

CARNIVAL -OF- ENLIGHTENMENT

Out with Sex, Drugs and
Rock n Roll - in with Love,
Light and Global Consciousness.
Will Gethin selects 12 festivals
for July and August catering
for an up-for-it spiritually
mobile crowd.

While traditional music festivals have typically celebrated the destructive urge to tune in, turn on and burn out, a new wave of festivals honours more soul-nourishing qualities, like spiritual development, creativity and healing. The following festivals all reflect this softer, more heartfelt focus, offering a diverse variety of performances, workshops and activities, from drumming, dance and song to healing, meditation and storytelling. While a number of these festivals have been running for several years, what is significant is their rise in popularity, as they begin to rival the mainstream.



Quest 2005: The Natural Health Show
Newton Abbot Racecourse, Devon
June 30 - July 03

For anyone interested in health, nutrition and sacred music, Quest 2005 celebrates its 10th anniversary with a vibrant celebration of all three with an additional peppering of talks from leading holistic experts on everything from purposeful living and the environment to healing and astrology.

A dynamic nutrition programme covers topics such as Balancing the Emotions with Food, Dynamic Vegetarian Meals and Healthy Fast Food.

Music performances and workshops work to daily themes - Sacred Music and World Fusion, Passion & Power and Tibet. Prayers of peace will be sent out to the world during a Tibetan dance jamboree on the Sunday night in celebration of the Dalai Lama's birthday, featuring electro-global-dance wizards, Banco de Gaia.

Other highlights include daily Tai Chi, Yoga and Meditation classes, therapy and craft stalls, an imaginative children's crèche and a Firewalk workshop.

Tickets cost £6.50 a day / £17.00 3-day pass / concessions available.

Many workshops are free. Camping extra.

More information: www.quest.newtonabbot.org

Tel: 01803 762 674

The Big Chill Eastnor Castle deer park, Ledbury, Hereford 5 - 7 August

Founded in 1994, The Big Chill combines the free spirit of rave culture with the positive energy of eco-consciousness and has swiftly established itself as one of the most popular music festivals in the UK, attracting 27,000 last year.

Jump off the commercial bandwagon and escape into an ephemeral oasis of calm, where the worlds of spiritual harmony and popular culture collide.



This year's music line-up is headlined by Nouvelle Vague, The Earlies and Tinariwen while a cornucopia of 'Chill Out' soundscapes embraces a wide range of styles, from Dub Reggae and Balearic roots to Ambient, Disco, Jazz and Country and a mish-mash of futurist sounds that have yet to be named.

An expansive Body & Soul healing field caters for a wide variety of treatments from Thai Yoga Massage and Shiatsu to Cranio-sacral and Vortex Healing.

Explore the multifarious delights of the Village Green – the flowing rhythms of capoeira and breakdance, avant-garde film screenings, talks and readings from cutting edge authors – and drift through a freestyle procession of theatre, madcap costumes and wandering minstrels.

**Tickets cost £112.00 / children £28.00.
More info: www.bigchill.net Tel: 0207 684 2021**

Larmer Tree Festival Cranbourne Chase, Wiltshire • July 13 - 17

Now in its 15th year, the Larmer Tree's infinite variety of sounds offers something for everyone, taking in World, Folk, Blues, Jazz, Country and Reggae, with 50 bands performing on five stages.



The setting is spectacular: psychedelic peacocks strut between Nepalese pagodas and Eastern temples and the gardens become illuminated at night.

Laze on the lawns soaking up music, street theatre and dancing. Chill out in the Acoustic Roots Café, shop in the global bazaar or be pampered in the Secret Garden healing area.

Band highlights include Jules Holland with his Rhythm and Blues Orchestra, The Cat Empire (Australia), Moishe's Bagel and Tango Siempre.

A range of workshops and classes include Percussion, Salsa, Didgeridoo, Tai Chi and Yoga while workshops for young people (11-17) range from Circus Skills to Hair-braiding.

The 11 acres provide a huge adventure playground for children and workshops for kids include storytelling and costume making.

**Adult 4-day tickets £124.00 each including camping.
See website for full break down of prices.**

**More info: www.larmertree.co.uk
Tel: 01725 552300**

Drum Camp • Bungay, Suffolk • July 7-10

Drum Camp celebrates its 10th anniversary with an intimate tribal jam (300 people) amid vibrant stalls and healing tents.

Live highlights include Palestinian voice diva Reem Kelani, multi-vocal percussionist Revox, African and Cuban dance showcases and a host of percussion ensembles from an eclectic miscellany of indigenous instruments.

Days bring a range of workshops from leading teachers in drum, dance and song while evenings burst to life with spectacular live performances and drumming and dancing around camp fires with the option of chilling out to global-ambient beats in the cafes and chill out areas.

Workshop highlights include Arabic Bendir (Salah Dawson Miller), Djembe (Vincent Salzfaz), African Dance (Anna Mudeka) and Cuban Dance (Yescica Livesay). Percussion workshops for kids prime them for performances at evening shindigs.

**Tickets £95.00 including camping / weekend ticket £70.00 / concessions available. More info: Web: www.drumcamp.org
Tel: 01263 735097**

Festival of Sacred Song & Dance Findhorn Foundation, NE Scotland • July 9-16

Bring Greek, Balkan and Romanian dance to life accompanied by legendary Balkan Gypsy Band Xenos, learn circle dance songs with Kate O'Connell's Harmony Song Choir or accompany Bill Henderson's Circle Dance Scratch Band playing circle dance tunes.

The festival blends the traditional roots of folk dance with the spiritual focus of circle dance, bringing about healing and transformation. Absorb the ancient wisdom of these traditional dances and rediscover your innate dancing spirit.

All workshops will prepare participants for a gala dance and music event later in the week, to be attended by the whole Findhorn community.

Tickets £495 including accommodation and full board / £435 without accommodation.

**More info: www.findhorn.org/brochure2005/programme59.php
Tel: 01309 691653**

Tribe of Doris Blackdown Hills, Devon August 24 - 29

The Tribe of Doris has created a unique platform for cultural exchange, dissolving racial boundaries through music and dance.

Now in its 14th year, Doris has become the most vibrant multicultural exchange of acoustic music, dance, song and ceremony to be staged anywhere in the world, hosting over 40 workshops a day covering a diversity of worldwide cultural traditions – from Senegal, Palestine and Japan to Indonesia, Brazil and Cuba.

The various workshops work towards a grand collaborative finale of spirited performances on the Sunday night, featuring all participants. There are also spontaneous performances in the nighttime café.

Teachers this year will include Amel Tafsout, Abdoulaye Camara, Reem Kelani, John Sleiman, Jackie Jamal and Chartwell Dutiro.

In the ceremonial tipi, whirling dervishes sing spiritual songs as they whirl to reggae beats, Cherokee Indian Rose Moore provides Native American Indian song and ceremony and Colombian Sound Shaman Juan Gabriel returns to open and close the festival with a profusion of primal sounds.

**Tickets: Adults £165.00 / Children 0-5 free, 5-11 £45.00 / teenagers 12-18 £60.00. Family and group discounts available.
Camping included, car parking extra. More Info:
www.tribeofdoris.co.uk Tel: 0117 955 8668 / 0117 955 8668**

International Kadampa Festival Manjushri Kadampa Meditation Centre. Lake District • July 22 - August 06

Organised by the New Kadampa Tradition (NKT), the international Kadampa Buddhist Union, this 14th summer festival is a unique opportunity to receive teachings directly from renowned Tibetan Buddhist meditation master, Venerable Geshe Kelsang Gyatso.

The principal focus of the festival, which last year attracted 3,500 people from 40 different countries, will be Geshe Kelsang's teachings and empowerments while intermittent meditation retreats will be led by his leading students.

Enjoy a spiritual holiday, meet like-minded people and explore the teachings of one of Buddhism's most dynamic meditation masters at the mother centre of modern Kadampa Buddhism.

All teachings and meditations will be held in the Kadampa Temple, the first of hundreds of Kadampa Buddhist temples to be built in every country in the world as symbols of World Peace.

Tickets range from £12 a day non-residential only up to £55 per day for a single room. More info:

www.kadampa.org/english/events/festivals/uk2005/intro.htm
Tel: 01229 584 029

Sidmouth Folk Week Sidmouth, Devon • July 29 - August 05



Sidmouth Folk Week is a series of separately coordinated events serving up a superlative selection of Folk music and Morris Dancing performances and workshops.

Watch out for live performances from Whapweasal, Little Johnny England, Bismarcks and Battlefield

Band and some notable acoustic concerts in the Acoustic Café.

Morris Dancing trailblazers Sidmouth Steppers perform and host workshops and over 30 leading Morris Dancing teams are to be showcased during the week, including the legendary Ladies of the Rolling Pin (USA). The annual John Gasson Memorial Gig competition will take place on Sunday July 31.

Music workshops cover big band, melodeon, fiddle, harmony singing and song writing. There will be workshops in Cornish and French dance, beginners ceilidh, storytelling and theatre.

Ticket details are not yet available.

More info: www.sidmouthfolkweek.co.uk Tel: 01395 516 441

Buddhafield 2005 Blackdown Hills, Devon • July 13 - 17

Friends of the Western Buddhist Order fly the flag for the Buddhist spiritual tradition with a multicolour extravaganza of rituals, ceremonies and processions.

Now celebrating its 10th anniversary, Buddhafield offers an eclectic range of global, folk and dance music performances while workshops cover subjects as diverse as social change, lantern making and permaculture.

Children play a creative role in plays

and processions and are encouraged to be aware of their environment.

Areas for healing and meditation include a wide spectrum of traditions and a strictly drug and alcohol-free space, and the festival lays on Buddhism-themed 12-Step meetings for recovering addicts.

Everything about the festival demonstrates how to lead a happy and healthy spiritual life.

Tickets: Adults £60.00 / Children aged 5-15, £10.00 & 0-4, £5.00. Camping free. Parking extra.
More info: www.buddhafield.com
Tel: 01647 24539 / 07747 446040



Big Green Gathering Mendip Hills, Somerset • August 3 - 7

The Big Green Gathering is a grand celebration of nature and a crusade for a better world, demonstrating how the wheels of change can be set in motion.

Jive through a seamless carnival of Hip Hop, Dub and Tribal Dance and roam the Sustainable Homes Area learning about low-impact living. Explore the many paths to Enlightenment in the ESP Zone, manned by Buddhists and Rastas, Krishnas and Quakers and enjoy a theatre of conscious performances, from dance and poetry to storytelling and music.

All facilities are powered by renewable energy and instead of drugs and alcohol, spirits are charged with peace and love.

Tickets cost £90.00 adult / £20.00 child / £30.00 teenager.
Camping included, parking extra.

More info: www.big-green-gathering.com Tel: 01458 834629

One World Summer Festival Stanbridge Earls School, Romsey, Hampshire August 8-14

Set on the edge of the New Forest surrounded by ancient forest and wilderness heaths, One World offers a spectrum of active, restful and educational pursuits to nourish mind, body & soul.

The festival offers a choice of over 200 workshops and lectures throughout the week with separate programmes for teenagers and children of all ages.

By day, pamper yourself with alternative therapies, get creative with natural cookery, arts and crafts or lose yourself in dance, natural movement and sports.

Spend evenings relaxing and chatting by the campfire, watching live music or hanging out in the cafes. And then bop the night away in the disco.

Adult tickets £215.00 fully catered / £175.00 non-catered.
Child tickets start at £55.00. In and outdoor accommodation available. Tents, tipis and yurts for hire.

More info: www.macrobios.com/england/en_event.htm
Tel: 01273 279439

Osho Leela: Month in Paradise Thorngrove House, Gillingham, Dorset August 05 - 29

A lively spiritual community in the heart of the Dorset countryside, Osho Leela lay on an abundant month of camps, festivals and hugs during August.

The month starts with the Dance and Movement Camp (August 5-14) featuring dance classes in Bollywood, Flamenco and Gurdjieff Sacred Dance.

The ensuing Theatre Song and Art Camp (August 15-21) offers a choice of workshops from comedy and Zen theatre to song writing and painting.

Finally, the infamous Celebration Festival of Music, Meditation and Heart, (August 22-29), unites some 250 people for playful communion in music, meditation, love and laughter.

A festival of openness and spontaneity, with sacred dances, singing, workshops, healing tents, hot tubs and tons of hugs!

Tickets: Dance & Movement Camp £150.00 / Theatre Song & Art Camp £115.00 / Celebration £120.00. More Info:
www.osholeela.co.uk Tel: 0845 612 5511 / 01747 821 221