

# RAW FAMILY

P O Box 172, Ashland, OR 97520

Telephone: (541) 488-8865

Website: rawfamily.com

Raw Family Newsletter  
May 2005

## In This Issue:



Raw Family Recipe  
published for the first time:  
*Valya's Divine Mango Pie*



Introducing An  
Exceptional New book:  
*The China Study*  
by T. Colin Campbell, PhD



Article:  
*"Our Missions in Life"*  
by Victoria Boutenko



10-Day Special Sale  
on Vita-Mix Blenders



Update on  
Raw Family's research  
about Green Smoothies

## Valya's Divine Mango Pie

### Crust for the Mango Pie

To make the crust for your pie you will need:

3 cups of nuts

1 1/2 cups of pitted dates.



You may use any kind of nuts. In order to achieve the desired consistency, do not soak the nuts. Rather grind them dry. Put the S blade into the food processor, pour the nuts into the processor and grind them to a fluffy consistency.

Use a plastic spatula or wooden spoon to transfer the ground nuts into a bowl. Never use metal utensils when working with your food processor. Every time you touch blades with a metal utensil, the blades get dulled.

Put aside about 1/4 cup of ground nuts. You will later need to sprinkle the nut granules on a plate to keep the crust from sticking to the dish.

Put the dates in the food processor and grind them with the S blade in place. If the dates are too dry, and they do not blend well, add 1-2 teaspoons of olive oil, or 3-5 tablespoons of water. The liquid will help the date paste blend better.

When the dates are completely blended into a smooth consistency, use a spatula to remove the mixture out of the food processor. Place the date paste into the bowl with the ground nuts.

Mix the ground nuts and the date paste together with a wooden spoon or with your hands. If the mixture is too dry to mix, add a little bit of water or apple juice. Don't add more than 2-3 tablespoons at a time. The ready mixture should possess an even color, be firm, fairly dry and stick together.

Take the ground nuts you have set aside earlier, and sprinkle them into the pie pan. The powdered nuts will keep the crust of the pie from sticking to the bottom of the plate and will make it much easier to serve the pie.

Using your hands, roll a ball out of the dough. Squish it into a flat patty with your palms. Lightly pinch the patty with your thumbs and fingers to make this piece of dough as thin as possible. Put the flat piece of dough on top of the layer of ground nut powder.

Continue to make flat pieces of dough and fit them into the pan. Be careful not to move around the powdered nuts too much, or the crust will begin to stick to the pan. Press flat pieces of dough down to make a single even layer. To make your pie crust as level as possible, rotate the pan every once in a while so you work in the place you are most comfortable.

When the pie crust looks even and round, begin to create a wavy trim by pinching the edges of the crust into triangles. Make sure the triangles are touching the pie pan. This will make them stronger, and insure that the triangles won't brake off when you serve the pie.

## Filling for the Mango Pie

To make the filling for your pie you will need:

- 2 cups of dried mangos
- 2 fresh ripe mangos
- 2 cups of water

Soak dried mangos in water for 15-20 minutes. When the dried mangos are slightly reconstituted, pour them, along with the water they have been soaking in, into a blender.

Add the meat of two fresh mangos.

Blend all ingredients well until smooth. While blending, the filling mixture will become thicker. If it becomes so thick that the blender stops blending, add a small amount of water to the mixture.

Once the mango filling is blended, it should obtain a pleasant golden color and smell absolutely heavenly.

Pour approximately 3 cups of mango filling into the crust. Begin to spread the filling evenly with a spatula. Make gentle horizontal strokes with the spatula to form a smooth even surface. Make sure to bring the filling all the way to the edges of the pie.

You now have a neat and traditionally looking pie. You may choose to leave your pie looking simple, or you may want to decorate it with fresh berries, sliced fruit or nuts.

If you would like your pie to be a little firmer when you serve it, we recommend that you place it in the refrigerator or freezer for a couple of hours. This will make the pie easier to cut, and help the slices look more defined.

You may keep this pie in a freezer for several weeks. This allows you to eat a freshly cut piece of pie whenever you desire. Enjoy!

Serves 12



We are all spiritual beings. How do I know this? I feel it every time I look in another human being's eyes. Sometimes I sense such intense energy coming from people's eyes that I have to turn away. This never happens when I am looking into the eyes of my grandson's teddy bear. I can even feel other people's glances with my back. Often I wonder why I am so certain that someone is looking directly at me, even if they are standing on the other side of a soccer field or farther. There is no way to possibly see the other person's pupils from such a distance. They are even smaller than letters in a book. Trying to read a book from the other side of a soccer field would be insane. However, we can always tell when someone is looking directly at us.

Not only do we feel this unexplained and unmeasured energy from humans, but we can also feel these same deep vibrations from different animals and plants. Have you seen, for example, how a blade of grass makes its way through a thick layer of asphalt? It's difficult to believe that such a tender plant could break concrete. I cannot find any other explanation for this phenomenon other than the invisible, yet powerful energy that comes from the sprout, in an effort to survive in spite of any obstruction.

All living things are connected and communicate using different energies and vibrations. Think about Canadian geese, which are able to fly long distances and find lakes without ever being mistaken. I am fascinated with their powerful ability to navigate without compasses or other tools, using their incredible instincts. Another example comes from my encounters with dogs. Instinctively they always know if I am afraid of them or not, and they are also able to transmit their present mood clearly to me, so that I recognize that they are totally aware of my emotions. Several times I have had powerful experiences with cats. I consider them small and fairly safe animals to approach, but once in a while, before I even decide to reach out with my hand and pet a cat, it sends a ray of energy that warns me to back off-without even curling its back or hissing. I brought up these examples to illustrate that every one of us deals with energies that are not visible, but very powerful, all the time.

Why are we given these vast energies? I believe these powers are given to us for a great purpose or mission.

I believe all human beings have their own missions in life. I also believe that to fulfill that mission is the most important purpose for every human being, because only then can one contribute the most to the rest of humanity. People who are able to do so mark history as the most gifted leaders, geniuses, writers, artists and philosophers.

How do we determine what our mission is? I think we can guess by observing our personal gifts and talents. Every single person in the world has some particular talent. I have been working as an employer or director of various companies for more than 20 years and I have noticed that all my employees have one gift or another. I've worked with dozens of people and have never met even one without talents. Usually when I get to know people more closely, I find that they have even more gifts than I thought. We definitely have different gifts and different missions for life.

For example, my husband loves to give massages. He always carries several massage tables in his truck. He doesn't care if he gets paid. Massage is his passion. Every day he is looking for someone to rub. If he and I work on a project together, he offers me a massage several times a day. If I agreed to it, he would massage me until I asked him to stop, and then he would feel sorry that it was over. He could talk for hours about how he loves to touch people and feel their energy. It is interesting that he cannot massage just anyone, but only certain people that he feels a connection with. That is why he is not doing massages for a living. His massage sessions with people are so incredible that my husband is surrounded by legends wherever he goes.

Sometimes after he gives me a massage I used to make a feeble attempt to give a massage back to him, but my massages failed. I honestly tried hard to learn, living next to such a great master, but I don't have enough strength and I get tired and bored in the first few minutes. As much as I appreciate him, I myself don't like to give massages at all. I wouldn't give massages even for a lot of money.

My passion is participating in sincere conversations with other people. When I listen to another human being I forget about time, food, sleep... My husband praises my patience with people, which I don't even notice. For all the money in the world, he says, he could not "listen

**We highly recommend this exceptional new book:**

***The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-Term Health***

Author: T. Colin Campbell, PhD,  
with Thomas M. Campbell II  
Hardcover, 2005, 417 pages  
List price (USD): \$24.95  
Now available at rawfamily.com

**10-Day Special Sale  
on Vita-Mix Blenders**

We offer a \$25 discount off our already low price of \$375 on Vita-Mix blender, if you order before May 10th.

This special discount does not apply to orders made via PayPal, please call our office with your credit card (541) 488-8865, or send a check to:

Raw Family  
P. O. Box 172  
Ashland, OR 97520

**Update on Raw Family's Research  
About Green Smoothies**

Currently we are sponsoring a study along with Dr. P. Feiber at a local clinic in Oregon. The study's aim is to determine the health benefits of regular consumption of Green Smoothies. Over the next month, 24 enthusiastic volunteers have committed to drinking a quart or more daily, in addition to their regular diet. Raw Family's staff members are busy blending away, providing the 12 gallons required per day.

When we are finished, Dr. Feiber and his staff will compile and analyze the data for use in Victoria's upcoming book. Early indications are very promising, we'll keep you posted.



Art by Valya, Limited Edition Prints  
Available at rawfamily.com

Our Missions In Life (continued for page 2)

to the same stuff over and over for hours. ” We have lived together for many years, we have a lot in common, and yet each one of us continues to carry on with our own passions through life.

Luckily, both my husband and I have found a way to make a living that lets us utilize our passions. It took us many years to realize that doing what we love is more important to us than the amount of money we could make. We had to learn to live on less money, but the joy we get from doing what we love means far more to us than more money.

Often I read different reports in newspapers about how many people don't like their jobs. They are suffering, counting the hours and minutes until lunch, a break or the end of the working day. They are spending their lives waiting, waiting for the end. Why can't we do what we love? Why can't we live more enjoyable lives? I find there are two main answers to these questions:

1. People don't know what they love to do
2. People consider their life passions to be unimportant.

In this case, people often do something else they don't like, hoping to get back to their passion upon retiring. Or they do what they love, but they apply their talents to destructive processes instead of creative ones. For example, I have a friend who is a very good salesman. He claims he could sell ice to an Eskimo. Obviously he is very talented, if he can inspire people to buy things they don't need. I think that his real talent is to inspire people. I told him that he would make a great teacher or motivational leader, that he could inspire people to do beautiful, creative deeds. Another friend of mine is a gifted artist. Her paintings are unique and beautiful and they touch the heart. However, she has not created a new painting for many years, because she can make much more money designing for commercial promotional advertising.

When I observe many people participating in destructive businesses and activities, manufacturing environmentally harmful products, pouring chemicals into fields, distributing cotton candy in amusement parks, shooting B movies, and many more, it becomes clear to me that all these people don't understand the huge importance of following their mission. If a single blade of grass has the power to grow through thick asphalt, one can only imagine the potential power of human energy applied with passion.

How many people can you name that have made a significant positive difference for the whole world? For example: Martin Luther King Jr., Mahatma Gandhi, Byron Katy, J. Krishnamurti, Leo Tolstoy, Mother Theresa, Eckhart Tolle, Paul McCartney, etc. All these people passionately followed their life's missions. I believe that anybody could start following their life's mission at any time and make a difference in the whole world.

Because we are spiritual beings, our spiritual mission is more important for our spirits than obtaining money for other than spiritual needs. When we do not follow our true goals, we develop spiritual pain, which we feel as boredom and emptiness. Since as early as childhood, many of us begin to feel bored once in a while. It often happens when we are forced to do things that we don't like, or when we are unable to do what we are passionate about.

There is a vast difference between pleasurable activities such as watching television and visiting amusement parks, and things that help us evolve spiritually such as creatively working on projects that one has talents for.

After watching movies we often feel drained and even more bored, while after working creatively, we feel empowered, inspired and fulfilled. With years of staying disconnected from our life's mission, our spiritual pain accumulates. Sometimes we have attacks of feeling lost, lonely, bored with life, or losing sense in life. Often this pain is blamed on life problems such as loneliness, troublesome relationships, debt, disease, etc. Spiritual pain can be worse than physical pain and can become unbearable. Most suicides happen because of spiritual pain, not physical pain. 28 million people in America are taking antidepressants to be able to live through the day (*Trebichavska*). At this point, no amount of money would help. Yet it is everyone's birthright to be happy.

I invite you to observe the feelings you encounter while performing various tasks, and let your passions guide your life.

*Trebichavska, Dasha, M.S., L.Ac. "Depression" April 15, 2005*  
<http://www.healthtransformations.net/depression.htm>