

THE BONDI HIGH

Healthing & Wellnessing | Feb/Mar 2021

We are a free community publication exploring ways to feel good naturally alongside new ideas for living.



GIVE MORE TAKE LESS

“Earth provides enough to satisfy everyone’s needs, but not everyone’s greed.”

Mahatma Gandhi

Bondi Stocks

Hope	↑	8%
Unpackaged retail	↑	43%
Short Squeeze	↑	93%
3-meal-a-day routine	↓	61%
Oversized boyfriend clothes	↑	22%
Spirituality outside religion	↑	35%
Pea milk	↑	0.9%



GIVE MORE TAKE LESS

Ft. Bondi Meditation & Pledge for the Planet

FRI 19 MARCH 2021

Bondi Meditation Centre

BOOKING DETAILS

Insta @thebondihigh

EDITOR'S NOTE

Welcome to The Bondi High issue #4. In this issue we are looking at how we can give more and take less from this beautiful planet. Why you should bin your bin, how to consume less and reduce your impact with everyday item swaps. We hope this issue inspires you to take a step towards taking less. Thanks for reading, Paul Peterson.

A massive thank you to these kind people - The Bondi High wouldn't be here without you: Alice, Matt, Caroline, Emily, and Dalia. And a big thank you to our contributors in this issue: Antonia, Emma and Sophia.



Pledge for the Planet is sponsorship with a difference. There is no money involved, your behaviour is your currency.

For your next sporting event instead of asking for financial donations, ask your friends and family to choose from 16 pledges that encourage behaviour changes to help the planet.

Hear from the Founders to find out more about how you can have a direct impact on making the planet a greener place at The Bondi High talk on the 19th March.

Go to pledgefortheplanet.org or insta @pledgefortheplanet

BONDI WEATHER REPORT



Wet and windy, with an atmospheric change that will bring a chance to save the planet.



“How is Brett?”
“Sex is amazing but I’m gonna break up with him.”
“Why?”
“Doesn’t recycle.”



Finn Hocking
17/06/03 - 03/01/21



I AM YOU AND YOU ARE ME

Follow us on Insta @thebondihigh and #thebondihigh, check out our website thebondihigh.com.au, and get in touch if you've got any ideas or want to contribute. We'd love to hear from you.



Is consuming consuming you?

By Matt Ringrose

Matt teaches Vedic Meditation at the Bondi Meditation Centre.

If you would like to learn to meditate go to bondimeditation.com.au to find out more.

We consume because we think it will make us happy. And it might do for a while. But then it will wear off.

Picture the scene. You're in the Death Star AKA Westfield. You see a t-shirt with a logo on it. You have so many t-shirts with logos on that you recently chucked a load out but for some reason you find yourself walking out of the shop with yet another t-shirt with a logo on it.

Why do we fall into this consumer trance? Why do we buy things we don't need?

According to the ancient Indian Vedic texts we are currently living in Kali Yuga - the Age of Ignorance. This is an age that is defined by materialism, in case you hadn't noticed. Why? The vast majority of people have lost the ability to find fulfillment inside and so, as a result, there is a rush to acquire fulfillment from the outside - to consume.

We consume because we think that it will make us happy. And it might do for a while. But then it will wear off. It might last three minutes (t-shirt buzz) or it might last nine months (best-ever romantic relationship fireworks), but you can be sure, if you are relying on that thing for fulfillment, it will fizzle.

So how do we stop mindlessly consuming? If happiness isn't in the purchasing of a new yoga outfit, where is it?

To change our consumer habits and make a real difference to the planet, for most of us good intentions on their own won't really cut it. We'll get busy and forget our good intentions. Plus we're needy - we hate feeling

uncomfortable and we can become very focussed on feeling good, even if it's at the expense of the world around us. Oh, and the whole world is set up to tempt us to consume.

When we meditate, lasting changes in social behaviour become much more possible. Meditation releases the stress from our bodies that has been blocking our access to the fulfilment that is inside us all. As we tap into this supply we become producers rather than consumers of fulfilment. We become happy for no reason. So consuming can become less compulsive and more mindful as we're not so desperate for the next happiness fix.

Meditation expands our conscious awareness so that on some level we sense the interconnectedness of all things and the responsibility that comes with that.

Our actions are not isolated; everything we do has cascades of effect. Without necessarily realising this on a conscious level, many meditators spontaneously find their consumer choices and habits changing.

But having said all that, this is Kali Yuga, and apparently it's impossible for anyone to be completely virtuous in this Age of Ignorance. So when, inevitably, you next find yourself trawling the shops of the Westfield or the internet for some feel-good action, remember there is another option. It's free, it doesn't wear off and it's waiting for you inside.

EMMA'S ZERO WASTE BEETROOT HUMMUS



By Emma Laskey

Eating a plant based diet is rapidly becoming a more widely recognised approach towards an environmentally friendly and waste-free way of life. With this in mind, please enjoy my favourite beetroot hummus recipe; featuring a few little tricks to further reduce waste! It's always a big favourite with friends and family and it ticks all the dietary boxes! **Gluten Free, Vegan, Refined Sugar Free & Nut Free.**

Emma is the Founder of Emma's Healthy Eats. Find her amazing treats in Bondi at Calipress, The Depot and The Health Emporium. www.emmashealthyeats.com.au Insta: @emmas_healthy_eats

Ingredients 1 batch makes 1 small bowl

- 1 medium beetroot (approx 1/2 cup roasted)
- 1 x 250g can chickpeas (drained, but keep the liquid - you should get approx 1/2 cup)
- 2 tbsp tahini
- Juice of 1/2 a lemon
- 2 tsp tamari (optional)
- 2 tsp maple syrup (optional)
- 1 tsp salt
- 3 tbsp olive oil



Method

1. First, wash the beetroot and remove the roots. Chop into roughly 4cm chunks. Roast at 170C on a baking tray with olive oil, salt & pepper for approx 30 mins (until softening).
2. Put all remaining ingredients (including 1/2 cup chickpea water) into a blender and blend on high speed until smooth.
3. Add roasted beetroot and blend until smooth and creamy. It will turn a beautiful bright pink colour. Add extra liquid if necessary

Once smooth, season more to taste if you like. Spoon out of the blender into a bowl or container and refrigerate to cool. Store refrigerated in an air tight container for up to 1 week. Or freeze for up to 3 months.

Serving suggestions: A perfect dip for veggie crudités (chopped carrots, celery, cucumber, capsicum). Great with corn chips. Spread onto toast with cucumber, feta & fresh herbs. Add to Mediterranean or Middle Eastern style dishes with falafel/ flatbread.

WHY YOU SHOULD BIN YOUR BIN



Emily Taliangis in conversation with Antonia Molinare

For the sake of waste management we're ditching single-use plastics and reconsidering fast fashion. But did you know more than 60% of the general waste we generate is organic matter - of which only 9% is recycled? Shocking, huh.

While Bondi local Antonia was studying to become a chef, she was alarmed by the amount of waste generated in kitchens - so alarmed, she went on to write a thesis about it. And throw out her rubbish bin.

"I redefined my notion of 'garbage'," she explains. **What is garbage then? "Everything I don't need. Without a trash can, I have to ask myself, before buying something, do I need this? What packaging does it come in? Can I use it or recycle it? Will there be leftovers and what will I do with them?"**

"Every house in the world has garbage bins, but we don't realise not everything we put inside them is actually trash."

Antonia's advice? Bin your bin. If that's too extreme, warm up to it with these simple waste management tips:

- Shop at places that offer plastic-free goods, such as Bondi's Scoop Wholefoods;
- Start up a compost bin, or find someone in your neighbourhood who will appreciate your household's food scraps;
- Use reusable takeaway cups and containers. Or even better - dine in and enjoy!

"I'm aware we live in a world that goes millions of kilometres per hour and that our to do lists are way too long to add another thing. But I invite you to do what you can to reduce your waste, because everything counts," Antonia says.

The worst that could happen? You become so passionate about organic waste management you decide to write a thesis on it!



Aries

Too much focus on 'doing and being' enough is pulling you away from the need of the hour! The present moment is what you need to 'do and be'. Get involved in the community, start co-creating rather than trying to do everything yourself. There's no need to prove anything to anyone.

Taurus

The creative energy is on hyper drive at the moment. However, this is the explorative phase, not necessarily time for the final product. Don't place the value of your creation on the degree of its competition or longevity. The value is purely for yourself, and the journey it takes you on.

Gemini

A transition of the old and new; this next phase may have you feeling some heightened sensitivity. A calling toward nature, and the subtlety you find there will hold beautiful remedy. Not only will it revive your spirit, but provide you with the grounding and clarity you need. Look to how nature evolves; intrinsic decay and regrowth. Plug in.

Cancer

Being seen is a big theme in this time. Do this by noting what each moment is asking of you, rather than trying to force yourself into uncomfortable situations, just to make sure you are apart of something. The more you fulfill the role most true for YOU, the more you will shine.

BOOK A READING WITH DALIA

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FIKA SWEDISH KITCHEN

A little piece of Sweden in North Bondi



By Caroline Geoghegan

For business owners Linda, Diana and Sophie setting up a cafe wasn't just a business idea, it was an opportunity to create a community and share some of Sweden's best exports; the concept of 'fika' and sustainability.

Fika translates to 'taking a break for coffee and a bite to eat' but really it's more than that, it's a moment to stop and make time for family and friends.

The first Fika opened in Manly, after the three friends recognised there was an absence of Swedish culture in the area. The cafe quickly became a local favourite and a home away from home for Swedish travellers and expats.

Following the success of the Manly cafe, they opened Fika Bondi in 2019.

Like Fika Manly, the Bondi cafe has become a community hub, acting as a communal backyard for the art deco apartments surrounding Gould Street. Regulars can be found reclining on deck chairs on the footpath, enjoying a freshly baked cinnamon bun ("kanelbulle") with an oat milk latte. The friendly intimacy makes you feel like you've arrived at someone's home rather than a cafe (the friendly staff will learn your name by your second visit).

In true Swedish fashion, sustainable practices are woven throughout the business, from specially sourced glass straws to a joint compost initiative with the businesses next door. For the first three months, they chose to only serve oat milk to encourage people to try an alternative to almond and soy milks, which have more impact on the planet. And, our favourite initiative: they give a 10% discount if you bring a keep cup. Skål (cheers) to that!

If you're looking to escape the hustle of Hall st and want to support a local, sustainably minded cafe, head over to our friends at Fika - and don't forget your keep cup!

A GOOD WORD

We asked our local cafe-bookstore Gertrude and Alice to tell us their favourite sustainability books. Go and visit this much-loved Bondi institution at 46 Hall Street. You can also order online at gertrudeandalice.com.au.

1. **I Quit Plastics** - Kate Nelson.
2. **Earth is Hiring** - Peta Kelly
3. **Call of the Reed Warbler** - Charles Massy
4. **What is to be Done** - Barry Jones
5. **The Carbon Club** - Marian Wilkinson
6. **Our House is on Fire** - Thunberg and Ernman.



Leo

A strong aura of radiance is upon you. But your old fears and doubts may have you looking to others for validation of this. This is not the time to shrink in and collapse onto these old beliefs. The time is for you to be self-referral. Innovate your self view, sever ties to a past paradigm and go create.

Virgo

Your everyday life is asking for balance. Bringing in a strong sense of routine, yet infusing that daily activity with beauty and high self value. Include self ritual within the structure of each day. A work dominant focus can be there, but ask yourself what your intentions are behind it... You don't have to wait until you have it 'all done' to allow yourself to enjoy a little.

Libra

Self discovery and transformation is potent right now. Big transformation. There is an opportunity for you to really step into something new. If your head is stuck in the past, and your heart a little conflicted, go back to the roots. Seems counter-intuitive? Going back to move ahead? Well, the conditioning of the past will reveal exactly where and what you need to shift.

Scorpio

There is a distinction of being a slave to your relationships and to serving them. If you've found yourself so caught up in them that you've forgotten why you got involved in the first place, take a step back. Indulge in those deep depths of Scorpio and find a little silence. Take care of that relationship first, then the others will follow suit.

REDUCE YOUR IMPACT WITH THESE HOT SWAPS



By Sophia Pace

Did you know plastic bottles can take up to 450 years to break down? I didn't, which made me wonder, what other unnecessary packaging was I purchasing? And how could I cut back on this waste? So, I did some digging and found these hot swaps that anyone could start implementing today.

1. **Use Natural Deodorant:** Not only is it chemical free on your pits but most are made from zero waste products meaning they're recyclable and plastic free. Check out Black Chicken my top fave.
2. **Bring your own Reusable Bag:** Everyone's aware of this trend but how many times do we forget it? Keep reusable bags in your car or at your front door to avoid forgetting them and contributing to more plastic waste.
3. **Drink Loose Leaf Tea:** Some teabags actually contain plastic - I couldn't believe it either and most bags aren't recyclable, so give loose leaf tea a go. If you're a tea drinker like me think about all the waste you'd be saving.
4. **Bamboo Toothbrushes:** Plastic toothbrushes are one of the most common pieces of trash found in the ocean. Do I really need to say more?
5. **Disposable Razors:** Single-use razors will pile up in landfill, while razors with interchangeable heads create less waste over time. Even better are the metal safety razors, the ones where you just replace the blade.
6. **Stop buying plastic wrap:** This single use item is pretty wasteful, think about it we use it once and then it ends up in landfill. So why not opt for silicone lids or eco-friendly beeswax, it will you save you money over time.
7. **One for the Ladies:** Menstrual cups or period undies. People with periods will use, on average, nearly 10,000 tampons during their lifetime. So why not choose something more comfortable and even better for the environment. My go to is ModiBodi.

So which of these small changes could you start implementing today?

Sagittarius

It's all about communication. Instead of battling to try and find the words to express yourself, rest in a bit of silence. This is the other half of communication. Listen, and when you are ready, respond. This is new territory for forward-moving Sagittarius to take the cue from another, but it will prove a lot more frictionless to do so.

Capricorn

To truly lead, one has to be amongst those who are leading. Not only does this allow for the empathy required to understand those you are leading, but it makes you humble. And humility is a hallmark of true leadership. One for the people, not the ego. If you want to make change now, don't try to do it from afar.

Aquarius

Your inner world and emotions may be drawing all of your energy at this time. It may feel very tempting to indulge in this, but that approach is a bit like bombing for world peace. The key is in throwing yourself back to the outer world, back into your work! This will naturally balance the emotions and soothe that moody potential of Aquarius.

Pisces

If there is any course you've been thinking of enrolling in, or retreat you've been dreaming of taking yourself on - here is your permission. Expenditure on spiritual pursuits, higher learning, travel and spending time alone are calling now. If it's purely self indulgent the benefits may be fleeting... but if its supportive of self growth, the reward is tenfold.

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