

# AU JARDIN DES AMES

Newsletter for those who aspire to  
a world made of « Gentleness & Harmony »

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## Life at Domain Maman Terre

Sorry for the long silence that we have kept you in. Indeed we have been very busy with all sorts of activities.

Early this year 2015, we were very happy to see Bruno, Anu and their small daughter Alma again. Alma is vegan since birth. It is a real pleasure to see her so gentle and blooming. She participated as well as possible in our chants, rounds and various activities.

Big renovations were undertaken by Ingo and Ulrike. The beams of the ceiling were too weak in the room that they wanted to stay in. Thus Ingo set another beam transversally ; it supports the other beams in anticipation of heavy snowfalls which can happen some winters.

The big mezzanine was removed. Ingo built a new one. It is smaller and nicer. It has a rounded angle. It gives more space downstairs and makes the room more harmonious.

The ceiling has been insulated and covered with drywall. The room was also freshly painted.

These first renovations have been achieved by

now. Ingo and Ulrike have now settled in this room.

The small Thalia room had been abandoned for a long time. Robert and we have had the project of making it bigger. We spoke to Ingo about it and he knocked it down in December 2014 with the help of Bleutte, Alessandra and Irène.

When Robert came back this year, he soon started working on it to rebuild it according to new plans. It was not an easy task as the supporting beam was not so squared. But Robert managed to fix it thanks to his notorious patience and determination, two features that characterise him so well.

He equipped the room with the beautiful door brought by Ulrike and Ingo. Now he is rebuilding the front wall with a door and a window which we bought on the “Au bon coin” website. Catherine and Pierre collected it on their way to Le Faitg when they visited us.

There is still a lot more work to do: first finishing filling the holes before applying lime on the walls, then starting working in the interior.

We have met Nathalie. She is a very caring person and like each one of us, she strongly wishes to see animal suffering cease.

She puts all her heart into the promotion of veganism. She shared a very good book with us : “The Campbell survey” by Doctor Campbell (one of the world nutritionist). He scientifically demonstrates that eating animals highly contributes to diseases like cancer and other serious illnesses. The book is also available in the Pocket Edition format.

At the end of March, Viviane will be 95 years old. Sylvain has offered her a beautiful pair of slippers with soles made out of felt. It makes them warm, soft and light. With these slippers, Viviane realised that her feet are now lighter. They became so light for her that she often keeps them off the ground as she swings when sitting. She gets very enthusiastic about it. She says that it helps her walking up and down the stairs and to her room.

Dear readers, it is Kerilia who suggested that we would make this newsletter. She asked two friends of her, Catherine and Pierre, to visit us and help us making the newsletter.

## A good book

Nathalie recommended us a good book by Doctor Campbell.

In the Philippines he did a survey and was surprised to discover that the omnivores children of the rich families often developed liver cancer as opposed to children of the poor families who were eating almost only vegetables and fruits. This is due to the aflatoxin, in the peanut butter. Indeed aflatoxin combined with meat becomes toxic.

Another food study made in China on a larger scale revealed the same results again. Diseases like cancer, heart disease, diabetes do not develop in poor regions of China where the population is vegetarian and frugal.

This book is a best-seller which convinced thousands of people to become vegetarian. It is now available in the Pocket edition format under the title “The Campbell Edition”.

When mankind will adopt a vegan diet, animals will at last be released from suffering. Most of

the Earth problems will disappear and we will be on the path to a better world.

*Written by Bleurette on 15th February 2015*

Dear friend & reader,

We definitely need to work on the building of a better and more friendly world but we cannot achieve anything without your participation.

We hope that each one of you will understand and subscribe with good heart.

(10 € or what you want to give according to your heart or personal means)

A warm thank you to all of those who already did.

## Law about animal well-being & rights

On 28th January 2015, the Assemblée Nationale voted a law that changes the animal statute in the Civil Code. It is now considered that animals are “sensitive living beings” in the article 515-14 of the new Civil Code, as opposed to their previous statute which only considered animals as pieces of furniture in the article 528 of the old Civil Code. This change happened after a petition led by *30 Millions d’Amis*, which had collected 800 000 signatures and initiated new debates in the Assemblée Nationale and in the Sénat. On 22th January 2015 the Sénat cancelled the recognition of “sensitive living beings” quality attributed to animals by the Assemblée Nationale in October 2014. However the new definition was established again by the Assemblée Nationale in January 2015.  
*[Wikipedia]*

“At last! Animals are regarded as sensitive living beings in the Civil Code. This historical turn places France on top of the most advanced nations in terms of civil rights. Indeed it positively defines the animal for himself and not

“negatively” like Germany, Switzerland or notably Austria which consider the animal as not being a thing. We can be proud of this progressive and humanist reform, gained after several decades of battling and nearly one year of debates in the Parliament.” *declares Reha Hutin, President of the 30 Millions d’Amis Foundation*

The law project had then been criticised by some animal protectors who believed that it had no practical impact as well as by the FNSEA, the main farming labour union, which feared that it would face the questioning of animal husbandry. [*Le Monde 28/01/2015*]

There is still a long way to go...



## A Short stay at Le Faitg with “Douceur & Harmony”

I arrived at Le Faitg with my friend Pierre on a Saturday on February 2015 as sunset was darkening the mountains.

*Douceur & Harmonie* is not the first community that I have visited, and here I could observe again different ways of living, thinking and understanding the world.

I arrived vegetarian and I leave Le Faitg convinced that I must be vegan.

I came with a project of a summer holiday in Wales and by chance, Robert, an English man, gave me references to find out more communities in the world. These addresses will no doubt help me going on with my tour of alternative places.

Ingo and Ulrike, a German couple, invited me to visit the room they had just nicely renovated. They have not yet decided whether they would stay permanently but are thinking about it.

Pierre and I had agreed with Bleuette that we would stay for one week in order to make a newsletter (that you are reading right now) with

the latest news from *Douceur & Harmonie*. It is an interesting experience to make such a little newsletter and translate it.

Whilst writing the articles I had the great pleasure to walk on the paths that begin from Le Faitg, as far as the Three medieval towers (1300 m altitude) where you can have a panoramic view of the surrounding mountains, including Mount Canigou.

I really love the turtledove named Eventail (French for fan) who lives freely in the big communal kitchen. It is thirty years old and I could not believe that such a bird could live so long. Eventail will always be in Viviane's heart. Viviane is the founder of *Douceur & Harmonie* and she is still a jolly person even though she is now very old.

*Douceur & Harmonie* is really the domain for birds. When you sit in the warm veranda on a sunny day, it is so great to watch all the birds. They fly around the little birdhouse above the small valley and eat seeds. They are so numerous and so close, just on the other side of the window: all sorts of tits, red tails, sittelles, and many other species whose name I do not know

I really like Viviane's wall paintings. They have

recently been renovated by a volunteer in the kitchen. They remind me of Haitian art: naive and very colourful.

I hope that I will come back to Le Faitg when it is a little warmer and when trees leave and green. I would like to see again the blue sky above Mount Canigou. I would like to see everyone again.

*Written by Catherine on 17th February 2015*

# Harmony

Harmony with each other and with nature is like a song, an ancient song, an eternal song which flows around us, joins us, binds us.

When I first arrived from the outside I was full of words and did not recognise this song, because I did not live naturally or know how to listen in the stillness of my soul.

After many days in this beautiful environment working on the land and with life-giving natural food, with contemplation in silence and with my friends, I began to feel it flowing in the air, sense the magical chant and yearn to know the words and their meaning.

It brought me joy and I began to hum to the silent melody of harmony and feel at peace.

When I lay quietly at rest on my bed to sleep with a smile on my face and serenity in my heart, I know I have discovered something eternally around us, a natural force that we belong to, and belongs to us, if only we can learn to listen and live peacefully and naturally together with each other and with nature...

*Written by Robert in 2002*

Kia Kia Koum  
or  
The Evil dance of bad habits

Listen! I must tell you about a dream that I have had. I was with my three friends on a very big and beautiful sailing boat.

There were thousands of people on board. They wanted to go on an island where it was said that you could find gold. This island was very far away. The journey would therefore last for months and months.

In order to have fun, the team and passengers had invented a sort of frenetic dance which consisted in stamping the floor with their heavy shoes and at the same time sing: Kia Kia Koum, Kia Kia Koum.

My friends and I had been invited to this dance but we had declined the invitation and said that it was very dangerous to stamp on the floor in this way as it could break up and let the water in.

But our observation was laughed at and as my

friends and I insisted that they should cease, they told us we were sectarian and intolerant. It soon became almost a general protest against us. I say almost because there were passengers who agreed with us, but who were caught up in this excited mood and could only be part of it:

- We would like to see an end to all of this. We are aware that it is highly dangerous, but we cannot stop, it is stronger than ourselves, Kia Kia Koum, Kia Kia Koum...

And of course what should happen happened: the floor started to crack up. With my three friends I tried to patch the cracking up whilst calling out for help. Those who had agreed with us came to help while the others became completely crazy and jumped into the sea.

So this was the end of my dream and I have fully understood what it meant: Humankind on earth has bad habits and absurd traditions. Those who do not follow them are categorized as sectarian. Those who protest are called intolerant. It is almost a general criticism against wise men. I say almost as among those who do dance, some would like to stop, but they

cannot: Kia Kia Koum, Kia Kia, Koum...

Tobacco is bad for the throat and lungs, most of the tobacco addicts know it and would like to quit, but Kia Kia Koum, Kia Kia Koum, they go on with it. Those who drink alcohol also know that they are destroying their health and poison the ones who live around them. They would like to quit drinking, but Kia Kia Koum, Kia Kia Koum, they cannot quit the drink. Corridas are an abomination. They are just outrageous. There are people who do realise it and would like to stop watching them. Yes, but, Kia Kia Koum...

Among those who go hunting, there are those who finally get a glimpse of consciousness. Their sensitivity tells them: it is horrible to kill these poor animals. They would like to stop, yes, but there is the family, the friends, and Kia Kia Koum, they keep on hunting.

A lot of people have fear of unemployment and they would do anything to earn some money. However, some of these people would like to avoid spoiling their life in doing harmful things. Yes, but Kia Kia Koum, they are caught up in the movement of society and cannot get out of it.

And if you were to make a survey to find out how many people are able to aspire to a Gentle and Harmonious world?

Yes I know maybe there are many people who are indifferent, and a few who are fiercely opposed to change. But there must be some people who want to live in a Gentle and Harmonious world like there are in the boat of my dream, in a world of mutual help which with our friends the wise men would save the boat which is our Earth.

We know that a boat like the one Theo saw in his dream cannot be cracked up by frenetic dancers.

Theo's dream is actually a message telling us that all of those who are not aware of timeless values participate in the most horrible war. The beings who aspire to a better world, even if they still act with bad manners, do make a beneficial act through their aspiration and will one day be able to join the builders of a Gentle and Harmonious world.

*Written by Viviane in 1987*