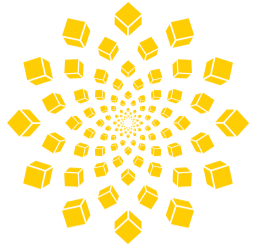


The Ozorian Prophet



UNIVERSALLY OWNED | OUR 6TH YEAR, ISSUE NO.39 – THURSDAY, AUG 3, 2017 | INDEPENDENT AND FREE

ESSAY

VAGAMONDO

BLOGGING AROUND THE WORLD

Guest author: Carlo Taglia

ONE OF THE CHAMBOK LECTURERS THIS YEAR WAS CARLO TAGLIA EVEN BEFORE THE FESTIVAL PROPERLY KICKED OFF, SHARING HIS STORY, WHICH IS NOT ONLY VERY INSPIRING BUT VERY MUCH OZORIAN TOO, AS IN A WAY, HIS BOOK TITLED VAGAMONDO, AROUND THE WORLD WITHOUT FLYING IS DIRECTLY TIED TO OUR VALLEY AND THE MAGICAL CHANGES AND BEGINNINGS THAT CAN START HERE... "IT WAS THE WARM SUMMER OF 2011 WHEN MY EYES READ FOR THE FIRST TIME IN THE MIDDLE OF NOWHERE IN THE HUNGARIAN COUNTRYSIDE: "WELCOME TO PARADISE". I LANDED IN THE OZORIAN UNIVERSE WHEN I WAS IN A CRUCIAL MOMENT, REALLY CLOSE TO TAKE THE MOST IMPORTANT DECISION OF MY LIFE. IN MY MIND I ALREADY HAD THE IDEA TO QUIT MY JOB IN THE PHOTOVOLTAIC INDUSTRY AND GO BACK EXPLORING OUR PLANET AND MAKE TRAVELLING NOT JUST AN OPPORTUNITY TO GO ON A HOLIDAY BUT A GOAL OF LIFE.

CONTINUES ON P2 >>



WEATHER

Day 37 °C | 99 °F
Night 21 °C | 70 °F

INSIDE

LOOK WHO'S COOKING

FRIDAY - YUVAL P3

DAILY HERBZ

MATE FRIDAY P2

ASTRONOMY

IT'S ALL ABOUT LOVE P3

CIRCUS GUIDE

AERIAL ACROBATICS P2

GASTRO

ENERGY BALLS P3

MUSIC HIGHLIGHTS

FRIDAY BY GIUSEPPE P4

GARDENS OF OZORA

SEEDS OF PARADISE

The 7-Headed Garden was just the beginning of horticultural awareness in the Ozorian valley, because the gardens and conscious gardening, the related ideologies like sustainability, healthy living and environmentalism have taken root and are blooming all around us ever since.

Kató and Bandi are our Ozorian green-fingered couple, responsible for creating, tending to and growing the gardens of our paradise and teaching us about healthy soulful living.

"We're a family with a small child. We have been part of the Ozorian creative community for years, one of us as a herbalist, the other as a gardener. Our work is different, yet still

similar, supplementing and supporting one another. Our philosophy, though, is exactly the same. It's about living in harmony with nature, founded on ecology and environment-conscious principles. It is an endeavor to live a peaceful, natural, tradition-based life, moving away from consumer society towards free living. We stay true to this philosophy not only in our private lives, but in our work too. This is why we're so happy that most of our work this year was about creating and growing a bio medicinal herb and vegetable garden, and 8 rock gardens with beds of lavender, which you can see next to the lavatories, at O.Z.O.R.A. Last year was an experimen-

tal one, as we were trying out what was good for the garden, what goes well with the local geographical conditions, how we can combine perennials with annuals. This year we tried to expand the garden upwards, so our focus was on filling the central space with climbing plants, creepers, which was a much-loved chill spot last year already that we created in the middle of the garden. It is crowned by the crocheted decoration of the garden and the crystal pyramid, which create the atmosphere of a magical psy-garden.

Plant-identification is aided by signs, and you can also find a pant codex in the garden, from which you can learn about the various unique features

from West Indian Gherkin and Wonderberry to Tomatillo. We recommend that you eat the vegetables raw, but you can also try the many kinds of stoves, solar cookers, fruit dryers built for you to us in the cooking grove.

You can also find about 20 different spices and medicinal herbs in the raised garden beds for you to make your food even tastier, and healthier. But if you also feel like doing a bit of gardening, there's seedball making in the garden (check the program signposts), which is one of the key elements of guerilla gardening.

We'd like to call your attention to the lavender beds around the lavatories as well,

which are not only for decoration, but also have an aromatherapeutic, space-cleansing energetic effects. While you're waiting around, feel free to crush some flowers with your fingers, because it refreshes, regenerates and has a calming effect all at once.

In the near future our goal is also to produce enough to serve the demands of the Tea Shack.

On the Herb of the Day signpost at the raised garden beds, we're introducing a different herb each day, with a short description and a sample (taste it!), and then you can go and find them in the raised garden beds.

We welcome you in the garden!"



QUOTE OF THE DAY:

ER, WELL, UM, IF YOU'RE DROPPING BY AGAIN, DO POP IN. HEH. AND THANKS A LOT FOR THE GOLD AND FRANKINCENSE, ER, BUT DON'T WORRY TOO MUCH ABOUT THE MYRRH NEXT TIME. ALL RIGHT? HEH. THANK YOU. GOOD-BYE. "

BRIAN'S MOTHER



Photographed by Vera A Fehér

BODY AND SOUL

IAN WILINK KAMBO FROG MEDICINE

by -freya-

Lots of different cultures have all kinds of interesting myths around Frogs. In India, frogs were believed to personify thunder in the sky, the word 'frog' even means 'cloud' in sanskrit. Some Australian aborigines and Native Americans believed they were the bringers of rain.

In Japan, frogs are a symbol of good luck. There is a myth to be found that bullfrogs are descended from a great ancestor who could suck all the mosquitoes out of a whole room in a single breath, what a practical skill that would be to have.

But the Phyllomedusa Bicolor or "Two-Colored Leaf Guardian", also known as the "giant green monkey tree frog", from which we secrete the Kambo medicine is not a myth. It's use is legal, not hallucinogenic and the frog stays unharmed and is returned to the jungle to tumble around the jungle. This frog lives North/western part of the amazon rainforest and natives use it to gain strength, immunity, cure illnesses, aid in "hunting magic" and also to get rid of "panema" (bad luck).

Ian Willinks second home has become the jungle, where 6 months of the year he resides. He's been taught to find and collect the secretion himself and is a trained and qualified kambo practitioner from the IAKP (International association of Kambo practitioners).

– **What it is and why do we take?**

– Kambo is an indigenous medicine that has been used for thousands of years. It's a secretion that comes from an Amazonian Tree Frog. It's effects are widespread and manifest through the body, mind and spirit. Physically it causes a full body detox, releasing anything that the body doesn't need through the act of purging, it also brings energy, resistance to stress, hunger and thirst. On a mental level it brings clarity, focus, peace, determination and strength to achieve ones goals in life, it also stills the mind and brings the present moment into full awareness. It can help to process blocked emotions and can be used as tool for spiritual growth.

– **How many years have you been offering and guiding people?**

– What inspires you to do this?

I've been offering Kambo for over 3 and a half years. My main inspiration is to be able to, in my small way, to aid in causing a change in our current society. Doing this through offering a medicine that promotes a growing awareness of earth consciousness and that aids people to reconnect to the natural flow.

– **Any recommendations for our people?**

– I would recommend people to actively take part in this beautiful thing called life and help humanity to co-create a better reality for us to share our existences in.

– **A favorite place @ Ozora?**

– That would be a hard question! Apart from the obvious energy of the main stage, I would have to say that everything that is going on up in the magic garden (workshops, lectures...) really fascinates me. I see so much positive energy and the spreading of good ideas and alternative ways of doing things. A real hub for sharing, growth and healing.

For more information on Kambo feel free to contact Ian through his email kambopulse@gmail.com or to visit www.iakp.org. Everyday at 17h at the Healion in the Yurta he will be offering Kambo. There are very limited places though, if you are interested, please find the reception of the Healion next to the Yurta.

CIRCUS ARTS AT OZ

AERIAL ACROBATICS

As Pyropock, the Circus extraordinaire explains, the third type of acrobatics is aerial acrobatics, when one or more people perform in air hanging from a suspended object. The most frequently used tools are the rope, tissue or silk, lyra or aerial hoop, Nowadays they also use the star, spiderweb, chandelier, and most anything you can hang from. While it seems like airy-fairy magic, it's one of the most painful circus genres as well, the rope is especially painful to work with, tight, burning and cutting into your flesh as it holds your whole body weight on one single point. The rope really tortures you, silk burns less, it is less painful. So when you see the magic unfold in midair at the Psyrcus, you now know just how much to appreciate the circus artists performing it.

by TOT

MINDFULNESS

LET'S DO POSITIVE AFFIRMATION

by -freya-

There is chitter chat happening behind our thinking continuously, sometimes loud, sometimes quiet. Most of the time we don't even notice what our subconscious is rambling on about. Often negative thought patterns take the lead. Don't know, don't like, won't be able to do it, I'm never gonna be loved, I can't love, and it goes on and on and on. You might not be aware that it has come to play a role in your perception of life and decision making. But how would it be if in the background there would be somebody cheering you on instead? Encouraging you instead of doubting?

STEPS:

- Observe yourself to find recurring negative thoughts, write down the positive opposite that counteracts that belief and start reprogramming.
- Use the present tense.
- Choose positive words with no negative con-

notations. For example don't say 'I don't want to be human', but 'I am a powerful jellyfish'.

– Repeat daily several times, for as long as it's needed. Magic exists, but it only reveals itself with time, so be patient and keep repeating.

– Feel it as true, irrespective of your current circumstances.

INSPIRATIONS:

'I dance through life elegantly and respect myself and others'

'I am calm and relaxed in every situation'

'I am capable and creative'

'I have the means to travel whenever I want to'

'I am self-reliant, creative and persistent in whatever I do'

'I give up freely what is no longer serving me, I release it to create space for what inspires me'

Let's do tons and tons of positive affirmations. Keep yourselves psyli-cious!

DAILY HERBZ MATE FRIDAY

The past were amazing, but exhausting as well, and the weekend is still yet to come. If you feel tired, worn-down too, drink a mate tea! Mate refreshes you, energizes you and boosts your physical and mental wellbeing, chases away all symptoms of tiredness. At the Tea Shack you can not only try it pure, but mixed with delicious medicinal herbs as well.

– Ancsi –



'ONLY A NEW ELEUSIS COULD SAVE MANKIND FOR THE DISASTER IT FACES.

IS WHAT ALBERT HOFMANN ANSWERED WHEN CARL RUCK ASKED IF HE COULD WRITE SOMETHING FOR HIS NEW WORK ON THE 'ELEUSINIAN MYSTERY'. CARL RUCK HAS A PH.D FROM HARVARD AND IS CURRENTLY TEACHING A MYTHOLOGY CLASS AT BOSTON UNIVERSITY. YOU ARE INVITED TO FIND OUT MORE ABOUT ELEUSIS AND DELVE DEEPER INTO 'RESTORING ANCIENT MYSTERIES' TODAY AT 14H45 IN THE CHAMBOK.

ESSAY: VAGAMONDO

>> CONTINUED FROM P1

AFTER THAT I FINISHED HIGH SCHOOL I HAD ALREADY DECIDED TO CREATE A NEW LIFE STARTING TO LIVE AND WORK IN DIFFERENT COUNTRIES; SPAIN, PAKISTAN AND AUSTRALIA. I WAS TRYING TO HEAL MYSELF FROM THE AUTODESTRUCTIVE BLACK HOLE THAT I HAD FALLEN INTO MY TEENAGE YEARS. I STARTED ALSO TO EXPLORE MY INNER WORLD AND TRIED TO FIX WHAT TROUBLED ME. TRAVELLING BECAME MY MEDICINE AND THERAPY BUT SOMETIMES LIFE CALLS YOU BACK HOME TO FACE FAMILY TRAGEDIES, SO AFTER THAT I HAD TASTED THE FREEDOM OF TRAVELLING I TRIED TO LIVE THE SCHEMATIC LIFE THAT THE MODERN SOCIETY TEACH US TO FOLLOW. IN MY HOMETOWN I WORKED THREE YEARS CLOSED EVERYDAY IN THE SAME FOUR WALLS OFFICE WITH THE SAME PEOPLE AROUND ME. I WASN'T REALLY AWARE OF WHAT I WAS DOING BECAUSE I WAS SEDATED FROM THE FIRST LOVE RELATIONSHIP I WAS IN. LUCKILY AFTER A WHILE MY

GIRLFRIEND LEFT ME AND SO I STARTED TO FACE THE REALITY, BECOMING EVERYDAY MORE AWARE THAT IT WAS TIME TO GO BACK TO MY TRAVELLING LIFE AGAIN. BUT I HAD SOME DOUBTS BECAUSE I HAD NO FRIENDS MAKING THOSE KIND OF CHOICES, NO ONE AROUND ME WAS EXPECTING THAT I WOULD QUIT FROM A GOOD CAREER FOR THE BENEFIT OF THE UNKNOWN. SO ARRIVED THAT REVEALING SUMMER OF 2011. MY FIRST EXPERIENCE IN SUCH A BIG FESTIVAL LIKE OZORA. I HAD DANCED FOR MANY YEARS BEFORE IN PSYTRANCE PARTIES BUT NEVER IN A MAGICAL VALLEY LIKE THIS ONE. I EXPERIENCED AMAZING COLORFUL VIBES WITH A LOT OF SOULS COMING FROM ALL THE CONTINENTS. I NEVER FELT SO EUPHORIC. AFTER A FEW DAYS IN THIS UTOPIAN VILLAGE I WAS TOTALLY CONNECTED WITH EVERYTHING AROUND ME. MY SOUL WAS IN A KIND OF NEVER-ENDING ORGASM STIMULATED FROM NATURE, ART, CULTURE, MUSIC AND PEOPLE. I FELL DEEPLY IN LOVE WITH THAT FEELING AND I GOT SO MUCH INSPIRATION FROM THE LIGHT THAT WAS SHINING IN THE MANY TRAVELERS THAT WERE LIVING ON A WILD

AND FREE PATH. ALL MY DOUBTS DISAPPEARED AND THE FESTIVAL INSIDE ME NEVER ENDED. I DECIDED TO TRANSFORM THAT MAGIC I EXPERIENCED TO A WAY OF LIFE. FINALLY I KNEW WHAT I WANTED TO BE. SO WHEN I CAME BACK TO MY HOMETOWN AND RESTARTED TO WORK, THE FIRST DAY I WENT STRAIGHT TO MY BOSS'S OFFICE TO EXPLAIN TO HIM THAT IN A MONTH'S TIME I WAS GOING TO LEAVE AND START A LONG AND AMAZING JOURNEY AROUND THE WORLD WITHOUT FLYING. A WORLD TOUR BY LAND AND SEA, BECAUSE I WAS 26 YEARS YOUNG AND I WANTED TO INVEST ALL THAT VITAL ENERGY I HAD IN THE BEST WAY I COULD IMAGINE; A SOLO TRAVEL EXPERIENCE FAR FROM MY FAMILY AND FROM THE SOCIETY WHERE I WAS BORN TO CONNECT AGAIN MYSELF WITH THE UNIVERSE. MY BOSS, MY FAMILY AND MY FRIENDS WERE SURPRISED FROM MY DECISION, I SAID GOOD-BYE TO THEM AND I BEGAN THE MOST INTENSE EXPERIENCE OF MY LIFE. I TRAVELLED 100.000 KM WITHOUT FLIGHTS IN 530 DAYS CROSSING 24 COUNTRIES. I FOUND MY WAY AND FROM

THAT MOMENT ALSO A LOT OF HARMONY AND LOVE FOR MYSELF AND EVERYTHING AROUND ME. IT IS NOT POSSIBLE TO EXPLAIN EXACTLY HOW MUCH THIS ADVENTURE GAVE ME. I TRIED TO SHARE THAT EXPERIENCE IN A SELF-PUBLISHED BOOK, THAT IN THE BEGINNING WAS MEANT FOR JUST A FEW FRIENDS, BUT IT BECAME A BESTSELLER IN ITALY. PEOPLE WORKING IN THE PUBLISHING WORLD TOLD ME THAT IF I WAS GOING TO SELL AROUND 500 BOOKS IN A YEAR I SHOULD BE SATISFIED. IN 3 YEARS I'VE SOLD MORE THAN 20.000 BOOKS. THE BIGGEST AND MOST FAMOUS ITALIAN PUBLISHING HOUSES PROPOSED ME CONTRACTS TO BUY THE RIGHTS OF MY BOOK "VAGAMONDO, AROUND THE WORLD WITHOUT FLYING" BUT I REFUSED. I DECIDED TO CONTINUE TO BE INDEPENDENT AND NOT TO SELL MY LOVELY CREATURE. I TRANSLATED IT IN ENGLISH AND I ALREADY SOLD BOOKS IN MORE THAN TEN DIFFERENT COUNTRIES, EVEN THOUGH I PROMOTE MYSELF ALONE WITH JUST SOCIAL MEDIA. TODAY I KEEP TRAVELLING AND EXPLORING EVERY CORNER OF THIS WONDERFUL PLANET AND I ALREADY PUBLISHED TWO OTHER BOOKS IN ITALIAN.

BEFORE I QUIT MY JOB AFTER MY FIRST OZORA EXPERIENCE I COULDN'T DREAM SO FAR ABOUT MY FUTURE. DREAMING IS HUMAN BUT TO GO BEYOND OUR DREAMS IS DIVINE AND IT HAPPENS WHEN YOU LET YOURSELF GO WITH THE FLOW OF LIFE BREAKING YOUR MENTAL CHAINS AND FACING YOUR FEAR. OZORA IS MY FAVOURITE FESTIVAL, FOR ME IT IS MORE THAN A PLACE WHERE TO HAVE FUN. ALMOST EVERY YEAR I LOVE TO COME BACK HERE TO MEET MY MANY GYPSY FRIENDS AND LIE DOWN ON THE GRASS LOOKING AT THE MOON AND THE STARS GRATEFUL FOR THE LIFE I GOT. THIS YEAR I ALSO GOT THE OPPORTUNITY TO ORGANIZE A LECTURE IN THE CHAMBOK HOUSE AND IT IS ANOTHER DREAM ACHIEVED. I LOVE TO SPREAD THE WONDERS I EXPERIENCED BECAUSE I WOULD LIKE TO INSPIRE OTHERS TO FOLLOW THEIR SOULS VOICES THAT PUSH THEM TO TRANSFORM THEIR LIFE INTO A DREAM. SO EVERYONE, WELCOME TO THIS PARADISE. BREATHE DEEPLY THE ENERGY AROUND YOU AND ENJOY THIS OPPORTUNITY. WHEN YOU LEAVE BRING THE MAGIC INSIDE OF YOU LIKE A SEED. MAY ALL OF YOU BE SHINING. I LOVE YOU."

LOOK WHO'S COOKING

FRIDAY - YUVAL

by Ancsi

Every day I can't wait to take my (by now) habitual gastro-stroll around the Cooking Groove to see who I will get acquainted with. Today a tall, dark-haired boy caught my eye, who was performing spectacular diabolo tricks by one of the fireplaces in the grove. It seemed more like a dance, less a juggling act. I watched with open-mouthed wonder until he finished, then we started talking. Yuval is from Israel but has been living in Spain for the past 7 years, and Spanish cuisine has become his passion. He was preparing, what else, but a paella. A pseudo-paella, to be exact, since he didn't have a paella dish, nor saffron at his disposal. Being a long-term Ozorian, however, he has good knowledge of the location and bought everything

necessary in the supermarket of Simontornya nearby to prepare his "pseudo paella".

YUVAL 'S PSEUDO PAELLA

Ingredients for 3 or four persons

1 chicken breast
200 grams rice
1 red bell pepper
1 green pepper
250 grams green peas (from a tin)
1 medium sized onion
2 tomatoes
3 cloves garlic
3 tbsp oil
Salt, pepper, turmeric according to taste
Fresh parsley

PREPARATION

Cut the chicken breast in cubes, fry on the oil until brown, and put aside. Toss all the vegetables inside the pot, on the remaining oil. When the onion caramelizes and the tomato has released its juices, place the meat back into the dish. Stir constantly, add salt and pepper, then pour the rice in. Add water to the pan, twice as much as the ingredients (vegetable broth is better, says Yuval, but it's not at hand). Add garlic, parsley and turmeric (instead of saffron). Add the peas can cook until ready. The dish is finished when the rice has softened and soaked up all the water. This takes about 20 minutes. Bon appétit!

ASTRONOMICAL INSIGHTS

IT'S ALL ABOUT LOVE

by Nedda Magic Advisor

TODAY'S MAJOR ASPECT IN THE CHART IS JUPITER SQUARE PLUTO. JUPITER IS THE PLANET OF BIG LUCK, HE IS LIKE A GUARDIAN OF THE ABSTRACT MIND, HIGHER THINKING, GIVING US POWER TO EXPLORE IDEAS, INTELLECTUALLY AND SPIRITUALLY. JUPITER HELPS BY EVOLVING OUR IDEOLOGIES, HE IS RELATED TO RELIGIONS, FAITH, SPIRITUAL THINKING. HE IS A CARE-TAKER OF POSITIVE THINKING AND INSPIRES US TO GROW IN AN ENNOBLING WAY.

PLUTO IS THE PLANET OF DEEP-ROOTED POWER, WHICH IS A STRONG DRIVE FOR TRANSFORMATION, REGENERATION AND REBIRTH. HE IS THE HIGHER OCTAVE OF PLANET MARS, PLANETS RELATED TO THE GODS, ARES AND HADES, THE GODS OF WAR AND THE UNDERWORLD. PLUTO MOVES VERY SLOWLY SO IT WORKS WITH A LONG TERM INFLUENCE, THAT'S WHY IT IS REGARDED AS A KARMIC PLANET. IN THE PERSONAL CHART HIS POSITION IS AN AFFECTION OF GENERATIONS, GIVING THE SAME KARMIC PATTERNS TO HEAL THROUGH OUR LIVES.

TOGETHER WITH JUPITER NOW THEY ARE URGING US TO REACH THE TOP, IN THE MOST NECESSARY AREA IN OUR LIFE. NOW WE HAVE THE POWER TO CHANGE IN A BIG AND IN THE MOST SUCCESSFUL WAY. THE ONLY THING THAT YOU NEED TO DO IS TO BE CAREFUL AND MAKE CONSCIOUS WISHES. BE AWARE TO NOT BE COMPULSIVE. IT IS VERY GOOD NOW TO TALK AND MIX UP WITH PEOPLE WHO YOU ARE NOT USED TO TALKING. DIFFERENT BACKGROUNDS AND POINTS

OF VIEW HELP US MANY TIMES TO BREAK OUT SUDDENLY FROM OUR FALSE PATTERNS, HABITS. JUPITER IS IN LIBRA, WHICH BRINGS HARMONY IN RELATIONSHIPS, PLUTO IS IN CAPRICORN, WHICH IS CALLING FOR CHANGE IN SOCIAL STATUS. A SQUARE POSITION BETWEEN PLANETS IS WHERE THE ENERGY FLOW IS BREAKING, IT BRINGS TENSION. CAREER, FINANCES AND FAMILY SHOULD BE BALANCED UNDER THIS INFLUENCE. PLUTO IS ABOUT ATOMIC POWER, ELEMENTAL FORCE, HE RECREATES THROUGH DESTRUCTION. TO BUILD VERY NEW THINGS, FIRST WE HAVE TO REMOVE THE OLD ALREADY USELESS PARTS TO MAKE FREE AND CLEAN SPACE. THIS PROCESS CAN BE UNCOMFORTABLE, REQUIRES POWER AND PERSISTENCE OR CAN BE EVEN PAINFUL BY LETTING GO. NOW THE STARS ARE PROVIDING US SUPPORT BY THESE KINDS OF CHANGING PROCESSES. UNDER THIS INFLUENCE MAYBE YOU FEEL THAT YOU IMMEDIATELY HAVE TO FORCE SOME DRASTIC ACTIONS, AND YOUR WHOLE BELIEF SYSTEM COULD BE CHALLENGED THIS WAY. BUT JUST TRY TO STAY CALM WITH YOUR AMBITIONS AND LISTEN TO YOUR HEART CAREFULLY. LOVE ENERGY IS THE STRONGEST, WHICH RULES THIS UNIVERSE AND IF YOU MAKE ANYTHING WITH LOVE, YOU WILL SUCCEED. DON'T CHANGE BECAUSE OF REVENGE OR ANGER, IF YOU FEEL TOO MUCH FROM THIS WORKING IN YOURSELF, THEN IT IS BETTER TO AVOID ANY ACTIONS. USE THIS INFLUENCE WISELY AND BE AWARE OF THE SIGNS.

COOKING GROOVE

GROOVE IS IN THE GROVE

by Blaze

RECIPE: ENERGY BALLS

These energy balls are made from the most succulent seeds and dried fruit, giving an instant boost to our bodies in minerals, trace elements and, above all, energy. Zsófia Vörös is making them today during our afternoon set of workshops in the Grove, making it true to its nickname, really 'groovy'. These energy balls are easy to make and digest, and perfect for the dancefloor.

INGREDIENTS

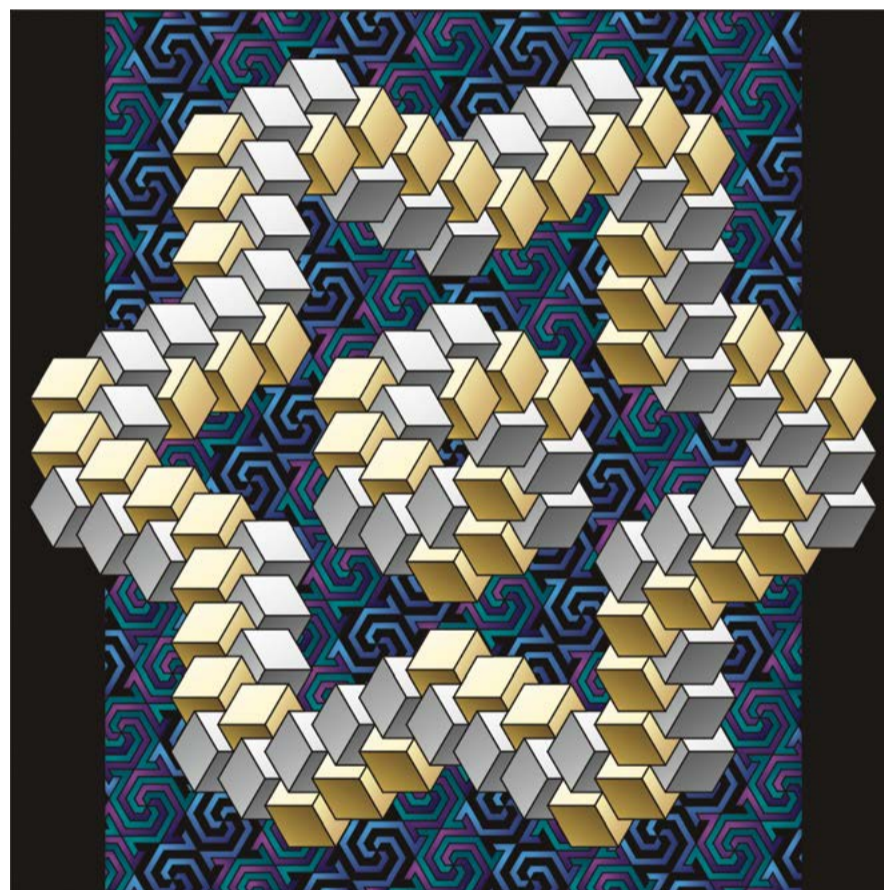
2 cups pitted dates
¼ cup + 2 tbsp warm water
1 cup coconut flakes
¼ cup sesame seeds
¼ cup sunflower seeds
¼ cup + 1 tbsp chopped almonds or walnuts
¼ cup raisins

PREPARATION

Pit the dates if necessary, chop the nuts, then take a large bowl and add in all the ingredients. Work them together into a homogenous mass, then roll small, bite-sized balls from them. Eat them fresh or chilled, they keep for a few days in the fridge or a cool place. You are free to create your own version, by chopping apricots, prunes, seeds and nuts into the mass, or sprinkle with cocoa or cinnamon. Go, create and remember the words of Zsófia: "no sugar, healthy energy".

ART IN OZ

Impossible objects in an impossible world, when we see 2D as a projection of 3D, does it make optical illusion reality or impossibility in its purest form? Workshops with painter, graphic designer, explorer of experimental graphics and theoretical associations, Tamas Farkas at the Compass (13h) await you to discover the world of paradox forms: <http://www.farkas-tamas.hu/>



CHAKRA VIEW

SOLAR PLEXUS

by Blaze

Gut feeling. We all know the expression. No wonder. This chakra is where your self-confidence, identity and personal power are born. Have you ever been in a situation that you just knew wasn't right for you? The 3rd chakra is the Solar Plexus or Manipura which translates to 'lustrous gem'. Perhaps you've been in a situation that you knew was going to work out. Where did you feel those cues in your body? Most people say they feel these types of cues in their 'gut'. In reality, this is the seat of your personal power, your solar plexus, and you can physically feel that confidence and wisdom in its location. It is also the place where our inner child is located, the one that knows, the one that can't be messed with.

Yesterday, I chanced upon a wonderful Nidra Yoga session at the

Healion. Instead of following my blood and slipping off to the Dragon for Panda Dub, something told me to stay back and go inside. Lying on our backs, we were transported within, riding the gentle voice of our guru-for-the-hour, a girl from Berlin and her companion, who provided ambient music to carry us even deeper. We breathed in and out for minutes, long, deep. We went through the body, starting with the fingers of one hand, then moving up, feeling the other hand and elbow and arm, the shoulders, shoulder blades, the back, the legs. Reaching that immense quiet within, we were asked to recall a situation where as a child we were reprimanded, told off by a person of authority and felt burning shame. We then all had to go in, deeper into the feeling and were asked to stay with it.

This is the hard part, the hardest part: not judging, running off into categories or solutions, but staying with it, bearing the blaze and the flames of pain.

Then, forgiveness: the voice bade us to imagine that person in front of us... and forgive ourselves. Not them, but ourselves. Our guide asked us to enter the solar plexus chakra, between the navel and the chest, where by now the gentle flame of assuredness was lit. Struggling with a question, prodding my centre with a dilemma before the session, I emerged from it like a child, bringing my clear head up into the Ozorian dusk. Orange, the last vestiges of the dying sun, blue, the gathering night. I knew what I had to do.

I was tired, like never before at Ozora, so Nidra Yoga or dream-yo-

ga seemed like a perfect panacea. It was, energy renewed and I was ready to head off to the Chill for Mirror System, then Josko and dancing into the night. I was a nomad, a barefoot vagrant with no money on me, just trust, as I set off alone to chill, led by instinct and some kind of a whisper into the night: here I am, take me. I bow to your great wisdom. And the night took care of me. Fired by one of the best pálinkas I have ever tasted, sipping homoeopathic amounts to keep the fire burning in the belly, offered by friends I bumped into, then, a glitter goddess beckoned me to the Pumpui, from where it was up the hill towards my tent through the Dragon, breathing its particular fire with every deep oomph of the dubby beats ricocheting off its walls in chaos.

The Ozorian Prophet

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LIVE PAINTING AT OZ

WISH TO HAVE A FULL-BLOWN ART AND MUSIC EXPERIENCE? THE MIRADOR CREW HAS SOME UPDATES FOR YOU ON WHERE YOU SHOULD BE FOR SOME LIVE PAINTING ON STAGE.

FRIDAY, AUGUST 4:
JESSICA PERLSTEIN AND JONATHAN SOLTNER WILL BE PAINTING LIVE ON THE MAIN STAGE FROM NOON WITH SOME ACED INSPIRATIONS.

SATURDAY, AUGUST 5:
EMMA WATKINSON IS ON AT THE MAIN STAGE LIVE FROM 4PM HEIGHTENING THE UNION OF MUSIC AND VISIONARY ART.

ROS PLAZMA WILL BE LIVE PAINTING IN THE DOME FROM 3:30PM, BAYAWAKA TIME.

ESSAY

PSYCHEDELICS ARE SHAPING OUR FUTURE

WE ARE JUST A FEW STEPS AWAY FROM A REVOLUTIONARY LEAP IN HISTORY OF PHARMACOLOGY:
MDMA IS MOST LIKELY TO BECOME AN FDA-APPROVED MEDICINE IN THE US.

guest author: Kalumet

We are just a few steps away from a revolutionary leap in history of pharmacology: MDMA is most likely to become an FDA-approved medicine in the US.

Two weeks from now on, Food and Drug Administration (FDA) will most probably change the status of the already ongoing MDMA research for treating post-traumatic stress disorder (PTSD) top priority.

It will still take a few years until the medicine will be available, but it looks like nothing can stop the process. The research got into Phase III, which means that studies with blind testing with several thousand patients will be allowed and supported by the government - in exchange of \$25 million, which actually needs to be funded by us, the crowd.

The organisation and the man behind the results of this enormous effort is the MAPS (Multidisciplinary Association for Psychedelic Studies) and its founder, Rick Doblin, Ph.D, whom we will soon think about like we now think of Leary or McKenna, with the significant difference that Doblin and his group is actually achieving the almost impossible: arranging the (medical) legalisation of a psychedelic substance in the middle of the war on drugs.

Studies showed that MDMA is highly effective for curing PTSD, a mental health problem, suffered by people who experienced a serious trauma. The substance, in psychotherapeutic use, is capable of easing the

trauma, or even curing it in not more than two weeks, while the recent legal solutions are not effective at all.

PTSD is just one of the many mental illnesses that can be treated with MDMA, the substance shows potential in couple therapy, depression or anxiety, or even autism, and MDMA is of course not the only drug with medicinal character: a single dose of psilocybin relieved terminal cancer patients of anxiety and depression for more than six months. Ketamine has great effects in treating severe depression and LSD is already being used in many kinds of therapies.

We all may know about these things, but what about authorities? Fun fact: Trump actually makes the whole process easier, because he loves the army, therefore he cares about war veterans - those people have deep connections in the republican governmental circles - these vets are already convinced by the healing effect of MDMA, and the use of it would seriously reduce of the cost of curing all these people. No fake news here - "It's true. It's tremendous!" - as the yellow-haired dude would say.

Luckily, many other countries are relying on FDA's behaviour, Israel, for instance, said that if FDA approves MDMA, they will start their own studies right away. There are ongoing researches in Brazil, Colombia, Australia, UK, and even China is interested.

At Imperial College London, the first clinical

trial will be to test MDMA for alcohol addiction. Universities all around the globe feel the urge to experiment, even under the pressure of governmental disagreement and their threat of penalties - fighting with authorities is inevitable, Rick Strassman's research on DMT got a green light after 10 years of trying, while Rick Doblin's battle lasted for 20 years...

Although, all of these are very important things, but are just a small part of the whole psychedelic world, many other things are happening, like microdosing LSD, which is a hype now not only in Silicon Valley but the whole USA, giving balance, creativity and consciousness in the everyday life of people; the spreading of medical marijuana across the world - already 30 states in the US, 15 countries in Europe; the progression of neuroscience, studies of the effects of DMT (we will know much more about this subject very soon) and the wide spreading of using ayahuasca.

Talking about DMT, there is an ongoing project for protecting the toad Bufo alvarius, which contain Bufotenine and 5-MeO-DMT. They are in danger due to a parasitic fungus, a disease that is deadly to hundreds of species. (Donations to the Terra Incognita Project are tax-deductible. contact@terra-incognita-project.org)

There are so much potential in psychedelics, much more than the space here to talk about all of them.

However, the point

is something what Rick Doblin himself said: "As a society we are finally reaching what seems like a level of maturity - it's taken 60 years - but psychedelics re-enter science, they're re-entering medicine, the media has been quite positive about it."

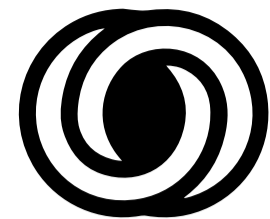
More and more conferences are held around the globe, the biggest ever took place in California this April, the Psychedelic Science 2017, organised by MAPS.

Nothing comes for free though, these studies and permissions are unbelievably expensive, so the whole psychedelic science is relying on us - we need to donate. There is a vision of a "crowd-sourced drug development", again the idea of Rick Doblin, (now 63, decided to be a psychedelic therapist at the age of 18 and still not there - not a legally approved profession), whose organisation is a non-profit one, not only in the need of that \$25 million, but another \$10 million for European studies. Every penny helps, but if you, the ridiculously rich guy are reading this, please...! (for more info visit www.maps.org)

After 20 years I am getting to be content. Finally we are doing what we need to do. We need to change our mind, so we are changing our mind. The psychedelic revolution has never failed, never stopped, in fact it is stronger than ever.

Way to go!

source:
www.maps.org



RADIOZORA
DAILY BROADCAST
SCHEDULE

DAY 5 - DAY 6

::: TRANCE CHANNEL :::

FRIDAY, 4TH

LIVE FROM PUMPUI
17:00 BEHIND BLUE EYES
19:00 FM RADIO GODS
- LIVE CHECK IN AT 19:30 -
20:30 MONOLIT
LIVE FROM MAIN STAGE
22:30 ARCON
23:30 DR SPACE

SATURDAY, 5TH

1:00 GASPARD
2:30 DRIP DROP
4:00 KALA
5:00 ANTHILL
6:00 AURAFOOD
7:30 DJ OHM
9:00 IMAGINARIUM
- LIVE CHECK IN AT 11:30 -
12:00 CYLON
13:30 EAT STATIC
15:00 HJABOY
16:30 UNION JACK
18:00 ATMOS

::: CHILL CHANNEL :::

FRIDAY, 4TH

LIVE FROM DOME
18:30 CARBON BASED
LIFEFORMS
- LIVE CHECK IN AT 19:30 -
LIVE FROM DRAGON NEST
20:00 RASA SOUND
LIVE FROM DOME
21:00 SOLAR FIELDS
22:30 AES DANA

SATURDAY, 5TH

0:30 KAYA PROJECT
FEATURING
IRINA MIKHAILOVA
3:30 GALAXY DROP
6:30 PETER BERNATH
VS NAGA
9:30 ACOUSMATICA
- LIVE CHECK IN AT 11:30 -
11:50 PERCEPTRONIUM
13:30 KALUMET
VS TREVOR MCGREGOR
15:30 BAYAWAKA
18:00 RAJA RAM
VS CHICAGO

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HIGHLIGHTS

FRIDAY BY GIUSEPPE

Head of Parvati Records, longtime Ozorian Main Stage manager and much loved member of the global psy family, 'Giusi di capo tutti' as we sometimes call him amongst ourselves affectionately, has shared some of his pointers for today's must-see's:

"Focusing on later in the day, for the Main Stage, I would not miss the concert of JUNO REACTOR, then the set of our home dj DR SPACE, and in the morning

I would listen to ANTHILL at 5am because I know few of their tracks, I like them all and I would like to hear more. Then if we go to the Dome... a must-see is at 3:30pm, you have to check OKAPI, the Italian wizard. So in the Pumpui I would go and listen to what's up with the Danish BEHIND BLUE EYES, old guys from the Iboga label. And at the Dragon Nest... I don't know any of them, but the Dragon always has good bands, any time is good to check that stage out..."