

Tales From Thailand, 2019, #5

Hello again, friends.

Thanks so much for your insightful and heartfelt responses to these Tales. Though I'm not able to respond personally, they are definitely appreciated, dears.

Today, I have time to start the fifth Tale, even though I sent #4 out yesterday...because I'm sort of hiding out in my beautiful little kuti/house today.

The truth: I haven't been present for alms-walk or Kitchen Zen or my afternoon gardening sessions with Chom for three days now. I'm QUITE hesitant to admit it, but I am sick.

Tales #4 was originally going to be about my super-human level of newly reinforced immunity against all bacterial invasions e.g. I had a Splat-Factor rating into the Stratosphere, just short of Breatharians and those who claim immortality.

The photo above, which I refer to as "Morning Sunshine" is now my first beverage of the day. Yupp, it's urine therapy....I know

the Blink

(a.k.a. I can't believe she wrote that)



is currently happening across America among many of you. That's okay, darlings. No one can control the Blink, anyway.

I've known about Urine Therapy for about forty years, since I was in India in the 70's, where the prime minister Morarji Desai used to proudly promote it. But he was a funny old man, which is to say my current age! So I've been considering it for many decades, but felt I was never quite sick enough to actually do it.

However, my life is shifting rather radically these days, and along with that, my priorities. Good health and equanimity now seem like goals to be achieved in an eternally-expanding framework as the crown jewels of this incarnation... outranking, perhaps, instant gratification. (I know that Coyote Trickster is preparing something rich for me, as I write this).

So I'm not pursuing the Morning Sunshine avenue because it is so delicious. Or economical (5555) or due to its availability.

I joined the four-day Nature Cure Program/Dhammachat Bambat this year with a much higher level of commitment than ever before. There were at least a half-dozen willing interpreters among the forty-eight participants, who had lived in English-speaking countries for years. So I had more access to the resources during this 18-hours-a-day program than ever



A young woman enjoying her morning glass of "fart", the Thai name for this blenderized local squash. Fart comes after urine, enema, daily chanting, and is followed with mild yoga and then the cleansing protocol.

before. And many of these participants were on the healing side of serious diseases. Often, they were returning with one of their parents, who suffered with cancer, diabetes or heart disease.

For those of you who are truly fascinated with the Nature Cure regime, I'm going to include a description that I just sent to my friend, Venerable Vy Sovechea, a delightful young monk who runs a rural monastery and a small college in Cambodia. He was the one who said to me (last winter).



*We need that so much in Cambodia!
We lost all of our traditional healing
methods and healers under the Pol Pot massacre in the 70's.*

So yes, that particular dream is now hatching, since I've persuaded the Dhammachat Bambat team to come with me to the rural province of Battambang, Cambodia for the weekend to train a couple dozen people in the application of natural healing techniques. It's being sponsored by C.O.W., (an anonymous circle of Fayetteville women who occasionally finance unusual and worthy causes).

So, darlings, here is the description of Dhammachat Bambat that I just sent to the Venerable monk. I'll put it in a different color, in case you're not interested in pursuing this kind of data....so you can return to the Tales when it is finished:



The preparation and distribution of our morning Fart

Dhammachat Bambat/Natural Healing Program

***The body is naturally healthy and able to cure itself of any stressor or illness. We just have to stop interfering and return to our natural, unpoisoned way of life.*

This is amply demonstrated by the many many testimonials given by the staff, all of whom were healed of either cancer, heart disease, skin inflammations, diabetes, or some other form of illness, using these same techniques. Since Khun Mae Sansanee herself achieved full remission from cancer last year, partially through using Nature Cure, the course now has a waiting list, and only forty-eight people are admitted per session.

There are several segments of the program:

***diet -*

all food should be fresh, organic, seasonal, raw, local as possible, and vegetarian. The participants are individually assessed in interviews, and assigned to consume (for the four-day program and then to continue for about six months, or as needed):

a. fruit (only one type per meal, and depending on the person's constitution)

b. fresh coconut water, for those fasting from food

c. salad (especially for diabetics, who can't tolerate the sugar in fruit or coconuts)

***cleansing techniques*

We must first cleanse the body of its many accumulated toxins and obstructions developed through the unhealthy lifestyles that are typical in contemporary society, so it can begin to heal itself naturally.

Our cleansing regimen consists of

**drinking a small "shot glass" of our own urine*

**administering an enema twice/day*

**blenderizing a cleansing squash mixed with water and drinking a small glass (It's called "fart", in Thai)*

**rinsing the eyes with eye cups*

**gargling salt/lime water*

**cleansing the sinuses with a neti pot of salt/lime water*

**steaming the face and sinuses with a cup of basil leaves in boiling water, with a towel over the head, to hold in the steam*

**squeezing the bayaana leaves to create pure chlorophyll/dark green gooey water, which is then drunk*

**coconut water drops in the eyes and a facial massage*

Demonstrations and a complete description of each technique is offered, until it becomes rote to everyone.

In the evenings, there are other more elaborate cleansing techniques offered:

**saunas (cloth tents) with steaming herbs (3 fifteen-minute rounds)*

** soaking the hips and pelvis in cool-water tubs, with mud facials*

** clay baths*

**alternately soaking the feet in tubs of very hot salt water or herbs, and then standing on ice for 3 minutes
Three rounds of this (eek!)*

***emotional/psychological component*

Through the use of slapstick, empathy, dance, song, prayer, storytelling, psycho-drama....

each group of strangers merges gracefully and magically into one loving family. Many of the participants have also arrived with their supportive family members as well. Often adult children bring their ailing parents... The group is encouraged to stay in touch on LINE or in a private chat group and to solicit support from the volunteer staff throughout their healing process. Mei Oou, the director, is a master at reading subtle or not-so-subtle emotional resistance and applying whatever therapy is called for.

***spiritual component*

The day begins at 4:30 with chanting. before the cleansing techniques begin.

Every meal is preceded by intense prayers, metta, and the heart-felt necessity of GRATITUDE for this opportunity to stop, pay attention to our blessings, and give thanks to the earth for this food.

The attention to our kileshas/habitually conceived impurities of mind and body is a major component of healing.

The cruelty of slaughtering animals is impressed upon the group. (Doesn't every living being deserve to be happy?), visually and emotionally.

Khun Mae Sansanee gives the group a pep talk, as well, about ariya - the noble life, and her own recent healing journey, employing meditation, diet and these techniques.

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And so, dear Venerable, as you may have guessed by now, many of these components will not be possible to convey in merely two days and through a translator across the cultures.

But I believe that the basics are important enough for us to try to transmit whatever we can. Possibly, many people could be saved from great suffering.

Let me know your opinion (quite honestly), please.

Venerable, many blessings on all of your marvelous efforts to bring sanity to this KRAZEE world.

*Sincerely,
Pa Joy*

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Apparently, Venerable Sovechea found this description compelling enough that he is gathering a couple dozen of his students and staff to attend the weekend training. I plan to stick around another four or five days in rural Cambodia, after the Nature Cure team returns home, to work with students in the local Peace program, run by another monk at the Buddhist University. Of course, I always learn much more than I teach.

And now, I want to take you in another direction, dear readers,
to re-visit my favorite restaurant....although the food is certainly not
extraordinary.

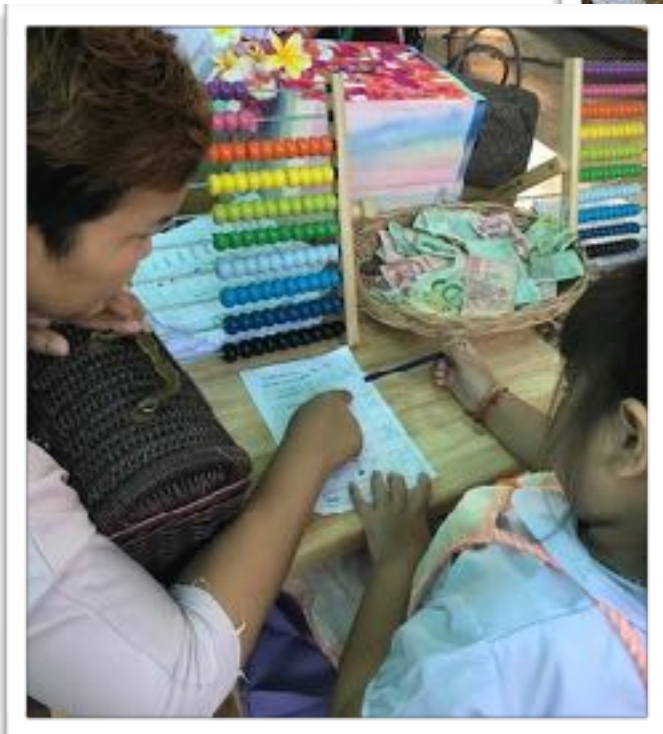
But they are serving the Future as the main entree:



Our five-year-old waitress, in the photo above, is serving soup and coffee. The kids made their own aprons, all the menus and table cloths and decorations. They chose the menus, cooked all the food, and served it....

I've returned to this Kindergarten Cafe many years now, but it truly came as a shock the first year, that tiny kids could carry trays of steaming kid-prepared) food, given sufficient encouragement.

With a bit of adult oversight and a lot of practice, they take all the orders, prepare all the food, serve it, and then tally up the bills, with an abacus.



Who knew?

Well, dear friends, it's dusk now, and I'm so relieved to get this issue #5 done, because I'll be flying up north to Cancer Village next week, which is always a life-changing experience for me.

And even before that, I'm heading to the brand-new "S.D.S. #2", as Nawng Joy calls it, on Friday. MC Sansanee, Nawng Joy and I will visit the new organic farm that will eventually be supplying our kitchens. It's about 2 or 3 hours outside of Bangkok, to the south.

This are more reasons why I'm laying low this week, and planning to recoup my health almost any minute now. Tomorrow, perhaps.

And I'd love to enclose a couple of photos that didn't quite get into Tales #4, friends...



Thanks again for joining me on this



journey.

