

Marfa, Texas

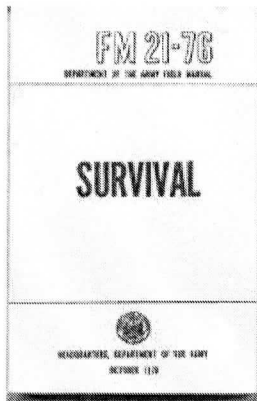
The Fundamentals

June, 2013

Materials

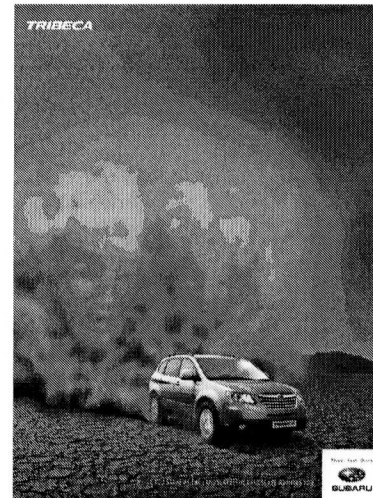
Soil:

- Sand
- Clay
- Plant material
- Water



Wrap a big bird in clay and bake it. The clay removes the feather when it is broken from the cooked carcass.

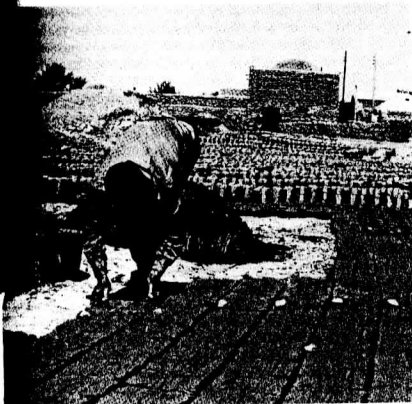
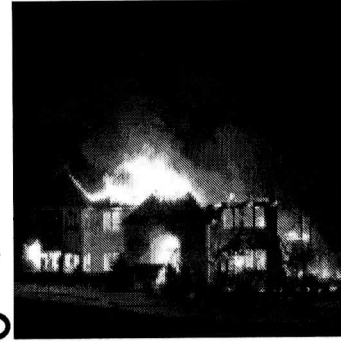
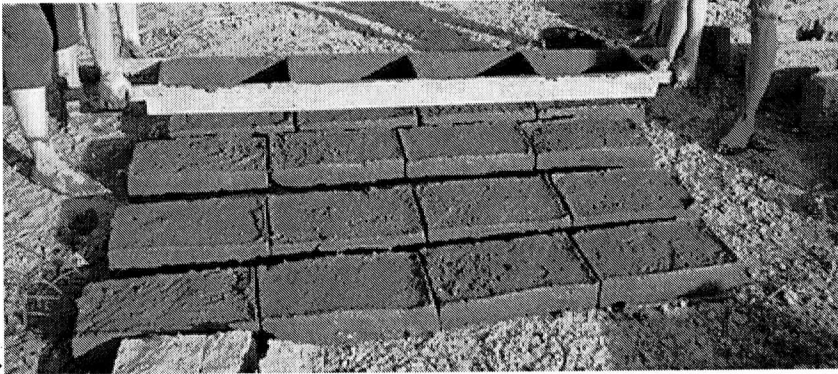
(‘Survival’ Department of Army Field Manual, 1970)



Where there is dust...
there is clay

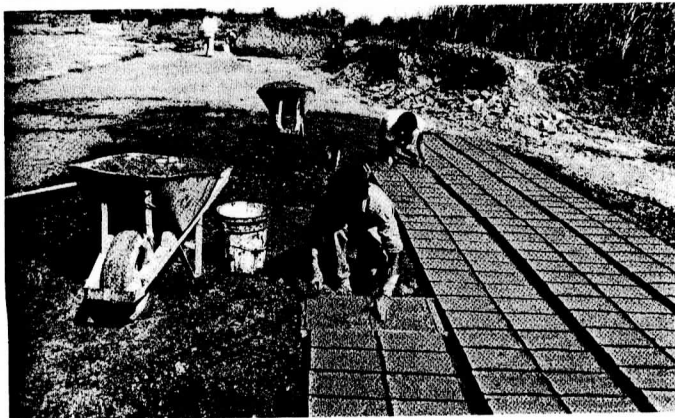
Permanence

☉ Take local soil and pour it into wooden molds in the shape of bricks, and let it dry in the sun. When the bricks are dry, you build a house. Burn the house from the inside like a giant ceramic kiln.



3.7 An Iranian adobe maker, with a single form, a bucket of water, and his son assisting him, makes all the blocks for a ten-classroom school.

3.8 A Mexican adobe maker (adobero) uses a wheelbarrow, a bucket, and a four-block form.



ADOBE: FORMS AND BLOCK-MAKING

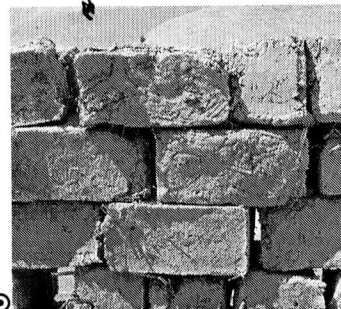
83

N. Khazali



Above: Sculptured brickwork from the Prasat

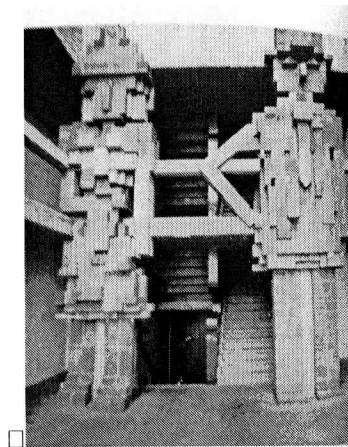
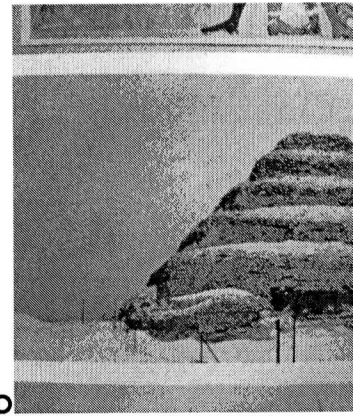
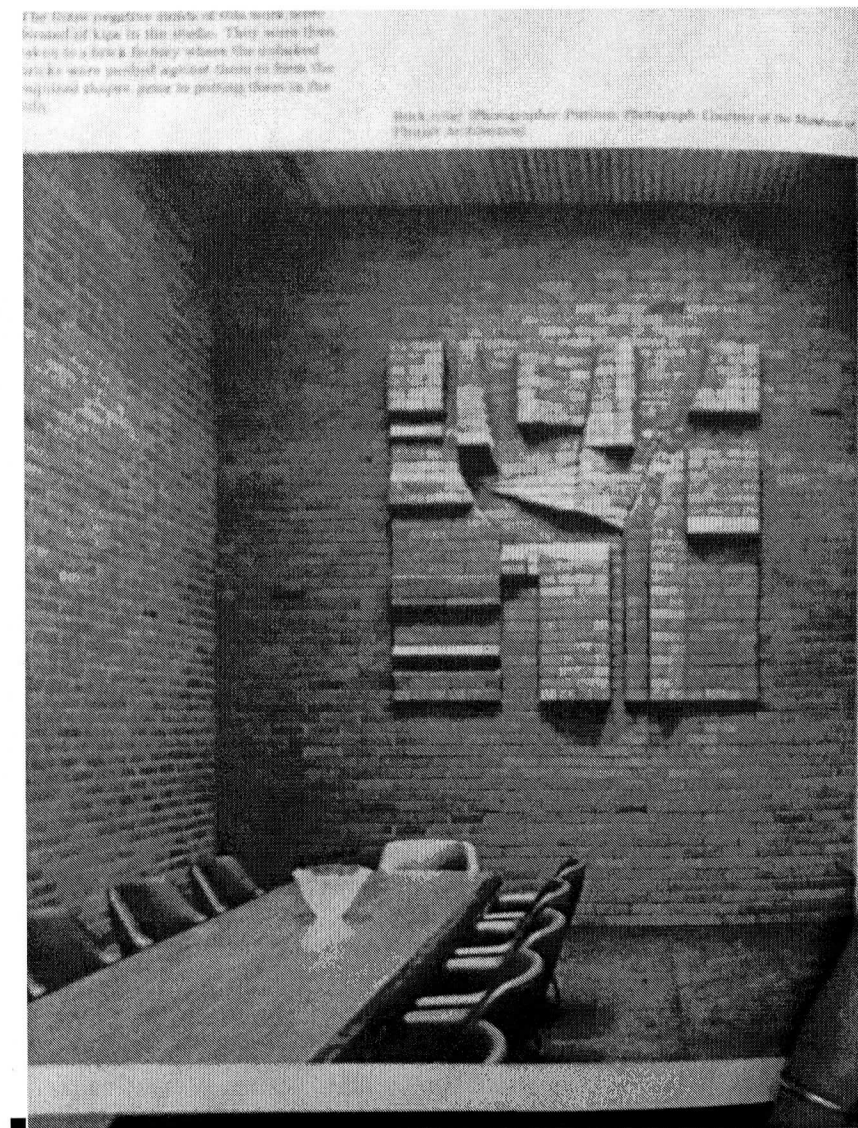
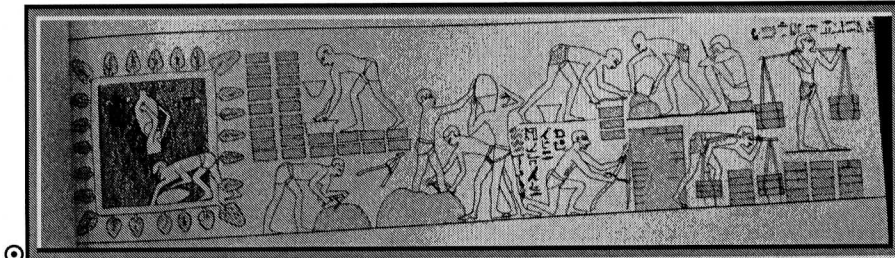
Mudbrick



New un-laid mudbricks in the Jordan River West Bank (2011)

◎ The Iranian- Californian architect Nader Khalili on the average size of a brick:

'Adobe blocks are usually rectangular and square, and their dimensions vary in different parts of the world. Nubian (Egyptian) masons have been using adobe sizes of 25 x 15 x 5 centimeters (10 x 6 x 2 inches)... Such sizes have been used all over the world, because they are easy to handle... The largest and heaviest blocks are used in the West, specifically in the southwestern United States. These blocks measure 15x 35 x10 cm (10x14x4 inches), and they weigh anywhere between 15 to 18 kilos (35 to 40 pounds). Only strong and husky men can handle these blocks.... These huge blocks were used more frequently during the days when Native Americans were taken as prisoners, and soldiers and prisoners were used as construction workers.'



□ □ □ □ □ □ □ □



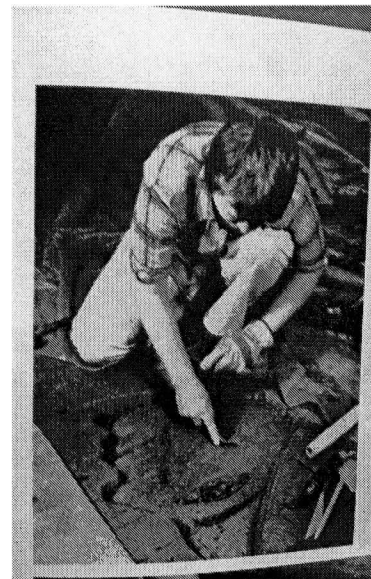
○■

Freedom

◎



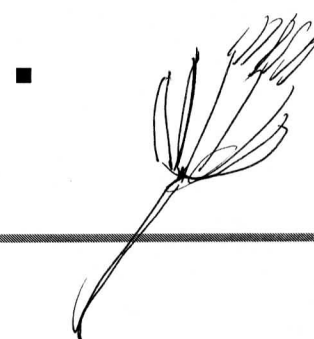
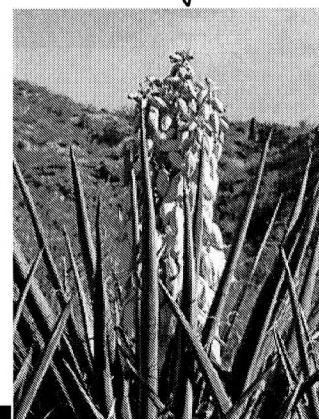
1. Make two bundles of 6 yucca leaves each. These are the warps. **2.** Cross the two ends closest to you to form the characteristic fish tail and the heel of the sandal. **3.** Place your foot on the unfinished sandal with your heel where you just crossed the two bundles. This is to help



◆■☒□

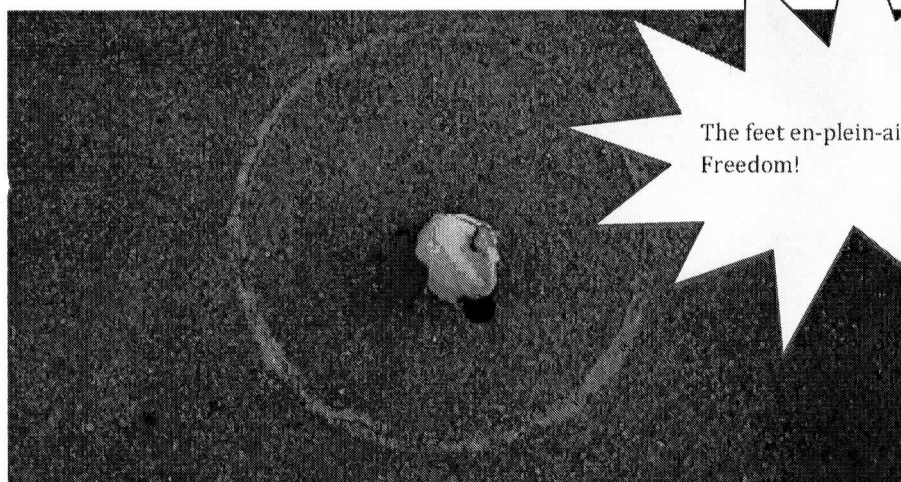
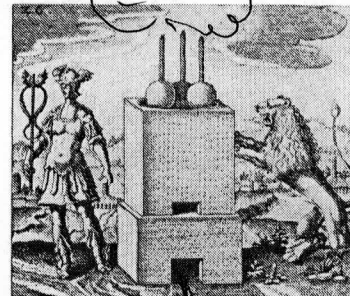
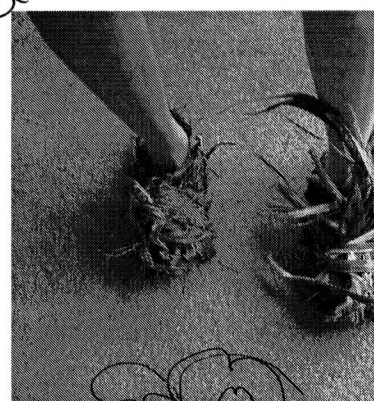
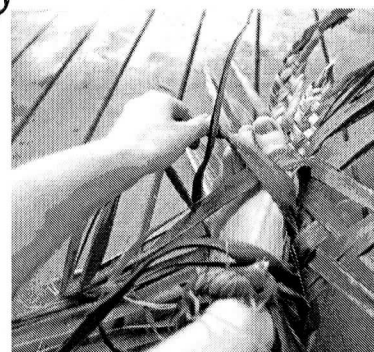
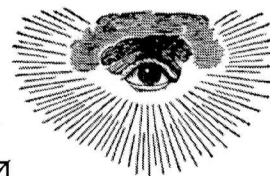
Other Resources:

- Yucca Fiber
- Palm Leaves
-



estimate the size you will need your sandal to be. **4.** Take another leaf and tie the two bundles together where they are crossed to form the heel of your sandal. The bases of the leaves should be alternated from one side to the other. **5.** Create 14 bundles of 3 leaves each. These will form the wefts. **6.** Take the first weft bundle and criss cross it over the warps in a figure eight pattern. When you get to end of a weft bundle, get another, tie it to the end of the finished weft bundle and pick up where you left off. Do this until you reach the halfway mark on the sole of your sandal. **7.** Insert two yucca leaves on each side of the sole from the front so the leaves are facing towards you. Knot the short end to the weft leaves where you inserted them. These will be the side straps. **8.** Continue weaving the weft and the warp together until the sole is completed. You should check the size by putting your foot on the sole periodically. **9.** Knot the two ends of the final weft leaves to form a toe ring. **10.** Put the toe ring over your second toe, and tie the side straps across the top of the foot and then tie them to the toe ring. **11.** Trim the bases of the leaves once your done weaving your yucca sandals. **12.** Repeat Steps 1 through 11 to make a second yucca sandal.

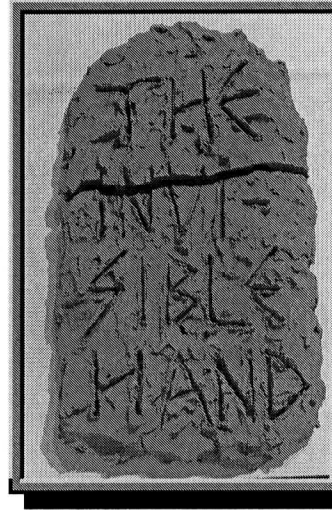
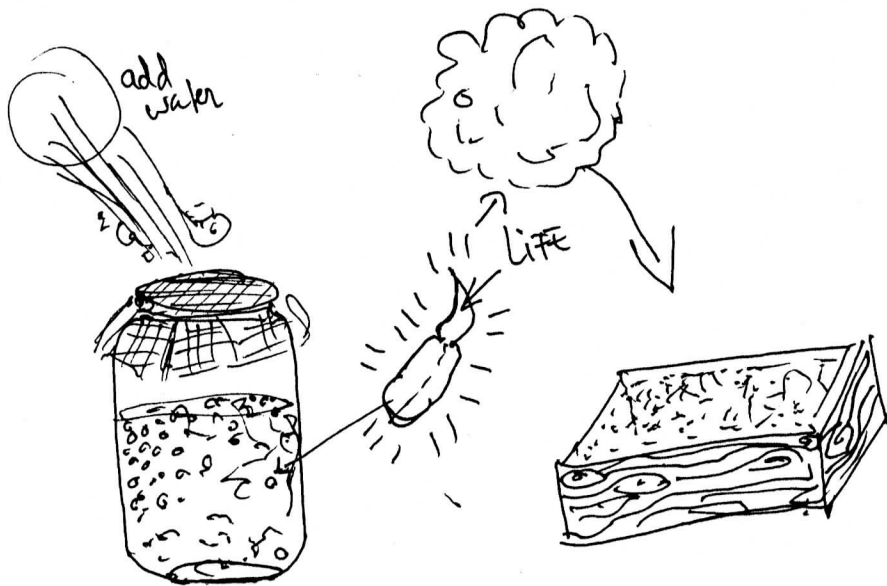
http://www.ehow.com/how_4914809_make-yucca-sandals.html ■



The feet en-plein-air =
Freedom!

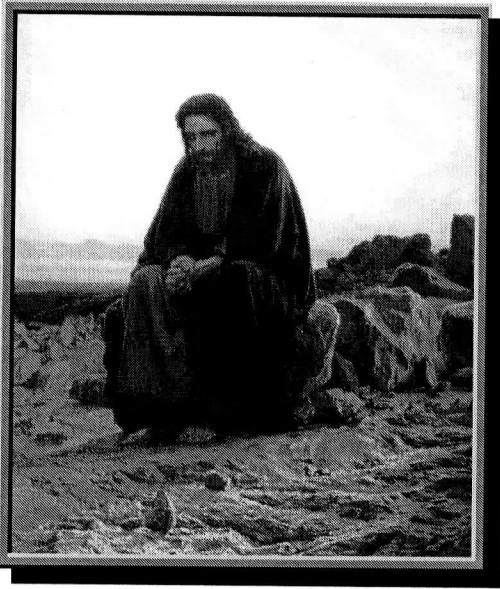
■ Wilderness

The Essene Gospel Of Peace was originally translated and or written by Edmund Bordeaux Szekely. Although Szekely claimed to have discovered the text that he translated in the Vatican library in 1923, the health food concepts within the text such as raw food and colonic enemas, reflect vegetarian and naturopathic fads of the early 20th century rather than documented archaic practices. The original manuscripts have never been located.



“Let the angels of God prepare your bread. Moisten your wheat, that the angels of water may enter it. Then set it in the air, that the angel of air may embrace it. And leave it from morning to evening beneath the sun, that the angel of sunshine may descend upon it. And the blessings of the three angels will soon make the germ of life to sprout in your wheat. Then crush your grain, and make thin wafers, as did your forefathers when they departed out of Egypt, the house of bondage. Put them back again beneath the sun from its appearing, and when it is risen to its highest in the heavens, turn them over on the other side that they may be embraced there also by the angel of sunshine, and leave them there until the sun sets. For the angels of water, and air and of sunshine fed and ripened the wheat in the field, and they likewise must prepare also your bread. And the same sun which, with the fire of life, made the wheat to grow and ripen, must cook your bread with the same fire. For the fire of the sun gives life to the wheat, to the bread, and to the body. But the fire of death kills the wheat, the bread, and the body. And the living angels of the living God serve only living men. For God is the God of the living, and not the God of the dead.”

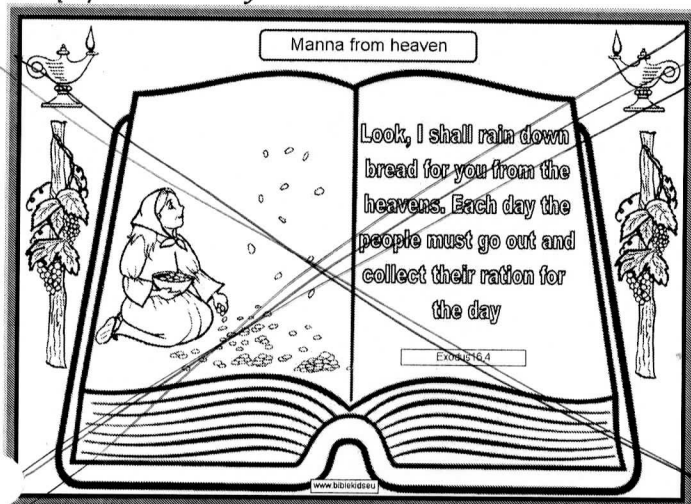


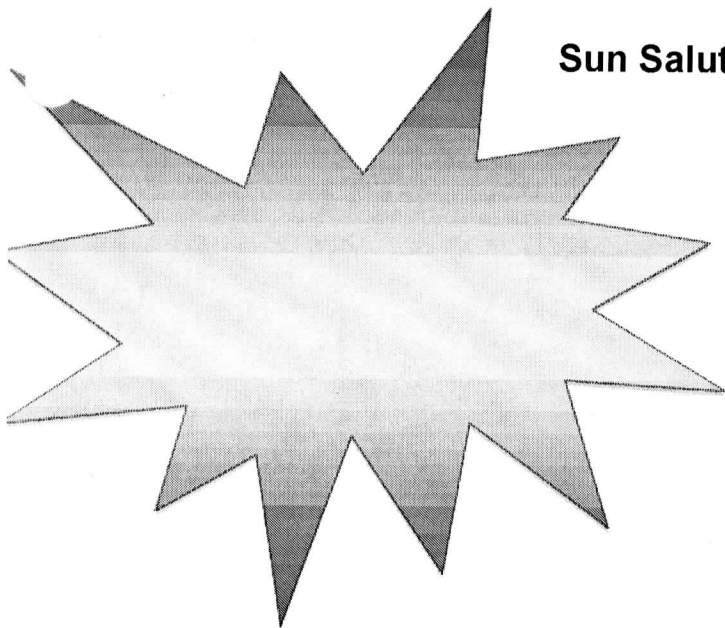


•RAW ESSENE BREAD RECIPE

4 c. wheat, rye and/or kamut sprouts
Grind sprouts in grinder, blender, auger juicer
Let dough rise in sun 6 – 8 hrs. beneath cheesecloth
Form into flat circles 1/3 in. high 2.5 in. wide
Bake in sun for 4 hrs. on warm rocks.

This recipe requires strong, warm sun and clean, dry, flat rocks. Grind the sprouts. Cover your dough with cheese cloth, put out into the sun and allow to rise for approximately 6 – 8 hours. The natural yeasts will cause the loaves to rise. After your dough has risen, you can cover for the evening and store in a cool, clean, dark place. The next morning, form into small loaves, approximately 5 inches long, 2 1/2 inches wide and 2 inches tall, and bake in the sun for 6 – 8 hours. <http://bestraworganic.com/raw-essene-bread-recipe/#ixzz2TDSyUroG>





Sun Salutation☉☉☉



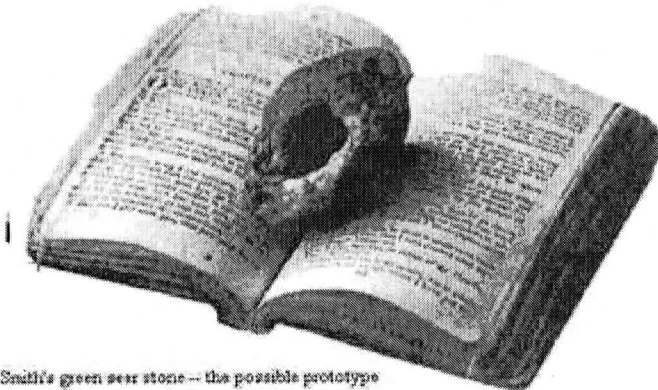
prayer to the Sun, by Fickus 1913

SURYANAMASKAR SIX ROUND	
1	7
2	8
3	9
4	10
5	11
6	12
SAVASANA	

Fidus (October 8, 1868 – February 23, 1948) was a German illustrator and painter whose work was rediscovered in the 1960s, and directly influenced the psychedelic concert posters which began to be produced at that time, initially in and around San Francisco.

Surya Namaskara also known in English as **Sun Salutation** is a common sequence of asanas. Its origins lie in a worship of Surya, the Hindu solar deity. This sequence of movements and asanas focuses on varying levels of awareness. (See 12 step suryanamaskar)

HOW TO USE WINDOW QUARZ - SEER STONES FOR DIVINATION:



Smith's green seer stone -- the possible prototype of the "Uim and Thunnam" -- atop a first edition of the Book of Mormon

⊙

1. Still the mind, 2. initiate circular breathing 3. relax and gaze into the inside of the crystal, via the window. 4. The window will reflect, back to the mind, the impressions, colors and feelings of the auric body.

