं अपने साथ इस खोज में आमन्त्रित करना चाहती हूँ।

– विधि जैन, उदयपुर  
<vidhi@swaraj.org>

### **FAMILIES LEARNING TOGETHER NETWORK**

- \* How do you define your "family"?
- \* What creative experiments are you doing with your family?
- \* Where has your family embraced the home-made or community-made instead of the readymade?
- \* What learning resources have inspired your family?
- \* What skills and ideas can you share with other families?

Do these questions intrigue you? If yes, think about joining us in the Families Learning Together Network.

We're a group of families, who believe that learning starts with healthy families, that sharing our own experiences with each other is a good way to learn, and that co-creating new ways of organic living is vitally important. We are interested in learning and living beyond the boundaries of factory-schools, home-schooling and other forms institutionalization. Currently, we host an online discussion group ([learningfamilies@yahoogroups.com](mailto:learningfamilies@yahoogroups.com)) to share our ideas and experiments.

If you're interested in the Families Learning Together Network, or would like to respond to the above questions for inclusion in our newsletter, please e-mail Vidhi Jain <[vidhi@swaraj.org](mailto:vidhi@swaraj.org)> or write c/o Shikshantar, 21 Fatehpura, Udaipur, Rajasthan 313004, tel. 0294-245-1303

We look forward to hearing from you!!!



## Families Gathering - Van Utsav

Van Vadi, Maharashtra

October 2005

contact: Bharat Mansata

<bharatmansata@yahoo.com>



## NEXT FAMILIES GATHERING NOVEMBER 2006 GOA, GOA, GOA

yes, the next families gathering is being organized in goa for around mid-november. this is your chance to spend 5 days with 15 really creative families. this event is open to all family members... adults, children, grandparents, grandchildren, cousins, dogs, goats...

for more details contact:

Navina and Vidhi

<vidhi@swaraj.org>

# ANNOUNCEMENTS

## FAMILY NEWSLETTERS

a few months ago we started a process of creating our own family newsletters in which each family makes a newsletter about their own learnings and experiments... focusing more on their skills and strengths and shares it with others... we invite you to make your own newsletter about your family and share it with the Families Learning Together Network.

Check out Paranjape-Borkar family newsletter!

[www.swaraj.org/shikshantar/sakhifamilynewsletter.pdf](http://www.swaraj.org/shikshantar/sakhifamilynewsletter.pdf)

*Are you a family that has made a conscious choice not to send your children to school?*

We are interested in knowing about you, your ideas on learning and your experiences. We are planning on putting together a directory (hardcopy and on-line) of families who are actively involved in unschooling themselves in the South Asian sub-continent.

Write to: **Manish** <[manish@swaraj.org](mailto:manish@swaraj.org)>

We are looking for research and experiences related to the harm done by immunizations and vaccines as well as stories of families who are choosing not to vaccinate their children.

Please contact: **Vidhi** <[vidhi@swaraj.org](mailto:vidhi@swaraj.org)>

## TOY STORY

Don't we all joke that at Christmas and Birthdays our children are more interested in the boxes and wrapping paper? So why don't we open our hearts to learn from this, step into the realms of childhood for a moment and away from adult perception, the power of marketing and peer pressure. What are our children saying to us? Most children have far too many toys and become bored and dissatisfied with them - always looking for the next 'fix' and not feeling a real connection with any of them, unable to focus for any length of time on any one thing.

Within the first few years, if this continual bombardment of new toys which promise to entertain and do everything for you continues, the imagination, the inner world and creativity become quashed and we find ourselves living with a child who is not able to truly play; totally lacking in initiative and creativity and whom looks to the 'outside' to provide exciting and gratifying experiences. Thus, a low boredom threshold sets in, a loss of motivation for life, and the need to turn to 'things' in order to satisfy that nebulous 'something' which is missing.

Why are we fixated on rushing our children through their precious childhood years, insisting on \*teaching\* them from day one, rushing them to read, write and perform, eager to quickly turn them into an 'upstanding citizen, a useful member of society'? What is this doing in the long term and what sort of adults will emerge from this childhood?

Childhood play prepares for the future, so it seems right to provide an environment and playthings which offer these opportunities. Compare a simple cardboard or wooden box to a Barbie doll. The box can be somewhere to hide, a bed for teddy, a ship to sail the seas in, a car, a space rocket, on its side it's a play den, upside down it becomes a table for tea parties, it is used for filling and emptying

treasures, it's a hat, a shoe, a chair, a drum.

These wonderful, electronic, technological gadgets instil heartless and negative values - they provide our children with abstract concepts, such as the toy that 'teaches' numbers and letters, they become substitutes for real human contact with their false computerised voices and they unwittingly draw our children into being good consumers with their flashing gimmicks that lead to wanting better, faster and newer. Tell me where the educational value lies in a toy like that? As far as I see it, they only teach us how to step onto that consumer treadmill that seeks to imprison us throughout our lives.

We worry about our children reading, writing and passing exams but we can do all of these things at any stage in our life. What we cannot do is recover the loss of childhood. How many adults do we know with 'inner child' issues, unable to relate to others, unable to maintain relationships, unable to rise to challenges, problem solve, cook a simple meal, entertain themselves without TV, happy to be alone, happy to leave the house looking anything other than 'perfect', unable to put up a shelf or fix a tap?

We believe that we should take our child to new places, give them new things but all this does is teach them to look for newer, better or faster and to not be satisfied with what they have. Children learn through repetition, through imitation, they ENJOY the same story told every night, they WANT to hang onto one teddy bear or blanket or book, no matter how rag-eared it may appear. You can take them to the same park every day, walk the same way, take the same route and your child will see each trip as a unique adventure. They will notice all the things you don't - the trees are a different colour today, or the wind isn't blowing as hard, there aren't as many puddles, the clouds are

different. Watch your child as they pick up a leaf, a twig, a stone and marvels at it - seeing it as something completely new and interesting.

We are all too eager to put adult emotions and perceptions onto our children - we feel they have to be constantly, externally entertained, that we are not giving them enough attention and stimulation unless they are watching a new video or playing with a new thing. All we are doing through this is projecting our own dissatisfaction onto them.

On a recent tv programme about Christmas, they interviewed 100s of people, presenting a good cross-section of society and asked them what present they received last year. I expect you can guess the outcome: not one single person could remember any of the gifts they had received. What was even more interesting was that most of the children were unable to recall a single present, yet ALL of them came out with something about the day that they remembered like 'Dad put on a silly hat', 'We put music on and danced around the living room', 'We all sat down and ate together', 'Mum sang after lunch and we told jokes'. They all remembered being surrounded by people they loved and the fun and laughter of the day.

Many people I am sure, believe we are depriving our daughter and I thoroughly agree with them - we are depriving her the subliminal messages that brainwash us through the media, we are depriving her the poison in plastic toys, we are depriving her the need to be satisfied with the newest, the fastest and the best, we are depriving her the need to look outside of herself for exciting and gratifying experiences. Instead we are giving her the freedom to be a child without many of the pressure of conformity that society places upon us, we are allowing her imagination to 'educate' her which leads to a more enriching life than any bright, flashing educational toy could ever do.

- Excerpted from Rachel Strauss  
 <[www.houseofstrauss.co.uk](http://www.houseofstrauss.co.uk)>

Loved the article. I went through a similar experience. My kids got bored of most toys in less than a week. In fact, both Amelia and Tanvi found the boxes and packaging the toys came in more interesting and stimulating than the toys themselves. I found myself preserving and playing with the boxes, making castles, vehicles, puzzles, painting them, decorating them, etc. This was loads of fun. Most useless were the battery-operated toys. They could hold their interest for about two minutes at the most. Legos and wooden blocks, however, were more interesting. Soft toys gathered dust. Expensive dolls like Barbie were cast aside while soft dolls made of cloth were more cuddly and comforting. Though Tanvi till about six months ago was very fond of Barbie, but I realized it was more because her friends made a big deal out of them plus the very attractive commercials on TV.

Similarly, I found audio tapes of songs better than videos of nursery rhymes. Audio tapes of kids' songs are available in most Indian languages and can be played in the background, while the kids are playing. We have songs in Hindi, Marathi, Gujarati, English... Most toys are a waste of money and hardly hold the child's interest for any period of time. Most computer games and video games also promote violence and are addictive. I remember our childhood games of hopscotch, *lagori*, *langdi*, etc with nostalgia. Wish we could bring back the good old days.

- Poorna, Mumbai  
poornagait@yahoo.com

Today's toys are designed to play by themselves, not to be played by children. This only benefits those who sell batteries and, of course, the companies that sell the toys, because as the article perfectly shows children get bored very quickly with these toys.

Why the are so many in the market? Why do adults keep buying them? Maybe because today parents get trapped in the illusion that modern, fancy toys that play by themselves can liberate the adults of the responsibility of paying attention to their kids.

Young parents (mid 20s and mid 30s) were trained by school and media to believe that all technology makes our lives simple, so the logical response is that a toy that flashes a lot of colorful lights and makes a lot of noise will better entertain and stimulate a child.

Rodrigo, my 5 year old son has taught us very quickly that he appreciates quality time with his parents more than the most expensive toys...

- Sergio Beltran, Oaxaca, Mexico  
yeyoenoax@gmail.com

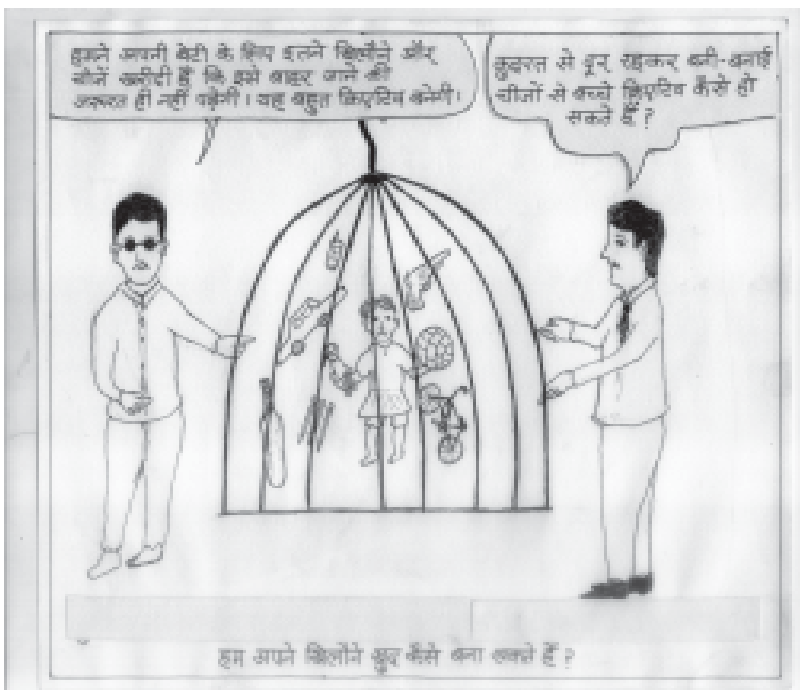
## RESPONSES TO 'TOY STORY'

Thanks so much for this wonderful reminder. I am so glad our family spent almost nothing on toys, though I have to admit I have a weakness for wooden railway tracks (Brio) and my kids love Lego. BUT, yes, most of those were gifts, and we consciously didn't buy all those things being promoted for kids. It was all so much useless junk, adding to clutter and feelings of guilt when I wanted to get rid of 'gifts' from well meaning adults.

The toys are indeed a creativity killer. What our boys need is fresh air, sticks, stones, and our local beach. They have made bows and arrows from branches, and played for hours in the woods in games of knights and soldiers, and merchants and kings.

It is for the sake of creativity that we originally did not send our kids to school. What better way to kill creativity than to tell a child that they cannot draw because it is 10 a.m. and we must study arithmetic?

- Anita Roy, Canada  
yahoogroups@anitaroy.com



## recovering our senses

Children in traditional, natural learning cultures are similar to any newborn living being. All the games and other activities children do in the villages is a kind of a response to their biological needs. It seems that the evolutionary process of life itself evolves these activities. Awakening the intelligence of the body seems to me the first step towards acquiring knowledge. At the initial stages of learning (living), the tools for learning also get developed. These determine not only the paradigm of our knowledge/ worldview but also how we are going to perceive the world and what knowledge we will create out of it.

Our immediate contact to the world outside is through our senses. Senses therefore play a very important role in the process of learning and are a sort of a reciprocal device that helps creation establish communion with the inner and the outer nature. All the games children play in these communities has to do with sensitizing the senses, planning, balancing, guessing, developing the mathematical sense, etc. This is the process of knowing the world.

By default, and because the rural tribal people are so-called 'ignorant', the children grow up quite naturally developing various qualities needed in their adult life. They learn to take care of themselves quite early, become tough and responsible. No child ever complains about heat, cold or rain and is at ease with what ever is the climate, till the modern adults teach them to hate these natural occurrences.

Letting the child respond to each and every situation authentically helps the child to release its instinctual responses, which helps the child draw out innate knowledge. Mathematical senses or the sense of numbers, quantities, space gets developed by acting on the outer world. This conscious process begins from the time of birth.

Therefore, any help/assistance to the child should be re-examined, as it could hinder the development of instinct. Just as holding hands to make the child walk might hinder his/her development of balance.

Children are by nature holistic, spiritual, an artist and a scientist. Every activity that a child does on its own is not fragmented into 'work', 'play', 'learn' and every activity contains the principles of laws that govern life: mathematical, physical, chemical, linguistical, and other qualities like reasoning, planning, spontaneity, attention, responsibility, etc. In the modern scenario, children

“Child, I have forgotten the art of being absorbed in sticks and mudpies.

I seek out costly playthings, and gather lumps of gold and silver.

With whatever you find, you create your glad games. I spend both my time and my strength over things I can never obtain.

In my frail canoe, I struggle to cross the sea of desire, and forget that I too am playing a game.”

-Rabindranath Tagore, Crescent Moon



### **Families Gathering at Redstone Farm, Panchgani - May 2005**

Contact: Mona Patrao

<mona\_patrao@sancharnet.in>

are treated for attention deficit and drugged for what the adults perceive as hyperactivity. Adults actually create all these problems for the child by not responding to the child correctly in the first place.

Children need to be left alone to explore the world around them and in that process their senses are sensitized and awakened, their bodily intelligence learn the laws that are basis of life on earth. Until/ unless they are experientially mature, text (which is second-degree abstraction) should not be introduced to children.

- Jinan KB, Kerala <jinankb@vsnl.com>

# Working to Learn

All you need is love, love, love. Words from the sixties that sound clichéd and mushy. But the idea of love has been integral to everything we believe in. It is because of our love of our children and our love for our world that we decided unschooling was a logical way to do justice to both.

When our family first started unschooling in 1995, the challenges consisted mainly of dealing with the skepticism of others and our own fears, which were based on a lifetime of believing that stepping outside the main prescription was dangerous. But after 12 years of many successes, we have much more confidence. Our current challenge and learning revolve around what consists of work, study and play. Though in a natural living paradigm, the three are completely interrelated, our creativity is still tested as our family lives in the context of the so-called 'real' world. Our kids are old enough to work in that world, spend money in it, and think about how to navigate it successfully. And so, it was only natural this year that they all started to work.

Zaman who is 16 works in a cafe about 25-30 hours a week. He makes the coffee, tea, espresso, lattes, sweeps the floor, warms up food, uses the cash register, cleans the dishes. He took a Superhost course, a one day course which taught basics of good customer service, making eye contact, remembering regular customers' names, paraphrasing, validating their concerns etc. and that has been excellent for him as those skills are valuable in life. It used to bug me that sometimes he would zone out completely and that of course is necessary for creativity, and zoning out is not allowed at school, but sometimes when I needed him to be alert - when was relying on him to do some task or chore - but since he started working he is much more 'alert'.

Bashu, 14, works in a supermarket and stacks vegetables and fruits about 25 hours a week. He likes the money, but isn't crazy about the job. He is already enrolled in university courses part time so no one questions his 'brilliance' in the 'real' world. However, he failed his 3 month

probation because he was not 'approachable' enough. That is to say, the motto of the store is Customer Service with a Big Smile, and it is just not a good fit. He is a thinker and takes pride in the quality of his work but is not a peppy extrovert. They have told him that quality of work is less important than stopping what you to do to say "Hello, how are you today?" with a big smile and "Can I help you?" And for this he has 'failed'. However, since he has made a big improvement recently, he has had his probation period extended. I would have felt awful and quit. We gave him that option, but he chose to continue.

Kian, just turned 13, works in a sushi restaurant, washing dishes, and preparing vegetables. He took a day long Knife Skills course, which taught how to cut professionally like a French chef. It also taught safety, and cutting for esthetics. He just loves it. He gets to cook the rice for the sushi, and loves his coworkers.

I think the big value in working for them is that it has made them much more worldly. I think there is so much learning that happens at work. They learn to deal with people, products, real-life businesses, where their performance has a real-life effect on someone else's life.

Youths have a natural need to be in the world as part children and part adults. They need to earn money, spend it, and make it through a whole day without the assistance and continuous supervision of their parents - as if learning how to fly. At the end of the day, they need to check in for nurturing, feedback, and safety. When this natural flow of needs is respected and met, children are not working and learning against their will, but rather with a disposition that learning and working are fun. Then the world is not a hostile place, but rather a place that loves you as you are. And what could be better for the child, growing into adulthood, than to feel loved?

-Anita Roy, Canada  
<yahogroups@anitaroy.com>



# परिवारिक म्यूरल का अनुभव

मेरी कला मे बहुत रुचि है। मैं मिनिएचर पेन्टिंग करता हूँ, जिसमें कुछ अलग-अलग प्रयोग भी करता हूँ; जैसे दीवारों पर म्यूरल (बड़े चित्र) बनाना। म्यूरल एक बड़ा माध्यम है, जिससे



हम बिना बोले लोगों को समझा सकते हैं। पहली बार मैंने म्यूरल देवाली (उदयपुर) में आयोजित कला-कार्यशाला के दौरान बनाया। बच्चों और हमने मिलकर ग्रुप ड्राइंग की। उसमें जो चीजें निकल कर सामने आईं, उन्हें हमने दीवार पर स्केच किया और पेन्टिंग बनाना शुरू कर दिया। हम लोगों को इस प्रक्रिया में बहुत मजा आया। मुझे इस कार्यशाला के खत्म होने के बाद लगा कि इस गतिविधि को और आगे बढ़ाना चाहिए, जिससे मुझे और नये-नये आइडिया मिले और मैं अपनी पेन्टिंग में भी कुछ नये प्रयोग कर सकूँ।

उसी दौरान मैंने पारिवारिक म्यूरल शुरू किया। इस प्रक्रिया में मेरा खास अनुभव मेरे परिवार को जानने का रहा। मेरे घर के लोगों की रुचि किस-किस काम में है? उनके अन्दर क्या-क्या गुण हैं, क्या-क्या क्षमताएँ हैं? म्यूरल बनाने का एक मकसद यह भी है कि हम उन चीजों को फिर से पहचानें, जो हमारे पूर्वज अपने घर के बाहर दीवारों पर या चौक में अपनी सोच से माण्डने बनाते थे। लेकिन अब कच्चे घर भी नहीं रहे, सारे पक्के मकान बन गये हैं। लोग अब माण्डने पसन्द भी नहीं करते हैं। इसलिए हमने अपनी समझ से एक नया हुनर खोजा है।

मैंने जब अपने घर की दीवार पर म्यूरल शुरू किया, तो मेरे परिवार के सदस्यों ने यह प्रश्न भी रखा कि पेन्टिंग को दीवार पर ही क्यों बना रहे हो? मैंने कहा कि कपड़े, माइका, मार्बल पर तो सब ही चित्र बनाते हैं। दीवार को इसलिए चुना कि यह बहुत बड़े रूप में पेन्टिंग बनती है और दीवार पर ही इसको अच्छी तरह समझ सकते हैं। म्यूरल का स्केच किया, तो वह कुछ जमा नहीं। जो मैं बनाना चाहता था, वह नहीं बन रहा था। मैं बार-बार कोशिश कर रहा था। उसको तैयार करने में जो खास सीखने का अनुभव रहा वो था, जब मैं बार-बार स्केच कर रहा था। तब मुझे लगा कि मैं जितनी बार उसे बना रहा था हर बार मुझे नया आइडिया मिला। मैंने अपने परिवार से बात की कि हमारे म्यूरल में दो मूल चीजें हैं। एक तो नाव और दूसरा पेड़। हम सब लोगों ने पेड़ को चुना, क्योंकि पेड़ की अलग-अलग डालियों में हम अपने गुणों व कामों को दिखाएँगे, ताकि वह सुन्दर भी लगे।

हमने इस पेन्टिंग में स्टोन कलर काम में लिए। स्टोन कलर इसलिए कि ये नेचुरल कलर होते हैं और सस्ते भी मिल जाते हैं। पूरी पेन्टिंग में दो सौ-ढाई सौ रुपये का खर्चा आता है। इन रंगों से पेन्टिंग में भी चमक आती है। म्यूरल में खास बात उसकी जड़ों में थी। मुझे लगा कि जो हमारे परिवार की जड़ है, उसको पेड़ की जड़ों में डालना चाहिए। हम कहाँ से आए – यह एक महत्वपूर्ण चीज है। हमने जड़ों में कलश बनाया। क्योंकि जब किशन भगवान की शादी हुई, तब उनको कच्चे कलश की जरूरत पड़ी थी। तब उन्होंने कुम्हार को पैदा किया। उसके बाद कच्चे कलशों को चारों तरफ रखा, फिर उनकी शादी हुई। इसी कारण कुम्हार समाज की उत्पत्ति हुई।



म्यूरल पेन्टिंग बनाने की गतिविधि में सभी लोग शामिल हुए और यह बहुत ही मजेदार प्रक्रिया रही। पेन्टिंग बनने के बाद मेरे घर के आस-पास के लोगों ने इसे सराहा। मैं अब ऐसे परिवारों को ढूँढ रहा हूँ, जो इस प्रक्रिया में शामिल होना चाहते हैं। मेरी इच्छा है कि मैं अपने परिवार के साथ और भी सामूहिक गतिविधियाँ करता रहूँ।

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# LIVE ON-With Barter

We have started experimenting with barter with a few families in Goa.

For me Barter starts in the head! It is the principle that surrounds the action, even of 'buying'. The basis is that:

- All of us have 'something' of value within the circle of family and friends, that can be exchanged and shared, both material and non material.
- It's an active search for goods that can be exchanged, without the actual transaction of money. These goods range from foodstuff-provisions-meals-to books, magazines, toys, plants, seeds and even clothes. We support each others search for resources that will bring us closer to our own ideals of harmonious family and community.
- When something is bought and paid for, in the conventional market place, the circuit is closed. The goods become a possession with no 'after life' except for the stamp of ownership. This reduces the intrinsic value of the goods itself. The whole notion that a thing can be bought, a price paid - that's the end of the story - is what we are questioning, in our own small way.

This does not mean that we do not use money. We do, but use it in a way that will support each other's enterprise or endeavors - and will extend the usage of that good - to the maximum capacity, among others that we know. Thereby, every child need not have his/her own toy or book - but these can be exchanged. A lot of places where we retail our incense are with

## To Switch Yourself "On"

Buying with Self-imposed Limits:  
*Is it a need? Is it a want?*

Always Hands-on:  
*Did machines produce it?*

Regional, Local:  
*How far has it traveled? What is the energy spent producing, packaging, transporting, disposing?*

Trading in No Pollutants:  
*Does it kill? Is it safe? Does it destroy?*

Equally Fair:  
*People first - color, creed, caste no bar*

Regarding the Earth:  
*Is the end result bio-degradable?*

friends who run small eating joints. By choosing to eat there and telling others we are engaging in a kind of barter. This way, both our endeavors grow.

Of course, we do not yet live in a self-sufficient economy or community. But the consciousness regarding our real wealth-our time, energy and resources is constantly expanding. Trying to keep the balance is a daily challenge.. and we are learning about our own limits all the time.

One area where the idea is really rolling well-is with our kids. Interests, skills, play things, clothes, guide-teachers, are constantly being worked on. Even hanging out together is a choice we make, to keep up and exchanging...

- Navina, Goa



The Freecycle Network is a grassroots and entirely nonprofit movement of people who are giving (& getting) stuff for free in their own towns. Each local group is moderated by a local volunteer. Membership is free.

The Network provides individuals and non-profits an electronic forum to 'recycle' unwanted items. One person's trash can truly be another's treasure!

When you want to find a new home for something — whether it's a chair, sitar, fridge, an old bicycle — you simply send an e-mail offering it to members of the local Freecycle group. One rule: Everything posted must be free, legal, and appropriate for all ages.

The Freecycle Movement is growing in India with nearly 500 members in India – Hyderabad, Pune, Chennai and Gurgaon are active.

For more details: [www.freecycle.org](http://www.freecycle.org)

## A Tryst with Naturopathy

"Food is a religion with this family," my brother-in-law warned my husband soon after we were married. After all, in my family we could spend hours discussing food – from planning the menu for the next meal while we were still eating, to the ingredients and taste of the food that we were relishing. I had grown up in a family that relished meat and fish. My father was a fish merchant. In my husband's family the pleasures of non-vegetarian food were multiplied manifold in terms of the delicacies on the table vying to be savoured.

However, my life experiences inspired me to cook and relish vegetarian food according to the cuisines of the regions where I lived and worked. Thus, when I got married, I gravitated towards filling my grocery bag with fresh fruit and vegetables rather than meat and fish. I enjoyed giving my family and friends a taste of a delectable and eclectic vegetarian menu. However, when I visited family in Mumbai, I ate the non-vegetarian food that they cooked and enjoyed it too. So they couldn't understand my tryst with vegetarianism. I tried to share with them my notions of reducing the level of violence that one commits by eating meat only occasionally, that too rarely in my own home. I also became increasingly interested in reducing the quantum of processed and packaged food in my home, which I viewed as highly resource intensive and wasteful.

In the meantime, living in Bangalore, my husband's chronic rhinitis and sinusitis had begun to assume a tendency towards asthma. In the year 2004-2005 he was laid up in bed 3 times in the year for about 3 weeks each. It was then that I felt the need to intervene to assume joint responsibility to arrest or reverse his deteriorating health situation. Until then, my attitude had been: his health is his responsibility.

Thus, it came to pass that during the Diwali and Eid holidays of November 2005, we were in Uruli Kanchan (near Pune), getting ourselves detoxified through a combination of a moderate diet, fasting, yoga, massage, enema, hydrotherapy, mud packs, sun baths, fresh air, walks and plenty

of rest. The mealtime regimen was such that one drank fruit or vegetable juices in the morning, ate wholesome foods in moderation at noontime and prior to sundown so that one's afternoon nap and night sleep were on an empty stomach giving the body ample opportunity to cleanse itself of toxins. The idea is that if one does not burden the body with the task of digestion by keeping the food light and simple, or even fasting as required, the body is able to use its vital energy to keep itself healthy and ward off ailments. While Asad was reeling under the effects of detoxification and weight loss, I felt energised despite my fasting for the month of Ramazan during my visit to Uruli Kanchan.



Once we returned to Bangalore, I was determined that we live by the dietary principles of naturopathy. If food is indeed a healer, as I had become convinced, then at least we could create our own paths of healing and rejuvenation! The next step would be to make yoga an equally integral part of our lives, which it is now to a small extent. I was able to counter the family's initial resistance and reluctance, and persuade Asad and the girls about the relevance of food as healer in our lives. Thus, we have a completely different start to the day – dried and

fresh fruit rather than the cooked breakfast of cereal, milk and eggs that we had been accustomed to all our lives. Lunch and dinner are cooked meals but we try to follow the cardinal principles – one grain at one meal, one protein at one meal and plenty of raw and cooked vegetables. We have introduced parboiled and raw red rice into our diet in addition to wheat and done away with white rice. We have also increased our use of millets such as ragi. We have drastically reduced our intake of dairy products. The first month was hard, but we have all gradually adjusted to our new food combinations. For the children, I keep at hand roasted peanuts and gram, sesame and peanut chikki, idlis, dosas and congee made with whole grains, and plenty of fruit.

There is also a nagging concern that I have, which our families echo – are we depriving our children of the 'goodies' in life, or are we ensuring their lifelong well-being through insistence on a diet rich in fruit and vegetable? Growing up in a community that has valued richly made meaty,

## VIJAYA NANI'S HEALTHY

### ALTERNATIVES:

#### INSTEAD OF CHIPS AND CAKES...

##### PATTIES

Ingredients (to make 20 pieces):

1 kg potatoes (steamed and grated)

1 bunch coriander (finely chopped)

2 green chillies, and 1" ginger paste

Groundnut powder- 1/2 cup

- MIX all the ingredients with salt and make into flat round disks.
- Roll on groundnut powder and bake till crisp. If potatoes are sticky add some raw poha to the mixture. Can also be roasted on the Tava.

##### FILLING FOR THE PATTIES

Ingredients:

!00grams green peas(steamed)

Coriander (chopped)

Amchur/salt/Red chilli powder

- Mix together
- Stuff the patties with the mixture and bake
- Can use other root vegetables like beet root, sweet potato instead of potato

##### FRUIT CAKE

Ingredients:

1 cup Dalia (corn or rice or amaranth)

3-4 well ripened Bananas (mashed)

6 slices Pineapple (finely chopped)

1 cup Jaggery

1/2 cup Dates

1/2 cup Coconut (scrapped)

Ginger (grated)

1/4 cup Carrot (grated) or apple

Cinnamon powder (roasted)

1/4 tsp suva

- Mix all the ingredients very well. Keep the batter for 6-8 hours.(It should become light ). The consistency should be dropping. If it becomes dry, add coconut water or coconut milk. (Always taste for balance).
- Bake in oven for 45 minutes or steam.

Source: *How to Make Food - The Naturally Healthy Way. The Health Awareness Center, Mumbai.*

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***We are planning on hosting a gathering with the Health Awareness Centre around healthy food and nutrition. If you are interested in participating, please contact Manish Jain <manish@swaraj.org>***

fishy food both for its taste and as a status/wealth symbol, the values that we place on certain foods is something that I realize I too need to work through. Moreover, I often wonder about the relationship between the food combining principles of naturopathy and the climatic, regional and cultural specific definitions, practices and knowledge of food that communities have evolved over the generations in accordance with their understanding of the relationship between nature, body, food and their healing powers.

It is now 6 months since we have adopted the naturopathic diet, which Asad has combined with simple breathing exercises and shirsasana (head stand). I believe that it has helped reduce the frequency and intensity of his respiratory ailments. In an emergency, he has had to resort to allopathy to treat acute symptoms that debilitate him, but the recourse he has had to take to such an option is much less frequent. However, we plan to continue this regimen for an entire year to ascertain whether it helps to tide us all over the changes of the four seasons. I must share that the children's visits to the homoeopath

have also reduced in frequency; I believe that the naturopathic diet is also allowing the children to ward off seasonal allergies and ailments.

- Tasqeen Macchiwalla, Bangalore  
<tasqeenm@yahoo.com>

“Though I have had two serious illnesses in my life, I believe that man has little need to drug himself. 999 cases out of a thousand can be brought round by means of a well-regulated diet, water and earth treatment and similar household remedies. He who runs to the doctor,  *vaidya* or  *hakim* for every little ailment, and swallows all kinds of vegetable and mineral drugs, not only curtails his life, but, by becoming the slave of his body instead of remaining its master, loses self-control, and ceases to be a man.”

- Gandhiji, Nature Cure

# The Power of Self-Healing

Our search for natural health and other related matters started with the birth of our son. Actually, it started a little before that, when we were looking for a sympathetic gynecologist. And despite all the trouble we took to find a doctor who did not have a record of C-Sections, I ended up having one! It was later that we realised that whichever doctor we chose, the vision on health matters was more or less the same. The system makes them this way, for they do not really study *health*; they study *medicine*.

That was only the beginning. Twenty years ago, my mother and mother-in-law were badly brainwashed into believing whatever was written on a doctor's prescription was *sanctum sanctorum*. The ads that appeared on milk food add-ons and substitutes had a huge impact on them. My mother thought I was depriving my son of Bournvita which she believed was vital for his growth. My mother-in-law also had her own views: that women of my generation no longer produced enough milk to feed their babies and that I was starving mine. I had by this time found out that any woman who had given birth could breast-feed as long as the child demanded it. One does not have to consume milk to produce milk but consume a lot of fruits and vegetables. Anyway, nature makes you feel thirsty while feeding a baby. I remember always having a glass of water next to me while feeding.

One decision we had to take (for which we did not find any support from anyone in the family) was whether to vaccinate or not. I think this was the turning point for me. On this issue, I was initially undecided. Bharat was quite clear that it was only a large business aided by the government. He wrote to several groups to get at the truth. The reports that arrived were divided in their opinion. The ones that supported vaccination came from the medical fraternity, and the ones that did not were from outside India where people had started questioning it as more cases of iatrogenic illnesses started emerging.

With such a split vote, I was still undecided. And then Bebu got diarrhea. The family physician prescribed some medicine which I was wary of putting into his little body. I had discovered that on the corner of the bottle was written in very small print that an overdose was detrimental to children. I did not give him any medication and found that the diarrhea petered out on its own. After about a month, he got diarrhea again, and I merely waited for it to peter out. At this point, I realised that the body follows its own logic of assimilation, digestion and excretion and anything else is interference in the natural process of the body from finding its equilibrium.

For the last nineteen years, we have been letting the illnesses that afflict us run their course. At such times, we do a water fast or at the most consume only fruit

or juice. We avoid grains or any such food during this time as we believe the energy should go towards detoxifying and not digestion.

When Zui was born, I merely implemented what I had learnt while raising Bebu. She was born eight years after him, in our home, with the help of an efficient mid-wife, after a thirty-six hour labour. Perhaps I should mention here that Zui, at the age of two, had what is conventionally called whooping cough. She coughed for about a month violently. The cough was accompanied by mucus. Once the mucus was eliminated, the coughing stopped. Imagine had she been given some medication, the mucus might still be stuck in her body!

The children have had the usual chicken-pox, mumps and measles. Bebu during his measles had a craving for watermelon, so we gave him only that. Children often know what they want and intuitively reject what is unsuitable for them at that time. On normal days, we have not been too strict with their diet, as they then crave to eat what other children eat. Just a few rules: eat your fruit in the morning, coconut water everyday, salads as much as possible and do not suppress any symptom.

We see that symptoms are in actuality the cure of the disease. Nowadays, 'health' is seen as the absence of symptoms, and 'disease' as the presence of such symptoms. Many of the diseases we suffer from are classified in terms of their symptoms. Medicines aim at eliminating symptoms, but do not remove the root cause of the disease. The root cause of disease lies in the host of changes brought to our lifestyle and environment. To just treat the symptoms, does not fully heal a person. Symptoms exist for our protective benefit. They are the healing and detoxifying reaction of our bodies. This is why the symptoms should never be interfered with.

Modern medicines have been developed on the basis of the experience of people in the last 150-200 years while human beings are on this planet for several million years. I quote from Natural Hygiene practitioner, Dr. Bernarr: "*Since life began on earth, our inherent intelligence within each cell of our bodies has learned to make the optimum adaptation and resolution, to any problem to which our bodies are subjected. Whatever stresses our bodies presently have, every cell of our bodies has successfully learned how to cope with such, previously. It is already built into our genes, our chromosomes and our DNA.*" It is in terms of this total experience that we must look at the issue of health and disease.

- Vineeta Mansata, Kolkata  
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# Blissful Births

When we speak to people about having had our kids at home or having not given them vaccinations or inoculations, a lot of them look at us as if we've popped over from Mars. For my husband Jehangir and me, having our kids at home was not a reaction to hospital callousness, or a previous caesarian birth. Having lived our married life outside mainstream medical doctrines for the most part, we couldn't conceive of any other way to bring our children into the world.

In our quest for information, we got tons of half-baked advice from people. We were told that if we wanted to find a traditional midwife or "Dai" all we needed to do was go into a Mumbai slum and yell for one.

What we did instead was read extensively about the process and talked to anyone we could find who had experienced a home birth. At the time, there was no one we could speak to about home birthing in Bombay. We asked one of Jehangir's yoga students who is also a doctor to come home at the time of the birth. She insisted that she would be no help without her instruments. We assured her that we wouldn't need any. All we wanted was her physical presence. Till the last day of my pregnancy, I was doing a special sequence of yoga asanas that was designed to help relieve the discomforts of pregnancy and ease the labour.

My daughter Rishaya, was born after 24 hours of labour. The entire family was involved in various ways: my father-in-law gave me this incredible back massage that made the contractions bearable, my ma-in-law in providing constant refreshments and comfort, and my husband in devising various ways to make me feel good.

It was a beautiful birth. Rishaya didn't cry at all, she just let out a little bird-like squawk to let us know she was amongst us. Jehangir did everything, from holding the baby as she came out, cutting the cord, and cleaning up the blood and gore ... to crying in the bathroom after she was born, because he was so overcome by the experience!

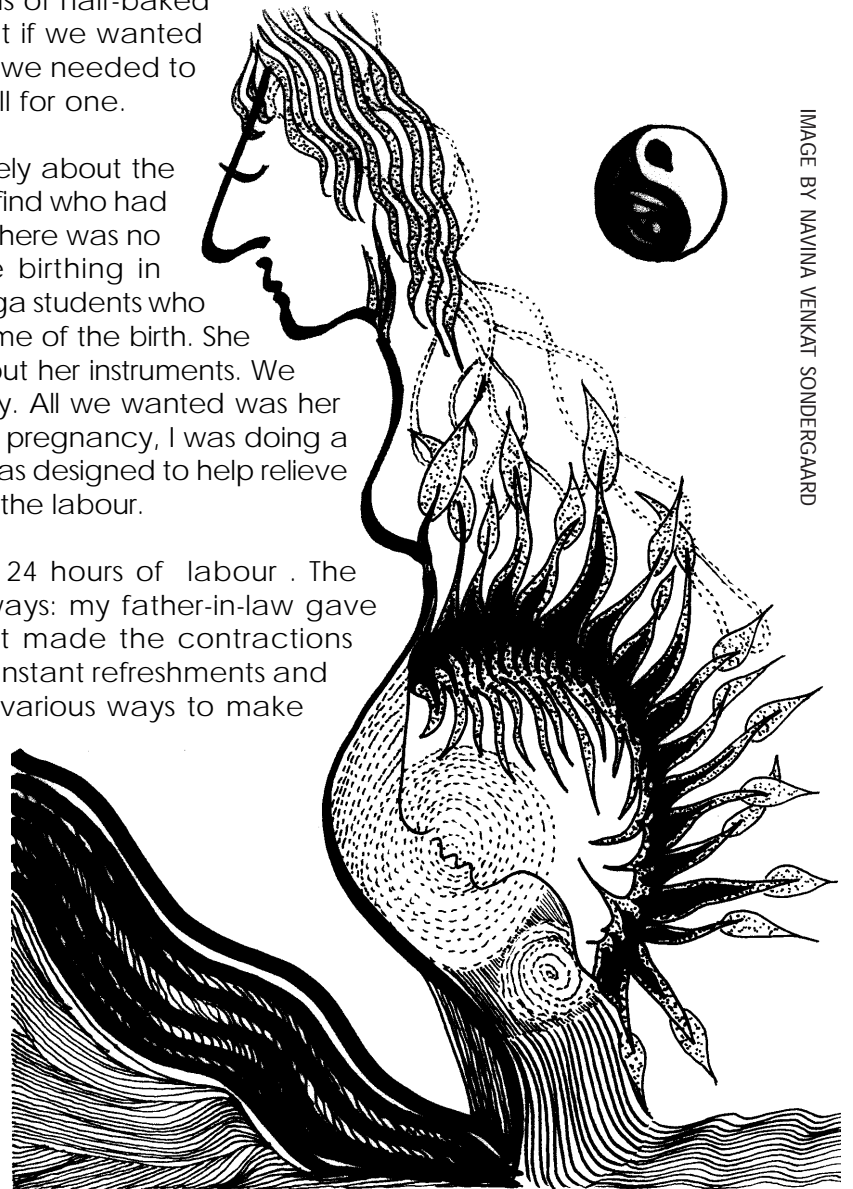
By the time our son Paritosh was born two years later, we felt like stalwarts.

We definitely didn't need anyone beside each other. I didn't wake Jehangir up till half my labour was over. I wasn't being enormously brave. It was just an extremely short labour (3 hours!). I was still trying to convince my sleepy husband that the baby was actually on its way out when he incredulously said, "Omigod I can see the head." Ma-in-law was summarily pulled out of bed to boil twine and scissors for the cord cutting. Paritosh was born while I was under the shower to relieve the discomfort of the contractions.

The most magical part in both the births has been the hour after the birth. The peaceful exultation one feels holding this wondrous new creation, bathed in soft lights and gentle voices, totally in harmony with all the beautiful, spiritual energies of the universe.

It was just too miraculous an experience to keep to ourselves. I now share my natural birthing experiences with new mothers- to- be and we have helped a few mothers deliver their babies at home since then.

- Rashmi Palkhiwala, Mumbai  
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## घर में फर्नीचर? कभी नहीं!

‘क्या आप गरीब हैं? क्या आप बेरोजगार हैं? आपके घर में कोई फर्नीचर क्यों नहीं है?’

‘‘पहला कारण है कि फर्नीचर को देखकर हमें भीड़भाड़ सी महसूस होती है, जैसे कहीं ट्रेफिक जाम हो गया हो। दूसरा कारण है कि लगभग सभी के घरों में फर्नीचर होता है, तो इसमें कुछ नयापन महसूस नहीं होता। तीसरा कारण, फर्नीचर न होने से बच्चों को खेलने के लिए काफी जगह मिल जाती है।’’

‘‘तो क्या मेहमानों को नीचे बिठाएँ?’’

क्यों नहीं! भारत की सभी परम्पराएँ नीचे बैठने के पक्ष में ही हैं, फिर वो शादी-ब्याह हो या हवन हो या फिर सामूहिक भोजन। फर्नीचर घर में नहीं रखने की सोच तो हमारी तभी बन गई थी, जब से हम अपने बच्चों को कई दोस्तों व रिश्तेदारों के यहाँ ले जाते थे। हरेक के वहाँ फर्नीचर की वजह से हमें या तो बच्चों को टोकना पड़ता था या जबरन रोकना पड़ता था। तभी एक समझ यह बनी थी कि अगर घर में फर्नीचर होगा, तो पूरा दिन बच्चों को ‘यह मत छूना, वो मत छूना, इस पर मत बैठना, उस पर मत लेटना’ जैसे कई नकारात्मक आदेश थोपने पड़ेंगे।

हम (चन्द्रेश और मैं) अहमदाबाद शहर में अपने दोनों बच्चों (कुदरत और अजन्म्य) के साथ एक ऐसे फ्लैट में रहते हैं, जहाँ से बच्चे अक्सर खेलने के लिए बाहर नहीं जा सकते हैं। एक बड़े शहर में रहते हुए भी हमने अपने जीवन में कुछ उसूल तय किए हैं। हमारी जीवनशैली शहरी जीवन से बिल्कुल हटकर है और हमने तय किया है कि हम अपने दोनों बच्चों को कभी स्कूल नहीं भेजेंगे। हमने तय किया कि हम अपने बच्चों के सीखने के लिए मौके खुद बनाएँगे और अपने घर को भी एक ऐसी सीखने की जगह के रूप में बनाएँगे, जहाँ वे खेल-कूद सके और मनचाही चीजें करते हुए सीख सकें। इसीलिए हमारा निर्णय था कि हम अपने घर में किसी प्रकार का फर्नीचर और रेडिमेड सजावट का सामान नहीं रखेंगे।

हम जब भी किसी घर में गए हैं, तो देखा है कि ज्यादातर माता-पिता अपने बच्चों की शिकायत हमसे करते रहते हैं कि ‘मेरा बच्चा ठीक से नहीं बैठता, मेरा बच्चा उधम मचाता है, मेरा बच्चा शैतानी करता है। तब हमें एक चीज बिल्कुल समझ में आ गई कि ज्यादातर नकारात्मक विचार बच्चों की आन्तरिक ऊर्जा को दबाते हैं और जो ऊर्जा बाहर निकलनी चाहिए, वो फिर हिंसक रूप में बाहर निकलती है।

हमने अपने घर के आँगन में बैठने के लिए ईंट, गोबर और

मिट्टी का आसन बनाया है। दीवारों का पूरा इस्तेमाल किया है। एक दीवार पर पेपरमेशी से म्यूरल बनाया है और दूसरी दीवार को कबाड़ से सजाया है। एक छोटा सा कमरा है, जिसमें बच्चों के खेलने की जगह है। इसकी एक दीवार बच्चों को चित्र बनाने के लिए छोड़ी गई, वे जैसे सजाना चाहे, वैसे सजाए। ये सब हमने बहुत कम खर्च में किया है। मैंने अनुभव किया है कि रेडिमेड फर्नीचर और बनावटी सजावट के सामान से हटकर खुद अपने घर को सजाने में जीवन्तता का अहसास होता है और इससे हमारी सजनात्मकता भी विकसित होती है।



### Me experimenting with natural dyes Auroville - March 2006

एक बार जब हम अपने घर में एक टेबल लेकर आए थे, तो शुरुआत में तो कुदरत (हमारा 5 वीं बेटा) ने कहा कि इसे कुछ दिन घर में रहने दो। यह टेबल काँच और लकड़ी से बनी थी। दो दिन तक हमारे दोनों बच्चे इस टेबल पर उछले-कूदे, उसके बाद कुदरत ने बताया कि हमें यह टेबल अब अधिक समय तक अपने घर में नहीं रखना चाहिए, क्योंकि इससे हमारे खेलने के लिए पर्याप्त जगह नहीं बचती है। इसके तुरन्त बाद यह टेबल हमने अपने पड़ोसियों को दे दी। अब हमारे घर में ऐसी जगह बन गई है कि पड़ोसियों के बच्चे भी खेलने के लिए हमारे घर आते हैं।

फर्नीचर नहीं होने से घर को एक नए ढंग से सजाने का मौका मिलता है। मैं उन सब लोगों को संवाद और साथ मिलकर सीखने के लिए आमन्त्रित करती हूँ कि हम अपने घर को एक सीखने की बेहतरीन जगह के रूप में कैसे विकसित कर सकते हैं, ताकि हमारे बच्चों को स्कूल या किसी बाहरी संस्था को सुपुर्द न करना पड़े और घर को सजाने के लिए बाजारी प्रोडक्ट्स पर निर्भर नहीं होना पड़े।

—सुमी, अहमदाबाद <creativesumi@gmail.com>

## Memories of Thailand...

*"These people just didn't know any English. Over that, they start to giggle when you're trying so hard to communicate with them in your simplest English. But no: all they do is giggle, giggle, giggle. Finally, we spoke in Marathi (my mother tongue) and did some sign language; and they spoke in Thai and did some sign language. And guess what, it worked!"*

- of curses and crab fried rice, January 2006

*What Inspired Me to Write This Book and How I Came to Write It?...* Well, for one thing, the fact that I got to go to Thailand and back, and had all the fun of my life there. What else? And for my love of writing. It all began when, after coming back from Thailand, someone suggested I make a photo-essay, considering that there were like thousands and thousands of photos clicked by all the camera holders there. It didn't sound like a bad idea. And so I started writing. In the process somewhere the photo-essay got forgotten and this whole new idea of making a book emerged. I wasn't supposed to know. Not that I didn't, I sneaked out the plan from my mom one day and insisted that I be part of it. But still, on my 14th birthday, my parents (forging that the book hadn't come from the printers yet), let me uncover it with cries of surprise and delight. And wow, the book didn't look like it was written by me at all. It was, of course, just the cover and the lay-out was so beautiful that it



just, well, was awesome. And I still couldn't believe it. It had taken me 3 months of writing, typing, completing it

within my deadline (which was very unusual of me, I tell you). And getting bored of writing so much, (having writers' block, eh?), forgetting stuff, making huge mistakes, writing it again, was a huge, fun, tiring process. And here in front of my eyes now was the fruit of it all. Very sweet and lovely.

- Sakhi, Nashik <sakhi\_na@rediffmail.com>

What Sakhi showed us about her recent learning journey to Bangkok was memorable. The writing evoked images of a teenager's impression of going to Thailand, not so much about Thailand but about the journey she undertook with us along with our Abhivyakti family. She had captured the process in her own inimitable style without too much of consideration for niceties. She had kept her commitment, diligently worked on her writing, which she really loves and had handled it with responsibility. It was reason enough to publish her musings into a booklet, of curses and crab fried rice, and surprise her on her 14th birthday!

-Anita and Nitin, Nashik  
<nitinanita@sancharnet.in>

## On Fashion...

"Children of fashion conscious parents have also to swim with the tides of the time. Children are often made to exhibit what parents find fashionable, or what is in style at the moment.

Take an example of girl's dresses. Most of them have buttons at the back. No one knows who thought of this style, but children wear it, parents demand it, and tailors stitch accordingly. So far, so good.

But what happens when a child wears a dress with the buttons at the back? "Mother do my buttons". "Daddy, please fasten my hooks." The parents are hassled with other tasks. The mother calls for the elder sister, "Hey help her with the buttons" or she yells for the servant, "Why don't you close the buttons for her?"

The child with her own two hands is helpless. She is dependent on someone else to complete dressing. She can not go out unless someone is around to button her

up. She has to request, or plead, or shout for this. She is dependent, for all the sake of being dressed in fashion, a dress with buttons at the back.

*That's just about dressing, what about undressing?*

If the dress gets wet, the child can't take it off. If she is feeling hot and feels like cooling down, she can't take it off. And heaven forbid if the dress catches fire, she can't take it off.

But still the child wears such dresses. She likes them because her parents do. They like them, because they want their child to be well dressed.

But fashion is really just a series of fads. Started somewhere, by someone who wants to be different, it sometimes catches on, and then everyone wants to follow blindly."

- Gijubhai Badheka,  
It Is Not Easy Being Parents. 1935.

To live organically we need to think of what we eat? where we shop? what we wear? how we wash? how we heal ourselves ... here are some interesting places where we can explore these questions and also support movements and families committed to organic living...

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Write to us with the names of groups in your area...

# LIVING ORGANICALLY



“लिविंग सिम्पली विद चिल्डन किताब” में मेरी शरलोक हमें कुछ सुन्दर प्रश्न सुझा रही है जिन पर हम किसी पारिवारिक गतिविधि या मिलन के दौरान मिलजुल कर बात कर सकते हैं। यह प्रश्न व्यक्तिगत स्तर पर भी और पारिवारिक स्तर पर कुछ जीवन मूल्यों पर सोचने के लिये काफी अच्छे हैं। इनसे हम एक दूसरे की भावनाओं को भी अहमीयत दे पायेंगे।

- . आप स्वयं के जीवन की सफलताओं को कैसे परिभाषित करेंगे?
- . आखिर आप किस के लिये जी रहे हैं?
- . हमारे परिवार किसके लिये है?
- . आपके जीवन में सबसे ज्यादा अहमियत क्या रखता है?
- . आपको सबसे ज्यादा सन्तोष किससे मिलता है?
- . आपके दोस्तों के कौनसे गुण आपको सबसे ज्यादा महत्वपूर्ण लगते हैं?
- . आप परिवार में मिलजुल कर क्या गतिविधियां करते हैं?
- . आपके परिवार के कौनसे मिले जुले सिन्द्वात है?
- . आप अपने परिवार में क्या बदलाव लाना चाहते हैं?
- . आप अपने परिवार को क्या स्वयं निर्मित तोहफा देना चाहेंगे?

## HEY THERE!!!

*We need your contributions in the form of essays, artwork, critical feedback, interviews, poems, healthy recipes, healing tips, questions, book reviews, website reviews, film reviews, jokes, interesting people/places to visit, cartoons, love, etc.*

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