

## An introduction to AFA

AFA, which stands for Aphanizomenon flos-aque is one of a number of species of Blue Green Algae.

Algae has been used intuitively by people, and animals alike in many different parts of the world for centuries.

It has thrived on the earth longer than any other life form known to human kind.

It has the potential to restore an individual on so many different levels, helping us to heal ourselves at our very core.

Its most powerful effect appears to be allowing us to be more in touch with our own inner guidance/ knowing . We find we are able to listen to ourselves more clearly , and our innate ability to spontaneously rebalance, and find our natural human state of equilibrium comes to us more easily.

Perhaps another way to put it is that algae helps to always take us back to where we need to be. If we listen, it even tells us when we need more or less of it.

In particular AFA has a very powerful healing effect.

Its blue green pigments and bitter flavour helps specifically to open and clear the throat and heart chakras guiding us towards being true to ourselves by opening our hearts.

Its sour taste penetrates the liver and gallbladder encouraging us to allow our emotions to flow freely and its synergy with the kidneys, in part due to its salty nature and also its origin, helps us to release them.

Thus, as we welcome blue green algae into our bodies we are able to be more aware of what it is that we feel, experience it fully , and allow ourselves to release it . This allows us to feel, and let go without fear, leading us to a place where we find it unnecessary to repress or suppress our emotions.

In summary by incorporating blue green algae into our diet we find ourselves guided towards a way of journeying through life so much freer of fear, and more able to fully experience true inner peace and enjoy a sense of deep self acceptance.

Algae is a powerful builder of the yin (female essence), therefore helping us to maintain a sense of being cool and calm , whilst finding a slow, steady inner strength.

It embodies both serenity and power, and allows those who consciously consume it to enjoy the same .

Nourishing ourselves with this amazing food , as it flows to reach each and every part of us, we find ourselves surrendering to its wisdom..... , being soothed by the gentle, constant rhythm of the waves....experiencing a feeling of being supported effortlessly,

finding that oneness with the universe, with no concept of being in any way separate or alone.

That sense of belonging is to be found inside each and every one of us and leads us to a place in which our mind, body and soul live once more in freedom, in their natural state of harmony .

When we are at one, love always flows freely.