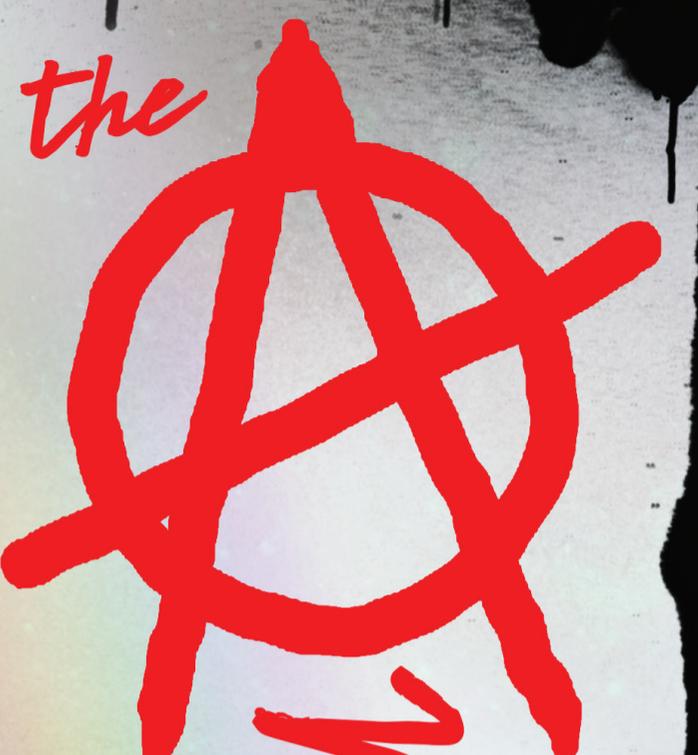




Child
 Awaken
 your flight dreams..
 mechanical soul
 decorates UR
 Artful streams..
 Give art your voice
 UR pain & rage..
 Let it
 become

the

 M.A. *Artivisive*

A Voice
 Of Change.
 Just U remember
 how far
 we have come
 & Know in
 UR boots
 Further
 We
 will go!



Visions for change

I dont care,
dont care! Dont
believe what you say.
I have climbed like a
child to stand
where I stay..

There is hope,
there is hope! In my
heart there is hope. If
just enough truth can
be given away.

In my eyes live the
skies from my earliest
years; when the world
was a place so young
and free!

Then came the bleak
and the bold in the
cold of the dark, like
a stone in a wall; this
material heart.

..don't >>
get lost..

Your poetry is release, and a
freedom to paint!
within our hearts live
visions of change.
Like a seed needs to break for
the roots it creates;
Like a movement needs a
spark; grow free to begin..

And if words can bring
comfort to a soul who
like me; felt the end of
lost liberty.

Then I say arise! speak
out, grow now to begin,
turn your truth as a light
that would live as a flame.

and push, and push
to find a way,
dream as you live..
you must be able to see;
till the last of your days..

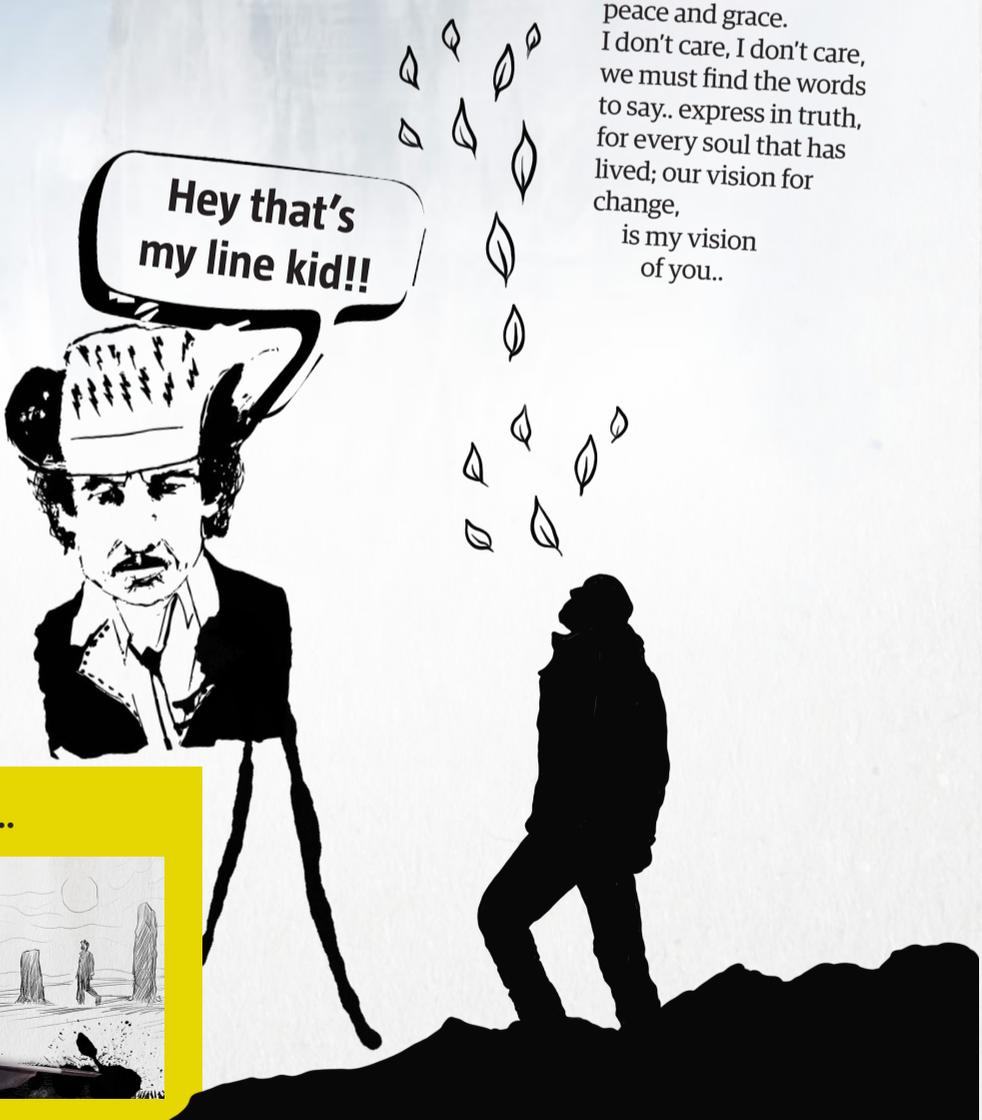
That I was there! in the
forge of the fray.. when
we stood together - for
peace and grace.
I don't care, I don't care,
we must find the words
to say.. express in truth,
for every soul that has
lived; our vision for
change,
is my vision
of you..

Blowin' in the Wind..

Where is the age of reason to raise our souls; for the hands of life to provide for all? But, nothing is given, and governments fail; lobbied by cash from minority zeal.

Culture is your enemy; the outsider speaks!.. with an ear to the breeze I have come to hear. Change comes to life by the peoples' will.. yet the projection of opinion creates mass appeal.

So I sit and I watch like a drifter sees.. because all things can't exist inside a cage - freedom is a thought, an impulse to live; freedom is a fire to light the brain!



Find a stash of poetry and colour at the back of the mag!..

book reviews
this week we take
a quick look at a
selection of page
turners.



more ..
For a little more art
and poetry jump
to pages 14 - 15 and
beyond.



EDITOR'S LETTER

Socially distanced

Greetings! A huge thank you to everyone who has time to contribute to this isolation issue!. So here To say it has been a stressful past few months would understatement for many of us; now safely social distanced but feeling cut-off from family and loved ones.. I do also like many others and tear following these last few years of Trumpism and now we are facing this global Covid pandemic! - they do say "wish to live in eventful times" well now I am not so sure!



found the we go.. be an emotionally feel the wear



So let me start by asking if you were able to get out for a walk today? perhaps with a sketchpad or camera in hand?.. or just with jogging pants? Making the best of my time isolated I have tried many things to stay fit and mentally healthy, lets perhaps try to find some tips in this months articles; written by a fine selection of gurus and artists - lets hope by the end of reading you will feel like a trip to the local park for a spot of healthy fresh air, exercise and maybe a few snappy photographs along the way; (possibly something awesome you can have fun sketching later on), or just an insight to share with us all later on social media.



So now let us begin.. We have a simple quest! the holy grail perhaps?.. or maybe just to create something with our given time each day that can help us all find release and express every moment of wonder we never know the words to describe this human condition, to find a voice for ourselves and each other as some may struggle to find the words.

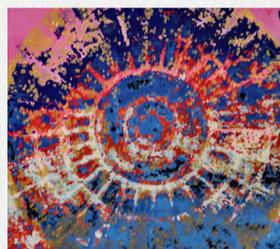


PS.. I found my holy grail!



Dan

Interview
Pilar Viviente tells us why water is so important and why it inspires her art so much. See page 8



Creative
Matt Collings shows us his sketches which he is producing at an unstoppable pace. Pages 5 & 16



Guest editor & other bits - (me)

 [instagram.com/danielmansfieldartist](https://www.instagram.com/danielmansfieldartist)

With thanks to our guest editor (yours truly) who worked tirelessly on every page as well as liaising with the writers and other creative contributors.

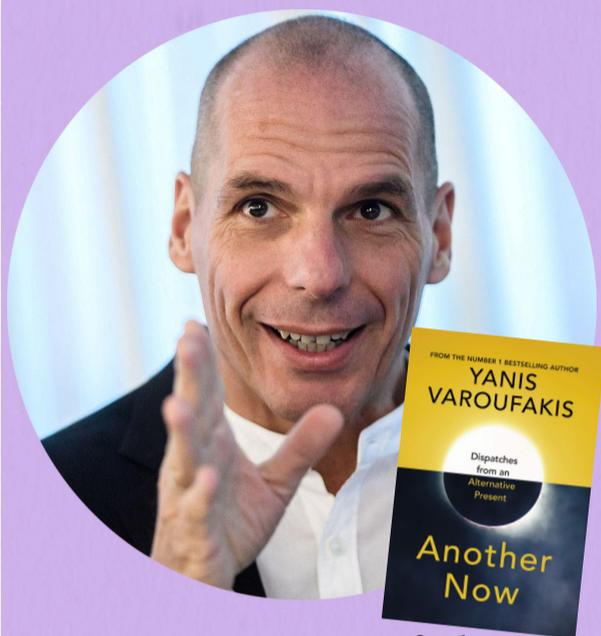
Also a HUGE thanks to all the other awesome contributions we have had, for all the time and toil that goes into an arts magazine - all that would be meaningless without good writers.

Please send in any entertainment articles you have to us at thewordmedia.org

Into the wild
Fiona Gomez shares her watercolour wildlife skills alongside a few life secrets. See page 12



New Book!



Yanis Varoufakis

ANOTHER NOW is a contribution by Yanis Varoufakis to a re-imagining of a post Covid world. Explaining his thinking he uses the phrase, 'Capitalism isn't working' and presents an alternative. Never a boring or dry writer this time he adds fiction to his repertoire.

Earlier work includes **Adults in the Room (2017)**. Could you write a thriller of an account by a Finance Minister of negotiations on behalf of Greece with the European financial powers? Varoufakis did. And most of us might struggle to excite new and old readers of a piece of work published in 1848. Reading the introduction by Varoufakis to the Communist Manifesto was, for me, like being re-armed for a fight with capitalism.

As a student, grappling with Marx's footnotes and totally unaware of his poetry, I was frustrated that Marx said so little about what a Communist Heaven would be like. ANOTHER NOW gives us some idea. Yanis Varoufakis is known for his fondness for Star Trek. We might sum up his new book, even his entire career, as 'Boldly going where few have gone before'. - *Cliff Jones*

GOOD REASONS TO READ



Frank Herbert's Dune

So there's this new film out called Dune, it's no big thing! - just the most cosmic/psychedelic Science Fiction series of all time. Here's the deal; you have to read the books! Oh no you say, I have no time.. *I hear you*. If your stuck for time try the audio book versions, just prepare yourself for an engrossing critique on the western hero narrative. So I do hope you enjoy the film if you go to see it, but do remember books are best.

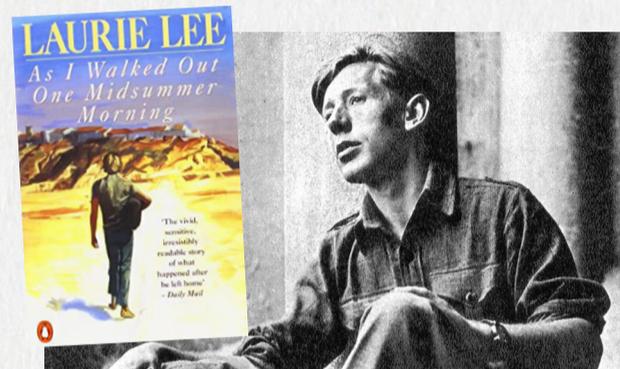


How to be free

If you've ever wondered why you bother to go to work, or why so much consumer culture is crap! Then this book is for you. Looking to history, literature and philosophy for inspiration, Tom Hodgkinson provides a blueprint for a simpler way of life. Filled with practical tips as well as inspiring reflections, here you can learn how to throw off the shackles of anxiety, debt, housework, supermarkets, waste and much else besides.

Benefits of Reading

- Reading gives you stronger teeth!
(if you read a book about good health)
- Reading Keeps Your Brain Healthy,
(just don't eat the book!)
- But Seriously Reading Reduces Stress!
- Also Helps You Sleep Better
- Reading is a way to escape your own life,
and can take you to faraway lands, other
times, and put you in other people's shoes.



As I Walked Out One Midsummer Morning

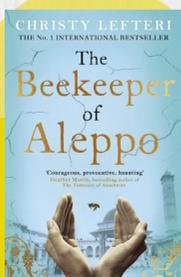
As I Walked Out One Midsummer Morning is the moving follow-up to Laurie Lee's acclaimed Cider with Rosie.

Abandoning the Cotswolds village that raised him, the young Laurie Lee walks to London. There he makes a living labouring and playing the violin. But, deciding to travel further a field and knowing only the Spanish phrase for 'Will you please give me a glass of water?', he heads for Spain.

With just a blanket to sleep under and his trusty violin, he spends a year crossing Spain, from Vigo in the north to the southern coast. Only the outbreak of the Spanish Civil War puts an end to his extraordinary peregrinations.

PAGE TURNERS >>

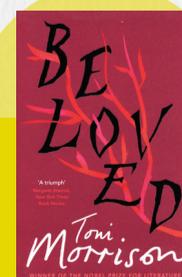
The Beekeeper of Aleppo
a beautiful story
by Christy Lefteri



The Man Who Fell to Earth
immense in scope
by Walter Tevis

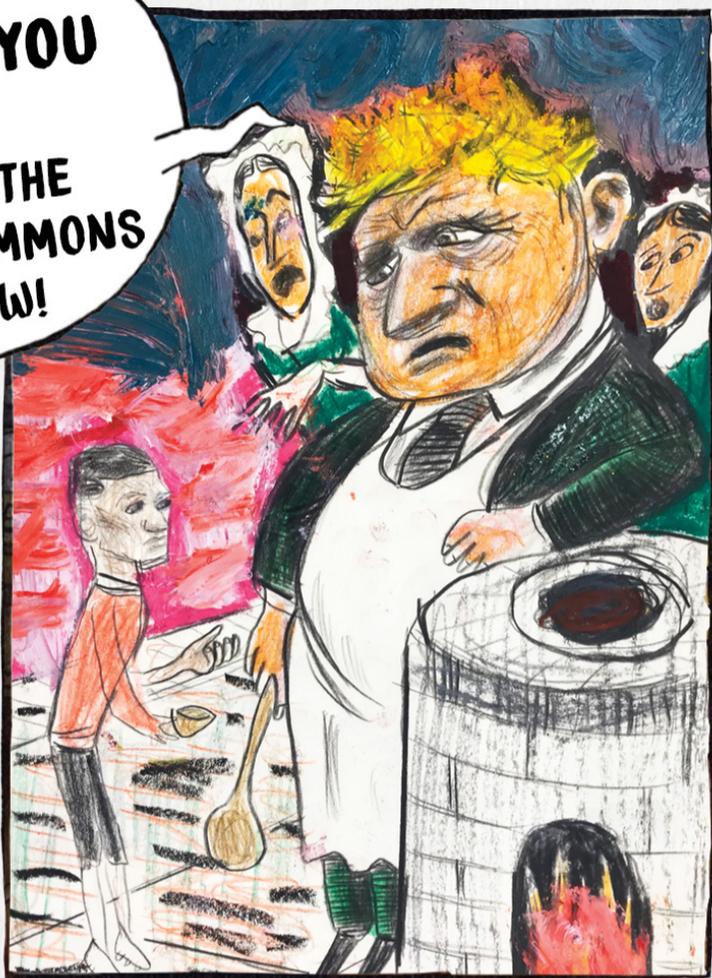


Beloved
selected poems
by Toni Morrison



OUR FAVOURITE ART CRITIC TURNS ON THE SATIRE

**MORE?...
MORE DID YOU
SAY?!
THIS ISN'T THE
HOUSE OF COMMONS
YOU KNOW!**



Matt Collings

Matt is a well established British art critic, writer, broadcaster, and artist. Life is tough being a prolific creative but Matt has taken some time recently to turn ultra artsy, to build-up a large following on social media. See his latest amazing drawings and arts on instagram here.

 [instagram.com/matthew.collings](https://www.instagram.com/matthew.collings)



Matt's sketch inspired by Nelson Mandela (left).

Marcus Rashford sketch inspired by Oliver Twist - or just this UK government (far left).



- Draw, paint, doodle, watercolour, sing & dance
- Do something physical - get your energy flowing
- Embrace boredom if it can help you create
- Watch a TED talk or listen to a podcast
- Generate more ideas than you think you need
- Make time for play



Following the #EndChildFoodPoverty campaign led by Marcus Rashford MBE, the Government finally, draggingly stepped in with a fund package to help alleviate child food poverty.

The campaign shows the way to change government policy is not the think tanks who advise out of touch politicians, it's not a Downing Street advisor who has

Marcus Rashford MBE leads the way where politicians continue to flop and flounder!

the PM's twisted ear to lecture about the causes of poverty. It doesn't even seem to be mass protests through the streets of London (as not covered or misrepresented by the mainstream). Nor even it seems the head teachers of affected schools or teacher Unions who report straight from the front line, explaining up to 40% of kids in some areas live in a household with no access to a washing machine or even a toaster!

It does not even seem to be an election or a manifesto laden with boasts the size of

the Titanic, and lies the width of a iceberg bobbing in our direction with the words 'disaster' carved into its crystal ice cold shards.

It is in fact a footballer with the guts to tell it like it is! To take a stand for those less able than him, and to take all the flack that was directed at him from unfriendly (out of touch) elements of the press. Taking a stand for all the kids and families out there living through the economic stupidity of this decade of political inspired austerity.

NEWS FLASH!

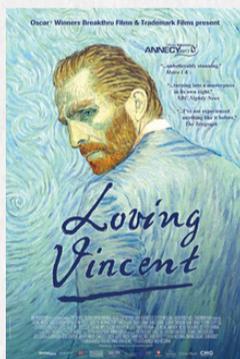


Chłopi The Peasants

Currently in the making, directed by Dorota Kobiela, the artwork for the new adaptation of Władysław Reymont's masterpiece Chłopi looks stunning! With thousands of hand-painted frames, this animation hopes to be an amazing follow up to Kobiela's award winning film "Loving Vincent", which stuns me every-time I watch it, it's like living inside the paintings.

"After years of working on a film about Vincent van Gogh, I felt a strong need to talk about women: their struggle, passion and strength," said Kobiela, whose new film centres on the character of a young woman called Jagna.

Set to premiere in 2022; *well they do have 6000+ paintings to do!..* For all I hope they get done sooner! But if your appetite has been warmed for some art based animation you must check out Kobiela's other arty films (image aside).



MOVIES TO BUY ON DVD



Dark Waters

Starring Mark Ruffalo, Dark Waters tells the real life story of the lawyer Robert Bilott, who has just been made partner at a high-profile law firm specialising in defending huge chemical companies from environmental lawsuits. In a twist of fate Robert gets pulled into an epic legal battle with the same corporations he used to protect. As gritty as it gets, this film stunned me to silence from beginning to end.



Vice

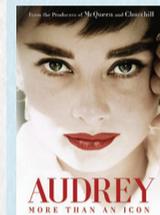
Vice tracks Dick Cheney's 'under the radar' rise from bureaucratic Washington insider to the most powerful man in the world as vice president to George W. Bush. In a period of history many of us still keenly recall - we relive the events of 9/11 and the follow up wars in the middle east, as seen through the eyes of Dick as he bulldozes through the US constitution. Strangely billed as a comedy, I would say it is anything but! And think it instead an education for all.

Finding Jack Charlton



The definitive portrait of an English World Cup legend, who became an Irish hero. The film also details Jack's previously undocumented life with dementia.

Audrey



She was beautiful, talented, compassionate and graceful but no words seem to fully capture her spirit. All the best fairy tales contain transformation, and Audrey's story is no exception.

Green Book



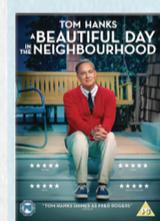
Set in America in 1962, Green Book tells the heart-warming true story of Tony Lip, a working-class bouncer who takes on a job as a chauffeur for Dr. Don Shirley, a world-class Black pianist.

Hurricane



The heroic story of the many Polish fliers who fought tirelessly during the Battle of Britain. These brave men; driven across Europe by war, finally made their last stand.

Beautiful Day in the Neighborhood

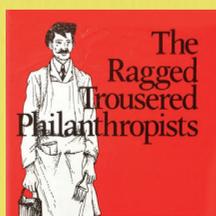


Tom Hanks portrays Mister Rogers in a story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and Tom Junod.

Official Secrets



She risked everything to stop an unjust war. Her government called her a traitor. Based on world-shaking true events, Official Secrets tells the gripping story of Katharine Gun.



Online Audiobook

Visit this link to hear the best YouTube version of **The Ragged Trousered Philanthropists**

thewordmedia.org/robert-tressell



TED Talks

Short and sweet talks for your mind on any given topic, from quick and cheerful to the deeply personal.

youtube.com/c/TED

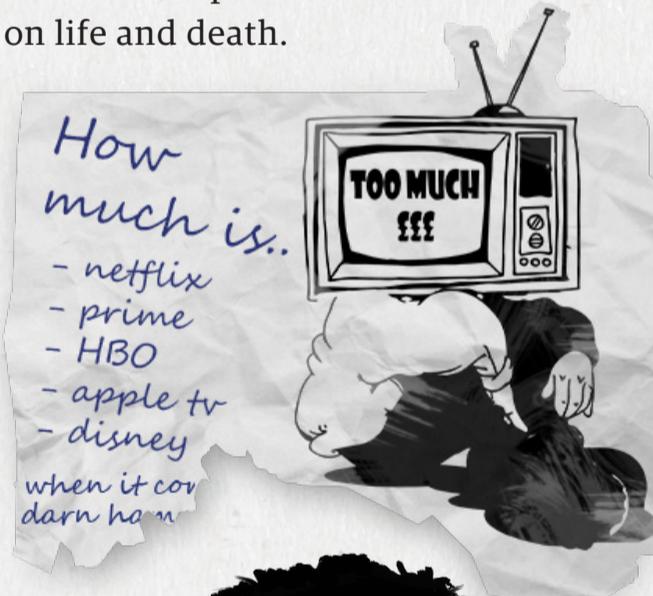
TOP WATCH ON NETFLIX



The Midnight Gospel

This show is one of the most bonkers adult animated shows you will ever see. The show follows Clancy, a giant pink human wearing nothing but a towel to cover his modesty and a Gandalf hat as he dives into a vaginal-shaped multidimensional simulator every episode.

In the simulations, he interviews people on topics ranging from spirituality, the theory that we're all living in a computer simulator, drug use and death positivity. With utterly surreal visuals that will utterly mess with your head as your ears drink in the character's profound commentaries on life and death.



The Queen's Gambit

This could well be one of the best Netflix shows yet; such an absorbing watch. It very much makes me want to pickup the book by Walter Tevis and delve deeper.

Anya Taylor-Joy is sublime in the main role of Elizabeth Harmon, she portrays the character's development from teen prodigy into adulthood with total believability. There is so much wonderful attention to detail, clearly a lot of care and attention has gone into developing the scenes involving chess game-play. A must watch if even you just get a month subscription to Netflix (for the price of a boxset) This alone would be worth it for Christmas.

Too much online TV?

Confused about Pay-Per-View? I know I am because it's impossible to keep track with all the shows being produced, let alone being subscribed to everything!

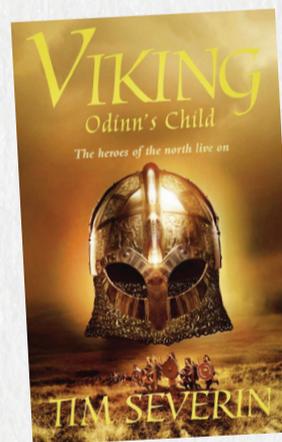
If your a fan of the old way of what to watch check out our online guide here for a helping hand.
thewordmedia.org/ppv-guide



The Last Kingdom

Deep in the heart of every person is a Viking, it might be in your DNA, or just lost somewhere on your bookcase! OK so maybe I am just a history goon, here to feed my craving for adventure by flicking through a little fiction. Based on books written by Bernard Cornwell this series can keep you hooked if you get into it; with great acting alongside a sweet soundtrack by Eivør Pálsdóttir.

Uthred our main character does a convincing job as he journeys from one adventure to the next; battling sword in hand, despite what seems to be a huge toffee stuck to the hilt of his sword?! (*Sigh.. It made sense in the books*). All comical bits aside "did the Vikings really wear plastic helmets?" Shh!.. Nothing's perfect on a budget!



If you like this you should check out the series "Vikings"; and for those looking for the ultimate Viking saga - get Tim Severin's books beginning with Odin's Son.



VICE Narratives

If your looking for true stories VICE is a good place to find perspectives on every type of human experience.

youtube.com/c/VICE



Nomadic Jurassic

Sometimes all you need is some music to sooth your soul. 75% off his whole discography at the moment!!

youtube.com/c/NomadicJurassic/

Water Is Life. Be Water.

By Prof. Pilar Viviente

Quan beguis aigua, recorda la font!

When you drink water, remember the fountain!

We all know that water is extremely important in our life – Water is life. It is also a great metaphor of human behaviour – Be fluid my friend. That's it! Be smart. Be water.



We all know that water is extremely important in our life -Water is life. It is also a great metaphor of human behavior -Be water my friend. That's it! Be smart. Be water.

Like many have said; who have written about developing ourselves; to be water is to be fluid and flexible under pressure; something that is important now with our need to change for the environment. I feel that is what we should be doing in the face of the COVID-19 pandemic crisis. Be safe. Be kind. Be just like water. We're in this together in every shape and form. We will get through this together!

Our environment is what houses and helps our ecosystem grow and thrive. All of the ecosystems that make up our environment

are deeply connected. By not protecting and caring for our environment we're putting so many lives at danger such as animals, plants and crops, and even our own. We are not fully aware of the seriousness of the situation.

50 years ago, on April 22,

"We forget that the water cycle and the life cycle are one."

Jacques Yves Cousteau

Earth Day was celebrated for the first time to raise awareness of the problems caused by pollution. In the current COVID-19 crisis, we should make short and long-term decisions to improve protection and respect for our planet. Celebrations and news are not enough,

educational action is needed worldwide. By instance, Water in our Life: Textbook for Teachers in Environmental Education Developed by a group of scientist of ITE "Internationalisation and Innovation of Teacher Education" with support of UNESCO and the United Nations Environment Programme and the German Commission for UNESCO (1993).

Caring for the environment is a health issue, and it has become an emergency of our time. It is known that there is no great mystery about the cause of the coronavirus pandemic or any other modern pandemic. The same human activities that drive climate change and biodiversity loss can also create epidemic risks

through their impacts on our environment. According to doctor Peter Daszak, president of EcoHealth Alliance, "Changes in the way we use land, the expansion and intensification of agriculture, and unsustainable trade, production and consumption alter nature and increase contact between wildlife, livestock, pathogens and people. This is the path to pandemics."

An example of ecological agriculture, key in the preservation of the planet's biodiversity, is the irrigation ditch. As our veins, the ditches carry life. This has inspired my film SWEET WATER - SAVE NATURE SAVE CULTURE. 2007 [HQ] 2:58, which was featured at the Stage 8 event, a promotional event held on 7/7/07, under the "Live Earth

"We're pumping irreplaceable groundwater to counter global droughts. When it's gone, the real crisis begins."

National Geographic

-the concerts for a climate in crisis" of Al Gore. The event was an offer Stage 8 Film Annex to display in a virtual event the selected videos in the call for Artport Project. Stage 8, the Z-Rocks festival Outdoor Amphitheatre in the virtual world of Zwinktopia, moved to 7 million registered users to save the planet. The show consisted of 24 hours in programs where major artists of today hung video clips, webcasts, performances, interviews featuring his music and his commitment to saving the environment and creating a sustainable future. Zwinktopia received press coverage autonomic of 60 Minutes. Press releases were sent to major news sources on the world scene.





Pilar's latest
Rodete artworks.



“Water is the most critical resource issue of our lifetime and our children’s lifetime. The health of our waters is the principal measure of how we live on the land.”

Luna Leopold



Pilar Viviente (centre) with Anna Frizzera and Angela Corti, International Art Show - Castle of Soncino, Rocca Sforzesca, Italy, 2019.

About the artist

Pilar is a multidisciplinary artist belonging to the “reflective generation” that came to prominence towards the end of the 80s and beginning of the 90s. She was awarded the Premio Nacional de Terminación de Estudios (Award for the Best National Degree), and has received numerous awards and grants.

Doctor from the UB, member of InSEA (UNESCO) and art critic (Arte Omega, El Temps d’Art, Grupo Noticias), she is also a lecturer in the Faculty of Fine Arts at the UMH since 1998, where she has been Director of the Drawing Area for seven years, and of the International Relation Office for two years.

She has put on over a hundred national and international exhibitions in different galleries and museums. Her work is represented in important museums and private / public collections all over the world.

about.me/pilarviviente

energy, solar electricity... The video stimulates creativity and the feeling of fluid, its liquid nature -Fluid is the new flexible. As Bruce Lee said, “Be like water.” “Empty your mind... be formless, shapeless, like water...” Life is easier when you are able to flow with the changes.

The images and sound of nature come from a natural environment located in a local villa in Altea, Alicante (Spain). The water system is an ancient irrigation technique used by the farmers of the Valencian Community for hundreds of years since the



Viewable here
thewordmedia.org/water-is-life/

Middle Ages -a small water channel that runs through the land, a very ecologic system which is in the process of disappearing but still exists in the municipality. There is a Water Route through Altea la Vella that links six points of interest linked to the old cultivation and irrigation techniques.

It will take you around 25 minutes to walk this

charming route that will bring you closer to the agricultural culture of the Valencian orchard. And you can enjoy the Big Fountain, the Carob Tree Fountain and the ravine after the rains.

This video or the previous 6-minute video is included in several exhibitions -Le Petit Versailles Garden, NY 2006, Paraninfo of Zaragoza University 2001, AECI Cultural Center of Spain in St Domingo, Dominican Republic 2002, Ibercaja Valencia 2007, BilbaoArte Foundation, Bilbao 2008, EAC La Barbera, Villajoyosa 2008, Tribes Gallery, NY 2014.

Some frames have been published in exhibition catalogs, and also the video has been screened in oral presentations

-InSEA European Regional Congress 2007, Art Education Research and Development Congress, Heidelberg - Karlsruhe, Germany, and ISASAT Congress, I International Congress of Psychosocial Intervention, Social Art and Art Therapy 2012. Often alongside other topics related to cities and sustainable development, since the concept ‘Save Nature - Save Culture’ is related to building communities through the arts that reflects a culture of peace, as I point out in

an article at the research magazine UMH Sapiens, N 5, 2014.

Be like water; freshwater from the irrigation ditch, freshwater from the fountain, rain and thaw waters; let yourself become part of what’s happening around you, instead of fighting back. Being flexible does not mean you are giving up; water freezes, melts, vaporizes... Water is also a life force!

I grew up in a house up the mountains through which an irrigation ditch passed, in Peramola village, Catalonia. Going up the irrigation ditch you reach the fountains of the Corb ravine, known as “Camí de les Fonts” (Fountains Path). Let me end this article with my work inspired in one of these fountains, the “Font del Cané”, and exhibited at the Selfie Show, Museum of New Art (MONA) 2014.

Environmental art can inspire people to keep up the fight for change, environmental awareness and community support.

The promotional videos were presented with seven days notice on the home page of Zwinktopia. External links to my film hosted on Andrew Horvitch’s Youtube channel: <http://www.youtube.com/watch?v=ixFhUve4yOY>, My video shows how important it is SAVE NATURE

and SAVE CULTURE, and the film ends with the message WATER IS LIFE. SAVE NATURE on a dry and cracked earth. SWEET WATER means freshwater, which saves nature from global warming and saves lives, and refers to the protection of natural resources, natural

THE ENVIRONMENT 2021



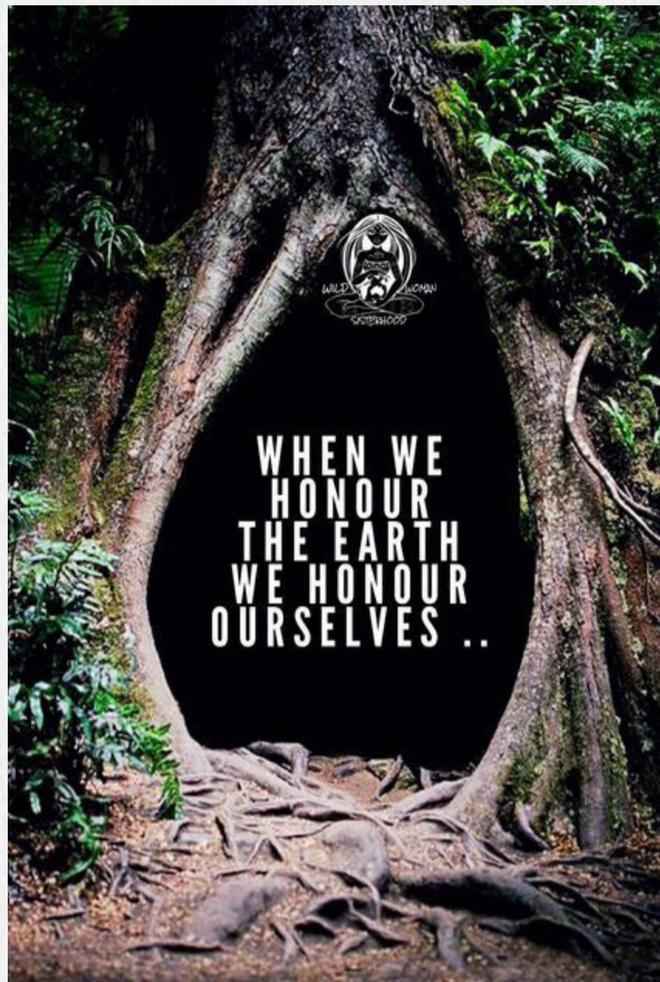
**WE DON'T INHERIT
THE EARTH FROM
OUR ANCESTORS,
WE BORROW IT
FROM OUR CHILDREN.**

Here we pose the question - why should I be worried about the globalist craze for green energy & what does it mean to me??

It is a scientific fact that children and adults who live near to traffic congested or industrial areas will suffer many health implications, it is only right, if we care about our society, as a whole, that we should investigate ways that we can help effect positive change for local living environments.

Whether you believe in Climate Change - or think it is a natural cycle of our planet to alternate between hot and cold, most would say it is still wise to learn the details for yourself as to what and why - because we all know how much ca\$h big business will throw at us to sell us what they want us to see.

Yes the planet does change naturally, but the last time CO2 was recorded as high as today in our atmosphere was over 2 million years ago! CO2 is a huge problem from industry to agriculture! It would be quite naive to assume that our planet can naturally cope with the scale of pollution that humanity has created.



Festival of Spring Walks

This January wrap up warm, embrace the elements and savour time spent in the great outdoors. It doesn't need to be a long trek - the shortest of walks will do you good. A fresh air walk is the perfect way to reconnect with nature. Whether you love to walk alone, with a friend, family or your loyal canine, now is the time to head out for a walk to let your mind wander, ease your stress and feel some clean air cheer.

Spot these spring flowers



Winter Roses

Snowdrops



Greenpeace animation

Monster, the sequel to Rang-Tan, is a new short film from Greenpeace made with four-time Academy Award, Golden Globe, BAFTA and Emmy nominated animation studio Cartoon Saloon and independent creative agency Mother, to support our mission to end the role of industrial meat in deforestation and environmental damage, and to challenge the companies who are responsible.

thewordmedia.org/monster-in-my-kitchen



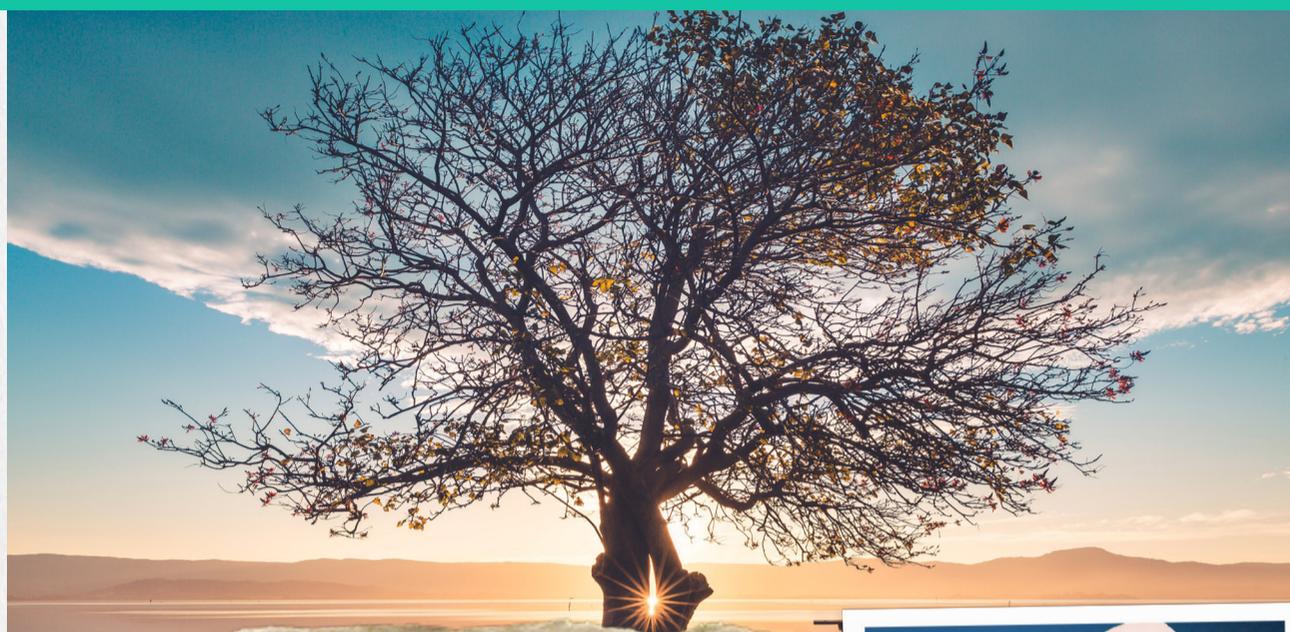
How clean is your river?

As a keen wild swimmer I have been very concerned by the lack of clarity concerning UK waterways. With the government saying one thing; but delivering virtually nothing from privatised water management companies - something is going to give.

All of the rivers, lakes and streams in England are polluted, says the Environment Agency. Tests reveal a complete lack of progress towards a cleanup target by 2027. The most problematic pollutants being **chemical sewage discharge, farming, and industrial chemicals.**

With stricter testing brought in from the EU showing long-banned pollutants such as PCB to also be an issue - its about time more was said about this from our London obsessed politics and mass media.

I AM YOU AND YOU ARE ME AND WE ARE ALL TOGETHER



An interview with Guruka

Born in the United States Guruka Singh Khalsa is the founder of the SikhNet and widely known for his popular YouTube Videos



Such a delight to chat with Guruka anytime, I'd really recommend his website where you can join classes online. kundaliniuniversity.com

What do you practice?

Self-evolution, Compassion, Service and kindness.

What is kundalini Yoga?

Kundalini Yoga is called the Yoga of Awareness. It is a dynamic, powerful tool that is designed to give you an experience of your soul.

In Kundalini Yoga we harness the mental, physical, and subtle energies of the body and put them under the domain of the will, which is the instrument of the soul. This technology precisely and consciously combines breath, mudra, eye-focus, mantra, body locks, and postures to balance the glandular system, strengthen the nervous system, expand lung capacity, and purify the blood. It brings balance to the body, mind, and soul.

Kundalini Yoga is not a religion. When we apply the technology of Kundalini Yoga to our bodies and minds, it has the effect of uplifting the spirit. It is for everyone. It is universal and non-denominational.

Kundalini Yoga is a yoga for householders, for people who have to cope with the daily challenges and stresses of holding jobs, raising families, and managing businesses. It is a path for everyone who wants the skills to cope successfully with the challenges of our times.

Do you think someone can practice meditation even if they don't believe in the idea of God?

Absolutely! Meditation isn't about ideas or beliefs. It is a technique for gaining control over one's own mind. If we win that battle, we win everything.

I have met many people who tell me they cannot meditate because their mind is too active, is that something you're familiar with?

Yes. When people first begin to meditate they are still easily distracted and led by their thoughts. That 'restless' stage

is normal. Many people simply give up saying "I can't meditate," but the simple fact is that everyone can meditate. It's a learned skill which, as with all skills, deepens through daily practice.

If you could make one wish that would be something to affect all people in the globe, what would it be?

Well, that's an easy one. My wish is that all people on the planet relate to each other with kindness, respect, and gentleness.

What is the connection between yourself & your religion?

I don't consider myself a religious person. I don't 'believe in God.' Organized Religion is now in the process of ending on this planet. It's done well over the last 5,000 years or so, but now it's time for humanity to wake up and for us to support each other in waking up. The Spirit is in every one of us and we no longer need middlemen to intercede on our behalf.

In that regard - what do you think of other religions, and possibly why do you think religions don't seem to get along when the core messages (away from politics) are the same?

It's just ego. As soon as someone thinks of himself as better than another, that's where the trouble begins. I've spent many years doing 'inter-religious work' and ultimately it boils down to each person. What many religions provide is a shared group experience of devotion. That can be healing. But as soon as 'right' and 'wrong' come into it, judging begins and the unity is lost.

*Choose beauty... so you define ugly
Select good, so you create evil
As you choose your joy,
so you design your sorrow*

All love,

ART AND NATURE ARE THERAPEUTIC SO I LIKE TO COMBINE



Watercolours and wildlife

Art and nature are therapeutic so I combine the two for a double dose of feel good. Sketching animals outside in nature has been my defence in a lifelong battle with depression. **By Fiona Gomez. Artist, illustrator, and Quantum Health Hypnosis Practitioner.**

I had suffered from depression since childhood and received therapy and prescribed medication which actually made me worse (obtusely a side effect of my antidepressant was suicidal depression)! but taking a break outdoors, away from the distractions at home, with my bird watching scope and sketching gear I'd notice my crushed spirit would instantly lift.

I'd realise with one big sigh as I sat poised

to start painting, that I'd forgotten how to breathe properly. I had been shallow breathing, in a state of permanent tension, but while looking at birds close-up through my scope, I'd find myself breathing deeply in awe and wonder, nature's beauty filling my heart and lungs.

SKILLS NOT REQUIRED

You don't have to be an artist. As long as you can put pencil to paper you can benefit from this activity. It really doesn't

matter what your finished sketch looks like. Do it for you. You're making a present to give to yourself because sometimes you forget YOU are the most important person in your life. Initially it's not an easy activity (you will get better at it with practice) it's rigorous brain gym and because of this your thoughts are instantly diverted away from the troubled ones. It shuts up the pesky monkey mind chatter.

"Art is a harmony parallel with nature."

Paul Cezanne

After about 10-30 minutes of trying too hard (I call this a warm up) you'll get into 'the flow'. You stop 'efforting' and allow the pencil/brush in your hand to take over as you disconnect your conscious brain, and the sketch will seem to draw itself! Remember to switch off the mobile phone, stay focused. I've heard some say getting into this creative 'flow' (includes writing, music, dance, etc) is much more effective than meditation.

I'll paint under an umbrella in the rain but joining your local Wildlife Trust gives you access to their peaceful wildlife reserves where you can take shelter in their 'hides'. I also love to paint by water. Water is extraordinarily healing. It's movement, flow and reflections imbue a sense of calm and serenity. A sunset reflected on water is just stunning, a perfect end to the day.

You could make your art therapy easier by not sketching moving birds or animals but I believe they heighten the joy. When I'm surrounded by preening swans and geese it warms my heart to realise I've been accepted as part of the 'Gaggle'. Over years I've observed the individual personalities and antics of wildlife and I believe we're

THE TWO FOR A DOUBLE DOSE OF REFRESHING FEEL GOOD



My Art Materials

My scope, tripod and binoculars are my most expensive kit; they are great for detailed sketches of animals and birds whose fear of humans keeps them distant, but I find lots of birds congregate at popular lakes, water parks, and riversides waiting for people to feed them. If you have bird food you won't even need binoculars!

Using decent art materials improves results and adds to the pleasure of sketching. It's worth spending on **quality watercolours** to get strong pigments. If drawing try an **automatic 0.5mm pencil** (no need to sharpen) with a softer dark lead, 2B or 3B for dramatic contrast, and cartridge paper that's not too smooth. I've found **Boldmere brushes** from The Works are amazingly good and you can get a pack of 9 for under a fiver! If you can afford to splash out then **Rosemary & Co** have a huge range of excellent quality brushes. My portable easel desk cost me £10 from The Works.

Good quality watercolour paper plays with colours wonderfully, **300gsm (thick)** will hold lots of water before buckling, but I've also had decent results with wall paper liner you buy in a roll.

Jackson's Art have a huge range of quality materials with reviews. Their prices are reasonable so you can buy from them or source items from somewhere cheaper. *(Beware of online counterfeits)*

only different in our lifestyles and communication, our spirits, emotions and struggles with abundance are basically the same! Personally I don't think animals are on earth for us to eat, I think they're here to uplift our spirits and whilst sketching them they've certainly lifted mine in awe and wonder at their beauty and endurance and they make me laugh.

I've never felt comfortable in the company of humans, always waiting to be judged. But I'm always at ease in nature, and my animal models don't judge me even when I forget their food. Do you know there's a crow at Stappenhill Gardens, Burton Upon Trent, that says 'HELLO' in a voice identical to mine? I've recorded it.

Available for tuition and free sketching outdoors sessions for those in need of upliftment in the Burton Upon Trent area.

ART THERAPY

The use of artistic methods to treat **enhance health** is known as art therapy. Art therapy is a technique rooted in the idea that creative expression can foster healing and well-being.

Art is used to aid people explore emotions, develop self-awareness, cope with stress, boost self-esteem, and work on social skills helping to overcome stress, and explore different aspects of their own personalities.

Contact Fiona Gomez here:

craftcourses.com/providers/wild-at-art
facebook.com/fionadoodles/

Not lost was I
but long I walked,
across an
empty
plain...

And I came across
an ocean lost,
in a deep and
hidden place.

Beneath my feet,
this turning beat;
from a pulse
so long ago...

Within my mind,
a blinding light;
so close, was death
to hell.

But joy is born
upon the air;
to be aware
of life!..

By love, let loose
with not an end;
it was then
I found Myself.



freedom is a dream,
liberty is a soul,
frequency is your heart,
everything is a song..

Deeper into the caves
we tread; a place I
have been reflected..
into the soul of the
cold dark Earth.

Only the self that hides.
the sleeper of your deepest
fears.. some fear to be alone..
others just fear to be - I find a
light in this dark place.

Energy streams light deep un-
derground - each step walking
through flickering flames.

We are descending far into
souls from times long
forgotten..

This is
so unreal

We question our minds, bewildered
by sensations and memories of
places.. such deep love in faces..

You say you are a man of logic,
but you forget logic changes as we
conceive change. everything alters
in time - even physics.. so it is
with every life.

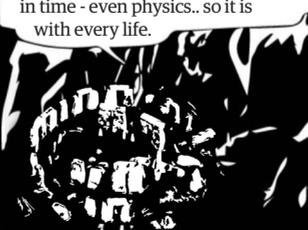
..stars hold the souls of those we've
loved, as you pass these things..
some can see it all.. live forever.

There!
I see the face
of a man!

before you.. from a time when violent
kings reigned the Earth. Souls still living; each
as a painted memory - the children of Earth
carry such sight.. an eye in every generation..

What do you
see in this
darkness?

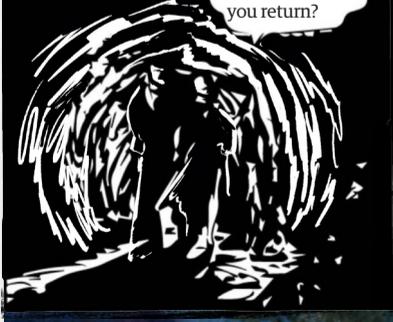
My mind is playing
tricks already.. I see
flames like a fire





More tunnels?! How far can we go on?

That depends how deep your scars go.. or if they will let you return?





The Radical Diaries

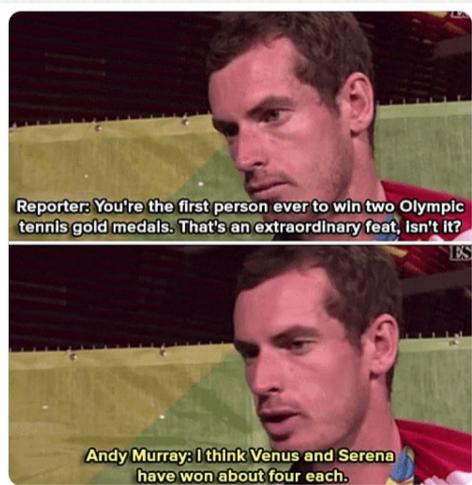
Short stories and quirky quips..

Why was the astronaut's diary blank? It was filled with space.. Or just possibly something to do with a Serco scam!.

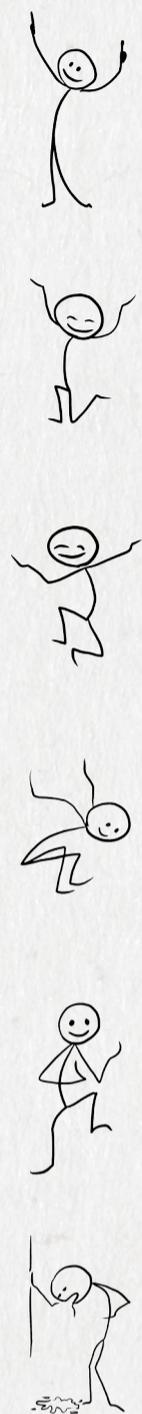


Dear diary, It's been raining for two weeks straight now. My husband is looking through the window with great longing and sadness in his eyes! If it keeps raining for another two or three days, I'm afraid I'm going to have to let him get into the house.

My parents read the book I was writing. They said the main character wasn't likeable... So, yeah, now I have a new hiding place for my diary.



Lessons in the face of prejudice.. I've seen Andy Murray quietly make this point a few times, journalism isn't what it used to be - or maybe it is?.



Philip Guston depicting Trump



Corbyn gets an unexpected visit

Matt Collings

- Short quote from the diary of Jack Kerouac.. People rush off to meaningless jobs day after day, you see them coughing in the subways at dawn. They squander their souls on things like "rent," "decent clothes," "gas and electricity," "insurance," behaving like peasants who have just come out of the fields and are so dreadful tickled because they can buy baubles and doodads in stores.

"Nothing important happened today" - personal diary of King George III, 4 July 1776

ROCK HARD WORD SEARCH

NIRVANA	LOVE
BLONDIE	YARDBIRDS
GENESIS	AEROSMITH
FLEETWOOD MAC	ANIMALS
QUEEN	WHO
GREEN DAY	DOORS
CREAM	METALLICA
PIXIES	KINKS
RADIOHEAD	OUTKAST
SANTANA	STROKES
POLICE	JAM

Get your goggles on to find these Rock bands in the word puzzle opposite. Good Luck.



Darling I don't think they're selling icecream

SUDOKU

		4	6		2	1	5	
5	6	3		8		9		
				4				
	5			2		4		
				1		2	9	
3	9			6	4	8		7
9	1			5	6	3	7	4
4	7	6		3				
2	3		4					9

Learn some UK culture

It is very important to learn your bardic history; so here, for your education we are delighted to present Burns & Wordsworth as never glimpsed before.



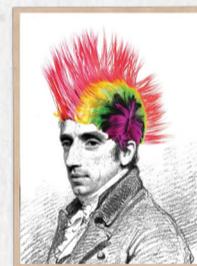
Ma red, red toe!

Ma toe is like a red, red rose;
Cause I whapped it on the stool!
Ma toe is just a muckle bruise,
Cause'a chunked it like a tool!

So limp along ma sally boy,
n' raw my ugly toe!
And sure I'll curse ma'sell again
Whin a hoof it again Th'morra!



The bawdy Bard



I wandered lonely as a cloud

I wandered lonely as a cloud
Full to chuck of acid rain!
Well there I was, just by myself,
When I saw, a crowd of hunting fools.
Out about at a chase no less,
Against a poor red fox.

So I bobbed along my guts a chock,
And drowned em' with my hail.



Billy Wordsworth



THE ROCK HARD WORD SEARCH!

S	L	A	M	O	A	E	R	O	S	M	I	T	H
N	T	E	W	A	N	I	M	A	L	S	D	T	E
L	O	V	E	W	H	O	B	L	O	N	D	I	E
L	O	C	I	E	C	I	L	O	P	I	O	N	A
F	L	E	E	T	W	O	O	D	M	A	C	N	I
M	R	C	T	O	Y	M	N	I	P	T	A	A	S
E	A	R	E	U	A	A	I	I	E	T	N	E	Q
T	D	E	D	T	D	J	X	M	N	A	K	U	E
A	I	A	D	K	N	I	O	A	V	O	E	N	O
L	O	M	O	A	E	E	S	R	R	E	C	E	E
L	H	M	O	S	E	O	I	T	N	I	I	O	K
I	E	S	R	T	R	N	S	I	S	E	N	E	G
C	A	E	S	E	G	K	I	N	K	S	Y	N	L
A	D	O	A	Y	A	R	D	B	I	R	D	S	K

Check out the quiz answers on the website



Harry Styles
Fine Line
"refreshingly different"



Nadine Shah
Kitchen Sink
"enriching our world"

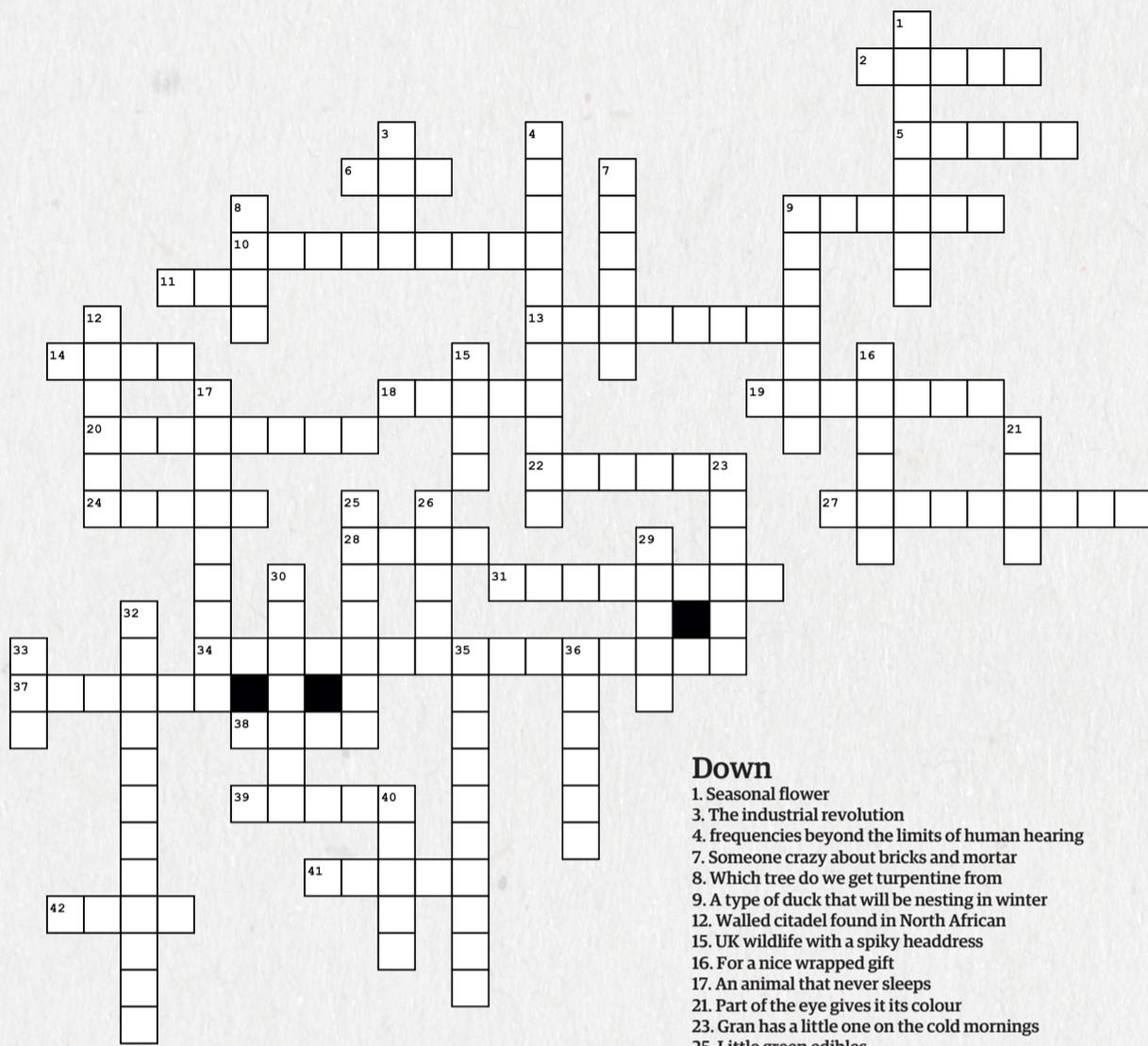


Norah Jones
Pick Me Up
Off the Floor
"flippin' excellent"



Cardi B - WAP
feat. Megan Thee
Stallion
"So catchy!"

Hot Picks



Down

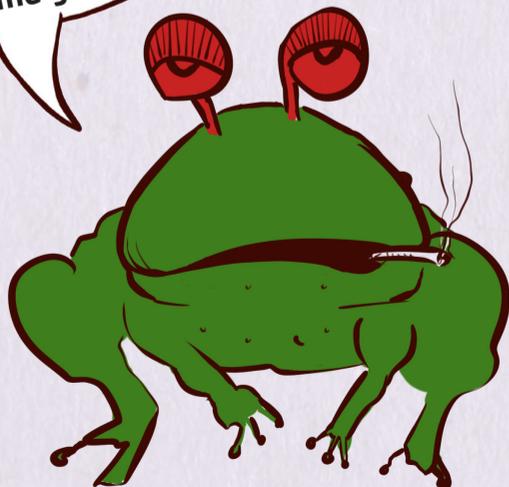
- 1. Seasonal flower
- 3. The industrial revolution
- 4. frequencies beyond the limits of human hearing
- 7. Someone crazy about bricks and mortar
- 8. Which tree do we get turpentine from
- 9. A type of duck that will be nesting in winter
- 12. Walled citadel found in North African
- 15. UK wildlife with a spiky headdress
- 16. For a nice wrapped gift
- 17. An animal that never sleeps
- 21. Part of the eye gives it its colour
- 23. Gran has a little one on the cold mornings
- 25. Little green edibles
- 26. Well known Greek word for horse
- 29. The Roman goddess of Spring
- 30. Female version of a peacock
- 32. Healing essence - the wise gift
- 33. seen out late hooting and hunting
- 35. What is the soft spot on a babies head known as
- 36. Something for after dinner
- 40. 7 of these are sung about at Christmas

Across

- 2. Woodland tree
- 5. winter brings this in the mornings
- 6. Fantastic Mr out late at night
- 9. Collective name for a group of crows
- 10. Material that will not carry an electrical charge called
- 11. The main constituent of pewter
- 13. With a bird feeder in your garden you might see this furry friend
- 14. Seen on mountainsides running with big ears
- 18. Largest moon of Saturn
- 19. Grassland of Northern America Called
- 20. International symbol of happiness
- 22. Copper is named after which island in the Mediterranean
- 24. Prickly woodland tree
- 27. A golden flyer with a red face
- 28. Dol is a unit of measurement for what
- 31. UK singing bird also known as Lullula
- 34. Largest gift ever given to a country
- 37. Representative of a great victory
- 38. Keeps the child happy
- 39. A helping hand
- 41. Which mammal lives the longest
- 42. The commonest bird in Britain



nah...
this is too existential
bulls**t for me...
Just tell me why did the
Frog cross the road?
To show he got
some guts..



take in



Norah Jones

Norah's live Facebook videos have been keeping many of us listening over lockdown - definitely worth a listen.



Michael Kiwanuka

2020 Mercury Prize winner; a lush, immersive album of politicised soul, it sees the artist exploring themes of self-doubt, faith and civil rights.



Bob Dylan - New Album

Dylan's 39th album, Rough and Rowdy Ways, a beautiful and well created record; ten new songs to equal any of his late albums such as Time Out of Mind.

Our Chilled Music Picks



Future Islands - As Long As You Are, Baltimore synth-poppers smooth lyrics really do grab you by the heart.



Fontaines D.C. - A Hero's Death It's a grab bag full of Irish post-punk epics that are definitely worth a listen.

Tell us your picks

Found a new album you want to share? Send in your comments. thewordmedia.org/contact-information/



Talk Talk The Colour of Spring, released in 1986 is a fantastic set of tunes from the 80s to relive.



Carbon Based Lifeforms Just search online for these amazingly chilled musicians.



Air - Moon Safari One of my favourite albums to get me through any day.