



## GROTTAMIRANDA - Charming Resort in beautiful Southern Italy

In the heart of Puglia, southern Italy, set between the Adriatic and the Ionian Seas, the new Grottamiranda Naturist Resort is a charming family retreat providing relaxation, sport and culture.

Created by Martine and Pierre, French Naturists with a passion for Italy, it is the very first Italian Naturist resort with no camping facilities and sets out to meet guests' expectations for an idyllic Naturist holiday. The resort is founded, and run upon, truly Naturist principles and ethics.

**LOCATION:** Close to the Brindisi airport (30 minutes) or Bari (1 hour), the Resort in Puglia is very easy to get to with regular flights. Pierre and Martine can arrange airport shuttles, car rental and road maps.

**THE RESORT:** The Resort is located in an elegant Masseria (a typical old farm, set among hundred year old olive trees, with vaulted ceilings) and offers 9 cosy apartments sleep from 2 to 6. They are perfect for families. Each apartment includes free WIFI, TV, cleaning every 3 days and beach and bath towels. Each apartment is equipped with nice kitchen, air conditioning, insect protection, hair-dryer, kettle and with a large terrace.

Every morning, breakfast can be delivered. During all your day, different Italian typical specialities can be served to discover the Apulian great cooking. Do not hesitate to participate to the cooking lessons to discover all traditional local secrets.

**ACTIVITIES:** You can have a relaxing day at the pool enjoying the sun and the wonderful Mediterranean climate of the Region, or spend your energy by taking part at different activities such as aqua gym, running, cardio-training, table tennis. You can also play a game of chess at the giant garden chess.

The Resort naturista Grottamiranda organizes specific Wellness Week Programs to have a complete relaxation.

The resort is close to the Naturist beach and Nature Reserve of Torre Guaceto where there is small scale fishing and wonderful wild flora and fauna.



**THE APULIA REGION:** itself is steeped in culture and heritage, including Lecce - 'The Florence of the South', and the notable Castel del Monte, a unique UNESCO site. Don't forget the town of Matera which has been chosen to be the "2019 European Capital of Culture". Resort naturista Grottamiranda organizes many touristic tours for your pleasure, either by Vespa, or vintage Italian car!

Naturism in Puglia, it's a permanent quest of quality of LIVE and FOOD in a beautiful region that Pierre and Martine like you to discover. Far from mass tourism, the priority is to share with you all they love in Puglia: Conviviality, Cooking and beautiful authentic places.



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## „About fasting“ by Volkmar Ellmauthaler

Fasting is *fashionable*.

Several hundreds till several thousands of Euros could be spent herefore. Healing fast, hiking fast, fast as survival training, fast as a cure. - Fast, yes, for meditation. Fast in the monastery, fast in the forest, fast as dietary measure.

In each of these cases fasting is assumed to have a purpose or a goal, so that the approach also fits with "Success". Fasting without a concrete success would then be "religious" at the best.

Fasting is *not modern*.

Fasting, as is heard from time to time, should be attributed to an "Indian Winter", which does not know of a juicy spring anymore. - In principle fasting is a tormenting process, which must "hurt": why? To be accepted. Accepted?

Who is the instance, which "recognizes" one or both attitudes? Is it really about acceptance? Appreciation? When I fast, will I be "recognized as someone having a value and an effect?" Will my words be appreciated? Will I perhaps be re-estimated, because maybe I became "different" through fasting?

Is it perhaps about the yearning desire for acceptance? Who shall recognize me?

The Divine? Father? Mother? Brothers, sisters? Friends? Colleagues (m/f/i)?

What feeling can it be to be accepted into a "closest circle", by proven self-mortification, called discipline, from the Latin word: *discipulus-i*, m "pupil", so because of the status as pupil? Am I accepted, recognized, in my own essence? Do I want to be accepted that way? - Or am I accepted, recognized, as a human being, whose simple capacity to self-denial may have become the goal?

Regarding religious fasting following comes to our mind: no chocolate, no black coffee, no dancing, possibly also the refusal or self-denial of eroticism and sexuality; no meat: *Carne, vale!* Adieu, Bye bye, and *See you*. Stop!

If fasting becomes a purpose, may fasting then be lived with a view to its end? With a view to some kind of "success"? With a view to some kind of "profit"? Physically? Mentally? Who talks about the soul where the mind must be under control? I will buy psycho-techniques for a lot of money....

The omission of cacao- or coffee beans will not lead to any short-term price dampening, where after Easter (that Jewish-Christian feast, which often is being mistaken with Christmas, where people use separate ways according to the Julian and Gregorian calendars), so after the feast prices regularly increase: up to Easter Saturday everything is *Easter Bunny*, on the following Thursday everything is emptied. Chocolates are 10% more expensive. Minimum: the industry is beating back. Seasonal losses due to fasting are compensated mercilessly.

At the same we as Christian appear to be ailing. Other religious have more severe commandments: Here it is "complied with", there it is "enforced". Who "complies with" appears to be weaker compared to the one who "enforces", who is "asserted", whom we should not get into his way between sunrise and sunset - which is sometimes even exactly defined.

One of these religions considers a 40-days long fasting as absurd, fasts for one day, to celebrate during the next days the Masquerade of Purim, to laugh, to gourmandize. A day of destiny. Esther, as being said, the beautiful daughter of Mordechai, has killed the cruel Minister Haman and thereby freed her people from the slavery of the Persian King Ahasveros - by the way, her husband. Previously her people had prayed. Afterwards they celebrated. The other religions commits Ramadan, the „hot month“, when fasting may be interrupted only after sunset; during the day, who wants to be an upright son of the greatest, neither drinks nor eats.

In all three monotheistic religions fasting is oriented towards self-reflection, kindness and generosity.

Near the Alps, at 25 km from the center of Turin, 20 minutes from the airport Caselle. Caravans, plots for Recreation Vehicles and tents, completely equipped bungalows, caravans with chalet. Pool, solarium, jacuzzi and sauna. Clubhouse restaurant, petanque, mini-tennis, table tennis, Volleyball. Mountain bike circuits and trails in the Park Mandria

**Sights:** Venaria Royal Palace and Park, St. Michele Abbey, Rivoli Castle, Mole Antonelliana, Egyptian Museum, Piazza S. Carlo, Basilica of Superga.

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The poor people shall get alms. Donations become a duty. Survival in community. All that with a clear mind, *sine irae et studio* - (without rage nor zeal).

Fasting "clears the head". Fasting makes you "strong" in the meaning of "incorruptible and kind". Fasting makes you "stand out" - forms contrasts.

None of all these would be wrong, detrimental, unhealthy: it would depend on searching for a *new perspective*. To get away from this tormented, non-round, confused-on-outer-goals-squinting self: to "relativize one-self", not to look that ego-centered as usual, to once refrain completely from laundry - suit, mask, uniform, symbols of value and dignity. Fasting would be a good approach to pay attention to the body as it should be: undemanding and friendly. Free.

How "free of the assessment of others" would then my ego be? How vulnerable? At what extent be fair on a scale from 1 till 10? How satisfied on that scale - without arrogance?

Do I have to carry the fast around me as a dazzling grey bag, for the vital recognition? Bag and ashes? Who instructed me to do so, if not a misunderstood education: Have I been well-bred, too, ill-bred? Been forced into an attitude, from which I can escape only by putting on rituals for a short deadline? Am I caught?

Have I got to advance a purpose, to achieve a goal, to be taken for true"? If so, am I not rather a slave (m/f/i) of my longing for relationship?

If I fast to "purify", if I drink herbal juice and walk, then I will find the activation of my cerebral, endocrine rewarding system. Maybe, also the reduction of my fat reserves. Fasting turns me "happy", because the endomorphins, encephalines, and other drugs are increasingly released and bring a, my! Feeling of wellbeing.

There is no objection to the stimulation of the body's own mood increasing factors. But this process is neither ascetic nor religious, as it only replaces one pleasure with another.

All of us, not only Christians, are invited to be free. In thinking, acting and talking. Do we accept this invitation?

When accepting that we are allowed to be free, always in the mind of the others, plant, animal and human, then we are on an almost subversive path: free thinkers (m/f/i) and bestowing and cooperative actors (again of all genders) do not know what to do with dictations, will not allow themselves to be



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**Cover „Die neue Zeit“ #74, CH 1975**  
**Naturism: Living in ascetic freedom?**

submitted, but will cooperate if the preconditions are ethical, correct, clear and will withstand critical discourse.

Fasting people are not for dictators: suspect because they are free; fought. Nothing either - unfortunately! - for those who cheer all sorts of dictators with a kind of eroticized enthusiasm. Nothing for those who think: "What my Leader does, is good." (About ego-bondage)

"Leader" everywhere: "Movements everywhere: Whoever does not call his politics a movement and does not paint the black in pink, is no Leader, is not even vowed into office. But whoever does it without a vision, is a Harlequin, is an Apprentice Wizard, a sorcerer apprentice - whatever as encouragement, honour, pat on the shoulder or hope may stick to his artificial image. All that, of course, regardless of any qualification.

Nobody is free who follows a Leader or a Phantom (m/f/i). The same way, someone adhering to an abstract religion is not free. Abstract - taken away, seduce, lost! - is anyone who does not care what is coming, just: "Order is mandatory". - No. Thus, old customs like fasting could degenerate into a farce and an attitude of power, in order to subsequently be collected by profiteers.

In the Roman Christianity two days of strict fasting apply: "Ash Wednesday" and Good Friday". With exceptions for the elderly, the sick, travelers and children.

Let us remember the saying of Jesus: What are you fasting when the Bridegroom is present? - Literally for Lutherans: "You cannot push the wedding people to fasting, as long as the bridegroom is with them." (Lk 5.34)

It is even more spicy: "When you are fasting, you



shall not look sour like hypocrites; because they change their faces so that they shine before the people with their fasting. - Verily, I tell you: They have their reward." (Mt 6.16)

If yo do not want to hear Luke, Matthew nor Jesus, you can look up in the clever "Kluge": an etymological dictionary of the German language. Here it states: "[...] The Germanic word may be an old word for the ritual fast: ig. \*pwos-to- ,pure' and ,righteous, conscientious' [...] kymr. dirwest ,fa-sten' and ai. up-vast fasting goes back to ig. \*wes- (which could be simplified from the \*pwes). (Quote 23. Edition, page 251.) (i)

Soberly - this term "sober", too, can be found in the environment of the origins stated - fasting is a state of honesty - which in turn indicates an attitude that we understand as "grounded", "at rest", "straightforward", "laid back", "incorruptible", in the old Viennese dialect: "frank" - used as open-minded, honest, straight". Laid back: from omitting, permitting, releasing.

Accordingly, fasting can include a reorientation as a solution: the focus on the essentials: Only who eats, thinks, says, does what is absolutely necessary, - is fasting -, frees himself from all the imposed glamour, from the needs of other peoples, who serve neither the Only One, nor all the others, frees himself from external demands, yes: from all leaders, would-be men, dictators, false prophets.

Whoever fasts, does so with the attitude of an inner independence. Thus, the omission of bag, ashes and mask becomes liberation, becomes noticeable that only the vulnerability may lead to gentleness. Authenticity without "psycho-techniques" is a risk, which is worth it. It also might cost the high price of social and political acceptance. If this price is too high for someone, he/she shall not fast: it would only be fake and self-deception.

Fasting does not succeed by overcoming the own lust, but by deepening in a self-resting attitude. This will offer a high degree of acceptance towards

other people, however, from a higher inner freedom and extent. The cheerfulness of mental fasting is shown in one of Joachim Ringelnatz's (ii) delicious associations for the idea of the near daily luxury in the field of tension with what is useful:

*If you blow on a snail,  
it slips into its shell -  
if you soak it in Cognac,  
it will have hallucinations.*

Back to the ground of normality, our thoughts on fasting even have led us to the occasional enjoyment of drinking a Cognac.

Thanks to Joachim, the desperate man behind his so pleasant mask of a tireless humorist.

#### FUSSNOTEN:

<sup>i</sup>ig.: abbreviation for Indo-Germanic; **kymr.:** i. abbreviation for kymrisch, island-celtic (welsh)

**Kluge, Friedrich:** etymologic dictionary of the german language, edition by Elmar Seebold. - 23rd extended edition (anniversary special edition) - Berlin; New York: de Gruyter, 199. ISBN 3-11-016392-6.

<sup>ii</sup> **Joachim Ringelnatz:** i. \*7th August 1883 at Wurzen/Leipzig; † 17th November 1934 at Berlin; civil name Hans Gustav Böttcher. - cabaret artist, ship's boy, roofing apprentice and university student - prevented by his own father.

What remains are word associations at its best. What is upsetting are the bans of performing, obstacles that limited his life, but never his uncompromising mental freedom.

## Info Focus June

**Deadline to remit articles: 20<sup>th</sup> May 2018**

**Release of Focus latest: 05<sup>th</sup> June 2018**

## 36<sup>TH</sup> WORLD NATURIST CONGRESS INTERNATIONAL NATURIST FEDERATION

11 . 14 OKTOBER . 2018  
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## Events April

27.04. - 02.05.2018 May Meeting

El templo de Sol

Organised by FEN, Contact: [fen@naturismo.org](mailto:fen@naturismo.org)

ESP

28.04. - 01.05.2018 Sziki Summer Event

Sziksósfürdő Naturist Beach

Organised by FENHU, Contact: [info@natours.hu](mailto:info@natours.hu)

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