

MATU AMANI MAGAZINE

Natural Health & Healing from Mother Nature for you



NEWS & TIPS

Whats our mission
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Andrey Pavlov

WHATS OUR MISSION

Text, photo's & design
Miranda & Erwin Decker



Welcome at Matu-Amani's first free online magazine!

My husband and I moved from the Netherlands to Tanzania in 2022. We fell in love with this beautiful country after a few visits to Zanzibar and Tanganyika. The stunning nature, the pure and unspoiled food from the fertile soil, the culture, the harmony and of course the wonderful people who make us feel very welcome by saying: "Karibu Tanzania!" We decided to take this big step in february 2021 and after a full year of preparations we arrived in february 2022. We will share our way of life and experiences in this magazine for everyone who dares to make such a change and for people who are happy where they are. By sharing universal tips and tricks we want to show that certain practices like meditation, spirituality, healthy food, merging cultures, being balanced and enjoying life. We provide practices that empower everyone anywhere on Gaia (Mother Earth) for a fruitful, satisfying and meaningful life.

WHO ARE WE?

Director Miranda (Zangmo) Decker.

I lived a fairly happy life in Lelystad the Netherlands, together with my husband and our dog Marley. There I learned to connect to nature, my community and my inner self through personal development by exploring the tools of ancient knowledge. These tools supported me in "the School of life" to become the person that I am today and I want to share this knowledge for everyone who has similar urges for personal development.

At the age of 35 I realized there was more than meets the eye and started searching for more at a Buddhist Temple in Hantum Friesland the Netherlands. I became part of a Sangha (group of students in Tibetan Buddhism) and received my Buddhist name: Zangmo Karma Deleg. Zangmo is the feminine half of the primordial Buddha Samantabhadra and represents Self-awareness and Source of the self. Sadly my teacher died of old age in 2014 (nobody knew his real age, not even himself). Then out of nowhere, I got "a call" from the goddesses sisterhood community to go to Glastonbury (Avalon) England. There I was initiated as a goddess Priest. The mix of goddess ceremony's filled with: self exploration, meditation and initiations was such a revelation that led from one thing to the other. I started with Peruvian Shamanism in 2012 and completed the Medicine-wheel and Shamanic Healing technics by 2018. After that I took a course of Alchemic Spagyric and became a Pre-scriber of herbal complexes in 2020.

*Nomads with a mission:
"Live in harmony with
nature and nature will
live in harmony with
you."*

Director Erwin Decker.

I have a background in audiovisual facilities for television productions, lighting technique for film, logistics, catering, festival organization, music and was partly owner of a club in Lelystad called the Cult and later rebranded as House of Rock for which I did the marketing, technical maintenance, audio and light shows. For Matu-Amani I collect all the background information and perform the final editing for the Magazine & website. For the online movies and vlogs I am responsible for the sound, light & video recordings. The scripts and texts are developed by us both. Because I was born in Ethiopia, I always had a special place in my heart for Africa. Growing up in Ethiopia, Ivory Coast and Libya made me experience and love nature to the core of my being. After years of searching for a place outside of the Netherlands where we could live & work, I convinced Miranda that we would find that place in one of the most beautiful and free spirit countries of Africa, Tanzania. A land of great opportunities.



NATURAL HEALING

Natural healing is more common than most people in the 'western world' realize. Of course we heard about it but are brought up to believe it is quackery or witchcraft used only by people in undeveloped regions of this world.

These thoughts are pushed by the powerful health institutes that are totally intertwined with the big pharmaceutical company's who have a financial interest of marketing their chemical drugs. That is how markets work and results in a tunnel vision of what health actually means.

Ancient and present time communities have always had herbalists, medicine men/women and experienced elders whom people go to for advice when encountering sickness. Tanzania has such a natural abundance that there are literally thousands of products that can support health and beauty if applied correctly.

First of all a healthy life starts with the building blocks of our body we get through food, healthy raw fruit drinks, enough water and good practices like exercise and sunshine. Secondly feeling healthy makes us happy and there are increasingly studies that confirm the health benefits of positive energy and happiness.

We organically grow our own vegetables and fruit in our garden and at the market we can purchase organic products we can't grow ourselves, real free range local chicken and/or beef. At the fish market we can get fresh fish and crustacean that was caught fresh that morning. Cooking food with all these wonderful tasty products make the life of a cook (Erwin) a lot easier. We make our own bread (with & without gluten), jam, chutney's and meals from scratch.

All these dishes are best consumed with a good glass of spring water, Tanzanian beer or African wine. We still have a lot to discover but for now we'll share a simple recipe for an healthy smoothie to kick off the day.

Enjoy and have a
happy ☺ healthy
daily start!



Aloe Vera Smoothie

- 1/4 cup fresh Aloe Vera gel
- A glass of coconutwater
- 1 banana
- a handful of organic berries (fresh or frozen)

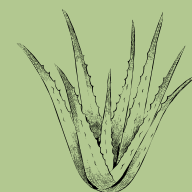
Very simple, just put it in a blender and enjoy your Aloe Vera Smoothie!

Benefits of Aloe Vera

- Relieves constipation
- Reduces heartburn
- Maintains eye health
- Boosts vitamins and minerals

When using medication and/or under medical treatment you should always consult your doctor for interactions between natural remedies and medication. For example there are signs of increased risk of bleeding when under anesthesia in combination with Aloe Vera.

*A good start of
the day Keeps the
doctor away!*



MORNING RITUAL

Inspiration for a good start of the day (also if your not a morning person).

You don't have to be a morning person to pleasantly start your day. I myself am not and still have not felt the need to set an alarm clock for years now. To wake up without needing one means that I am fully rested. For me (and my environment... ha ha ha!) that works just fine! Not bothered by a mood it gives me a chance for a more meaningful way of spending the day.

I would like to share my 'morning' ritual and hope to inspire. You can easily apply some tricks which will only take a few minutes for a fresh start for a fruitful day. In fact, a new day starts mostly somewhere during sleeping. That depends on what time you go to bed of course. If all goes well, you will travel through all the different sleep stages naturally for a well rested result.

With all of our busy lives, it sometimes is difficult to take some time for yourself in the morning to wake up calmly. Most people jump out of bed, immediately go into 'rush' mode, shower, breakfast and off to the 'ratrace'!

If you can give yourself 5 to 10 minutes in the morning to relax and activate your awareness. You'll soon notice that you perform better, have more energy and spend your day more effectively. It's very important to manage that for it not to become a daily responsibility routine. It is not all set in a strict schedule but a flowing rhythm of how you awaken your soul and body. Here are some tricks:

Before I sleep I close my eyes, I set an intention for the night and 'program' my preferred wake up time. I always succeed to wake up at that intended moment. How convenient is that!

Lying down after you awake, try to think of your dream and write what you remember. For that purpose always keep a pen and notebook next to your bed. After exploring your dream, while still laying down or standing (do next trick first), do some light physical exercises and experience your physical body and how it feels to you.

I commonly use this affirmation:

" May all living entities arise from the bed of samsara and experience the absolute body of enlightenment."

(This stems from my Buddhist teachings and reminds me of the love for all living things.)

To get out of bed with the "right" leg. Concentrate on your breathing and feel which nostril has the most breath. Then get out of bed with that leg. If you like you could do a self-chosen mantra or affirmation for that day.



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