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DR MARGI PRIDEAUX  
Just Conservation Embraces a Wild Tapestry

Cover Photograph by Mark Ulyseas





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Laos PDR..

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Live Encounters is a not-for-profit free online magazine that was founded in 2009 in Bali, Indonesia. It showcases some of the best writing from around the world. Poets, writers, academics, civil & human/animal rights activists, academics, environmentalists, social workers, photographers and more have contributed their time and knowledge for the benefit of the readers of the magazine.

We are appealing for donations to pay for the administrative and technical aspects of the publication. Please help spread the free distribution of knowledge with any amount for this just cause.

Om Shanti Shanti Shanti Om

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# CONTRIBUTORS



## Just Conservation Embraces a Wild Tapestry Dr Margi Prideaux

Margi Prideaux is an author and international wildlife negotiator. She has written about wildlife in international politics and law almost every day for the past 28 years. As an international negotiator and independent academic, with a PhD in wildlife policy and law, her words have been tuned to inform policy audiences in more than 20 different international conservation processes. She has four books including *Birdsong After the Storm* and *Global Environmental Governance, Civil Society and Wildlife*, has co-authored *All Things Breathe Alike: A Wildlife Anthology*, and co-edited *Tales from the River: An Anthology of River Literature*.



## Rescuing Endangered Wildlife in Bali Dr Bayu Wirayudha

Bayu has done Veterinary Medicine, Udayana University, Bali. Founder director of FNPF, Yayasan Bebali, which works with traditional cultural revitalisation, and previously with the Begawan Foundation, where he oversaw the program breeding the critically endangered Bali Starling (*Leucopsar rothschildi*) and their subsequent release by FNPF onto Nusa Penida. 2003 and 2007 nominated for Indonesia's Kalpataru (Hero of the Earth) Award for his work with conservation. 2007 Bali Governor awarded him Environment Pioneer.



## On the Negro River Jose Truda Palazzo Jr

José Truda Palazzo Jr is an environmental activist, writer and explorer. In the 1970's, when Brazil was still under a military dictatorship, he became one of Brazil's leading voices against Japanese whaling in its waters and led a research and conservation project which ensured the recovery of a breeding population of Southern Right Whales in Southern Brazil. He is a member of the International Committee on Marine Mammals and Protected Areas and in the IUCN Marine Mammals and Protected Areas Task Force and Tourism and Protected Areas Specialists Group. He is Global Ambassador in promoting Yap's unique natural and cultural heritage.



## Peace Donna Mulvenna

Donna Mulvenna is a horticulturalist whose journey as a writer began when she moved to the Amazon rainforest in French Guiana. Donna is a Fellow of the International League of Conservation Writers, and the author of *Happiness is Green, Wild Roots—Coming Alive in the French Amazon*, and *The Awe of Nature*. She co-authored *All Things Breathe Alike: A Wildlife Anthology*, and is the co-editor of *Tales of the River*.



## The Catalytic Synergy of Homeopathic Medicine Dr Mukesh Batra

Dr Mukesh Batra, LCEH, FSRH (MED) P (LOND), MDH (USA), FBIH (UK), a homeopath of international repute, is Founder-Chairman, Dr Batra's Group. In a career spanning four decades, Dr Batra has treated thousands of patients, including presidents and prime ministers, and revolutionised the way homeopathy is practiced today. A writer, photographer, singer and philanthropist, Dr Batra has been honoured with several fellowships and over 50 national and international awards, including the Padma Shri, one of India's highest civilian awards, by the President of India.



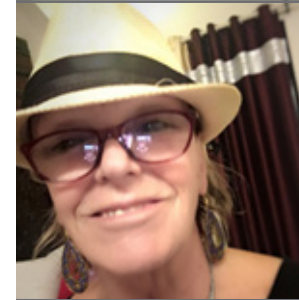
## Dualities of Light and Dark Emma Barone

Emma Barone, a contemporary visual artist, creates still life and landscape paintings in acrylic on canvas. Her work has featured in - *Live Encounters Magazine*, *The Irish Arts Review*, *Senior Times*, *House and Home*, and the *Sunday Independent*. She has published two books in collaboration with the Hennessy Award winning writer, Eileen Casey. Emma has exhibited extensively throughout Ireland, with 22 solo exhibitions, her work is in private and public collections including the Amsterdam World Trade Centre, Midlands Regional Hospital, Offaly County Council and Tullamore DEW Visitors Centre.



## Hanoi Culture Capital of Vietnam - Part IV Mark Ulyseas

Ulyseas has served time in advertising as copywriter and creative director selling people things they didn't need, a ghost writer for some years, columnist of a newspaper, a freelance journalist and photographer. In 2009 he created *Live Encounters Magazine*, in Bali, Indonesia. March 2016 saw the launch of its sister publication *Live Encounters Poetry & Writing*. He is the author of three books: *RAINY – My friend & Philosopher*, *Seductive Avatars of Maya – Anthology of Dystopian Lives* and *In Gethsemane: Transcripts of a Journey*.



## The Bali Farmer Jill Gocher

Bali based international photographer has spent her life exploring and enjoying Asian cultures. Her work has appeared in *National Geographic*, *Time*, *International Herald Tribune*, *Asia Spa*, *Discovery*, *Silver Kris* and many more. Her books - *Asia's legendary Hotels*, *Periplus*, *Bali- Island of Light -Marshall Cavendish*, *Indonesia - Islands of the Imagination*. *Periplus*, *Australia - the land down under - Times Editions*, *Singapore*, *Indonesia - the last paradise - Times Editions*. She has held exhibitions in *Singapore*, *Kathmandu*, and *Bali*.



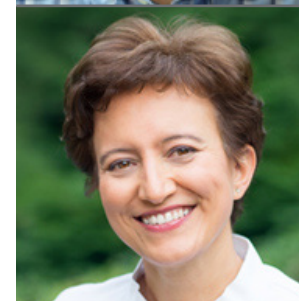
## Pakse Champasak Lao Mikyoung Cha

Mikyoung Cha is a graduate in Oriental Painting from Hyosung Women's University, Daegu, South Korea. She has participated in a number of group art exhibitions in South Korea and Japan. In 2016 she took up photography – the camera becoming her paint brush. This globe trotting photographer is a regular contributor to *Live Encounters Magazine*.



## My Favourite Photographs - Part II Andrea Lamberti

Andrea Lamberti is a nature photographer and a vegan. As well as supporting his physical health, Andrea found veganism is naturally aligned to his philosophy of living simply and minimally, allowing less packaging, chemicals and processing, and avoiding the unnecessary commodification of animals. Andrea documents the geography and underwater plant and animal species of his local coastline, to explore his relationship with the natural world, and his belief that humans should inhabit the planet primarily as curators rather than as consumers.



## Patlicanli Tencere Kebabi Ozlem Warren

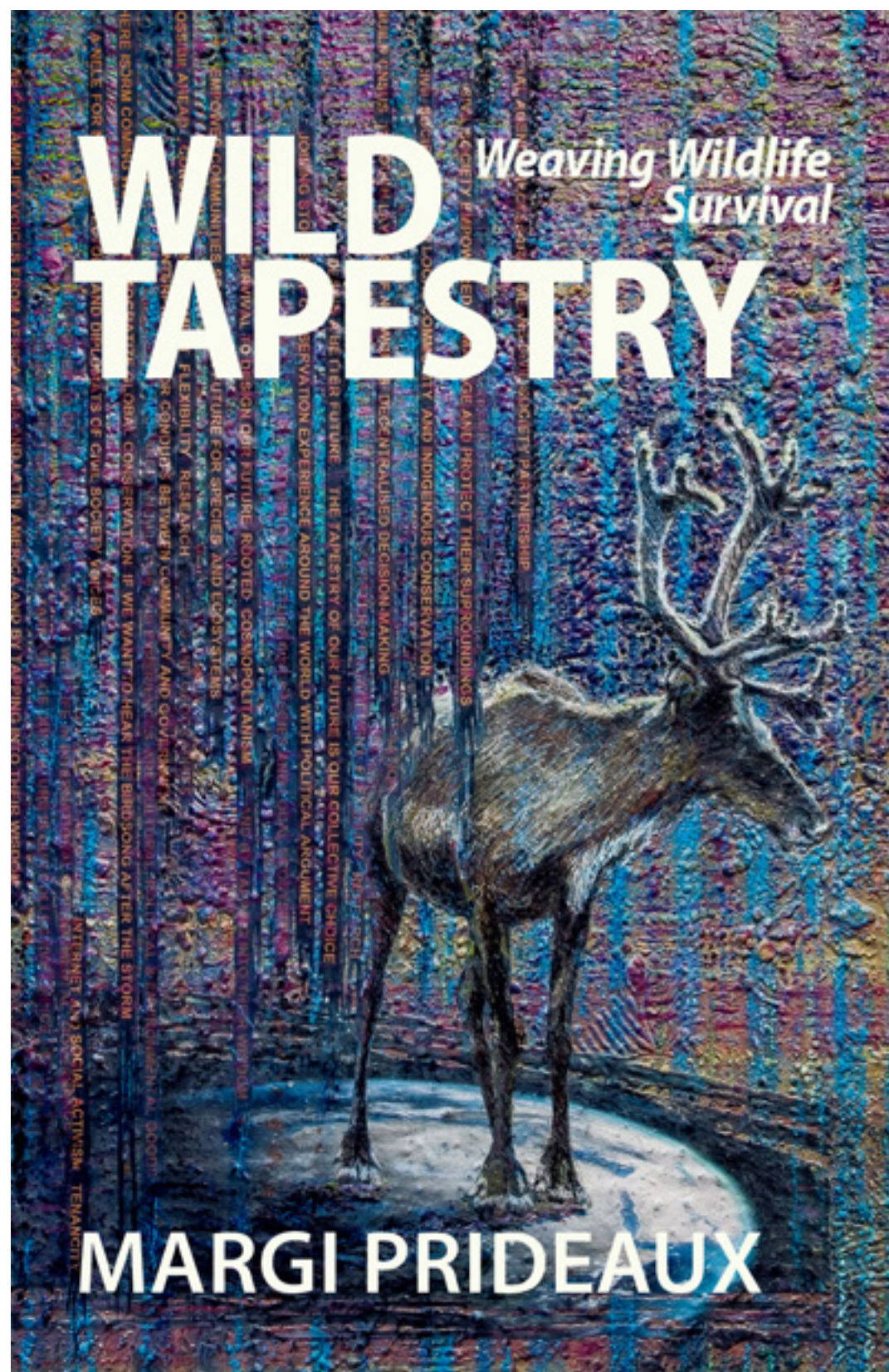
International cooking teacher and Turkish culinary expert Ozlem Warren is a native of Turkey, lived there and extensively travelled for 30 years. She has been teaching wholesome, delicious Turkish cookery in the US, Jordan, Istanbul and England. Her recipes have been published in the local media in England, *Hurriyet* and *Sabah* national daily newspapers in Turkey. Ozlem also took part at the *"Turkish Chefs of the World"*, *"Dünyanın Türk Seftleri"* TV program aired at TRT, National Turkish TV channel and in 37 countries.



## Romantic dinner at WakaGangga Putu Yudana

Corporate Executive Chef, Waka Hotels & Resorts, Bali, Indonesia.





Margi Prideaux is an author and international wildlife negotiator. She has written about wildlife in international politics and law almost every day for the past 28 years. As an international negotiator and independent academic, with a PhD in wildlife policy and law, her words have been tuned to inform policy audiences in more than 20 different international conservation processes. She has four books including *Birdsong After the Storm* and *Global Environmental Governance, Civil Society and Wildlife*, has co-authored *All Things Breathe Alike: A Wildlife Anthology*, and co-edited *Tales from the River: An Anthology of River Literature*. Along the way, her shorter musings have been published online at *AlterNet*, *Ecologist*, *Global Policy*, *Live Encounters*, *openDemocracy*, and *Wildlife Articles*.



## DR MARGI PRIDEAUX JUST CONSERVATION EMBRACES A WILD TAPESTRY

We have lived by the assumption that our political system will naturally, and progressively evolve. We were wrong.

The near future now holds unprecedented environmental and political chaos. The need to arrest climate change and biodiversity decline is urgent. But our frayed political system is incapable of taking action and of recognising the myriad of just, local conservation solutions that might be possible. Meanwhile, big business gains ever more power to monetize the natural world, condemning thousands of species to disappear from the rich and beautiful tapestry of the earth. Trees have become carbon sequestration; gorillas an ecotourism destination; species without market value are invisible. People across the world intrinsically know that once wildlife is gone the place they once lived will be hollow.

These are the threads we must protect, but with justice and care to ensure their rich lustre is preserved as well.

The fabric we are weaving now is dystopic.

From the influence and power of wealthy countries, we rake against the natural fibres of local conservation, destroying their form and texture, until they are smooth and uniform. In our determination to find solutions for diverse and complex local problems, we have been seduced into weaving with neutrality—with sameness and conformity.

This is an excerpt of Margi Prideaux's forthcoming book, *Wild Tapestry*, to be released by Stormbird Press in late 2019.



This seduction has already damaged many web strands, leaving communities and their cultural knowledge displaced. Whole villages have been forced from their ancestral homes—wilderness they have harmoniously inhabited for generations. In their place armed border guards stride, paved roads snake, and exclusive hotels stand.

Where children once learned from their elders of the leaves and fruits and animals around them, tourists now stare from open-top cars at the last surviving tiger. While hunters once stood on the ice edge at sunrise, offering thanks to the spirit world before hunting meat for their community, now they wait for wealthy sport shooters from half a world away, lusting for blood and a polar bear trophy.

Cloistered in our cities and towns we are disconnected from the venerable bond between nature and humans that remains tangible and real for communities in many wild places. Campaigns are launched to save the last surviving golden lion tamarin, but they are funded by corporate profit procured by flooding valleys and mining sacred mountains. Meanwhile we flock to conservation solutions that mute a myriad of beautiful, diverse, and just local options—forcing the colour from the threads of community relationships with caribou or kakapo; with elephants or emus; with panthers or pythons, until all that is left is ostentatious words on a page.

We don't see.

There are few relationships so closely bonded as that of human and *Rangifer tarandus*—caribou or reindeer. These magnificent species are native to the Arctic, subarctic, tundra, boreal, and mountainous regions of northern Europe, Siberia, and North America.

Caribou herd traveling on snow. [LINK](#)







*Mother and young caribou on Yukon-Alaska border. [LINK](#)*

As summer approaches, many caribou herds of Canada and the US head north in one of the world's great large-animal migrations. They can travel six hundred miles, or more, along ancient annual routes to a journey's end of summer feeding on the abundant tundra. When the first snow falls, they turn south again and complete their migration to spend the winter in more sheltered climes.

These gentle animals have provided food, shelter, transport and a harbinger of seasonal change for generations of Saami, Nenets, Khants, Evenks, Yukaghirs, Chukchi, and Koryaks in Eurasia, First Nations of Canada, and Kalaallit of Greenland. These peoples have followed, observed, and hunted the caribou and reindeer for millennia and the herds remain the source of inspiration, hope and belief for some still. Now First Nations peoples of Canada watch, with sadness, as territories, where caribou roam, feed and breed, fragment and disappear in the face of industrial human growth—from forestry, mining, oil, gas and hydro development, and by climate change impacts, roads and seismic lines that open the areas to hunting and predators. Many herds are in danger of being wiped out, while cities further south have swollen with wealth, giving no thought of justice for what these peoples have lost.

When government biologists in Canada want to learn where caribou are, they put radio-tracking collars on a few animals and monitor their movements. They get a rough idea of where herds travel, but they glean nothing about the caribou's history before their habitat was degraded. That wisdom is held by the indigenous communities. Now, at the eleventh-hour, co-management between the Canadian Government and First Nations communities is being trialled, but with difficulty as it struggles to create bridges between traditional knowledge and the structures of governments. Still rooted in the science and traditions of wealth and prosperity, these experiments fall short of just conservation in many ways.



Globally, the current rate of biodiversity loss is nothing less than a crisis for humanity. But, it's flawed thinking to conclude that the only conservation response is to undermine social justice.

The current era often talks of sustainable development, but has forgotten one of its founding pillars—inter and intra-generational equity. The displacement of local people, and militarisation of wildlife protection have become all too common. International negotiations have become grid-locked on how to achieve equity, leaving the bulk of benefit from conservation to accrue where wealth is centred, and the principle costs to fall locally and to the poor. That biodiversity has already been erased from many wealthy regions seems forgotten. Europe and the UK, North America, Australia and New Zealand have already cleared, damned, and paved their most biodiverse lands. Maps and statistics about the contemporary biodiversity crisis are suspiciously devoid of these past crimes.

Now, the race to save what is left is focused where biodiversity values remain high—where indigenous and local communities have lived for thousands of generations while causing minimal harm. Sitting at the loom, we give no pause to recognise local knowledge and guardianship. Nor are we conscious of a travesty. These communities have not eroded the richness of biodiverse forests, savannah and seas. The damage stems from the rapacious hunger of modern industry and consumers of wealth from the same barren deserts that have already destroyed so much.

The tapestry of our future is our collective choice. We can sit, indifferent, and weave plain fabric, allowing others to dye and shape it into projects of their making—projects that will impoverish communities and subjugate nature until we lose the last of what is precious. Or, we can design a beautifully woven tapestry that reflects the depth, texture, and colour of what we want to save.

The modern world unjustly ignores the wealth of knowledge that local peoples hold about caribou, reindeer, and thousands of other species across the world. It is time for their ancient, wise stories to be core to the wild tapestry of future decisions.

Conservation that involves and engages local communities—*just conservation*—performs better than 'fortress conservation'. Community-based reserves outperform exclusionary, uninhabited parks. Coral reefs that have strong local conservation engagement outperform the no-take reserves. Deforestation is lower in community managed forests than exclusionary protected areas. Including local people in decisions, harnessing their wisdom and knowledge, and acknowledging them as legitimate guardians is better for us all.

The weft still exist where local activists fight to protect water birds and wetlands from mining, where herders make peace with Himalayan snow leopards, and people stand in the footprints of elephants that walk the plains and forests of Africa. We can embrace these local voices, and choose the warp thread that empowers them. Even with imperfections, we can weave our wild tapestry. We can sit at the loom of survival and design a wild, beautiful, *and just* future.



Caribou of the Porcupine Herd [LINK](#)





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Sea eagle photograph © Abraham Armada



Bayu holds a degree in Veterinary Medicine from Udayana University, Bali. He is the founding director of FNPF, and holds other directorships including with Yayasan Bebali, which works with traditional cultural revitalisation, and previously with the Begawan Foundation, where he oversaw the program breeding the critically endangered Bali Starling (*Leucopsar rothschildi*) and their subsequent release by FNPF onto Nusa Penida. In 2003 and in 2007 Dr Bayu was nominated for Indonesia's Kalpataru (Hero of the Earth) Award for his work with conservation. In 2007 the Bali Governor awarded him Environment Pioneer. In addition to his NGO work, Dr. Bayu has extensive experience working closely with all levels of government and with the private sector. The quality of his work is evident in the successes FNPF has achieved, and in the trust placed in him and FNPF by organisations such as Humane Society International, the Gibbon Foundation, Boeing Aerospace, US Fish and Wildlife Service, and AusAID (the Australian government's international aid department). Dr. Bayu provides vital leadership and oversight to FNPF.

<https://www.fnpf.org/>

## DR BAYU WIRAYUDHA RESCUING ENDANGERED WILDLIFE IN BALI

### *Introduction*

FNPF (Friends of the National Parks Foundation) is a Bali-based non-profit organisation that works in conservation on the Indonesian island of Bali, and in Kalimantan, on the island of Borneo. Most of FNPF's conservation work is focussed on improving the wellbeing of local communities in ways that protect wildlife and habitat. By improving local community options for employment and income generation (through education, agro-forestry, eco-tourism, mixed and organic farming) FNPF reduce the need for communities to work in environmentally destructive sectors such as illegal logging and mining, slash and burn farming, and palm oil cultivation. By helping, and educating local communities, FNPF win their respect, support and participation for conservation objectives.

The work of FNPF is inspired by the ancient Balinese philosophical concept of Tri Hita Karana, which brings together the realms of the spirit, the human world, and nature. These three elements can allow us to achieve a sense of well-being, in ourselves and in the natural world. An example of Tri Hita Karana is the ancient and vital "subak" cooperative water management system in the Balinese rice fields, which shares irrigation water in an efficient and fair way. This philosophy was born of the cultural exchange between Bali and India over the past 2,000 years and has shaped the landscape of Bali. The subak system of democratic and egalitarian farming practices has enabled the Balinese to become the most prolific rice growers in the Indonesian archipelago, despite the challenges of supporting a dense population. Unlike many conservation NGO's, FNPF has, since its founding, believed that working closely with communities is the key to sustainable conservation of endangered species and habitats. The major part of FNPF's conservation work has been in habitat restoration such as reforestation in Kalimantan, Borneo, and species re-introduction such as the conservation of the very rare Bali Starling on the Nusa Penida islands off Bali's coast. This has involved close cooperation with local communities, including schools and volunteers.



The list of animals and birds that we have cared for reads like a veritable Noah's Ark of species. We have looked after many cockatoos of different species, parrots, a cassowary, many raptors, including sea eagles, black eagles, brahminy kites, a crested serpent-eagle, a hawk eagle, buzzards, owls, hornbills, peacocks, black-winged starlings, and so on. In terms of animals, we have looked after a pangolin, monkeys, including leaf monkeys and pig-tailed and long-tailed macaques, gibbons, slow loris, a porcupine, crocodiles, and so on. As you might imagine, the food bill for all of these "guests" is substantial, more than US \$2,500 per month, at the last count. This is why we are considering an animal-adoption scheme, to help provide funds for our residents.

Several years ago, Dr Bayu Wirayudha, FNPF's founder, was offered the opportunity to manage a wildlife rescue center to take care of endangered wildlife that had been confiscated from people keeping them illegally, or had been found injured or ill, and to eventually rehabilitate the animals, and if possible, return them to the wild.

In this article, FNPF Founder and Director, veterinarian Dr Bayu Wirayudha, who has dedicated his life to conserving Indonesian wildlife, describes the work of FNPF in the Bali Wildlife Rescue Center in Tabanan, Bali.

### Bali Wildlife Rescue Center

At the Bali Wildlife Rescue Center, one of just seven animal rehabilitation centers in Indonesia, we believe our mission is to provide support for native endangered wildlife, and also, importantly, to educate the public on the importance of conserving native wildlife. Our work entails caring for, rehabilitating and when possible, releasing animals back into their native habitats.

Most animals at the center are the victims of illegal trading and poaching and many are brought to us by the government-run Bali Biodiversity Conservation Unit. Sadly, some animals are too old or too injured for rehabilitation and must remain at BWRC for the rest of their lives. A case in point being two pig-tailed macaques who have lived in cages for so long that they are now mentally disturbed, and unsuitable for release.

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Volunteers transport croc © Photograph Abraham Armada





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One of our most challenging animal adoptions was the case of several very large salt-water crocodiles, which had originally been destined for a crocodile-skin farm in Bali. The owner could not obtain the appropriate permits for this potential business, so we were asked to look after them. We agreed, despite the problems associated with caring for very large, and very dangerous reptiles. We built a large enclosure complete with pools for the crocs to cool down in. Food is also an issue, as they require meat and chicken on a weekly basis. They can also be quite difficult, and less than grateful, to treat when sick, as our vet, Dr. Rini, found out when she was bitten by one of those monsters! Luckily, she recovered quickly, although she still has the scars to prove it!

It is not an easy thing to release animals back into the wild in Indonesia. Bureaucratic oversight is strict, and permits must be obtained. This is in addition to finding an appropriate habitat for the animals, which must be one where they are to be found in their natural state. After release, animals are carefully monitored by our staff, and local people, to safeguard their adjustment.

Most of the animals arrive in reasonably healthy condition, although there are some exceptions that require extra care. For example, cockatoos, parrots, and other birds can be very tame, which makes release into the wild problematic. Other birds pluck their feathers, indicating anxiety, and possible abuse. We have also had birds with broken legs from being chained, and broken wings from accidents. I recall a beautiful wreathed hornbill which was extremely young and had to be hand-fed by our staff and volunteers, until it was old enough to feed itself. We don't know the stories behind every animal that we get at the center. All we know is that some of the animals were kept in cages as pets while others were destined to be sold internationally, or in the animal markets that are all too common in Indonesia's cities.



One bird species that we feel fortunate to receive is the black-winged starling which is difficult to find now in the wild, and is very expensive on the black market, because of its reputation for having a beautiful song. Changes in agricultural practices have impacted this bird's wild populations very badly. I'm glad to say that we have released several birds of this species into the Besikalung wildlife refuge, and they are doing well, and forming the basis of a local, wild, population. Our highly-skilled animal specialist staff, including a full-time vet, are extremely effective in their work and treat all animals with compassion.

For all animals under our care, our staff members' daily activities include cleaning animal cages, and spraying the cages with disinfectant, feeding the animals, devising life-enrichment activities for the animals, repairing and maintaining enclosures, seeking grass and vegetation as extra food for monkey and gibbons, learning English from volunteers, releasing animals, monitoring animals post-release, educating school children about wild-life, gardening and planting, and collecting material for newsletters and social-media.

In addition to these tasks, our veterinarians routinely provide check-ups for all animals, delivering multivitamins and administering medical treatment for those that are sick.

### **Return to the wild**

While we guarantee an animal's security and habitat compatibility within the centre, we do constantly look for opportunities to release our rehabilitated animals. The process of preparing animals to return to the wild is an interesting and specialized one. Two important aspects are the ability of animals to find their own food, sometimes after a life-time of captivity, and teaching animals to be wary of humans (unfortunately).



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In the first case, we provide food in ways that duplicate the wild situation, which sometimes means providing appropriate prey, for raptors like eagles, for example, and making food harder to find in the animal's enclosure. In the second case we try to discourage animals from becoming too dependent on human company, by minimizing contact and touching.

When animals are healthy and we have identified an appropriate and protected release site, we hold a ceremony, with a Hindu priest, to return them to the wild. Typically, this occurs in one of the wildlife sanctuaries throughout Indonesia that are protected from poachers. For example, we released four green peacocks in Baluran National Park, East Java in 2017. We are also now developing our own wildlife refuge in Besikalung, adjacent to the West Bali National Park, and it is our intention to release rehabilitated animals there, if appropriate.

### Community

The safety and wellbeing of wildlife post-release relies on the support of the local community, who are the ones who will decide whether or not to make the effort to conserve their environment. This is why it is so important that we only release animals in areas where the local community is committed to protecting wildlife from poachers and other threats. After release, we engage the local community in monitoring the progress of the released animals.

This activity also helps in ensuring local community agreement to having endangered wildlife in their area. I have seen many examples of local people who have become enthusiastic amateur "naturalists" after participating in one of our releases.



## Volunteering

Our volunteer program provides a unique experience for students and other people passionate about wildlife to gain experience in animal care and conservation. No veterinary or biology experience is required, though volunteers with specialist skills, whether in animal-related or other fields, are a tremendous help to us. Our center can only host a maximum of three volunteers at a time, but over the years, we have hosted volunteers from across the world, including several countries in Europe, the United States, Canada, Australia and China.

Volunteers help with cleaning cages, preparing food, feeding the animals and running enrichment activities for them. During their stay, they also teach English to our staff, and help with the visits of school-children and other visitors. Volunteers with background in animal healthcare give us suggestions on improving animal conditions during rehabilitation.

Most volunteers stay between one to two weeks; during the week-ends, we arrange for them to explore Bali. We encourage them not just to visit the common tourist destinations, but to also experience real Balinese life in the villages and family compounds.

We also host students from Indonesia and the US who are studying veterinary science. They have the opportunity to learn about conservation and animal care, but also more hands-on experience such as treating sick animals, and conducting post-mortems on animals that have died.

## Besikalung Wildlife Sanctuary

Besikalung Wildlife Sanctuary is one of FNPF's newest projects, and is a very special place. At Besikalung we have created a forest wildlife sanctuary on the slopes of Mount Batukaru in central Bali, on the edges of the West Bali National Park. The sanctuary covers an area of five kilometers in radius from the sacred and important Besikalung Temple, taking in parts of Bali's largest remaining forest, and is home to leaf monkeys, macaques, and numerous bird species. This is a beautiful location and easy to get to from other oarts of Bali. It is our hope that this project will benefit the local community by creating income opportunities that are both environmentally friendly and sustainable.

The community at Besikalung asked FNPF to develop and run the sanctuary following the success of FNPF's Bali Bird Sanctuary, on the island of Nusa Penida. The committee that runs Besikalung Temple, and five villages and nine farmers' groups who live and work in the area, have introduced traditional regulations which give protection to wildlife within the sanctuary.

Since the sanctuary was created in early 2011 we have released white vented mynahs and peaceful doves into the forest under the protection of the local community. The success of this initiative is obvious, as it is now possible to see many of these birds, formerly almost extinct in this area, around the temple forest.



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Baby Gibbon © Photograph Abraham Armada





José Truda Palazzo Jr is an environmental activist, writer and explorer who has dedicated himself to the environmental cause continuously for almost forty years. In the 1970's, when Brazil was still under a military dictatorship, he became one of Brazil's leading voices against Japanese whaling in its waters and led a research and conservation project which ensured the recovery of a breeding population of Southern Right Whales in Southern Brazil. Currently he serves as member of the International Committee on Marine Mammals and Protected Areas and in the IUCN Marine Mammals and Protected Areas Task Force and Tourism and Protected Areas Specialists Group. He is also an elected Life Member of the Australian Conservation Foundation and continuously participates in international campaigning for conservation initiatives in Australia, especially related to the marine environment and co-founded *Divers for Sharks*, now a 160,000+ strong international campaign working to halt the global decline of shark populations and restrict international trade in shark fins. He is a keen diver with dives logged around the world but especially in his beloved Yap, Micronesia where he acts as Global Ambassador in promoting Yap's unique natural and cultural heritage.

[www.josetruda.wordpress.com](http://www.josetruda.wordpress.com)

## JOSÉ TRUDA PALAZZO JR ON THE NEGRO RIVER

I came to see the flood.

Once a year, following patterns established in the deep past before humankind disrupted the climate, an immense stretch of the Amazonian rainforest becomes literally a water garden. Beneath a show of lightning and thunder, the rain that falls continuously for weeks transforms thousands of rivers, streams, lakes and wetlands into a single aquatic realm.

As many Brazilians, I had never visited Amazonia. Looking at its location on a map, you don't realize the distances to get to any of its main entry cities are truly gigantic, and those of us living south of the great forest pay a higher airfare to get there than to the Caribbean or Miami. But when close friends from the other side of the world—the Island of Yap in Micronesia—invited us on a two week private expedition from Manaus up the Negro river, it was too good an opportunity to miss. In May 2012, my wife and I, accompanied by my daughter Lara gazed over the great expanse of water which bordered the greenery near the Tropical Hotel of Manaus. Anchored at the water's edge was a bobbing *gaiola*—a typical two-story wooden boat used to carry passengers throughout the Brazilian Amazon.

The three of us would be the first Brazilian passengers ever to set foot on the *Tucano*, an Ecotourism-dedicated boat catering for International tourists who wish to see the unique ecosystems, wildlife and people of this legendary and endangered realm. 'Brazilians,' we are told by the Captain, 'with enough money to travel on the *Tucano* prefer to shop in Miami,' which helps to explain why Brazil's unique environmental heritage is going down the drain. Yet, here we were, thanks to the generosity of Bill and Patricia Acker, stepping onto a tiny speck of wood that would traverse the swollen river and navigate its raging currents.

The Negro, *black* in Portuguese, is a main artery of the vast river system that crisscrosses the Amazonian region and flows towards the Atlantic Ocean. Unlike the "true Amazon" or Solimões River, the Negro brings waters not from the relatively young terrains of the Andean slopes and Southern Amazon plains, but from the ancient, long-eroded highlands bordering Brazil and Venezuela. This region, known as the Guyana Shield, is rich in flat-topped *tepui*, towering mountains carved out from hundreds of millions of years of erosion that surge vertically from the surrounding plains, and inspired Sir Arthur Conan Doyle to write *Lost World*.

Relaxing in the *Tucano's* best cabin, the one perched high behind the wheelhouse, jungle life played out before our eyes. The boat chugged away from Manaus, clinging to jungle-fringed river banks where the river narrowed, surged through white-capped waves where the main channel widened, and navigated around temporary or permanent islands. Apart from a few elevated terraces, framed at the riverside by the brick-red *barrancas* or eroded slopes of clay, every land surface was covered by water. The trees and shrubs on the flooded plains evolved to withstand wet feet for months, millions of animal species evolving with it. As the boat snaked through the narrow passages of the Anavilhanas, the largest riverine archipelago in the world and now a National Park, I realized we were looking at the forest canopy, which meant at least ten meters of forest was hidden by the dark waters below. It was difficult to fathom that, during the dry season, guides walked tourists along the sandy tracks on the river bed where we cruised over now.

We toured the creeks and rivers in dugout canoes, where branches usually many meters above ground level now scraped our heads. Each branch harboured a veritable hanging garden where vivid-green mosses, scarlet-red bromeliads and pristine-white orchids could make the best landscape artists envious of their compositions. Especially enamoured by delicate lemon orchards, I appreciated that bromeliads were the true queens, ecologically speaking, of canopy gardens.



Their vase-like arrangement holds considerable amounts of water even during drier periods, providing a safe haven for small critters such as tiny crabs and frogs to breed there, and a cup from which arboreal-living animals drink. Their flowers and fruit feed birds and monkeys, and their fluffy seeds adorn many birds' nests. More elusive to the untrained eye, but inescapable to our guides, were the snakes and spiders, including fist-sized tarantulas, that hunkered down in the florets of the bromeliads.

Not all the flooded forest denizens lived in hiding. At dawn and dusk, we left our cabin to watch large flocks of raucous, colourful birds fly overhead, in their incessant search for food or shelter. After a few days of nature watching, two groups of river-crossing birds became easily distinguishable: toucans and macaws. Toucans often flew parallel to the riverbank amusing us with their awkward short downward glides after what seemed to be rather strenuous wing beating. With extended beaks and sporting a variety of showy colours, from jet-black, light blue and white to bright orange, depending on species, they settled in small groups atop cecropia trees in sections of relatively open canopy.

Farther along the river, an eerie and mysterious noise became more frequent. One late afternoon on the *Tucano's* deck, as we admired the changing colours of the sky during the sunset right after a huge thunderstorm, Lara heard a deep poof coming from the starboard side of the boat. Intrigued, a group of us leaned over the rail. Gliding in the water, shearing the surface with their elegant lines, was a family of pink dolphins, one of the most celebrated—and unfortunately beleaguered—symbols of Amazonia.

Pink dolphins share their waters with another small cetacean, the tucuxi, smaller than the robust 2.5 meters and 150 Kg of its rosy-skinned cousin. Neither are afraid of humans, regularly sweeping by our boat in small groups. It appeared the tucuxis kept mostly to the open waterways, while the pink dolphins were not shy of entering flooded plains where their flexible bodies and revered echolocation skills located fish and crabs amongst a maze of roots, tree trunks, and fallen branches.

The dolphins kept us company all the way to the Jauaperi River, our northernmost reach into the hyleaea. There, on a rare shallow sandbank reaching almost to the surface, our hosts deployed foldable chairs and a beer cooler.

The dip in riverine environs provided an insider's perspective and offered a welcome reprieve from the oppressive heat. A family of pink dolphins circled the sandbank for a long while, their loud *poofs* and surface antics, including the occasional jump out of the water, extracting expressions of amazement from our multinational group.

It was with a mixture of joy and sadness that I watched the dolphins. I knew what was happening to these graceful animals in the upper Amazonian basin: they were being slaughtered for bait. A giant species of catfish, the *piracatinga*, attracts hefty prices on the regional market, and is fished using traps baited with rotten meat. Settlers illegally hunt the dolphins and illegally catch the fish, often trading it with Colombian drug cartels and returning to Brazil with cocaine. An estimated 2,000 dolphins are killed every year to serve this indecent, vicious traffic, which the Brazilian authorities have tried, but failed to quench. Combined with the fragmentation of the Amazonian basin by mega-dams built on several rivers threaten the survival of both Amazonian dolphin species in this century. With their species on the verge of oblivion, I try hard to shake these thoughts from my head as other passengers take photographs of the dolphins' antics, but they refuse to go away. Being an environmental activist is inescapable; once you know the terrible truth about the state of our planet, it's a 24/7 burden.

Spending time on the Amazon River renewed my strength to fight the seemingly unwinnable battles ahead. The genuine concern of the captain and the staff about sustainable fishing practices offered me hope, and the flooded plains and the mass of diversity within served as a reminder of all that's at stake.

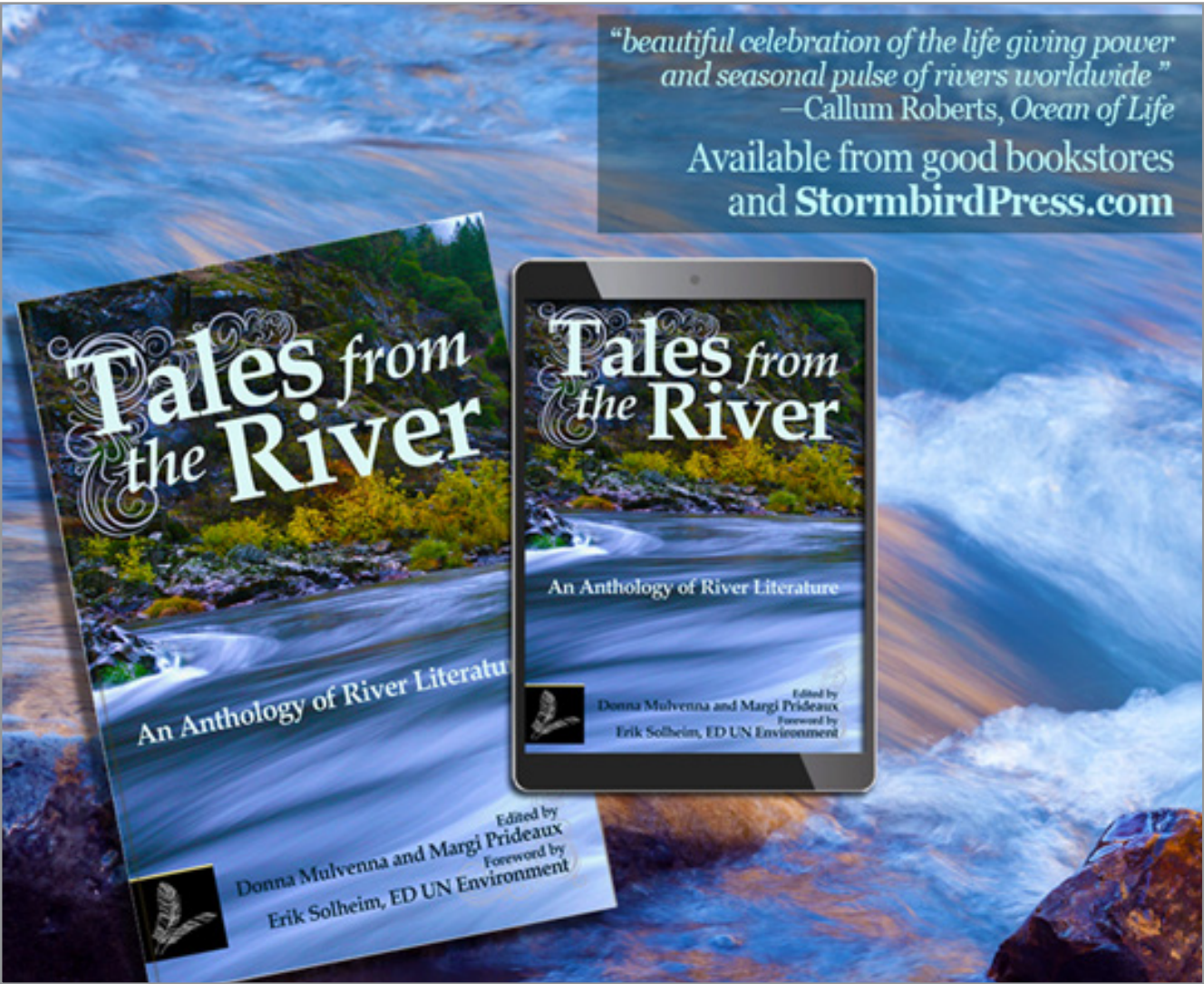
As the *Tucano* rolled downriver, I reflected on what the Amazonian rivers had taught me—not only at the surface of the Earth, but above and below. Brazilian hydrologists and meteorologists have proven the moisture captured by the Amazonian rainforest and recycled through a cloud belt, travels south all the way to the Brazilian south eastern State of São Paulo, where agriculture and urban dwellers suffer the effects of regular droughts caused by rampant deforestation. Affected citizens sound alarm bells, scientists and environmentalists rally and advise, and yet the politicians continue to ignore.



The other Amazonian basin is not airborne and fast-flowing as jet streams allow; deeply embedded in the rocks below the entire Amazonian region, lies the Hamza system, a 4km deep underground river that flows for some 6,000km towards the Atlantic, just like its surface brothers. Although it flows at a slower pace, 10 to 100 meters/year instead of the Amazon River’s two meters per second, it verifies the Amazon region is an enormous mass of water, above and below our expectations.

On our final leg of the journey, the *Tucano* takes us to the Meeting of the Waters, the legendary place where the dark Negro and the light brownish Solimões waters meet. Whirlpools crash and collide until the densities finally melt into a single, portentous flow traveling side by side for miles towards the eastern horizon. As the boat chugs towards Manaus, it faces the ugly, alien silhouette of the sprawling urban enclave. A raft of plastic and other garbage floats past.

Will humanity as a whole understand the true value of Nature in time to prevent Amazonia from collapsing? As a collective, can we safeguard waters which nurture the forest, wildlife and people, and accrue benefits from its existence without denying it to future generations? Ultimately, the Amazon’s fate depends on the individual attitudes of all of us. A change is surely needed, but it must come soon, because time, just as the Amazonian waters, flows too fast.



<https://stormbirdpress.com/portfolio/tales-of-the-river-an-anthology-of-river-literature/>





Donna Mulvenna is a horticulturalist whose journey as a writer began when she moved to the Amazon rainforest in French Guiana. For four years she wrote from a platform high in the canopy where various wildlife became her daily companions. Through her writing she hopes to give readers a glimpse of the wonder she discovered in the rainforest, reveal the profound effect it has on people's lives, and share why it is more important than ever to reconnect with the natural world. Donna is a Fellow of the International League of Conservation Writers, and the author of *Happiness is Green*, *Wild Roots—Coming Alive in the French Amazon*, and *The Awe of Nature*. She co-authored *All Things Breathe Alike: A Wildlife Anthology*, and is the co-editor of *Tales of the River*. *Happiness is Green* by Donna Mulvenna, published Stormbird Press 2018.

## DONNA MULVENNA

### PEACE

*Donna Mulvenna spent decades yearning for a sea-change, before an impetuous decision catapulted her into a tropical rainforest where she shared a jungle shack with ferocious ants and scorpions, joined a scientific expedition deep into the Amazon's interior, and got lost in a remote swamp. Formerly a city-dweller, who ignored her intuition to engage with nature, she shares how a close encounter with a sloth turned her normal view of the world on its head.*

As the night sky turned sunrise pink from lunar blue, and the rainforest hummed with lively bird-song, I leaned over my treetop office's railing to stare hard at the tall cecropia tree. There was something different about the tree this morning; a clump of decomposing leaves nestled in its fork which wasn't there before. As I squinted to get a better view, a furry limb reached into the air.

'Come quick,' I called to my boyfriend, Frank. 'There's a sloth in the tree.'

'Are you sure?' he said. 'It looks like a wasp nest.'

On cue, the male sloth—with telltale orange splotches on his back—swivelled his head from left to right, up and down, the embarked on a skyward climb, pulling branches towards himself, and stopping to rest every few minutes.

A solitary being, the sloth seemed oblivious to the struggle for existence that occurred around him. Insects hummed from hundreds of plant species—orchids, bromeliads, and mosses, and a troupe of monkeys abseiled through branches towards a heavily laden mango tree. A pair of toucans, their bodies comically small compared to their over-sized beaks, beat their wings furiously overhead.

After another rest, the sloth unfurled his gangly limbs, turned his sweet face to the sky, and resumed his ascent. The nearer he came to the top of the tree, the further apart the branches spread. He waved his front limbs through the air, but found no branch within reach. So he tucked his chin into his chest and appeared to go to sleep. Had he given up, or was he deep in thought?

After a small eternity, he raised his head and turned it in a wide arc. Then, in slow-motion, he performed a gravity-defying stunt by gripping the trunk with his powerful back claws, back-flipping into mid-air, and claspings a worryingly thin liana vine with a set of hook-like front claws. The vine swayed and leaves rained down, but it held his weight. He climbed the vine surprisingly fast, but just when I was sure he'd reach the treetop he stopped again, comfortable just to hang from the vine. When he finally wedged himself in the tree crown, to recharge by solar heat, I bowed my head and sighed like a hot kettle blowing steam: what a relief.

Frank had seen a sloth before I had. He had been driving when he noticed a sloth crawl from the forest onto the street. By the time he stopped the car and walked back, the sloth had splayed to one side onto its stomach, its long limbs rendered useless on the asphalt as it searched for a handhold. Frank plucked it from the road, crossing over to place it against what he hoped was an appealing tree. By the time he returned to the car, fitted his seat belt, and placed the car into gear, the sloth had turned its delightful smiling face towards him. Perhaps it was expressing its gratitude for being helped across a wasteland that cut it off from an important food source.

When Frank related the story, I asked, 'What did it feel like?'

'Soft and bony,' he said.



‘But what else? What did it do?’

‘That’s it, Donna. It didn’t stop for a chat or anything.’

My turn to nurse a sloth came when I visited the local Chou-aï sloth reserve. Behind a spring-loaded door, baby sloths clung to their mothers’ stomachs, adolescent sloths swung from rafters, and pensioner sloths reached out to passers-by. Everybody in the enclosure, human and nonhuman, was smiling.

‘Would you like to hold one?’ the keeper asked.

With eyes wider than bottle caps, I looked from the keeper to Frank, to overcome with anticipation to answer.

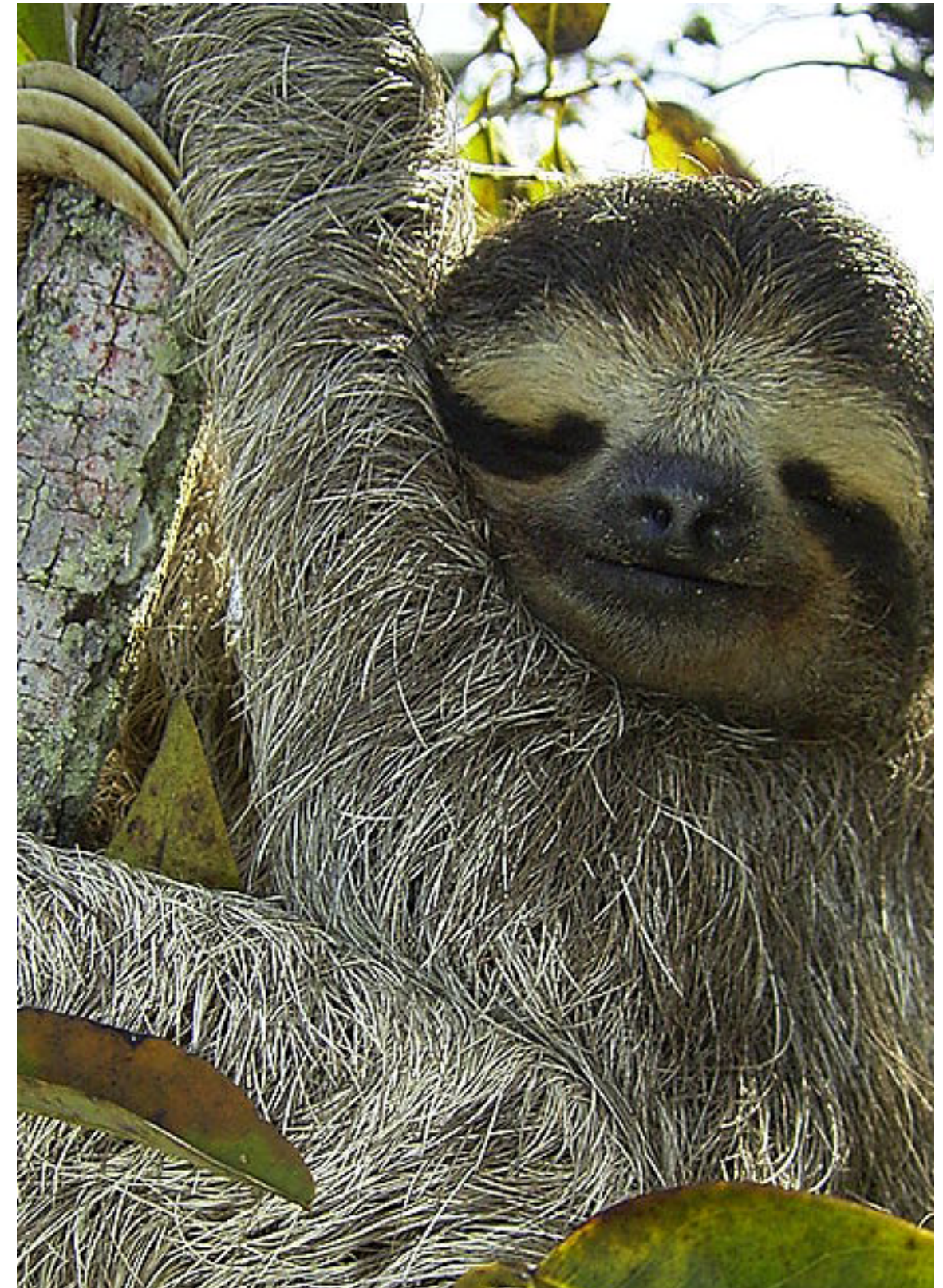
‘She’d like that,’ said Frank.

When the keeper leaned towards me, the sloth in his arms lifted her head and ogled my hair. Then she extended her long claws and gently grabbed a tuft. The keeper redirected her ten centimetre claws to my shoulder. Once settled, she nestled her head into my chest. Could it have been the love in my heart that prompted her to lift her face to mine so I felt her breath flutter across my cheek?

‘Joy’ and ‘happiness’ were two words I’d often used interchangeably, but in the sloth enclosure I learned they are not the same. Joy is a fuller, more profound happiness that surged like flood water through my veins.

She wore a bob-style, hippie haircut and displayed a mischievous demeanour when she frequently grabbed my hair. Each time her keeper patiently redirected her claws. I scratched her rump and snuggled my face into her. She smelled fresh and clean, like raindrops, blossoms, and leaf litter.

‘Okay, little madam,’ the keeper said. ‘It’s back to your post.’ He pried open her claws and lifted them from my shoulders.



<https://en.wikipedia.org/wiki/Sloth#/media/File:Bradypus.jpg>



Ahh Eee, Ahh Eeeeeee! She cried.

‘She loves cuddles almost as much as she loves to eat,’ he said. ‘People underestimate how affectionate sloths are when they feel secure around people.’

I knew sloths made endearing pets, but thought them more deserving of a wild life, free from the deforestation responsible for imprisoning them in this small space.

‘Please, just a few more minutes?’ I asked, hugging the sloth tightly and running my fingers through her long hair and downy undercoat.

‘Donna?’ Frank looked at me with a raised eyebrow and pointed towards the door. ‘How much longer?’ He looked apologetically at the keeper.

‘Until closing time,’ I said, pointing towards an infant sloth that clung to its mother who squatted in a small pond. ‘They smell lovely, like babies without the nappy smell.’

When the keeper stepped in and took her back, I felt the ache of loss in my arms.

Since observing sloths, I’d become one of their greatest defenders. George Louis Leclerc, an 18th-century French scientist, said, ‘One more defect and sloths could not have existed.’ Had he ever cuddled one? Also, I strongly objected to sloths being called lazy, something people rarely fault turtles or starfish for.

The slowest mammal on earth, sloths project a calmness, peace, and perseverance that proves we don’t have to be perfect, or fast, to survive and thrive, or to be loved. Life might get stripped from part of us, even give us a raw deal, but our uniqueness and vital force, and our connectedness to nature, can pull us through.



<https://stormbirdpress.com/portfolio/happiness-is-green/>



Dr Mukesh Batra, LCEH, FSRH (MED) P (LOND), MDH (USA), FBIH (UK), a homeopath of international repute, is Founder-Chairman, Dr Batra’s Group. In a career spanning four decades, Dr Batra has treated thousands of patients, including presidents and prime ministers, and revolutionised the way homeopathy is practiced today. A writer, photographer, singer and philanthropist, Dr Batra has been honoured with several fellowships and over 50 national and international awards, including the Padma Shri, one of India’s highest civilian awards, by the President of India. He has authored several books too, including the critically-acclaimed cyclopedic work, *Healing with Homeopathy*. He lives in Mumbai, India. [www.drbatras.com](http://www.drbatras.com)



# DR MUKESH BATRA

## THE CATALYTIC SYNERGY OF HOMEOPATHIC MEDICINE

Modern medicine (conventional, or allopathy) is highly dependent on the role of ‘pharmaceuticals’ — so, why does homeopathy ‘avoid’ their use is a common query.

There is more to the whole credo than what meets the eye, ear, or mind.

Homeopathy depends on homeopathic pharmaceuticals, no less, where homeopathic remedies, or medicines, are manufactured as per the homeopathic pharmacopeia, in accordance with international norms and FDA regulations. While modern (or, conventional) medicine uses drugs either as ethical or over-the-counter (OTC) products, homeopathy uses homeopathic remedies as ethical, potentised, side-effect-free prescriptions, even though the area of OTC products in homeopathy may not be as expansive, or widespread, as modern medicine — except for speciality products manufactured and marketed by a handful of top-notch homeopathic pharma groups.

### Pharma Context

The pharmaceutical concept in modern medicine is old; there are over 200 major, multinational companies in the field. Their strength is derived from surplus funding, research and development (R&D) and aggressive marketing. Homeopathic pharmas are relatively new. There are about 5-6 multinational homeopathic pharmas today. In addition, funding that focuses on areas, such as homeopathic R&D and marketing, are comparatively not as sizeable — but, they are poised to grow and expand in the future, thanks to the expanding popularity of homeopathic speciality products.

Picture this. There are homeopathic alternatives vis-à-vis allopathic drugs — to highlight the ‘pharma’ credo. Some of them have undergone clinical trials — and, also successfully. The only thing is they have not been marketed as aggressively. A representative list of such homeopathic ‘alternatives’ appears in the accompanying table.

| Therapeutic Group | Allopathic Drug                    | Example of Homeopathic Remedy |
|-------------------|------------------------------------|-------------------------------|
| Analgesics        | Paracetamol                        | <i>Magnesium Phosphoricum</i> |
| Anti-asthmatic    | Salbutamol Inhaler                 | <i>Arsenicum Album</i>        |
| Anti-rheumatic    | Diclofenac Ibuprofen               | <i>Rhus Toxicodendron</i>     |
| Cardiovascular    | Propranolol Nifedipine retard      | <i>Baryta Muriaticum</i>      |
| Diuretics         | Amiloride Co-amilofruse Furosemide | <i>Natrum Sulphuricum</i>     |
| GI Tract          | Ranitidine Famotidine              | <i>Nux Vomica</i>             |
| Hypnotics         | Temazepam Zopiclone                | <i>Passiflora Incarnata</i>   |
| Laxatives         | Isabgol                            | <i>Senna</i>                  |

The best part is — such homeopathic remedies may be used alongside conventional (allopathic) treatment. This is contrary to the old, or traditional, homeopathic, view that they should not be used together, because homeopathy believes in the ‘theory of suppression’ — through the use of certain conventional or modern medications.



In the words of the legendary homeopath, Dr Elizabeth Wright Hubbard, MD, “(Homeopathy) searches for anatomical or physiological changes in the sick person and classifies these changes, when found, under some disease nomenclature. This search is called diagnosis, and modern medicine feels that the possibility of cure depends, in large measure, on the certainty of diagnosis. It defines as pathology the organic structural changes due to ill-health which it finds before or after death. It finds that many diseases are accompanied by some variety of bacteria which it considers to be one of the causative factors.

For example, a cold, suppressed by conventional medicinal agents, may lead to asthma. Likewise, the application of steroidal creams could suppress a skin eruption, and lead to flare ups, or other unrelated illnesses, because the underlying factors, the real cause of the problem, or toxins, are not naturally expelled. Homeopathic remedies remove such flagrant mechanisms from the inside out — not just treat them at the superficial level. To cull another case in point of the ‘pharma connect’ of homeopathy, or the pharmaco-toxicological properties (pathogenesis) of the homeopathic remedy, *Gelsemium sempervirens* (yellow jasmine):

- Drowsiness, languor, prostration
- Occipital headaches, diplopia (double vision)
- Fullness of head
- Myalgia (muscle pain), lack of co-ordination, trembling
- Emotional diarrhoea, pollakiuria (abnormal urination).

The primary indications of the homeopathic remedy cited also include nervous apprehension, with flu-like symptoms — similar to the headache symptoms. Today, there is agreement that some ‘life-supportive’ conventional medicines can lead to drug-dependence. For example, hypertension and diabetes. Homeopathy can complement modern medicine in such cases. The idea is to use the two together — and, gradually reduce conventional medications. This is like ‘weaning,’ yet not stopping the conventional medicine completely. There’s also good clinical evidence to show that conventional and complementary medicines work better with homeopathic remedies in controlling high blood pressure and diabetes.

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What also adds strength to homeopathy today is it is one of the fastest growing systems of medicine. It is also the second largest medical system in the world, according to World Health Organisation (WHO). It is used by over 600 million people worldwide. People are increasingly fed up of the side-effects of modern medicine. They are opting for safer, holistic medicine — homeopathy is one of the foremost options. Homeopathy is mind-body, holistic medicine; it is, likewise, non-invasive and free of side-effects. It fits the safety aspect bill perfectly.

The spontaneous characteristic things that each patient longs to tell, be they ‘very’ general or minutely particular, are of special interest to the homeopath, for they individualise the case, bringing out that particular patient’s reaction to the ‘disease’ he suffers from. The busy modern doctor feels he does not need to know these salient points, as to him they are not signposts, but merely clutter.” Dr Hubbard elaborates, “(At this point) modern medicine is ready to try to cure the disease it has diagnosed. What laws of cure does it follow? First, the commonsense principle of rectifying anything mechanically wrong and instituting appropriate hygiene, diet and so on. When it comes to the prescription of actual drugs, those that are given are not uniformly governed by any one law. The intent is to give them on a physiological basis, which means that they are experimented within laboratories in ‘crude’ dosage, and primarily on animals. It is more or less expected, by analogy, that what slows the heart in the frog, rabbit or dog will do so in the human. In addition to laboratory data on animals, many drugs are tried out empirically on patients and pass into general usage in accordance with their success.”

### More Than Adjuvant

Homeopathy has been shown to be a useful adjuvant therapy in post-operative care, or after bypass surgery too. The homeopathic remedy, Arnica Montana (Monkshood), is the remedy of choice in either situation. Homeopathy can also play a balancing role. In cases that require hormone replacement therapy (HRT), for example, but where patients are not suitable for HRT, because they have had hysterectomies (removal of the uterus) for malignancy, homeopathy is often useful.

Yet another advantage is homeopathic remedies are safe, natural and non-toxic. Besides, the two (conventional and homeopathic) medicines work on different planes. Modern medicine acts at the chemical plane. Homeopathic remedies act at the nervous (system) level, through the sentient nerves.

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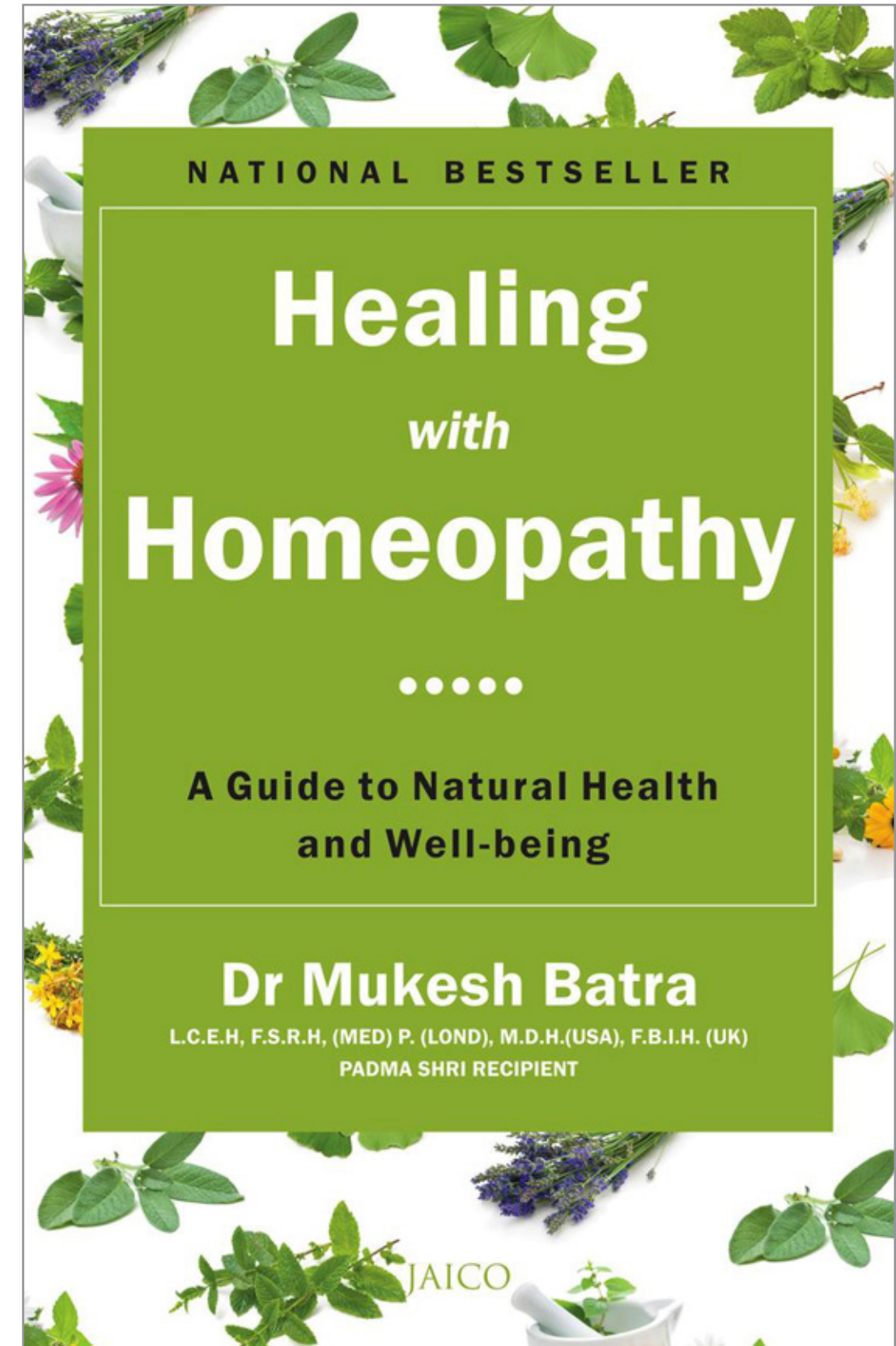


During the past 25 years, there have been over 200 controlled and 125 randomised trials in homeopathy, analysed by meta-analyses. In each case, research has confirmed the healthy, healing, also biological, benefits of homeopathy. There have been scores of new clinical trials and studies on homeopathy too — testing its efficacy in a host of ailments, right from acne, anxiety, arthritis, diabetes, hypertension and irritable bowel syndrome (IBS), to children's and women's diseases.

### The Big Shift

There has been a real shift in the way people think about their health today. Rising healthcare costs is yet another factor for the surge of interest in homeopathy. Many people are attracted to homeopathy because of its emphasis in treating the whole person — body, mind and spirit. In this age of managed care and impersonal group practices, most people/patients find this individualised approach of homeopathy particularly appealing. The World Health Organisation (WHO) brought out a draft report (WHO Traditional Medicine Strategy, 2002-2005). It showed that homeopathy was therapeutically 'useful' — albeit this whole exercise was masked by furtive scepticism. It is also a fact that a handful of open-minded conventional physicians suggest — sometimes with a muffled voice — that homeopathy should be integrated worldwide with conventional medicine to provide adequate global healthcare. A recent survey conducted by IMRB International in India — which included cities like Mumbai, Bengaluru, Hyderabad, New Delhi and Kolkata — showed 90 per cent of people perceive homeopathy as a trusted form of treatment and its usage is higher than any other form of treatment. The survey conducted among the general public found that 100 per cent of people are universally aware about homeopathy and 92 per cent perceive it as a 'reputed' form of treatment. The survey highlighted that most people use homeopathy primarily for backaches, gastric disorders, skin and hair problems. Also, among homeopathy users, 91 per cent said they were satisfied with the treatment and 93 per cent were willing to recommend homeopathy to others due to higher satisfaction levels with the treatment.

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<https://www.amazon.in/Healing-Homeopathy-Dr-Mukesh-Batra>



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## DUALITIES OF LIGHT AND DARK

ARTWORK BY  
EMMA BARONE

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Barone uses the process of recording two superimposed images on a photographic medium, usually done intentionally to produce a special effect. Her pieces capitalise on the dualities of light and dark, stillness and movement piercing the veil which divides the shadow from the substance, leaving the viewer with a glimpse into a vibrant parallel universe.

Emma Barone is a contemporary visual artist. She makes still life and landscape paintings in acrylic on canvas. She studied animation and has an eclectic design background that ranges from interior design to architectural ceramics, and from stained glass to jewellery design.

Barone's work has been featured in various publications including *Live Encounters Magazine*, *The Irish Arts Review*, *Senior Times*, *House and Home*, and *the Sunday Independent*; and she has published two books in collaboration with the Hennessy Award winning writer, Eileen Casey.

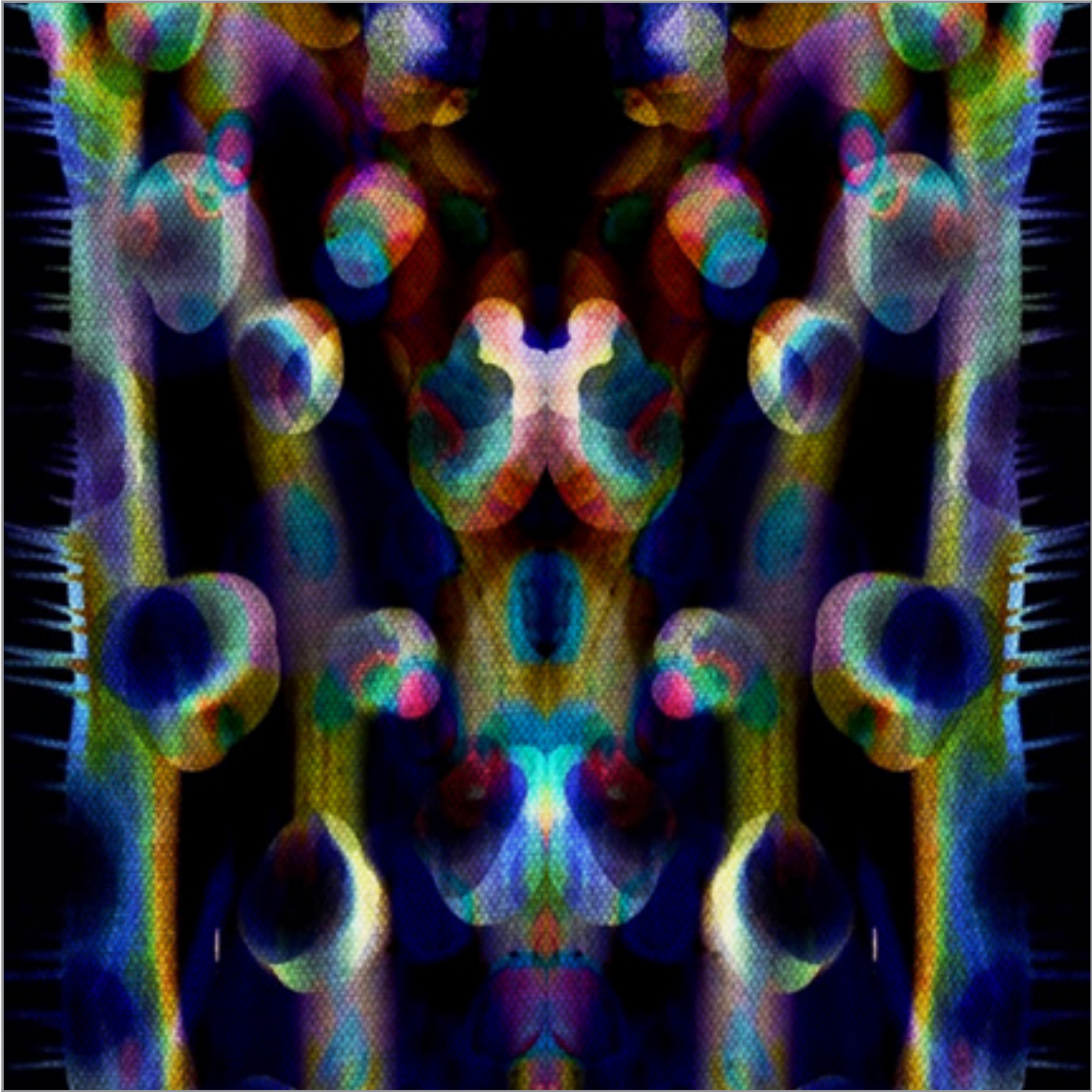
Emma has exhibited extensively throughout Ireland, with 22 solo exhibitions under her belt, her work is in private and public collections including the Amsterdam World Trade Centre, Midlands Regional Hospital, Offaly County Council and Tullamore DEW Visitors Centre.



Coffee Elements



Symmetries



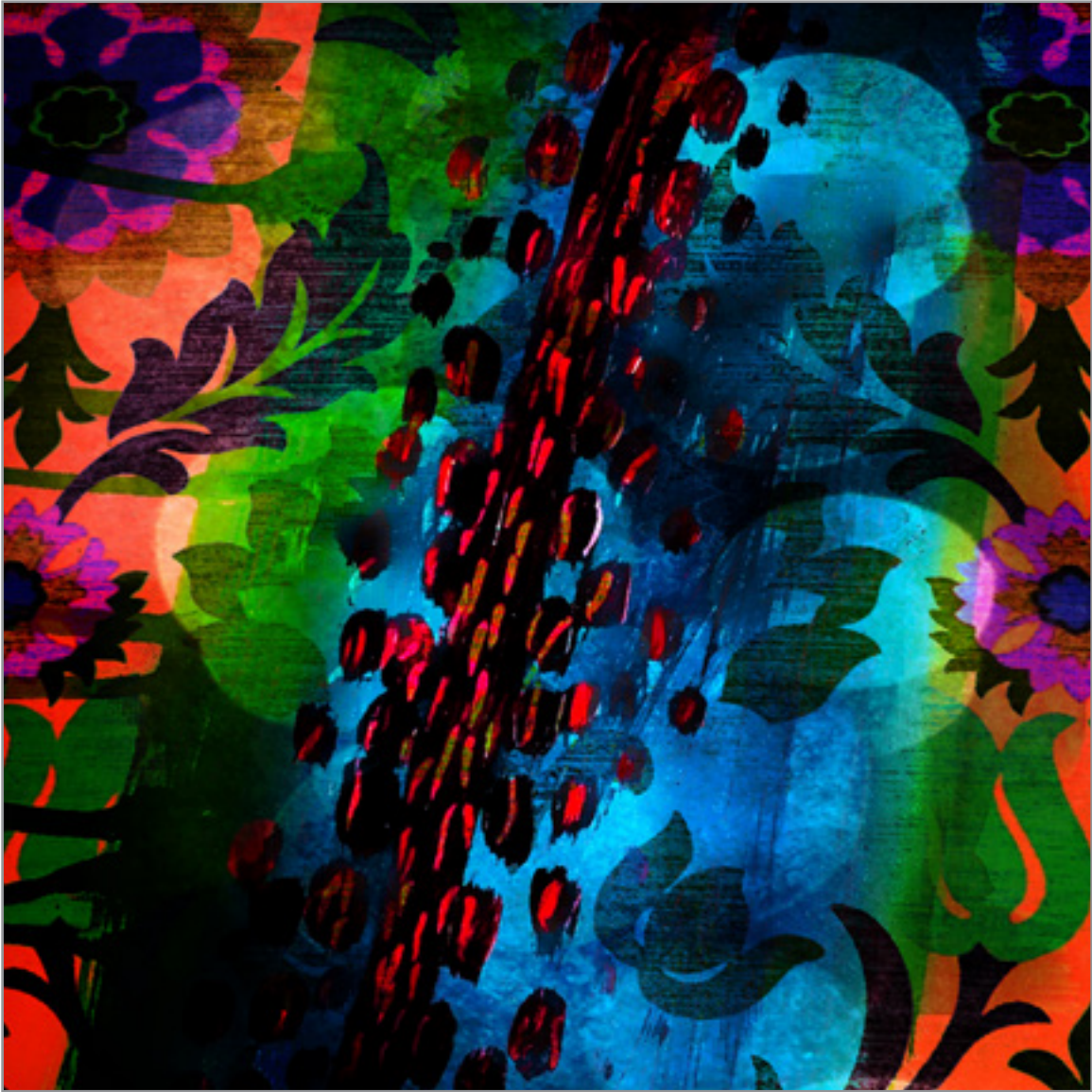


Tree Essence





Samhain





Ethereal





Ulyseas has served time in advertising as copywriter and creative director selling people things they didn't need, a ghost writer for some years, columnist of a newspaper, a freelance journalist and photographer. In 2009 he created *Live Encounters Magazine*, in Bali, Indonesia. It is a not for profit (adfree) free online magazine featuring leading academics, writers, poets, activists of all hues etc. from around the world. March 2016 saw the launch of its sister publication *Live Encounters Poetry*, which was relaunched as *Live Encounters Poetry & Writing* in March 2017. He has edited, designed and produced all of Live Encounters' 140 publications till December 2018. Mark's philosophy is that knowledge must be free and shared freely to empower all towards enlightenment. He is the author of three books: *RAINY – My friend & Philosopher*, *Seductive Avatars of Maya – Anthology of Dystopian Lives* and *In Gethsemane: Transcripts of a Journey*. [www.amazon.com](http://www.amazon.com)

## VIETNAMESE WOMEN'S MUSEUM BẢO TÀNG PHỤ NỮ VIỆT NAM

PHOTOGRAPHS OF PHOTOGRAPHS BY  
MARK ULYSEAS

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The museum is dedicated to the women of Vietnam. Customs, rituals, attire, the work place at home and elsewhere give one a profound insight into Vietnamese society and in particular the psyche of the Vietnamese woman. In the aesthetically designed interior one section caught my attention – Vietnamese women's contribution to the many bloody battles that this nation had to fight to reunite the country.

I took these photographs of photographs on display, which are unfortunately installed behind glass. So the images are not clear. The following photographs depict some of the outstanding Vietnamese women whose fearless devotion to family and homeland leaves one truly humbled.

Perhaps the young generation of Vietnamese who are fixated by social media could learn what it means to give one's life for a cause. Their rights and privileges have blood on them - the blood of these women who fought for their freedom, amongst others.

If you are in Hanoi, please visit the museum situated on 36 Lý Thường Kiệt, Hàng Bài, Hoàn Kiếm.



**Nguyễn Thị Bình** was born in 1927 in Dong Thap. A talented diplomat, she was Foreign Minister and Chief of the delegation of the Provisional Revolutionary Movement in Southern Vietnam at the Paris Conference from 1969 to 1973. She was Minister of Education (1976-1982), Assistant Chief of Foreign Affairs of the VCP (1987-1992) and Vice-President of Vietnam (1992-2002).



**Võ Thị Sáu** was born in 1933. At the age of 14 she joined the Đất Đỏ Volunteer Police Team. In 1950 she was arrested and condemned to death in Chi Hao Prison in Saigon. Because she was below the legal age she was moved to Côn Sơn Prison as its first inmate. She joined the Party on 22nd January 1952 and was executed at Hàng Dương Cemetery before she turned 18. It is said she refused to wear a blindfold before the firing squad.

She is venerated by Vietnamese as an ancestral spirit, and has amassed almost a cult-like following of devotees who venerate her grave in Hàng Dương Cemetery on Côn Sơn Island.



*\* French colonial government*



**Đặng Thùy Trâm.** Born on 26th November 1942, she graduated from Hanoi Medical University in 1967. After graduation she worked in the Duc Pho front-line in Quang Ngai. She treated hundreds of wounded soldiers and villagers. She was killed while on a mission on 22nd June, 1970.\* She was given a posthumous award 'Hero of Popular Armed Forces' in 2006.



*\*Vietnam War*



**Nguyễn Thị Chiên.** As a guerrilla war chief in Tan Thuat, in Thai Binh Province, she directed more than forty battles and killed and captured many enemy soldiers. During a battle\* in 1951 at the age of 21 and unarmed she captured four French soldiers including one officer, thus becoming known as the 'Woman who captures the enemy unarmed'. In 1952 she was the first recipient of the title 'Hero of the People's Armed Forces' awarded by the State.



*\* French colonial government*



**Võ Thị Mô.** In 1962 at the age of only 15 she enrolled in the guerrilla force. At the age of 18 she became Assistant Chief of the Armed Forces in Cu Chi. She participated in many combat encounters including the counter attack of Nhuam Duc in 1967\* during which thirty enemy soldiers were killed and a tank destroyed. She received many titles, one being 'Brave Soldier Destroyer of tanks'. In 1967 stamps were printed with her image.



\* *Vietnam War*



**Nguyễn Thị Minh Khai** as one of the first female members of the VCP, she worked from 1930 to 1935 in the Oriental sector of the International Communist Party Hong Kong) and attended the 7th Convention of the ICP in the USSR. In 1940, as a member of the VCP Committee in Cochinchina and secretary of the Saigon - Cholon sector, she was arrested during a planning meeting for the Cochinchina uprising. She received the death penalty\* and was shot in Hoc Mon on 26th August, 1941, at the age of 31.



*\* French colonial government*



**Hà Thị Quế** (born 1931). She was the military leader for the Yen The and Viet Yen Districts in Bac Giang. She was renowned for her leadership in attacks against rebels and Japanese garrisons.\* The enemy called her 'Woman Viet Minh General'. As a provincial VCP Committee member she organized military training for civilians to create professional soldiers for the army. During the 1945 August Revolt, she was the military leader for the political take-over of Yen The.



*\*Japanese occupiers*



[www.amazon.com/author/jillgocher](http://www.amazon.com/author/jillgocher)  
Instagram jillgocher



## THE BALI FARMER

TEXT & PHOTOGRAPHS BY  
JILL GOCHER

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In the ricefields of Bali, the farmers like to watch their padi grow. Although there are times of hard work, there is also time for relaxing and working on the land is deeply satisfying. Even when they are not busy, evenings will see the farmers will cut a bundle of grass for their cows, or a bunch of coconut fronds for their wives to make offerings. It is a simple life, but the men always have time for a chat, or better still to share a joke. These folk like nothing more than a good chuckle.

Bali's rice planting cycle happens two or three times a year as the rich volcanic soil supports the crops. In some places, ducks are introduced as pest control, while in others, the farmers sadly, tend towards chemical sprays as they have been told this is more effective. After the flooding of the fields, they are ploughed with cows or now, more often, a mechanical plough, which still works well, although the cows are far more beautiful to watch.

In the old days, the cycles of plantings and harvest were interspersed with temple ceremonies and dance and most every farmer was also an artist, or at least a dancer. The cycle remains unbroken in more remote areas and may it continue as it provides the rich spiritual energy that sustains the island.

Bali's ricefields are endangered in some areas, as the spread of villas take valuable productive land. But they need the money for their children to buy motorbikes and handphones as well as paying school fees so they are able to get a better, more financially rewarding job. Will this make their children happier? I doubt it but as the rush towards materialism infects people everywhere, it is what is happening. Who are we to judge? We all do what we think is right and in the meantime, we can enjoy the beauty.



Looking like he's dressed for a movie set, this farmer wends his way home complete with coconut and palm leaves!





This farmer's weathered face belies his warm heart and total acceptance of his fate.





Dressed quickly in her pyjamas, this woman stands surveying the sawah before heading home!



The late afternoon sun highlights the last of the days winnowing separating the rice from the chaff.



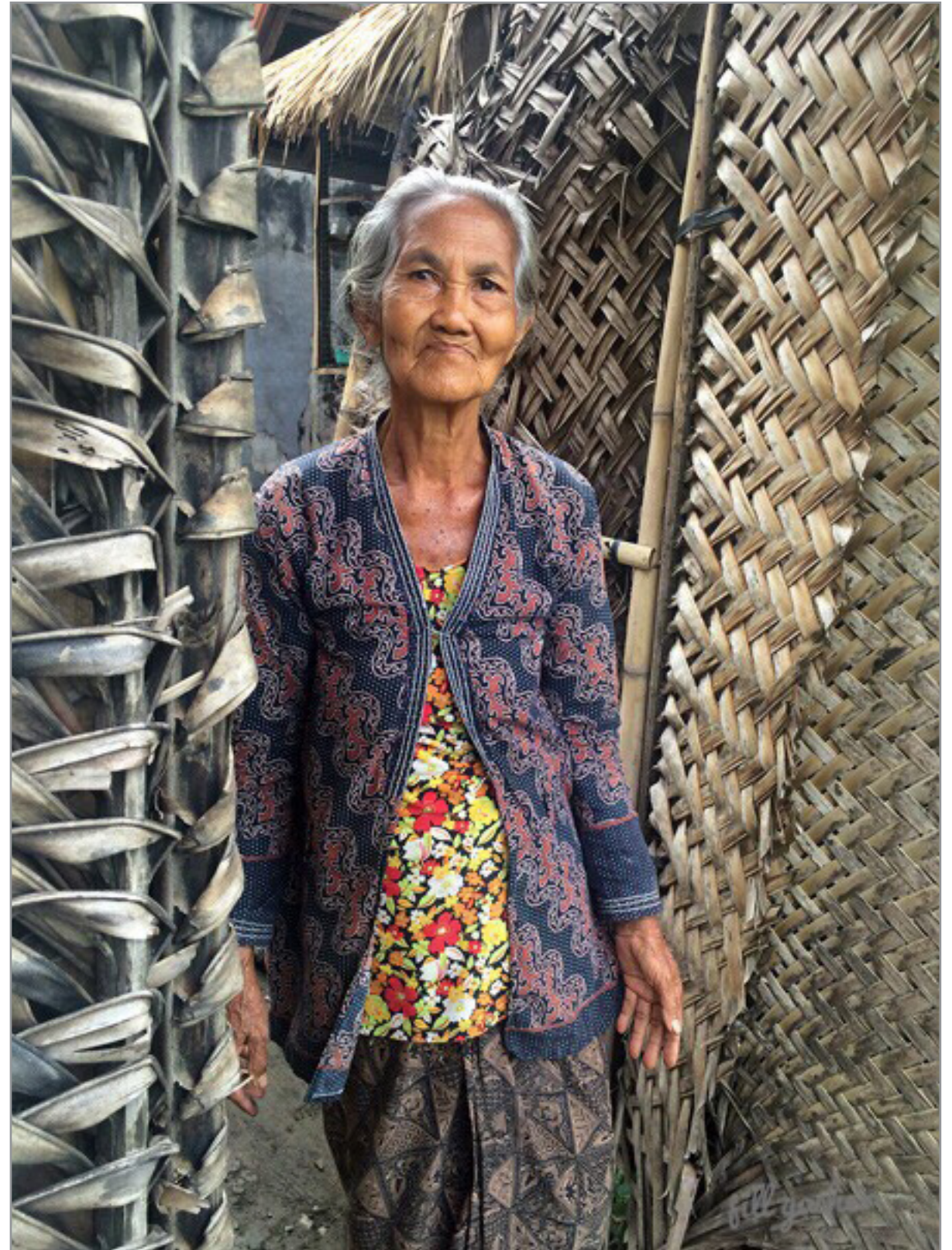




Mopping his brow, this farmer surveys his handiwork, after planting a whole field of padi.



This old farmer's wife displays adorably eclectic style sense as she stands at the door of her compound





The smartly dressed old man struggles to ride his wobbly bike home after a day of working in the fields.







The exuberance of the Balinese farmer never dies! With a load of greenery on her head to feed the animals, she makes time to give a huge grin for the friendly photographer!



This old farmer's makes his way through the smoky haze with his trusty *parang* outlined against the billowing smoke, he heads to the fields to cut *dome* grass for his cow!





Mikyoung Cha is a graduate in Oriental Painting from Hyosung Women's University, Daegu, South Korea. She has participated in a number of group art exhibitions in South Korea and Japan. In 2016 she took up photography – the camera becoming her paint brush. This globe trotting photographer is a regular contributor to *Live Encounters Magazine*.



## PAKSE CHAMPASAK LAO

TEXT & PHOTOGRAPHS BY  
MIKYOUNG CHA

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The innocence of a child,  
Is one thing I wish I could always have,  
To look at everyone and not judge,  
To wake up and marvel at a new day.  
To see everything in a new light,  
To be able to know what people are feeling  
Just by looking at them,  
To see the good things in everything bad,  
To not know the pain of a broken heart,  
To be able to give love away unconditionally,  
To live everyday to the fullest,  
To always give all that I've got,  
To understand much more about the world,  
And the people in it,  
And how it works,  
Far better than any grown up,  
Ever will.

- © Angel Lockheart, *Innocence of a Child*\*



Today is another day.

\*<https://www.poemhunter.com/angel-lockheart/poems/>



School days are here.





Well, what are you looking at?





Be cool.







Taking little sister to the market.





Boys hanging out.





Boys getting ready to take a dip in a nearby pond.





Had a bath, done the laundry, now on my way home from the river.



Andrea Lamberti is a nature photographer, taking panoramic images as well as close-up perspectives of the natural world, above and below water. His main passion is documenting the geography and underwater plant and animal species of his local coastline in the UK. Andrea uses photography to explore his relationship with the environment, and the belief that humans should inhabit the planet primarily as curators rather than as consumers.

The seventh in a photo series by Andrea Lamberti  
as he explores his relationship with nature.



## MY FAVOURITE PHOTOGRAPHS PART II

TEXT & PHOTOGRAPHS BY  
ANDREA LAMBERTI

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Please enjoy this selection of photographs  
which capture some of my favourite images  
that I have taken over the years.



© Andrea Lamberti Photography

Autumn logs





© Andrea Lamberti Photography

Weston Super Mare Pier after the storm, England.





© Andrea Lamberti Photography

Rabbit in sand dunes, Croyde, North Devon, England.





© Andrea Lamberti Photography

Bristol Harbour, England.





© Andrea Lamberti Photography

Underwater plants, Brixham, South Devon, England.





© Andrea Lamberti Photography

Rays of light, River Dart, England.



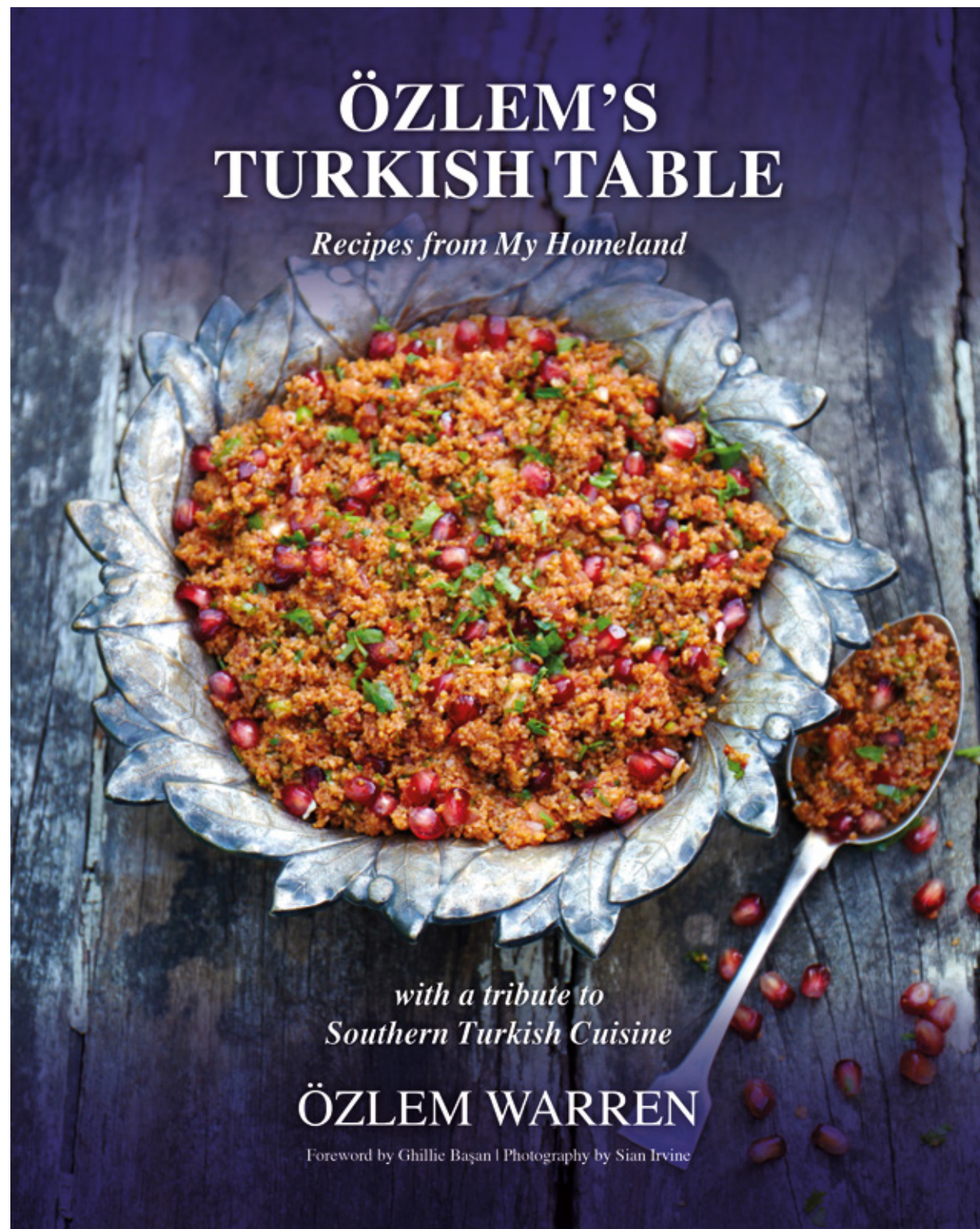


© Andrea Lamberti Photography

Part of the Jurassic Coastline, Dorset, England.



[www.ozlemsturkishtable.com](http://www.ozlemsturkishtable.com)



## PATLICANLI TENCERE KEBABI EGGPLANT (AUBERGINE) POT STEW

This is one of my favourite stews – or as we call in Turkish, Pot Kebabs, “Tencere Kebabi”. The marriage of sweet, meaty aubergines with the delicately flavoured shallots (and lots of it) is divine; you hardly need the meat to add extra flavour (You may try excluding the meat for a delicious vegetarian course). I love dipping the crusty bread to its juice. Also the lentil/ bulgur patties (recipe is under the section of mezes in the blog) goes very well to dip into the yummy juice of the stew.

Christmas Eve dinner is traditionally Turkish dinner in our home, as our international (extended) family loves Turkish cooking, especially the aubergines. So this will be my main course this year. You can cook this delicious stew ahead of time and any left overs can be frozen successfully. You can enjoy entertaining stress-free.

*Afiyet Olsun,*

*Ozlem*

Signed copies of  
**Ozlem's Turkish Table; Recipes from My Homeland**  
by Ozlem Warren is available at  
[www.gbpublishing.co.uk/product-page/ozlem-s-turkish-table-hardback](http://www.gbpublishing.co.uk/product-page/ozlem-s-turkish-table-hardback)



**Serves: 4 - 6**

Preparation time: 35 minutes

Cooking Time: 55 minutes

3 small to medium eggplants (aubergines), quartered and sliced  
450gr/1lb shallots, peeled and cut in half  
2 medium potatoes, peeled and cut in cubes  
1 carrot, cut in cubes  
500gr/ 1 ¼ lb beef or lamb in chestnut sized pieces  
90 ml/ 6 tablespoon olive oil  
400gr/ 14 oz can of chopped tomatoes  
15ml/1 tablespoon Turkish red pepper paste (optional)  
8fl oz/ 1 cup water  
1 teaspoon red pepper flakes  
Salt and ground black pepper

Spread the eggplant slices in a tray and sprinkle salt over them, leave for 15-20 minutes. Salt will help to take the moisture out of the eggplants. Drain the juices, as they are bitter, and squeeze dry the eggplants with paper or tea towel.

Heat the olive oil in a large, heavy pan. Stir in the eggplants and shallots and sauté until they start to turn golden brown (my mother actually would shake the pan too, so that the aubergines don't get bruised.) Season with salt and pepper. Add the meat to brown a little. Toss in the carrots and potatoes and cook for a few minutes, stir well. Season with salt and black pepper generously. Add the chopped tomatoes, red pepper paste (if used) and water, mix well. Check the seasoning and add the red pepper flakes. Cover and cook on a medium to low heat for about 40 minutes, until the sauce starts to thicken.

Serve hot with some nice crusty bread or plain rice by the side.





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## PUTU YUDANA

CORPORATE EXECUTIVE CHEF, WAKA HOTELS & RESORTS  
PRESENTS  
EXOTIC BALINESE CUISINE AT WAKAGANGGA

*Celebrate your special occasions with a **Romantic Dinner** in stunning beachfront setting of WakaGangga resort at Gangga Beach, Tabanan, Bali or in one at our beautifully designed villas with pool. A delicious set menu served by attentive and warm Balinese staff will complete your memorable evening.*

We are delighted to present a special live lobster menu for guests at Waka Gangga Resort. The live lobsters are caught off resort's beach by the fishermen from Yeh Gangga village using centuries old fishing technique and bamboo traps.



Putu Yudana





**Romantic Dinner Venues:** candles, flower petals and Balinese temple umbrellas will create a romantic dining ambience in your villa or on beachfront amphitheatre.



**Grilled Live Lobster** – marinated in “Jukut Urab” – a yellow paste of aromatic Balinese spices, served with poached bean sprouts, long bean, spinach with grilled grated coconut, crispy shallots, spice roots. Two “Sambal” accompany the grilled live lobster : *Sambal Matah* – chopped shallots, lemongrass, shrimp paste and coconut oil. *Sambal Ulek* – slow stir fried tomato, shallot, red chilli and shrimp paste.



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# Live encounters

FREE ONLINE MAGAZINE FROM VILLAGE EARTH  
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Cover Photograph by Mark Ulyseas