



A&E

Food

Nori Rolls with Lemon-Ginger Dipping Sauce

Nori rolls can't be beat in terms of deliciousness, ease of preparation and can be varied to please any palate. Another great thing about nori rolls is that you can use whatever veggies you have on hand. The "rice" is actually made of jicama or cauliflower, depending on what texture you like, I've also used soaked wild rice with mashed avocado to create soft "sticky rice". Here's the variation we'd like to share with you. Colorful, super quick to assemble and tasty, the perfect summer food!

4 Nori sheets
1 large jicama or 1/2 head cauliflower
or soaked wild rice

For the Rice

Combine sliced jicama or cauliflower in a food processor, grind the jicama or cauliflower into small "rice" pieces.

For the Filling

1 avocado, thinly sliced
2 carrots, sliced thin
1 scallion, sliced
1 cucumber
1 celery, sliced
1 red bell pepper, sliced
2 large lettuce leaves, torn
sushi mat or a clean dish towel (optional)

Remove the jicama or cauliflower from processor and place a thin layer of it on a nori sheet. Leave about a 2 cm space on the far end and a 1 cm space on the close end a few inches from the top of the sheet. Place the lettuce pieces, slices of avocados and other veggies in the center of the sheet. Roll the nori sheet using your three middle fingers on both hands to hold the filling in and your thumbs rolling while your palms bring some pressure from the top. Seal with a few drops of water along the seam to hold nori in place. Enjoy as a hand roll or cut the roll into several pieces. Serve with Lemon-Ginger Dipping Sauce or a little shoyu with sliced scallions for dipping.

Lemon-Ginger Dipping Sauce

1 cup lemon juice
1/4 tsp Lemon Fortune Delight (optional)
1 cup nama shoyu or tamari
2 cloves garlic, de-veined
1 cup chopped ginger
1 T honey
Combine ingredients in a blender and blend until smooth and creamy.

Chrissy and Joel Gala live in Sedona and are available for: consultations, classes, retreats and private events. www.LiveFoodEnergy.com

Summer is a time to recharge those internal batteries with *solar power*.

Following the law of the five elements, we find summer (and not really a surprise) is represented by Fire, the color is red, the associated organs are heart and small intestine and the taste is bitter. By working with this ancient system of balance we are better suited to bring harmony to our own experience.

It is very important to keep the Fire balanced with Water inside and out. This is a time for fresh fruits and vegetables, lots of water, fresh juices, big juicy salads and light hearted fun in the sun. This is the time to support the heart and small intestine with fresh whole foods; little, if any dairy and flesh.

The summer is the time for growth, expansion and weeding obstacles from our path. People with increased Fire may be "hot types", full of energy, with red complexions, usually very busy; they love to talk and socialize, and may find it difficult to slow down and relax. A cooling diet of primarily raw fruits and vegetables with bitter herbs are especially good for balance during this time. For those with weak Fire, warming herbs such as cayenne, ginger, or curry will add a little heat to the blood.

This recipe created by Regenerative Foods Chef Chrissy Gala will be the hit of any summer gathering; formulated to be harmonious with the summer heat and balancing for the mind, body and spirit.

My Future Thighs

Fine art and chocolate unite in this tasty "chocolate box" hanging wall tapestry featuring work by the acclaimed blind painter Ketra Oberlander. This 53"x53" woven tapestry of Oberlander's painting humorously titled "My Future Thighs" - one of Ketra's "Chocolates" series works now in a private collection in the U.K. - graces a room with visual interest and a spirited sensibility. Its neutral, natural color scheme complements most homes. Through her ground-breaking art brand Art of Possibility Studio, Ketra is helping herself and other disabled artists earn an autonomous, independent living through their craft. This tapestry, which showcases Ketra's Art of Possibility Studios' licensed imagery, exemplifies this achievement.

www.aopstudios.com/store_tapestry.php



Deva Premal & Miten

Deva Premal and Miten met in India in 1990 and soon began a journey into love and creativity that has taken their inspiring blend of song, mantra and meditation to a worldwide audience.

Their music transcends all the usual musical boundaries, with fans including rock icon Cher, who featured one of Deva's most popular chants, the Gayatri Mantra on her Farewell Concert Tour; world renowned author and motivational coach Tony Robbins and even His Holiness The Dalai Lama who, after hearing Deva & Miten sing for a private audience, exclaimed, "Beautiful music, beautiful...!"

German-born Deva Premal is a classically trained musician who grew up singing mantras as bedtime songs. Her mother plays viola da gamba and her father was an artist and a devotee of the spiritual path, including Zen and Yoga. He taught himself Sanskrit and Deva notes that "When my mother was pregnant with me, their welcome was to sing the Gayatri Mantra throughout the pregnancy."

"As I grew up we continued to chant the Gayatri Mantra together regularly before sleep. I didn't really know what I was singing... and why. I just did it because I was told to. It wasn't until much later that I came to appreciate these precious times."

As a teenager, she moved away from the confines of both her classical music training in voice, violin and piano, and the mantra practice, and began to explore on her own. At age 11, her search brought her to become a disciple of the enlightened mystic Osho, and later, she went to the ashram in India to begin studies in body work, including massage, shiatsu and cranio-sacral therapies.

It was in Osho's ashram that she and Miten met. "Although I was 20 years old and he was 42, our hearts immediately connected," she says. "I knew he was one of Osho's musicians, but that was about all I knew—apart from the fact that I felt good whenever we were together. We laughed a lot... and still do. He writes the most beautiful songs, some of which I knew from the ashram celebrations."

Miten was born in London and grew up in the 60's. "At that time, England was alive with rock 'n' roll music and the sound of The Beatles," he recalls. "Everywhere you went it was on the street. It was a time of innocence, a time when you could sense the possibility that life has no boundaries."

He later went on to establish a successful career for himself in the 70's as a singer/songwriter, touring with such bands as Fleetwood Mac, Lou Reed and Ry Cooder. During this time he released two well-received albums, one produced by The Kinks, another by noted Los Angeles pro-

ducer Bones Howe for Ariola Records. This period of his life was exciting, but left him unfulfilled: "I had a couple of album deals, and moved into writing music for other people, then radio and tv work, then eventually found myself in my 30's asking questions — I was looking for something more substantial in my life than the usual diet of sex, drugs and rock and roll."

Miten left everything he had known before, even selling his guitars, and after discovering Osho when a friend gave him a book on Zen, dropped out of his career and into a life as a member of a meditation community. By 1990, when he and Deva met, he was leading the music for thousands of people attending the evening meditations at the ashram in India, and eventually invited Deva to join. Later they began offering voice workshops and concerts in Europe. Deva recalls, "At this point, I played a supporting role, singing second voice, playing keyboards, and co-leading the workshops. I was very shy to sing alone, but encouraged by Miten, I became more confident and eventually discovered my voice."

"One day I heard the Gayatri Mantra being sung by a friend in England. It was a different version to the one I had grown up with, and knowing the text so well, I was touched and excited by what I heard."

"We began featuring it in our concerts. At last I had found my song! I had found something that felt like 'mine.' We recorded it in my mother's flat—the same one I was born in, where the Gayatri Mantra had been sung to me all those

years before. Our plan was to make an album for people who attended our workshops. We gave it the title, The Essence.

The Essence soon topped New Age and Alternative music charts worldwide, and Deva and Miten became planetary gypsies, bringing the ancient healing power of mantra into the 21st century.

As Deva says, "Without the silence that follows the chants, you get only half the story. It's like the climax of a good story. The silence is there because it exists in the music. It just needs to be exposed and acknowledged. It's so easy to overlook the silence inside the music... and it's that which is healing us... if we allow it to be there. This is really one of the main reasons Miten and I sing – to bathe in Silence. It's our nourishment. It's what keeps us on the road."

Join Deva Premal & Miten in concert this fall in Arizona

October 2 - 7:30pm
Mesa Arts Center
Box Office: 480.644.6500
boxoffice@mesaartscenter.com

October 4 - 11am-5pm
Anthem Ironwood Country Club
www.ticketforce.com
1.877.840.0457

