The Ozorían Prophet

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ASTROZORA: THE DAY OF JUPITER

BY NEDDA MAGIC ADVISOR

"NOT JUST BEAUTIFUL, THOUGH--THE STARS ARE LIKE THE TREES IN THE FOREST, ALIVE AND BREATHING. AND THEY'RE WATCHING ME." / HARUKI MURAKAMI, KAFKA ON THE SHORE

OUR LUCK-MASTER JUPITER IS SUPPORTING US TO KEEP OUR ENTHUSIASM ALL YEAR LONG. JUPITER ENTERED SCORPIO IN 2017 AND IS STAYING THERE UNTIL OCTOBER 2018. HE HELPS US EXPAND AND UNDERSTAND. SCORPIO GIVES A PASSIONATE NATURE TO JUPITER, WE FEEL MORE MOTIVATED TO GO FOR WHAT OUR HEARTS DESIRE. SINCE 10TH OF JULY HE TURNED DIRECT AND THE HOLD MODE IS OFF FOR HIM. IN A WATER SIGN JUPITER'S EFFECT SUPPORTS US IN EMBRACING OUR FEELINGS ON A SOCIAL LEVEL AS WELL. IT IS TIME FOR TAK-ING ACTION IN THE PHYSICAL REALITY AND NOT JUST TALKING OR THINKING ABOUT CHANGE. NO MATTER WHAT, THIS YEAR IS FOR ABUN-DANCE AND IF YOU CAN'T FEEL IT. MAYBE IT IS ALL JUST IN YOUR HEAD... CHANGE PERSPEC-TIVES. LOOK AROUND AND CELEBRATE LIFE! SCORPIO IS A VERY DEEP, EMOTIONAL, SECRE-TIVE AND SENSUAL WATER SIGN. THE REVOLU-TION ON THE CORNER COULD BE LIKE THE RISE of the Phoenix from its ashes. Scorpio IS A STRONG SEXUAL SING, THE CHANGE AND LIBERATION AFFECTS OUR SEXUALITY AS WELL. IT IS TIME TO DEVELOP OURSELVES THIS WAY AS WELL: FIND REAL PASSION, ACCEPT YOUR BODY AND NEEDS AND BE ABLE TO EXPRESS YOUR SEXUALITY. JUPITER REPRESENTS HIGH-ER THINKING, WHICH MAKES US RETHINK OUR

RELATIONSHIPS THROUGHOUT THE WHOLE YEAR, RELATED TO POWER AND CONTROL. HOW CAN I BE ME, COMMITTED AND FREE AT THE SAME TIME? OR HAVE A CHILD AND BE FREE AND A GOOD PARENT AS WELL? HOW CAN I GIVE FREEDOM IN MY RELATIONSHIP TO MY PART-NER, AND WHERE DOES OWNERSHIP START? HOW AM I HOLDING BACK MYSELF FROM BEING IN A RELATIONSHIP AT ALL? JUPITER IS THE TRUE-TELLER; HE HELPS US ALL YEAR LONG AND SHOWS US WHERE TO TURN OUR HEADS IN A PERSONAL WAY. YOU CAN FIND YOUR WAY IF YOU LISTEN TO YOUR INTUITION AND THE SIGNS AROUND. AS I SAID, JUPITER IS THE PLANET OF LUCK, JUST USE HIS SUPPORT.

TODAY IS THE PEAK OF THE TRANSITING MARS IN AQUARIUS SQUARE URANUS IN TAURUS. TENSION IS IN THE AIR; IT CAN BE A STRONG DAY FOR ALL OF US. BE KIND AND DON'T FORGET TO BREATH! WHEN THE ACTIVATOR AND THE REBEL MEET, SUDDEN CHANGES CAN HAPPEN. TO USE THIS ENERGY IN THE RIGHT WAY, STAY CALM AND JUST BE. THIS TRANSIT IS LIKE A TRIGGER, IT AFFECTS OUR MOOD, EMOTIONS AND PHYSI-CAL STATE. MARS IN AQUARIUS IS REBELLIOUS AND STUBBORN AS WELL, SO IT IS REALLY HELP-FUL NOW TO JUST SIT BACK AND RELAX.

WE STILL HAVE THE DELTA AQUARIDS METEOR SHOWER WITH US, THE PEAK WAS ON THE FULL MOON DAY BUT IT IS STILL POSSIBLE TO SEE AND CATCH SOME METEORS AT NIGHT. THE SHOWER RUNS ANNUALLY FROM JULY 12 TO AUGUST 23 AND THE METEORS ARE RADIATING FROM THE CONSTELLATION OF AQUARIUS. LAY DOWN IN THE GRASS, RELAX, MAKE A WISH AND SMILE BACK AT THE STARS.

INTO THE LABYRINTH

"A LABYRINTH IS NOT A MAZE OR A PUZZLE TO BE SOLVED BUT A PATH OF MEANING TO BE EXPERIENCED. ITS PATH IS CIRCULAR AND CONVOLUTED, BUT IT HAS NO DEAD ENDS. A LABYRINTH HAS ONE ENTRANCE — ONE WAY IN AND ONE WAY OUT.

WHEN WE WALK THE PATH, WE GO AROUND SHORT CURVES AND LONG CURVES; SOMETIMES WE ARE OUT ON THE EDGE, SOMETIMES WE CIRCLE AROUND THE CENTER. WE ARE NEVER REALLY LOST, BUT WE CAN NEVER QUITE SEE WHERE WE ARE GOING. ALONG THE PATH WE SOMETIMES MOVE FORWARD WITH EASE AND CONFIDENCE: SOMETIMES WE CREEP AHEAD CAUTIOUSLY, SOMETIMES WE FIND THE NEED TO STOP AND REFLECT, AND SOMETIMES WE EVEN FEEL THE URGE TO RETREAT. THE CENTER IS THERE BUT OUR PATH TAKES US THROUGH COUNTLESS TWISTS AND TURNS. SOMETIMES WE ARE AT THE HEART OF OUR LIFE EXPERIENCES, SOMETIMES WE ARE AT A PLAYFUL TURN; SOMETIMES WE SHARE OUR PATH WITH OTHERS, AND OTHER TIMES WE DON'T. NO MATTER WHAT, WE ARE STILL ON THE LABYRINTH PATH. IT HOLDS ALL OUR EXPERIENCES, IN LIFE AND IN WORK. AND TO DRAW UPON THE WISDOM OF THE ANCIENT GREEK PHILOSOPHER HERACLITUS, WE NEED TO BE AWARE THAT WHAT LOOKS LIKE AN ENDPOINT CAN ALSO BE A BEGINNING POINT. INDEED, IN SO MANY WAYS, THE LABYRINTH IS LIKE LIFE."

- Dr. Alex Pattakos, the opa! $\rm Way^{\circledast}$ paradigm of "Living & Working with meaning"



KIDS' TALE TIME AND LOVE

Once upon a time, in an island there lived all the feelings and emotions: Happiness, Sadness, Knowledge, and all of the others, including Love. One day it was announced to them that the island would sink! So all constructed boats and left. Except for Love. Love wanted to hold out until the last possible moment. When the island had almost sunk, Love decided to ask for help. Richness was passing by Love in a boat. Love said, "Richness, can you take me with you?" Richness answered, "Sorry Love, I can't. There is a lot of gold and silver in my boat

and so there is no place here for you." Love next asked Vanity who was also sailing by. Vanity was also ready with the same answer. "I can't help you, Love. You are all wet and might damage my boat," Vanity answered. Sadness was close by so Love asked, "Sadness, take me along with you." "Oh . . . Love, I am so sad that I need to be by myself!", sadness said in a sullen voice. Happiness passed by Love, too, but she was so preoccupied with her happiness that she did not even hear when Love called her. Suddenly, there was a voice, "Come, Love, I will take you." It was an elder. An overjoyed Love jumped up into the boat and in the process forgot to ask where they were going. When they arrived at a dry land, the elder went her own way. Realizing how much was owed to the elder, Love

asked Knowledge another elder, "Who Helped me?" "It was Time," Knowledge answered. "Time?" thought Love. Then, as if reading the face of Love, Knowledge smiled and answered, "Because only Time is capable of understanding how valuable Love is."



TRIXX WEATHERMAN REPORTS

THE EXTREME HEAT WARNING CONTINUES! EXPECT DAYTIME TEM-PERATURES BETWEEN 30-35° AND POSSIBLE THUNDERSTORMS AND SHOWERS. MAKE SURE YOU STAY HYDRATED AND IN THE SHADE.

A MORNING STROLL

by Blaze

And he rises.

The cool breeze blows into your tent open to the elements through the night. There is trust by now, on the third day of the festival: no, they won't take anything, no, my morning erection (morning wood) is perfectly fine bulging through my underpants. Everyone has it.

"All the wisdom of the East is present in the sunrise" said Krishnamurti. That deep quiet mixed with fresh energy that is there in every sunrise: serene and fresh. There is no higher than that, once you have felt it, clean without the influence of any substances, just the ever-present energy waking up in you.

"To be free of all authority, of your own and that of another, is to die to everything of yesterday, so that your mind is always fresh, always young, innocent, full of vigour and passion. It is only in that state that one learns and observes. And for this, a great deal of awareness is required, actual awareness of what is going on inside yourself, without correcting it or telling it what it should or should not be, because the moment you correct it you have established another authority, a censor," says Krishnamurti in his book 'Freedom from the Known'. No more need be said.

It is a very, very sound idea to start the day with a bit of meditation. Not that I have ever done that at Ozora, where dancing is my meditation, and the mornings are busy, but at home it's often the first thing after my morning coffee. Meditation is often mystified, liquified, overly hyped. It is much, much more simple than that. You sit down, back erect, letting the bottom of your spine curve out naturally. Any thoughts that arise, do not follow, judge, or react to them. This way, the turbulence of the yes and no is terminated, and the mind has the space to calm itself by itself. A good orange juice at one of the shops gets the juices flowing. It is best to detox first thing in the morning; drink water, eat a fruit. After that, time for coffee if you need it.

The Artisan Bazaar is out and proud, displaying the wares on the roadside opposite the Dome. They are – apart from the shops and food stalls who often never close – some of the earliest birds in the Valley. These are people who create their own handcrafted items: necklaces, earrings, devil sticks, shawls, and make their living by selling them at festivals. Now, around 9 it is cool, and there is time to ask the artisans questions. One of them, selling handmade medals from precious stones explains to a couple what kind of semi-precious stones have what kind of effect. The couple settle on turquoise.

Further up, two Ozorians are trying to strike up a conversation with the garbage pickers who are magically transforming the Valley. They don't understand each other, but wish each other a good day.

The Dome features downbeat chilly vibes, perfect for a morning shake and wake, but if you are after a more focused approach, the Pyramid is your home for a good body wake-up. Of all the non-musical places here, this is where programs start the earliest. From 9:00 you can partake in yoga, tai chi or other gentle wake-up methods. Ashtanga Yoga by Fruzsi Szenczi is wildly popular, so you need to be there in time for your sun salutations.

Next is the Tea Shack, get just the perfect herbal ointment for your immediate needs. The lads and ladies at the Shack are perfectly happy to answer your questions and needs. Are you looking for something uplifting and balancing? Let them make a herbal tea for you with just the right amount of love and care.

Then, maybe it's time for breakfast. The team responsible for shops and stalls in the Valley always make sure that you have an exciting selection of food on offer, catering to all needs. Vegan, vegetarian, eggetarian, pescatarian, gluten-free. Indian, Moroccan, Italian, South American, bakeries, fruits, veggies.

Slip down to the Lake. In the morning time a few souls are wandering around, left and right, and around 10 there is plenty of space in the lake. Sit in the cool water and drift on the liquid sounds of the Ambyss from nearby.

Water. Drink, replenish yourself. Haven, next to the Circus has magnesium water on the ready to recharge you with this precious mineral, perfect in times of heat and stress and dance.

This is the only article I did not file in time. I needed to gather more info. One of the best things about the morning is conversation. We often carry our past day into the morning, hopefully a light jute sack of a baggage that we can put down any time. Yet morning carries with it the promise of a new beginning also, forever, always.

We get into a conversation with new friends; Timi, Ákos and co. during breakfast. They then tell me: hey, write about this! About this, about making new friends. Just what I had been planning to do.

MY BODY, MY HOME

When the arms of trance carry us away, we might forget that even though our spirit is tireless, our body is not, and it is our job to take care of its healthy state. I collected some tips for you of how to stay fit and happy and keep your energy level up throughout the

the daily jam sessions with calming South-American tunes or join one of the workshops to learn more about the appreciation of your meal.

Anton Van Doremalen, the Foodfreak gave us some specific ideas of what to eat to avoid the common party hangovers. First of all, try to avoid drinking fluids 20 minutes before and after eating because your digestion works best if the acids in your stomach are not diluted. This way all the nutriments will get into your system and get you more energized! Amphetamines may take you high but later will drop you down, leaving you with depression and exhaustion. Eat 100g of peanuts after your sleep and you will quickly find yourself in a better mood. Psychedelics can create a block of serotonin production in your brain for two days, that will affect your mood and unfortunately not in a good way. Eat 110g of cashew nuts to feel like yourself again.

vitamin content, however after only one hour in the sun food loses 60% of its vitamins.

Finally, when you go to eat, take your friends with you and enjoy a proper meal together! You will eat more, take your time and digest better. Plus, you won't have to throw away any of your food if you can't finish it. Make it a time of your every day!

RAINBOW WARRIOR

THE PSYCHEDELIC EXPERIENCE

by Kai Teo

We've all had at least one psychedelic experience in our lives. Yes, the ultimate high (you probably don't remember), was being born. You came out from another person's pussy! How is that not trippy? On top of that, your brain was producing insane amounts of DMT (N-Dimethyltryptamine) to help prepare you for a life of school, social conditioning, a pathetic job, midlife crisis, and eventually death.

But when we voluntarily ingest a psychedelic substance, we often get glimpses of a reality that exists when our perception is not confined by our limited brains. Many people think that there are multiple versions of the universe. Well, I'm really not so sure about that. I tend to see that our senses are tuned for survival on this planet, and everything that wasn't useful was kinda blocked out. Makes perfect sense. Try running from a tiger when your acid kicks in (oh wait, maybe you were doing that yesterday while you were screaming your head off on the dance floor).

So in a sense, we see a reality that we can only experience when our brains are extra connected and activated. And that reality somehow brings out a divine sense of peace, a deep purpose to spread love, and a powerful sense of compassion. Doesn't that say something about who we truly are? It's almost like we're beginning to understand what's it like to be in the next stage of human evolution – The Rainbow Warrior. The psychedelic experience, then, is a call to action, for us to take our own development into our own hands, and well, mouth or nostril. We see how beautiful we can all be, and how simple it is to just live in peace and sustainability. And we start to understand that we are part of a single, intra-connected ecosystem called Earth. That's when we, as humans, move away from being a virus on this planet, to being a harmonious part of this one body.

As we stomp up the dust on the dance floor today, let us also think about what we're gonna change in our own lives after this festival. Every little bit counts, even taking one less plastic bag is a bit of a revolution. So go forth Rainbow Warrior, you are the revolution.



THE COLOURS OF OUR WORLD II.

THE GATES OF HEAVEN

Having learned why the sky is blue, it is now time to turn to another very important mystery that is there for us, inquisitive earthlings, to be unravelled, namely that of the mesmerising hues of the sunset. To find the answer we, again, have to take an account of the facts:

(Revision) The reason why we can see and differentiate between colours is that the wavelength of the light entering our eyes is different. The wavelength of blue light is very short, while that of red light is long. When you look up to the sky, the air mass above you is thinner compared to when you look in the sunset because then light has to travel to your eyes through the thickest possible layer of atmosphere. You see the sky in different colours because of the atmospheric light scattering without which the sky would be as black as it is at night. At night it is indeed black simply because the photons arriving from the sun do not reach your eyes.

At sunrise and at sunset the rays of light enter the atmosphere at a very low angle and, therefore, cover great distances before they reach our eyes. During this long journey, most of blue light gets dispersed and we see almost exclusively red and orange rays coming towards us from the sun. The missing blue light enlightens the lands lying far to the East from us at sunrise, while at sunset it illuminates areas to the West. Colours with short wavelength gradually fade away and all that is left is long-wavelength red light.

When marvelling at the colours of the sunset I could never really wrap my head around the fact why people are not looking for Heaven here on Earth.

WHERE IS THE SOUL OF THE RAINBOW?

I thought that, without doubt, the most fitting ending to the cycle would be learning about the psychology of the rainbow, since for us here in the Valley, one of the greatest of our many shared moments is when the rainbow appears above the great stage. Would you like to find out how many factors' constellation makes it actually possible?

The most important of all the conditions is that the rays of the Sun should

icstival.

Start your day with a cool shower - no matter how tired you feel it gives you a fresh start for the day. It's like doing sports: it can be hard to get going, but after it you always promise yourself to do it again.

After you should stop by the Teashack for a cup of warm elixir that the crew can create for your actual needs, may it be for refreshment or something to help getting rid of your hangovers, headache, stomach ache or throat itching.

From here you'll only need to take a few steps to the Cooking Grove where you can make your own fresh food under the trees and share it with other hungry Ozorians. If you arrive between 12:00 and 14:00, you can relax to

Eating fresh food is always better because it still has high After you filled your belly well, take a little walk around. It's my experience that even in the hottest day, the air is fresher and more oxygen-full outside, in the shades of a tree than in the camp, closed around by tents and hot campers.

You will find many treasures on your way that will already give you the high of new experiences and uplifted energy for the rest of your day.

I believe that we are souls who borrow our body. It is our home and we are ought to look after it, nourish it and give back to it, especially when it help us go on a life and mind-forming adventure. arrive at a low angle, below 42 degrees to be exact, and the occurrence is at its most spectacular when the sky is still half overcast or there is thick mist in the area and we are standing with our backs towards the Sun.

The rainbow is also an atmospheric optical phenomenon during which water droplets scatter visible light into a spectrum. Refraction occurs both on the external (convex) and the internal (concave) surfaces of the raindrops where light always disperses and thus is split into different colours. Accordingly, the outer edge of the rainbow is always red, then underneath it yellow, green and finally blue. Sometimes a fainter but thicker secondary rainbow is also visible. Secondary rainbows are caused by part of the light being reflected from the front of the raindrop and leaving at an angle of 50-53 degrees. As a result of the second reflection, the colours of the secondary rainbow always appear in a reverse order.

So, it is in the afternoon, behind our back the Sun is already setting, we are facing the Main stage, the light coming from the Sun refracts and then it is reflected from the raindrops and we are together. This year too.

PYROPOCK'S FUN FACTS

EARTH USED TO BE COVERED WITH GIANT MUSHROOMS THAT WERE 24 FEET (7.3 METERS) TALL AND THREE FEET WIDE, INSTEAD OF TREES.

THE PROPHET'S POETRY CALL

One of the Ozorian Prophet's missions is spreading our multicolored subculture, so we announced a poem contest for this year's printed editions. This is one of our tribe's poetic souls, and as it later turned out, he is also one of the artists featured at the Mirador this year, **Jan Luis Gottwald**, a synesthetic poet who loves exploring what he calls *poepsia* /psychedelic poetry/, and you can see his hybrid stop motion animations here in the valley, and this is his second poem after the one in yesterday's paper.

[Meeting Bacchus]

This morning I was in Berlin and now my glass is full of wine Next to an ever noise bomb of a welcoming grandmother spirit She serves me figs from Corfu she covers them with feta cheese you have to eat it all she stands in ancient pride and off I smile glancing at covered old women leaving the best bakery in Athens I'm a maximalist even though I'm minimal and you have to eat it all she commands with this shoulder confident smile which makes me think this phantasy is running fast so let's set it down along with the sun walking by sandstone ruins of low saturated labyrinths and gloomy never rebuild buildings balconies sticking cornerwise which catch the air so different wet and mixed with her jasmine intensity that leaves marks on beer bottles drunk with "jamas" cheeses in between stories of scary never removed cockroach bodies which take the shape of smashed cars parked in the neighborhood of her 20 minute walks to laugh and *smile wondering about self confidence* and then avoiding it no to talk about herself but still so cheekily naming all the ancient structures of Akropolis which we see in fading sunset on a rock where people marry and other people clap that makes her perform her vomit moves complaining and brave she is working crying screaming trying to make money in chinese bank commercials or dressing up like a hipster but they wouldn't take her so she pushes next rounds of Zavakis strange liquor slowly closing her eyes but no she burns we carry on walking on streets of nightlife streets stone covered hidden and tourist filled restaurants which we slalom around to eat her favorite souvlaki with free shots from her friends hand which she strikes with her elbow in this dynamic tale of next bar with black panther stomping waitress and afro funk which gives a kind of hope to all this youth for what she keeps on topping me up so we start rhyming and it never stops this place is out of time please give me a rhyme or should we throw a dime just trying is no crime with some romantic degree I like you touching my knee oh wait I have to pee There are some feelings to be shown I went to the toilet and something has grown so let's go to the place I own we strike out with this new chemistry of ever turning rhyme and she's keep on asking for it so I kiss her in the elevator her tongue so fast and she is so small next shot in the kitchen and foggy it gets her breasts are sublime and oh give me a rhyme oh give me a rhyme At last I tried her pussy with lime the taste of one night greek divine This morning I was in Berlin and now my glass is full of wine.



SPREADING WINGS

Since hatching seven years ago, home of live music, the Dragon Nest stage has truly come into its

own here at Ozora. Last year, it had been the opening and the closing ceremonies that were major

coups, (Squarepusher and Tinariwen), so it will be hard to take the heat higher. Impresario Péter

Pusker says only one thing when asked about the stage's future:

"Since bringing stars was never an imperative, and it would be hard to progress from here,

we're letting go of all pressure about how to go on. There is just one rule: the line-up should

remain exciting."

Dub has been an integral part of the Dragon's line-up each year. Two years ago, after we had the honour and joy of having Lee "Scratch" Perry with us at the Dragon, this year we brought the other founding giant of the genre, Mad Professor to the valley, playing with his live band The Robotics and Sister Aisha, whereas Adrian Sherwood is the featured artist by Little Axe on Thursday. We still, however draw bravely on the most important names of the electronic scene: James Holden took the stage with The Animal Spirits yesterday.

The introduction of French dub in the last few years is also an important and very successful part of the Dragon's efforts to introduce new colours to this kaleidoscope of a stage. The French dub scene is represented by acts from Original Dub Gathering (also called "Odgprod"), a French internet label created based on free & legal music database.

Besides the above, the Dragon holds a steely gaze on world music. Félix Lajkó and Huun Huur Tu are just two names from the line-up this year with a true dazzling bouquet of artists from the genre.

True to its name, the Nest has given rise to so much more. First, there are the discoveries. Shtuby,

Vlastur, Matsumoto Zoku and Rütrance, who we now credit as friends and who have emerged as

artists who are perfectly suitable for psytrance festivals.

Sounds from the Melting Pot is an offspring of the Nest. It is, according to Péter, "a musical

playground", and possibly the most exciting musical project/stage in the Valley. It portrays, on one

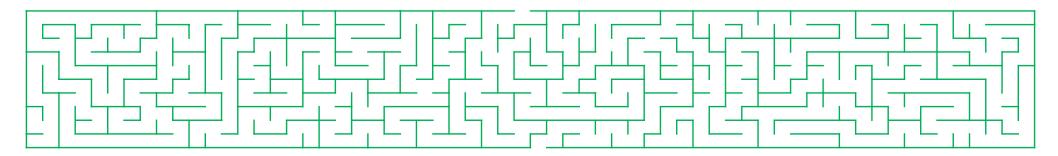
intimate stage at the Artibarn every day at 21:00 all the musical genres present at Ozora: electronica, trance, techno, folk music and psychedelic instrumental music by uniting various artists from all the stages. Similarly to Dragon, the Melting Pot has given rise to its own acts, such as the Herbal Orchestra who first played and formed here. There is a flow backwards too: the group, made up of Vlastur, Eat Static, Basil and Gábor Bánházi played their first gig at Dragon this year last night too.

Witch House Wonders

No more bites! Herbal mosquito repellent with Eva Wanderka

Nobody likes to use chemical bug sprays but no one enjoys mosquito bites either. Come and join us to learn the natural solution. We are going to show you how to make your own personal mosquito repellent. With the use of local herbs we make a base and with essential oils we enchant the mixture. With this method we create a highly effective antidote against bugs, not to mention this creation smells delicious too.

We provide all the equipment, ingredients and tools but places are limited so please make a reservation. All that we use is vegan. During the workshops we are happy to see kids creating with adult supervision.



IN ORDER TO ENJOY YOUR TIME IN OZORALAND TO THE FULLEST, STAYING HEALTHY, IN MIND, BODY AND SPIRIT, IS ONE OF THE MOST IMPORTANT THINGS. IN YESTERDAY'S PAPER YOU COULD READ SOME OF THE HAVEN CREW'S TIPS ON HOW YOU CAN PARTY SMART, BUT EATING HEALTHY AND CLEAN IS ALSO JUST AS IMPORTANT. WITH THIS MANY PEOPLE TOGETHER IN THIS HEAT AND DUST, GERMS AND HARMFUL BACTERIA SPREAD MORE EASILY. THE EXTREMELY HOT WEATHER ALSO CAUSES FOOD TO SPOIL EASILY AND QUICKLY. THE PROPER HYGIENE IS ALSO SOMETHING THAT IS MORE DIFFICULT TO UPKEEP IN FESTIVAL CONDITIONS. THIS IS WHY IT IS REALLY IMPORTANT THAT WHEN YOU EAT, MAKE SURE THAT YOUR FOOD HAS BEEN PREPARED SAFELY AND UNDER REGULATED HYGIENIC CONDITIONS. UNLESS YOU MAKE IT FOR YOURSELF, OR AT WORKSHOPS WHERE YOU PREPARE MEALS TOGETHER, MAKE SURE YOU ONLY EAT AT THE OFFICIAL RESTAURANTS, BARS OR CHOOSE FROM THE MANY DIFFERENT MARKET AREA FOOD STALLS. ALL OF THEM HAVE TO FOLLOW STRICT RULES TO PROVIDE HEALTHY FOOD TO YOU.

WORKSHOPS **HEMP GARDEN**

Hemp is a member of the cannabis family but it's an entirely separate plant to marijuana. This cannabis plant won't get you high, but it can make you healthier. Its specific mix of nutrients has sparked claims that hemp may positively affect cholesterol, inflammation and allergies, to name just a few. Once it's planted in soil, hemp is fast-growing and water efficient, meaning it can thrive even in the driest of landscapes.

The Hemp Garden team's mission is to show participants the wide range of usability of industrial hemp, to reintroduce it to the everyday life and to show that it can be the base of a sustainable and eco-friendly economy.

WEAVING, SPINNING, JEWELRY MAKING

Hemp fiber is a great alternative to cotton. It needs 90% less water to grow and doing well without any pesticide and herbicide. It is lightweight, durable and can

as any cotton based fabric. Our friends from

LIVE AND DIRECT FROM THE VALLEY

RADIOZORA IS STREAMING ALL THE STAGES LIVE FROM THE FESTIVAL, AND IS CHECKING IN DAILY WITH SHORT INTERVIEWS WITH ARTISTS, CREATORS AND DREAMERS FROM THE STUDIO DOWN ON SITE, SO THAT YOU CAN EXPERIENCE SOME OF THE FESTIVAL ATMOSPHERE FROM WHEREVER YOU ARE IN THE WORLD. WE STAY CONNECTED THROUGH THE SAME FREQUENCY.

Trip Hemp fashion will teach you how to spin,

wave, hackle, knit with it. At the end of the workshop you will know how to make yarn from the raw fiber, and ways to make jewelry from it. Join us daily from 16:20.

HEMPCRETE, HEMPBRICK

Building materials made from hemp are not such a recent discovery. Hempcrete was discovered in a bridge abutment in France built in the 6th century. Since its rediscovery it has seen growing use in Europe, especially in France. It is very lightweight: a hempcrete block may float in water. It means that a hemp house needs shallower foundation and less support, which can make it a cheaper

building solution. On the other hand, it is not a load bearing element, so hemp houses have timber (or steel or concrete) frames. Hempcrete is an excellent insulator and moist regulator, and has great vapour permeability. According to reviews, it can maintain 20°C

when it's around -2°C outside. These properties keep the upkeep cost low (lower heating and cooling costs, no need of forced ventilation). It has a negative carbon footprint because hemp absorbs lots of CO2 when

growing. One cubic meter of hempcrete absorbs

165 kg of CO2, which means that an average hemp house binds 50 tons of it.

In our workshops, you will learn how to make hempcrete and we will build

installations and kinetic sculptures from the material. Work with your hands, be creative and get dirty!

HEMP AS A SUPERFOOD

Hemp seed is one of the best plant-based protein and definitely the best omega-3 source, which make it a must have food in every vegan and vegetarian kitchen. And if vou

sprout it, it's even richer in nutrients. For example, hemp sprouts contain cannaflavins

together with many other flavonoids. And in addition, they are delicious!

Throughout the festival, you can learn to prepare different hemp based foods, like sandwich cream, protein balls with CBD oil, hemp pesto, hemp sprout salad and more.

MEDICAL CANNABIS

As you may know it, marijuana also has lots of medicinal properties. It treats many ailments, and eases the symptoms of serious diseases. Two films will be shown on the festival and our friends from the Hungarian Medical Cannabis Association will hold lectures,

group talks and you will have the opportunity to have one-on-one appointments if you feel that you need an alternative medicine (CBD oil is legal everywhere in Europe). They can help you get informed on dosage, trusted manufacturers and cross-reactivity with other drugs. You can talk to them every day from 4pm.

WISDOM **ELDERS' ZEN**

be as soft

"Master Nansen found two groups of monks from the Eastern hall and the Western hall quarreling over a cat. He picked up the cat, held it up above his head, and said to the monks: "Any of you say a good word if you want to save the cat!" Not a word came out. Nansen went to the kitchen, came back with a large cleaver and cut the cat in two. Then he gave one half to each group. That evening when Joshu returned to the monastery, Nansen told him about the incident. Joshu said nothing, took his sandals off, put them on his head and walked out. Nansen pensively uttered: "Joshu would have saved the cat."

selected by Dr. Sally & Prof. Bela

GREETINGS FROM THE TEASHACK

The Teashack is more than a simple teahouse, it is a special place. Not only because of its storybook appearance and atmosphere, but also because when we put our offer together each year, we try to cater for all kinds of demands besides the trinity of serving to refresh, quench thirst and calm nerves. If you visit us,

you can find a healing brew for the most typical "festival illnesses" too. Headache, stomach ache, bloating, exhaustion or just the opposite, being too hyped, we can help you. However, so that we can tea-care of the visitors coming after you as well, it's really important that the mugs do not only leave, but also

return. WE ASK EVERYONE: PLEASE DON'T TAKE THE MUGS AWAY WITH YOU! Spend a little time with us, anchor yourself for a short while, look around, sip your tea, enjoy every moment of Your little Hug, and before leaving, return the mugs to us. The volunteer tea masters on duty will wash them prop-

erly and put them back on the shelf, so that the wonderful little mug you were drinking your tea from can serve to make another Ozorian happy in a matter of minutes after you. Isn't it uplifting to know that you can also be a part of this caring flow?

TEA IS A HUG IN A MUG.

ARTIBARN

Sounds from the Melting Pot

It brings the often widely different musical worlds and their performers close together in unbound, free form on the festival. Imagine all kinds of improvised jam sessions, transforming completely the world of Artibarn after sunset (21:OO). We are about to show you real musical delicacies, you can witness with your eyes and ears a unique and spontaneous process, how different musical styles melt into one, just as the ideas, fantasy and knowledge of the performers on the festival's four stages.

THURSDAY 21:00

3 MEMBER FROM

VLASTUR BAND

DYMONS

ANYONE OUT THERE WHO IS A PIANO TUNER - YOU COULD COME AND TUNE THE CHAMBOK'S PIANO!

The Ozorían Prophet

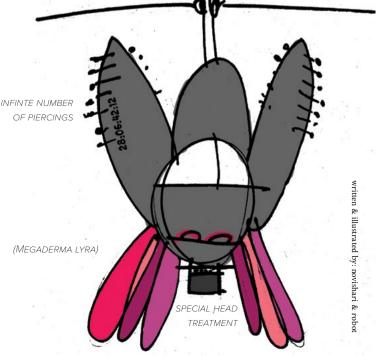
MICROCOSMOS BY BLACKBIRD

Taking a walk at O.Z.O.R.A. offers a wonderful opportunity to get acquainted with a number of various worlds. If you wish to take a trip into the world of extremely tiny things, please visit Microcosmos, where helpers are waiting for you 24 hours a day to guide you through the smallest dimension that is accessible by means of optical devices.

This trip is a journey into the past, a journey into the world of microstructures, where you can examine the structure of minerals under a stereo microscope. In addition, if you find any interesting objects, such as feathers, shells or leaves, bring them, believe me, you can gain a completely new perspective at the other side of the lens. What is novel at Microcosmos is that this year you can even touch a couple of objects, such as the 100 million-year-old petrified wood or an amethyst geode weighing 200 kilos (around 440 lbs). This year, a gallery has been added to the site of the Microcosmos, in which various workshops are held and academic presentations are given on topics like soil biology or crystal healing on the topic of esoteric techniques. Furthermore, you can also relax in the gallery at any time of the day. Each night, you can see live microscope VJ sets, which can be regarded as an attraction unique in the world in all respects. If you are an acoustic musician, Microcosmos warmly invites you to participate in jamming anytime you want. For more accurate information about the programme, please check the line-up in the program guide.

ARCHETYPES FROM THE TRIBE THE GOANNY DARKO

THE GOANNY DARKO OVERSEES THE PLANNING, DEVELOP-MENT AND EXECUTION OF APOCALYPTIC SCENARIOS WITH A PASSIONATE LOVE FOR HUMANKIND SHROUDED BY CYNICAL SUPER-VISION.



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