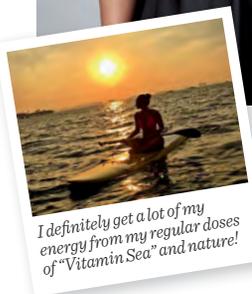


Good Vibrations



It's now official—according to a study from the University of Bielefeld in Germany, we *can* absorb energy from others. Researchers studied a type of algae and discovered that in addition to photosynthesis, another source of energy was present, absorbed from other algae. While, of course, the human body isn't like algae (no matter how much spirulina you consume!), those who study the behaviour of energy in living things—which is called bioenergetics—believe that we are similar to plants in the sense that we can absorb energy that can feed our emotional state, energizing our cells and even affecting our cortisol levels. Experts claim that this is why our moods can be so changeable based on our environment, and that it's why we feel so uncomfortable when we're in certain groups with a mixture of energy or emotions. Because the same way we can feed off of positive energy, the negative energy of those around us can have a draining effect. And it's not just from people: Boffins claim that nature can do it too. It



I definitely get a lot of my energy from my regular doses of "Vitamin Sea" and nature!

makes sense—after all, thoughts of construction sites and factories hardly conjure up the kind of relaxing, good-juju feels that, say, a serene beach with a view of the ocean, or a lush green garden, can. I've long agreed with the idea that "your vibe attracts your tribe" as all of those internet quotes put it. Think about it: What causes electricity and what we like to call 'chemistry'? It's energy, to put it simply. And on a more practical level, if

you're in a great mood and feeling good about yourself, but you then spend the day with people who do nothing but complain with nary a smile on their face, or worse, put you down in an effort to make themselves feel better, obviously you're going to end up in slightly less sunny spirits. However, that doesn't mean that we should only surround ourselves with people who are happy all the time. The reality is that nobody feels 100% upbeat 24-7, and that's not only ok, it's important. Aside from the fact that sometimes we need the lows to learn to appreciate the highs, it's where all of the gnarlier stuff comes in that we tend to really grow. If you pretend that everything is perfect all the time, you're just going to put an unrealistic, and insurmountable, amount of pressure on yourself, which is, ironically, actually going to leave you quite unhappy, in my humble opinion. The important part is simply to allow yourself to recognise the darker emotions within us—we all have them—then embrace how they make us feel, and try and learn from that, rather than suppress them. Feeling sadness and anger isn't necessarily being 'negative', and it's how we deal with these emotions that counts. Don't see them as obstacles—instead, see them as a path to growth. Having said that, if there are perpetually negative people in your life that drain you on a persistent basis, perhaps it's time to reassess. This doesn't make you selfish: It's self-preservation, and learning to be kind to, and respecting yourself. Learning how to identify situations like that is something that comes with wisdom throughout the years. And speaking of growing, I'm so proud to celebrate our fourth anniversary this month! We've loved trying to spread a positive effect on the community since we launched this magazine a few years ago—thank you for being part of the journey with us. We hope you enjoy the issue, and that it brings you some good vibes! See you in April,

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TIME FOR A CHANGE

IF YOU HAVE...

15 SECONDS

Before you make your next decision, take a moment to pause and think about how you really feel about it. Are you doing it because you really want to? Is your gut trying to tell you something? "What Would You Do?" p.81

5 MINUTES

Take some time to stretch out properly after you've gone for a run, be it a short or long one (or just any exercise really) to recover more effectively. "Hit The Ground Running," p.47

15 MINUTES

Run through this body weight-based functional workout for a stronger core, better coordination skills, created by former pro dancer. "Functional Core Training," p.52

30 MINUTES

Whip up one of these easy, affordable, and really, ridiculously good-looking gluten-free dishes: Whether it's for you alone or with guests, they won't disappoint. "Mexi-Can," p.65

60 MINUTES

Blast your way through some of these superhero-inspired workouts for your best body ever, and you'll come out not only looking great but also feeling on top of the world. "Train Like A Superhero," p.39

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