

*Celebrating the Joys  
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*The*

FINDHORN  
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BOOK



*Kay Lynne Sherman*

# Findhorn Cookbook

**Rick Fields**



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*The Findhorn Community* Carol Riddell, 1991 The Findhorn Foundation one of the first successful new age communities of present times was founded in 1962 and continues to be an important part of a world wide movement for spiritual transformation What is it like to live in the Findhorn Community today What is the spiritual inspiration behind its existence and how has it changed and evolved over the years How is it organised and managed What kind of people join it and why and what changes do they go through In this book Carol Riddell covers all this and more including the community's development from its early patriarchal basis to its first hesitant steps into spiritual democracy its evolving relationship with the earth and the environment and the new businesses and independent projects springing up around it She both sets the Findhorn Community in its current global context and shows how the process of creating a contemporary spiritual identity can unfold day by day through the ordinary activities of people living and working together Back cover

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delight There was nothing otherworldly about Peter He was a man of action who thoroughly enjoyed taking on a challenge the greater the better Whether serving in the wartime RAF climbing the Himalayas in Tibet managing a luxury hotel on spiritual principles or running a New Age community he climbed every mountain God put in front of him He married five times and fathered six children As a consequence his life reads like an adventure novel it is a ripping good yarn which is all the more powerful because it is true *History of Vegetarianism and Veganism Worldwide (1970-2022)* William Shurtleff; Akiko Aoyagi,2022-03-10 The world s most comprehensive well documented and well illustrated book on this subject With extensive subject and geographic index 48 photographs and illustrations mostly color Free of charge in digital PDF format

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