

Udo

by Glenn Taylor BSc

As my good story is a weaving of many threads that come together in an interesting way. My delightful conversation with renowned scientist, author, speaker and lecturer, Udo Erasmus, provided me with many colourful threads to work with. Udo has become a household name in the health and nutrition field for his leading role in the development and public promotion of health oils and oils.

Udo's story starts as a young person with a tear-ache that never seemed to go away. His quest was to fill the void and quench that aching heart, one which continued well into adulthood. Living in a cabin in the Colorado mountains, away from the insanity of people and cities, Udo heard a radio broadcast that mentioned a "miracle". Rehashing 216 miles led him to a young man that changed the course of Udo's life. Hearing that the peace he was seeking was there within himself, he began a lifelong practice that did indeed turn his focus inward and bring him peace.

He spends time encouraging others, particularly the young to explore the inner self and to shift awareness from the external world to one's inner presence. "It is a solitary journey for every human being," he says, but one that leads to a richness of the soul that can't be found in the outer world around us. He sees the ache of the heart as a gift, as a chance to reconnect with the self. The loss of self is universal; it crosses all cultural, racial, national and gender boundaries. External accomplishments only distract us or mask that "ache" that is only of us. We are familiar with "We look to commitments or other activities to avoid the ache. We rush further into the external abyss for answers."

He refers to science as being extremely driven. Often how hard to keep us safe, science seeks to find answers, to predict, control and manage our lives and the environment. It focuses on amazing information on how our tissues work, but in doing so it emphasizes the development of our senses to be trained outwardly. We seem lost in that approach and perspective. Udo has learned to balance his strong interest in science with his deep connection to his inner world. He teaches that we can find harmony in a union of both. We can use the same tools for both. The power of observation, paying attention to intuition and insight are instrumental

in inner and outer explorations.

Science did provide answers for Udo after being exposed to large amounts of poisonous chemicals in a pesticide spraying job he did for three years. With little help from the medical community, Udo set out to discover a remedy for his poisoned body. Determining that omega 3 fatty acids could deplete and eliminate the toxins, he soon discovered that all edible oils on the market were so processed that they were not healthy any more. As his desiring continued, he realized the importance of balanced energy T's and E's. As a result of his personal experience, he began the healthy oil movement in the 1970's with the introduction of organic oils that were not bleached or compressed in any way. As the importance of omega fats in our diets has become well studied, we are thankful to Udo for his vision in this area.

He speaks much of his love those days educating the people about living healthy and balanced lives. He stresses the importance of attending to all aspects of health from organic foods for the body to healthy thoughts and feelings that enhance our emotional and spiritual wellbeing. The passionate interest in a "holistic field of health" has inspired him to write and once again promote a movement that will promote a broader understanding and practice of healthy living. For Udo health is not the absence of disease but so much more. It is about defining health in a new way, as we know what health is and how far we have departed from its roots. In his studies in medical school, he was surprised and dismayed that medicine basically only teaches about disease, not health. Defining one disease was not his answer for determining health. He turned to the biological sciences to further understand the workings of the human body.

Armed with this scientific background and his continuing fascination with the human state of being, he has studied and shaped his knowledge to weave it to his understanding of the operation of life and all the facets of energetic, from the molecular to the large system of community. The merging of human nature with all of Nature is what will bring harmony to our planet. To be whole is our destiny and to reach that, our connection to our core is paramount. Udo is playing a public role to facilitate a better way of living and being.

Udo Erasmus will be one of eight pioneering speakers at The Brain Solutions Conference to be held in Vancouver on August 24th and 25th. The range of speakers lined up is dynamic and cutting edge. They will be sure to get you thinking as to new and exciting way about our amazing brain power and so much more.

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WHERE TO GROW CANNABIS?

by David Hutchinson