

People's yoga SCOFF!

Fifth Estate Collective

1971

Within the broad spectrum of real and non-real cultural/political revolution, many diverse and contradictory tendencies exist side-by-side. The sensitive "spiritual" types deplore the nihilism and violence of the revolutionaries with righteous indignation. The wilted flower children pack their bags and split to the country where "the vibes are mellow."

Meanwhile, the political activists struggle resolutely to overthrow the Amerikan decadent nightmare while consuming the poisons of the system (greasy tacos, cigarettes and cokes).

There is a need to seek a middle path based on reconciling the aforementioned contradictions and the following general principles:

Liberation for all sentient creatures by any means necessary.

While waging the struggle in the streets we must be simultaneously getting ourselves straight. This involves the utilization of ALL revolutionary tools and skills: self-defense, consciousness (discipline-commitment), physical fitness, yoga postures, breathing, and mental exercises, pure nutritious foods, and political-sensory awareness.

Yogic Scoff

For many years yogis have practiced many methods of cleaning the body from the inside out. A most delicious and inexpensive way of accomplishing this is to drink a tea prepared from slivers of fresh ginger root, cinnamon, and cloves.

We like ours with lemon and honey. Use about a quart of water and a small piece of the root, say about 3/4 inch long (cut up in small pieces), 1/4 teaspoon cinnamon and 4 or 5 cloves.

Boil the shit out of it and add more water if it seems too strong.

Don't drink ginger tea too often. Once a week is enough or you will develop a tolerance.

Shri Jaya suggests that you make up a large pot, put on all your clothes (layer upon layer), open your windows, sit down, and drink the tea.

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