

life in balance

inspiring a sustainable culture

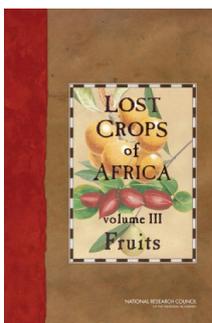
November 2013

Nature Watch



Want to hear something truly magical? Robert Wilson caught a hauntingly beautiful piece of music one night - a recording of crickets. [More-](#)

Book Review The Lost Crops of Africa Vol I, II, III



This series of books outlines some important, useful and locally relevant indigenous African plants that can reduce poverty, malnutrition and food insecurity. [More-](#)

Planting Guide December



Summer is a great time to catch up on garden maintenance and reading up on what to plant in the coming months. It is also a slow time for planting due to the heat, but a good time for planning autumn crops. [More-](#)

**Permaculture
online & it is free**

I'd like to ruffle things up a little, after this year and the track of keeping it all together I wonder what the future holds if all we ever really live is the present and a host of memories that make up the past. The newsletter has been gathering tidbits of inspiring information to capture your attention and show you different things out there, things away from the violence of the mainstream media - things that make us believe in the inspired life and the power of the human spirit. Enjoy this offering - the next one will come around later in January as we are going on a much needed break from the keyboard and electronic world for awhile. Blessings to you and yours - always and forever in the present. Melissa

Living in the experience of Awe



The experience of awe - jaw dropping, world changing, mind bending awe - is a powerful sensation, one that signifies suspension of belief, a shifting paradigm, a sense of wonder and amazement and it has the power to invigorate our lives. Jason Silva's series is a must watch. [More-](#)

Remember to look up

It is all too easy to forget that we live in a fascinating and magical universe, but one Reddit user has reimagined the lovely collection of planets in our solar system as if they were roughly the distance of the moon away. These images are breathtaking, despite being photoshopped. [More-](#)



A better life through traditional medicine



It is predicted by the World Health Organization that by 2020 depression will be the second leading cause of disease burden in the first world. This is a scary statistic. Herbal remedies can assist in healing, personal development and improving one's quality of life. [More-](#)

The push against radioactive industry

Nuclear power has always been a contentious issue with Civil Society Organisations. Fear of nuclear radiation which has been proven to cause terrible health issues including high levels of cancer and deformations have long kept the voices against nuclear power loud and clear. [More-](#)



Festive Bruschetta Platter



This yummy platter of snacks is perfect for hosting during this year's festive season. Goat's cheese, salmon, tomatoes and



Be sure to check out this amazing free permaculture design course by the Regenerative Leadership Institute. It's free! [More-](#)

The Animal Communicator



What if you could talk to animals and have them talk back to you? This first full length documentary film about animal communication features Anna Breytenbach, who has dedicated her life to what she calls interspecies communication. [More-](#)

Perfect Timing



When we take a photograph, the results is not always what we expected. These 50 images capture what is referred to as "perfect timing", perfectly. Enjoy! [More-](#)

Matt Damon will blow your mind



Matt Damon, a lifelong friend of Howard Zinn, reads excerpts from a speech Zinn gave in 1970 as part of a debate on civil disobedience. A must watch! [More-](#)

Pharrell Williams Happy



artichoke antipasto are the main ingredients but you could easily change it up using any of Pick n Pay's antipasto range. Best of all, it can be made in advance. [More-](#)



Brussel Sprout, Potato and Parmesan Croquets

Served with a dollop of delicious cranberry sauce, these golden nuggets make a festive drink snack too. Our second Pick n Pay Fresh Living recipe has some tasty alternatives to try, too, like swapping the sprouts for cabbage or peas and using sweet potato or parsnip mash. [More-](#)



Seven design focused innovations



From syringes that change colour to off road wheelchairs, this year's World Design Impact shortlist is packed with seven fascinating design solutions. The award will be presented at the World Design Capital® International Design Gala in Cape Town in February 2014. [More-](#)

An Experiment to Test the Destiny of the World

Genna Gardini's article about artists Lauren von Gogh and Robyn Cook, the two Joburg-based co-founders of The Sober & Lonely Institute for Contemporary Art (SLICA), from their early days as students at the Wits School of art to their plans for 2014, is a must read. [More-](#)



African Extracts Rooibos giveaway



The African Extracts Rooibos range of skin and body care products is a South African success story, and now there is great shampoo and conditioner to add to their selection. Three lucky Life in Balance readers can each win a shampoo and conditioner, so enter now.



Pharrell Williams, also known simply as Pharrell, is an American singer-songwriter, rapper, record producer, fashion designer, and drummer. He is also the creator of the world's first 24-hour music video.

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October winners: Biowashball®

Winners of a Biowashball® - SA Brand leader since 2007 - are Syda Greyling, Vuyiswa Kraba and Zenobia Kearns. Congrats! We will be in touch soon.

Thought for the month

Mother is an award-winning film that reveals the compelling challenges we face in a world of 7 billion and features world-renowned experts to help explain one of the most persistent controversies in our culture. It is a film of hope and shows the strength of the human spirit to make a better world. [More-](#)



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