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- SOLITARI E SOLIDALI

- I PALADINI DEL MARE

- CARAVAGGIO: A GENIUS ITALIAN ARTIST

**- THE SPACESHIP OF THE BODY
A TRAVELLERS' NOTES**



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SOLITARI E SOLIDALI “ANDRÀ TUTTO BENE” DAVVERO SOLO SE CI RICORDEREMO COME RESTARE UMANI

1861 -2021 - Dopo 160 anni di unità nazionale. Ora dopo una crisi che non ha precedenti nella storia bisogna rifare l'Italia



di Enrica Romanazzo

Sostiene e promuove da anni le attività della FAO STAFF COOP. Nel contempo segue ed organizza eventi in difesa dell'ambiente e per la valorizzazione del territorio salentino



Dopo 160 anni di unità nazionale, l'Italia appare ancora nell'immaginario collettivo con una duplice serie di stereotipi opposti e contraddittori.

Seppur considerati simpatici e geniali, noi italiani siamo accusati di essere disorganizzati, chiassosi, confusionari, superficiali, poco rispettosi delle regole. Di fatto gli italiani in tempi di emergenza covid hanno dimostrato di essere rispettosi delle norme imposte e capaci di resistere ad una crisi che non ha precedenti nella storia di questo paese.

E comunque agli italiani tacciati di essere faciloni viene universalmente riconosciuta la grande creatività,

la genialità, la generosità, ed il fatto di essere depositari di una cultura ultra millenaria che si estende anche al settore della ristorazione. Purtroppo le attività collegate alla filiera eno-gastronomica, da sempre fiore all'occhiello di questo paese, hanno subito un colpo mortale a causa della pandemia. L'emergenza sembra proprio aver spento l'anima di questo paese.

Quando è diventato chiaro che il mondo finiva sul nostro balcone, sono cominciate le inquietudini. Il popolo italiano, godereccio, operoso e creativo, socievole e solidale, si è riscoperto preoccupato, immobile e sofferente. Ciò che era familiare è apparso improvvisamente minaccioso e questo ha creato un grande disorientamento in un paese nostalgico del confortevole passato, insofferente al presente e privo di futuro. L'isolamento forzato ha acuito il senso di solitudine e sembra si sia persa la voglia di ascoltare gli altri. All'inizio i morti, sembravano non turbare più di tanto le coscienze dei più.

Apparivano come numeri astratti in un bollettino ossessivo ripetuto dai media e ascoltato distrattamente, mentre si è continuato a pensare in primis ai propri affari mettendo ancora una volta il proprio bene davanti a quello della collettività, sperando in una soluzione personale ai gravi problemi che hanno afflitto duramente soprattutto il nostro paese.

Come sono cambiate le nostre priorità alla fine di un *annus horribilis*? Prima della pandemia quanta gente ossessionata dal desiderio di arricchirsi ha vissuto rapporti vuoti e superficiali, un po' per scelta un po' per mancanza di tempo perché alle prese con una quotidianità in cui il tempo scorreva veloce, in un *tourbillon* di scadenze, impegni lavorativi, aperitivi e rapporti superficiali, vissuti nelle città che ingoiano tutto e tutti, senza preoccuparsi dei più fragili ed indifesi. In un una società del genere, in cui l'imperativo è produrre ed è vietato ammalarsi, una malattia comune che ha finito per influenzare anche l'esistenza di chi di fatto non ha contratto alcun virus, è riuscita a farci riscoprire la nostra umanità attraverso la sofferenza collettiva?

Al cospetto di un fatto imprevedibile ed improvviso che ha interferito con le personali abitudini ed interessi, la gente ha dovuto rallentare con i propri ritmi, e cominciare a riflettere. Dopo aver inseguito felicità illusorie, ci si è confrontati con una profonda revisione dei nostri valori. Abbiamo finalmente capito l'importanza della solidarietà, della salute e della libertà?

Sono passati 160 anni dall'Unità d'Italia. Durante tutti questi anni, ci ha accompagnato un'espressione attribuita a Massimo d'Azeglio "Abbiamo fatto l'Italia, ora facciamo gli Italiani". Ma fare gli italiani non è poi cosa così facile. C'è da augurarsi che le difficoltà incontrate ci abbiano reso meno qualunquisti ed individualisti.

Non bisogna sottovalutare la dura lezione che questo virus ci sta impartendo: solo uniti e solidali possiamo crescere come società. "Andrà tutto bene" davvero soltanto se ci ricorderemo, una volta di più, come restare umani, o come tornare a esserlo.

Nulla accade per caso. Ora più che mai gli istinti prevaricatori dovranno arrendersi di fronte ad una visione più collaborativa, una visione che contempla il benessere collettivo come unica via di salvezza.

Non può esistere il benessere personale senza il benessere collettivo perché ogni cosa è collegata. Ci vuole tempo ancora e chissà quanto, ma dobbiamo rimboccarci le maniche per rifare insieme l'Italia.

Le restrizioni imposte per fronteggiare la pandemia hanno fortemente penalizzato il settore turistico e le piccole imprese che hanno puntato sulla ristorazione. Pensiamo a loro, sosteniamoli.

Per superare la pandemia dobbiamo riscoprire la fratellanza. Solitari e solidali.

CHEF AT HOME - FLAVOROSSI



by Flavia Beniamini and Mattia Maria Rossi

They are two Chefs who have had the luck, the audacity and the opportunity to travel the world doing what they love and have always wanted to do: cooking. After working for more than ten years in major international restaurants, they returned to Rome for the birth of their little Romeo and to undertake the activity of Chef at Home with the creation of the Flavorossi project

In this period of great difficulty, a certainty that remains firm in our country is the *cuisine*, a set of practices and traditions capable of making us forget what is happening around us for a few hours and of uniting, under the same roof, different cultures.



In Italy, its significance transcends the material aspect and is enriched with a *cultural, educational* and above all *emotional* value: it is an experience lived and shared with family and friends, an intimate moment of *socializing* and *communication*. And the meaning of cooking as caring for someone else's happiness is the one that has always accompanied us throughout our journey.

Italian cuisine has always been synonymous with *excellence* and *authenticity*, appreciated worldwide for its *simplicity* and *completeness* at the same time. The importance of the Mediterranean diet, an expression of the value of Italian cuisine, has even been certified by UNESCO, which in 2010 recognized this nutritional model as a protected asset and included it on its list of oral and intangible heritages of humanity.

Traditional Italian dishes are truly numerous and each region, with its particular raw materials and with a different interpretation of culinary rules and flavors, has developed over the centuries a wide range of *regional recipes*, which are passed down from generation to generation, making Italy *unique* in the world for its eno-gastronomic traditions.

The *completeness* and *complexity* of the Italian culinary tradition has also been the subject of *experimentation* and "*revisitation*" by some of the major Italian chefs with a repurposed

innovation of the recipes that have historical significance in our Country: Gualtiero Marchesi, Massimo Bottura, Giorgio Locatelli, Carlo Cracco, just to name a few.

This gave the opportunity, even to the strictest supporters of molecular gastronomy, to know and rediscover historical dishes that would otherwise have been lost in the frenzy of a period that has no time to remember the traditions of our beautiful Country.

In this way, the many strengths of Italian cuisine are preserved and enhanced to create an important *legacy* for the future, while respecting the *value* of the past.

In our professional experience, we have had the good fortune and determination to be able to work side by side with one of the greatest chefs on the Roman and Italian scene, **Heinz Beck**, the winner of three *Michelin* stars. We had the opportunity to experiment with a groundbreaking example of this union between tradition and innovation: his famous carbonara ravioli with a liquid center.

Coming from such a *gastronomically-rich* culture like Italy, our professional path has always been motivated by the *search* for an equally articulated and documented reality.

This brought us to the *United Kingdom*, to the empire of one of the most famous chefs in the world, **Joël Robuchon**, winner of a record-breaking 32 *Michelin* stars throughout the course of his career. Working in his *Atelier* in Covent Garden we experimented with and

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experienced *French* cuisine, one of the *oldest* in the world together with ours. We became familiar with traditional transalpine dishes such as Fois gras, Rillettes, Bourguignon and many others.

In London, we encountered *classic* French cuisine, and also the variety of ingredients suited to a metropolis, thus giving life to our *culinary curiosity* and increasing our desire to travel and explore “worlds” distant and unknown to us.

On arriving in Australia in 2014, we discovered an *abundance* of raw materials unknown to our culture (such as Kobe beef, the finest in the world) as well as the very pronounced influence coming from the ancient culinary traditions of the East. At the same time, however, we found a similarity with different European culinary traditions, which facilitated our collaboration with the restaurants *Ormeeggio* at the *Spit* and *Chiosco by Ormeeggio* in Sydney. In the years that followed we became *co-owners* of the restaurant *Sotto Sopra* alongside Chef Alessandro Pavoni. The restaurant, after just a few months, was awarded 1 *hat*, one of the highest recognitions given by the *Australian Good Food Guide*.

Having recently returned to *Rome*, where we have both our *emotional* and *culinary* roots, we decided – in a period in which travelling is only a daydream and legislative limitations make it impossible to regularly eat out at restaurants – to offer an innovative service of **Chef a Domicilio**, or private home chef.

This culinary model puts to work our *knowledge* and *international* experience gained from our travels abroad specifically for our clients’ desires; to enhance the concept of cooking as an *artistic expression* born from the *need to care for others*; and to give opportunity for everyone to *explore* the world of haute cuisine in the comfort of their own living space. This is what we would like to bring to your homes: **the professionalism of a restaurant and the warmth of a family.**



Mattia Maria Rossi
Flavia Beniamini

The *Chef a Domicilio* service provided by **Flavorossi**, in compliance with the health regulations in force regarding Covid prevention, is divided into three proposals:

“Brunch,” “Tasting,” and “Banquet” starting at € 40 per person.

For more information and reservations, please consult our website:

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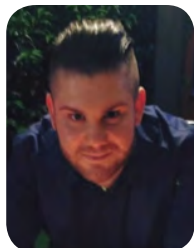
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“I PALADINI DEL MARE”, UN PROGETTO PER VALORIZZARE IL BLU ITALIANO

Le attività puntano a favorire il benessere dei mari attraverso la formazione e l'educazione verso la cultura marinaresca



di Matteo Spinelli

Giornalista pubblicitista

Studenti, esperti di navigazione e di ambiente marino, ricercatori e semplici appassionati e cultori del mare. Queste sono le figure che prenderanno parte al progetto lanciato dalla Lega Navale Italiana, il Comitato promotore del Festival Nazionale dell'Economia Civile ed il Ministero dell'ambiente e della tutela del territorio e del mare della Repubblica Italiana, denominato “I paladini del mare”.

I ragazzi frequentanti le scuole saranno coinvolti sui temi della protezione dell'ambiente, su studi e ricerca, oltre che su attività in barca ed a terra mirate alla formazione, alla tutela dei territori, del patrimonio naturalistico ed alla promozione turistica secondo il paradigma dell'economia civile e dello sviluppo sostenibile. Di volta in volta saranno utilizzati momenti di attività che coinvolgeranno tutti i territori del nostro Paese, utilizzando i tesserati della Lega Navale Italiana, oltre ad a rete di economisti civili che elaboreranno percorsi di studi e ricerca.

Le attività di riferimento per l'anno 2020/2021

si baseranno su studi e ricerche effettuati da esperti provenienti dal mondo dell'ambiente e dell'economia, grazie al Comitato promotore del Festival Nazionale dell'Economia Civile e del Ministero dell'ambiente e della tutela del territorio e del mare. Attraverso uno sviluppo territoriale, inoltre, il progetto verrà veicolato tra gli studenti di ogni ordine e grado (con programmi diversificati e tutto il territorio nazionale grazie alla Lega Navale Italiana, che



può contare su circa 60.000 Soci iscritti e un complesso di 80 Basi Nautiche e oltre 250 Strutture Periferiche fra Sezioni e Delegazioni.

Le varie attività che si svilupperanno nel corso dell'anno toccheranno diverse tematiche: lo spirito marinaro, la conoscenza dei problemi marittimi, l'amore per il mare e l'impegno per la tutela dell'ambiente marino e delle acque interne.

Tutte le attività del progetto – sviluppate con iniziative sociali, sportive, ricreative e didattiche – sono finalizzate a favorire il benessere dei mari attraverso la formazione e l'educazione verso la cultura marinaresca, oltre che all'individuazione di specie protette e alla rimozione di rifiuti presenti sulla costa ed in mare.

Le ricadute del progetto e di tutte le sue attività saranno valutate attraverso un modello di misurazione di impatto multidimensionale (economico, sociale e ambientale), connettendo gli indicatori di benessere equo e sostenibile dell'Istat con gli obiettivi dell'Agenda 2030.

Si arriverà ad organizzare – presumibilmente nel mese di maggio 2021 – una giornata nazionale dove le imbarcazioni legate ai soci della Lega Navale Italiana andranno in acqua per affermare il principio del valore del mare nell'ambito dell'educazione e del rispetto per l'ambiente marino, delle sue coste e delle aree protette. Questa iniziativa – sotto l'egida dei promotori – coinvolgerà in modo pratico il mondo della scuola.

L'obiettivo è quello di valorizzare l'impegno del Ministero dell'ambiente e della tutela del territorio del mare della Repubblica Italiana e della Lega Navale Italiana, rendendo replicabile il modello de "I paladini del mare", avvicinando quante più persone possibili al mondo del mare.



L'Ammiraglio Donato Marzano (Presidente Nazionale della Lega Navale Italiana)



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CARAVAGGIO: A GENIUS ITALIAN ARTIST



By Fahmi Bishay

Dr. Bishay is an FAO retiree and a senior consultant in agricultural policy analysis and sustainable economic development. He is an economist, writer, and artist. This is his self-portrait.

Introduction: Focus of the article

The focus of this article is solely on the artworks of one of the most famous Italian artists: Caravaggio. The personal behavior of the artist as an Italian citizen, and whether he abided by the Italian law or not, are beyond the scope of the article.

In this article we highlight Caravaggio's origin and present him as the painter who was *the master of innovation, realism, dark and light, expressions, still life, self-portraits, and the star of the "baroque" period in art.*

Who was Caravaggio?

The artist's full name was: Michelangelo Merisi Caravaggio, and has been known as Caravaggio. That is the name of his village, near Bergamo, in Northern Italy. He was born in 1571 and died in 1610 when he was only 39 years old. Within this short time span of his life, Caravaggio produced an amazingly large number of masterpieces in art.



Figure 1. Shows a self-portrait of the artist at the age of 22 - 23. The painting shows a happy young man holding some grapes in his hand. As an artist, Caravaggio was, indeed, an Italian genius. It is interesting to note that Caravaggio worked with extraordinary speed, painting directly on the canvas, even without sketching the main figures.

Master of Realism in Art

Caravaggio emerged about 34 years after Michelangelo's death, as a highly gifted young artist. He studied the artworks of his predecessor great Italian and European artists who produced classical artworks that were exhibited in world-famous museums, mostly on stories from the Bible. However, he wasn't impressed with this heritage of art. He once called that artworks "constrained and

Figure 1. Caravaggio's self-portrait when he was 22 - 23 years old. Rome, Galleria Borghese. (Oil on canvas 67 X 53 cm.)

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academic”. Instead, he opted for very *realistic and down-to-earth* art. To this end, he used laymen, street poor boys and girls, and even prostitutes as his models. With Caravaggio’s meticulous focus on the details of his models, paintings of those simple, real-life people representing such legendary characters as: Jesus Christ, Saint Mary, Saint Peter, Saint Paul, and other famous characters, brought those characters to us as down-to-earth people that we can recognize and identify with.

Master of Dramatic Light and Dark

Caravaggio was the master of dramatic paintings that would hold you in awe at any world- class museum. This is not only because of his realistic and most detailed paintings, but also, and most importantly, because of his very strong and masterly effective use of light against dark colors. In Caravaggio’s paintings you can *feel* the light falling and shining on his subjects against a usually very dark background.

Master of detailed Expressions

Caravaggio presented the inner and subtle expressions of his characters in a dramatic and most effective approach. For instance, in his painting of the sacrifice of Isaac (Figure 2.), we can see the determined expression in the face of Abraham as he was trying to obey the Lord’s order to sacrifice his son: Isaac. We can see the frightened expression on the face of crying Isaac under his father’s knife. And, we can see the ordering expression on the angel’s face and body language as he was holding Abraham’s hand (with the knife) with one hand, and pointing to the sheep for sacrifice, instead of Isaac, with the other. The painting is full of expressions, affection, very powerful, and overwhelming drama.



Figure 2. Caravaggio: *The Sacrifice of Isaac*.
Florence, Galleria degli Uffizi.
(Oil on canvas 104 X 135 cm.)

Master of Still Life

Caravaggio’s still lifes were mostly painted as an integral component of another broader subject. Yet, if you enlarge a still life component of a major painting by Caravaggio, you would be most amazed by how wonderful, effective, colorful, realistic, and detailed still life painting you would have, that wasn’t the prime objective nor the focal point of the broader painting.

Figure 3, shows a painting by Caravaggio entitled: “Boy with a basket of fruit”. The focal point is clearly the face of the boy. Yet, the still life of the fruit in the basket is an outstanding painting in itself. This observation of great still lifes in Caravaggio’s artworks doesn’t only apply to fruit, vegetables, meat, or other food items, but it also applies to other non-food items such as musical instruments and musical notes.

Master of Special Self-portraits

Caravaggio, like most artists, did self-portraits at different ages of his life. Some artists did so many. For example, Rembrandt produced over 80 self-portraits showing the progression in his life over time. Caravaggio did fewer self-portraits than Rembrandt. However, he produced special self-portraits that demonstrated his *inner feelings* at the time when the paintings were done. Thus, his self portrait at the age of 22 - 23 showed him happy, young, and holding grapes in his hand (Figure 1). In another self-portrait, painted when he was at the age of 34 to 35 years old, he showed himself as the executioner and the victim, simultaneously, (Figure 4.). This was, indeed, a work of a genius in art.



Figure 3. Caravaggio:
Boy with Basket of Fruit.
Rome, Galleria Borghese.
(Oil on canvas 70 X 67 cm.)



Figure 4. Caravaggio's self-portrait presented as David with the head of Goliath.
Caravaggio painted himself as both executioner and victim; a work of a genius in art.

Star of the Baroque Period in Art

Caravaggio emerged as the master of innovation and the star of the Baroque Period when art focused on: *fury, ecstasy, drama, and excesses*. Caravaggio excelled in those fields and was thus declared a star of that period of art.

Caravaggio's Influence in Italy and beyond

With the above highlights of the genius artworks of Caravaggio in mind, it is no wonder that his art had a significant influence on many an artist in Italy, Europe, USA, and beyond. For instance, a world art critic declared that, “*with the exception of Michelangelo, no other Italian painter exercised so great an influence*” (Bernard Berenson; an American critic). It is further declared that: “*Rembrandt, Ribera, Vermeer, and La Tour could have never existed without Caravaggio.*” Exhibitions of the artworks of many Italian, other European, and American artists, who were Caravaggio’s followers were held in Rome, Milan, and other world capitals during the past few years.

Concluding Remarks

To conclude, we are lucky to have the opportunity to enjoy seeing some of the artwork of this Italian Genius. If you are in Rome, you can see the following selected paintings by Caravaggio: *The Calling of Saint Matthew*, and *The Martyrdom of Saint Matthew*, in Contarelli Chapel; *Conversion on the way to Damascus*, and *Crucifixion of Saint Peter*, in Cerasi Chapel; and *The Entombment of Christ*, in The Vatican Museums. If you are in London, you can see *Supper at Emmaus*, in The National Gallery. And if you are in Paris, you can see *Death of the Virgin*, in the Louvre. What a genius Italian artist, Caravaggio, indeed, was.





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THE SPACESHIP OF THE BODY. A TRAVELLERS' NOTES



By Janine Claudia Nizza

She is teaches Yoga Flow in Rome since almost two decades and she is ERYT 500 PLUS Yoga Alliance Italia Vinyasa Yoga Flow Teacher Trainer since 2019. She is author of many yoga articles for Fao Gazette, Vivere Lo Yoga, Yoga Pills, Yoga Journal Italia and recently invited to be writing for Yoga - Magazine Italia.

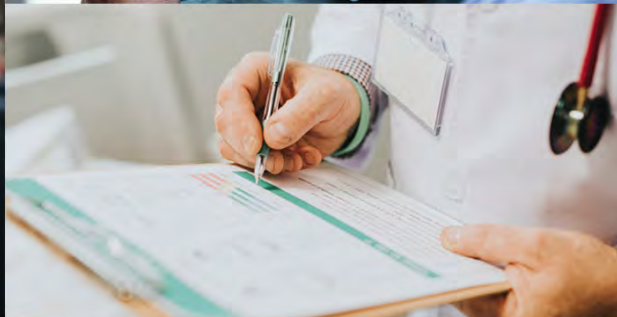
The body contains all creations and all creatures, a microcosm that reflects the macrocosm. Within it endless actions of mineral, liquid and gaseous origin take place involving physical, atomic, nuclear, electromagnetic, chemical and biological processes.

The muscle of the heart for example, is perpetual, it never rests, it will stop moving and feeding the body only with the physical death of the same.



Let's take for example our skeletal system: even a simple nature lover who has not studied anatomy or science would be able to realize that in the spine we can see our reptilian heritage, in the scapulae that of the wings inherited from birds, in the coccyx a remnant of the tail. If s/he observed the reproductive organs s/he would see that human fertilization still uses "eggs", reminiscence of the transition from oviparous to mammalian. The circulatory system forms stems, branches, roots of veins and capillaries that work like plants... even the plant world and its structures of osmosis between nutrition and disposal are in us.

We are the entire universe, and yoga, starting from the human body, reaffirms this by not considering the body a mere instrument but a noble "Vehicle".



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THE BODY FEELS THE TRUTH

Listening does not come only through hearing, a vision is not perceived only by sight as well as thought and speech are not always spoken with the voice.

The body is a faithful receiver and transmitter, making use of every sense in all circumstances. Yoga embraces this capacity to absorb the environment in a million ways, and for this reason centuries of yogic wisdom have left us millions of exercises that start from the body and arrive at transcending it, understanding it, not bypassing it.

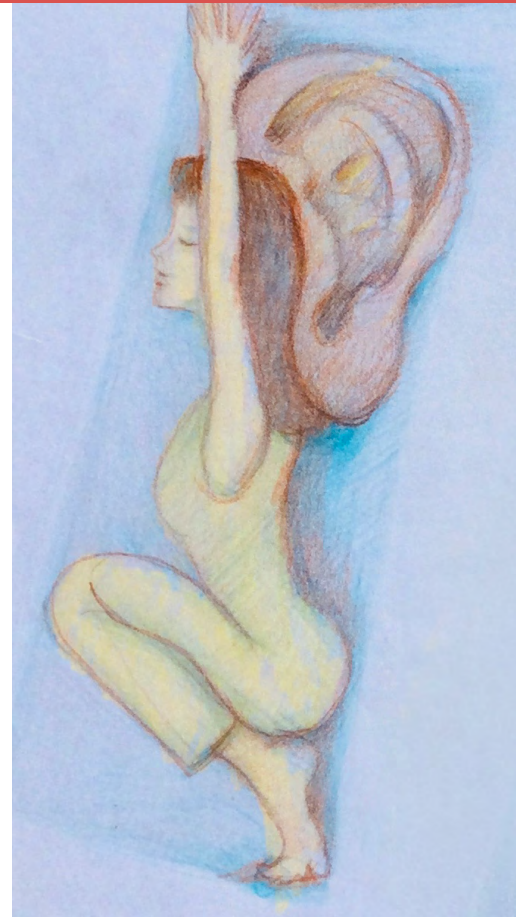
THE BODY IS A LEARNING DEVICE

For example, the body from illness learns to make “immunity”, the mind makes relational experiences and learns “lessons” of social, ethical, practical and spiritual behavior.

Since every experience in it self is neutral, the Body/Mind through yoga practice emancipates itself from fears and negativity to handle an event, even a painful and traumatic one, through transformative and cognitive knowledge as in the “journey”.

Whenever there is a problem instead of sinking into victimhood, the spaceship of the soul studies, observes, breathes, looks with love, waits with patience and kindness because the solution is already written in the happiness and gratitude of its Heart/Mind.

In yoga, the body guides the mind a bit like the seeds guide the plants, one without the other are unlikely, but also the disharmony between the two stops the growth and development of a flower or a fern, to give an example. Ages and seasons are equally precious and crucial stages of the noble Vehicle: to pretend to skip them or suppress them is to go against the wind with the stormy sea, it is against nature. Yoga teaches the body to take care of itself, accepting all the phases of its short existence; it encourages it to abandon patterns of antagonism and confrontation towards itself and others.



ASANAS ARE LIKE MANY PLANETS AND STARS THAT OUR SPACESHIP-BODY EXPLORE DURING ITS JOURNEY

Each Asana is a space-time and vibrational dimension identifiable in the various groups to which it belongs (core, standing, twists, forward bends...). Although formally concluded and defined by its alignments, it is communicating with “everything”. That is to say that our being-body visits these postures a bit like a spaceship would do in reconnaissance towards a new Celestial Body, producing curiosity, surprise, and often dismay every time it collects data.

In the triangles (Trikonasana) we experience a work on balance that does not resemble the Tree (Vrkasana), as well as in Ardha Matsyendrasana the intensity of the twist is less than in Pasasana that requires balance while remaining a “twist”. Very often the names and postures refer to the animal and plant world because they imitate interesting aspects both for “stretching” (and consequently the relief of accumulated tension) and to stimulate areas of our body otherwise unreachable with sports or other psychomotor activities such as dance and athletics, that challenge human limits.

This is because Yoga and the Body are inextricably linked by a fundamental truth: instead of directing the mind and the body towards a victory, with a sense of competition, repetition (and consequent accumulation of stress in the muscles and mind) it wants to prevent and if possible cure, expand, increase self-confidence, looking at the small and constant global progress (physical and psychic) that the practice gives.

There is another aspect that yoga gradually teaches to the body-mind-heart of those who practice it: learning to be alone without feeling separated from the WHOLE.

There is a beautiful description that Yogananda gives about the true attainment of enlightenment: Samadhi is not to be above something but to enjoy the joy of embodying everything and being everything. Perceiving the life of atoms, of stars, people’s thoughts, the waters of rivers, the movement of the wind and not reducing everything to yesterday or tomorrow as a memory or a hope of reward... Remaining in the “now”: just the now and always in a succession of Consciousness that inebriates with joy, in any direction you direct your gaze, listening, voice, touch, thought.

THE BODY IN THE TANTRIC VIEW

Tantra is a philosophical vision that focuses on the experience of the 5 senses of the body to achieve spirituality, there is a very beautiful exercise that leads us to do the same in yoga practice: the joy of full presence in every moment watching the breath entering and leaving the body. The feeling of being deeply pervaded by the inhalation and the liberation of letting go with the exhalation.



In this space created by the Body/Mind, the awareness of the state of grace in which we are now arises spontaneously.

The body in Tantra is central, starting from the fact that everything in life is sacred; the Shakti as creative energy at the base of the spine, is by its nature, protective, nourishing, harmonizing and consisting of unconditional love. The Tantric vision of the body and its energetic power extends respect and awareness to the earth; our planet is bleeding, we need to regain its trust through the ascent of our Kundalini to all chakras to be able to return to the planet, individually and socially, the gifts we live upon while unfortunately still denigrating and exploiting it. We are not separate from the planet, our bodies and epidemics confirm this. The richness and development of our senses are Consciousnesses that emancipate towards the conquest of spirituality. God is love and love is God (we understand with the word God the non-duality).

Despite the differences in gender, colors and cultures of our bodies and epidemics, we are all the same Conscious Energy. A very simple example that concerns us at this moment: between me, who am writing, and you who are reading, there is no separation: we are all ONE.

*Text and drawings by Janine Claudia Nizza.
Translation of the text by Paola Franceschelli.*

The original version of this article of Janine Claudia Nizza is published in Italian by Yoga - Magazine Italia: www.yoga-magazine.it and on her web site: www.yogaflow.it

*Janine teaches Vinyasa Yoga Flow on Tuesday and Thursday online at 7pm for FAO Staff Coop
For more information about the Course you can contact Paola Franceschelli at:
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KETO NUTRITION, LET'S CLARIFY...



By Lelia Spada

Lelia Spada is currently a mature Social Entrepreneur, focused on helping people. She uses a variety of experiences, such as working in Corporates environment, a long-standing learning & development practice, the family entrepreneurship, 35 years in cross functional global working roles plus a Bachelor Degree in Demographic Statistics, a Minor in Sociology and a Master Degree in Economics Statistics.

Trained as Motivational Coach she developed in the area of Mindfulness Awareness, Compassion and Connected Leadership. Lelia facilitate workshops and trainings for a variety of communities, companies, individuals and groups in The Netherlands, Italy, Switzerland and remotely via online video system platforms. In the past few years, she deepened her interest in Nutrition and that's an area where the collaboration with Le Gamberi Ketogenic Food has been crucial to reach out to people in a custom and complete holistic way.



While food and nutrition have been studied for centuries, modern nutritional science is surprisingly young. The developments in the early 20th century have persistently shaped our understanding of the field, at times limiting our knowledge of the complex links between dietary patterns and health till today.

For a long time we have 'demonized' all kind of fat and being informed of that for almost the entire 20th century. When in the 60' – 70' food started its journey into industrialized massive production, sugar in its variety started to be silently added to almost everything we eat and drink. It is only in the past 30 years that we realized that

- a. *the 'good' fat wasn't actually the demon at all and it was all more complicated,*
- b. *nutrition & the huge change of lifestyle which took place in the so-called developed countries back then were the ingredients of the explosion of chronic diseases,*
- c. *the excess calories from eating too much fat of any type was showing to be at the heart of a long list of problems.*

Highly processed food, saturated fat, refined flour, complex sugars (starches), high level of carbs, shifts in crop breeding, genetically modified(GMO) agriculture and additives in large scale, 'Junk Food' overall plus a growing mind set of quantity over quality have compromised our body and mental health. Globality has brought these habits from the developed countries in every direction in the world.

Our body's defense mechanism has been impacted at times till the DNA level.

THE KETOGENIC APPROACH

In the past few years there has been a growing attention towards the Ketogenic diet. Already mentioning the word 'diet', the way we normally do, is not totally correct and we should rather address the Ketogenic as Keto healthy lifestyle overall. It is not unusual that when something makes it to attention of the masses, also via social media, the information might generate interpretations and even confusion. So, let us make some clarity.

The Ketogenic approach is a way of eating that mimics the effects of fasting. By consuming a diet rich in quality fats, adequate in protein, and low in net carbohydrates (total carbs minus fibers) and therefore low in sugar, the body's metabolism begins to utilize fat as its main source of fuel.

In other words, the Keto approach provides for the total elimination of simple and complex sugars (starches). We go to block sugars in a body and this, to have equal energy, transforms and brings back to sugar equal amounts of fat. The Keto approach involves the replacement of carbohydrates intake with fats, and this results in getting the body in a metabolic state known as ketosis. In this metabolic state ketones are produced; they are to fat what glucose is to carbohydrates, they are alternative energy sources for both the brain and body.

Achieving a state of ketosis can have many benefits and in general we can say that the Keto approach works in the direction of optimizing both mental and physical performance. The diet enhances the ability of mitochondria, the power plants of our cells, to deliver our bodies energy's needs in a manner that reduces inflammation and oxidative stress, thus increasing the efficiency of our immune system, our body's defense mechanism.

Through optimizing the way our body uses energy, we fortify our bodies' ability to take on the ever-growing stressors of our modern way of living.



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PAST AND FUTURE

Actually fasting is not something new to us. The use of fasting, before we got to know so much at science level, has a long-standing tradition in many cultures and has been practised for good in a variety of ways for thousands of years. The Ketogenic diet as treatment was discovered in 1921 when first scientific studies about how fasting works in the body were related and applied to the treatment of epilepsy.



Since then, the adoption of the ketogenic diet has been growing and booming in the scientific world as much as in the eating habits and lifestyle of millions of people.

Nutritional supplements, probiotics, hydration and activity levels are also key in this approach, that's why it is important to relate to specialists, good ingredients, quality products and mindset to life.

Not so many products are available that you can, by reading the labels, identify as really compliant to the Keto approach. [Le Gamberi Foods](#) is a unique producer of them. The formula complying with a right amount of nutrients, such as fat and proteins, low in carbs/sugar, made of veggie fibers and even lactose free, is available in forms and shapes that can satisfy and support different purposes and all ages for short and long terms needs.

You can find all information about the Keto approach and their products on Le Gamberi Foods website www.legamberifoods.com

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A great loss for the Artists' Group of FAO

Bob Dickerson, one of the main painting and teaching art experts in FAO, has passed away in December 2020 at 92 years of age, after spending many years helping the staff of the UN Rome-based agencies discover their creativity and artistic nature.



Bob was born at Ipswich in the UK in 1928 and was educated at the Northgate School during which time he exhibited, when aged 15, at the Ipswich Art Club in 1944 'The Hunt'. After Northgate he spent a year at the Ipswich School of Art and, with the help of a Queen Victoria Scholarship, in 1950 he moved to Brighton College of Art and Design.

After spending many years painting and teaching art in Italy, Bob returned a few years ago to his birth town, exhibiting his watercolours, pastels, graphics and oils in galleries throughout Suffolk and Norfolk and in 2019 was 'Artist in Residence' at the White Lion Hotel in Aldeburgh, Suffolk, painting the atmosphere which permeates the shorelines of Suffolk. He never stopped painting until the end of his life.

Over the years many of us have admired and bought some of his lovely watercolours and oils exhibited at the Casa bar of FAO. One of his passions was for the typical fountains of Rome and Roman ruins, and he made some lovely portraits of his beloved wife Brenda and many other people. His classes with a model were also quite popular. Bob believed that everyone can become a painter and should let his creative nature come out.

It is very rare to find people so much satisfied with life as Bob was. With love and respect he made his ambitions become reality and took care of his passions until the end of his life. That's great!
Thank you Bob!

Marina Haas and Ilaria Sisto



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