

MAGNIFISSANCE

Timeless Beauty from East and West

CONNECT WITH THE POWER OF NATURE

ART, FASHION, DÉCOR, AND CUISINE

自然的力量

REFINING ONE'S THOUGHTS
THROUGH THE WAY
OF THE FLOWER

一花一世界

ROWLAND RICKETTS
HARVESTS ORGANIC INDIGO
USING ANCIENT
JAPANESE METHODS

永不褪色的藍

FIVE RECIPES FOR GOURMET
FLOWER CUISINE

以花入饌

ISSUE 102

CAN \$15



The Healing Power of Nature

Connect with the natural world in new and profound ways, not just through exploring the outdoors, but also through specialized teas, skincare products, and aromatherapy.

Produced by Wendy Guo
Translated by Rui Chen
Edited for brevity and clarity

自然的力量

自然中孕育著神奇的力量
日月星辰有序運轉，萬物河流生生不息
要獲得自然的力量，除了走出去擁抱自然
還可以將自然的生活方式融入日常
在衣食住行中體驗順應自然的和諧雅緻
本期的受訪者通過飲茶、護膚、香薰等方式
將自己對自然的熱愛和健康的生活方式分享給更多人
來看看他們的建議吧



Deborah Hanekamp

Go deep into becoming your own healer with New York's Mama Medicine

Photo courtesy of Deborah Hanekamp

Western medicine has a habit of funnelling people into clinics to stand ignorant before an expert who objectifies their physical body, much like a mechanic to a car. But plenty of people can heal themselves with a bit of education and mentorship. That's where Mama Medicine comes in. Deborah Hanekamp is a healing practitioner based in Manhattan. At the core of her practice is the medicine reading—a process where Hanekamp builds a complete profile of what's going on in the patient's life—sleeping, eating, relationships, and so on—to give holistic guidance on how patients can bring their own bodies and minds back into balance and health.

How did you start your journey as a healer?

I was always a mystical person. I knew what I wanted to do right when I graduated high school, but there were no universities

teaching to my interests. So I decided to go back and forth to Thailand for five years. I got to study sound healing, energy healing, and crystals. I also went back and forth to the Amazon jungle for eight years to study plant medicine. During all this time, I was also studying yoga and meditation. Little by little, I built my practice and developed the medicine readings to encourage people to be their own healers.

I opened up my own healing centre when I was 24. It had a yoga studio upstairs, and different healing modalities on the lower level. I kept that going until I was pregnant with my daughter. That was 20 years ago, and I've had this practice ever since.

How did you find the power to heal yourself? Are you still in the process of healing yourself today?

Oh, yeah. I don't think I'll ever be done healing. I think that,

“Through being able to listen to our bodies and to interpret what they're saying, we can begin to heal our minds.”

actually, healing is not something that is ever complete. I believe I was granted a more challenging upbringing because I needed to see what was out there in human nature, and maybe the more shadowy side of human nature at that early age. That way, I could know and understand, to a certain extent, what was needed in terms of healing.

Could you please give us a specific example of what's needed for healing?

I think it's good to remember that we're nature. I feel like the more disconnected from the earth we become, the less happy we are. Feelings of gratitude, generosity, and joy are important markers in the healing process, and the more disconnected from nature we are, the harder it is to be grateful, joyous, and generous. So I think one of the best things for healing is to simply get outside and go for a walk. I live in New York City. We don't have a lot of nature here—but the people are nature, and they're still beautiful. Today I was walking my dog and I was passing by these beautiful linden trees that have this sweetish smell. Take time to observe the sky, observe the trees and people, and you'll feel more connected.

Contemporary science seems more focused on the physical side of health, but it seems like you focus more on attitude and mind activity. What's your take on the mind-body connection?

Your body tells you what needs healing. For example, gray hair is showing you that you're spending too much time in your head. Maybe a pain in the foot is telling you to slow down. I love somatics, the understanding of the way the body will tell you what's going on in the mind, even more than the mind can tell you what's going on in the body. Through being able to listen to our bodies and to interpret what they're saying, we can begin to heal our minds.

Do you think a positive mind can help people stay out of the doctor's office?

It's not that if you're sick you can't go to a doctor. If you're sick, go to the doctor, but take what's recommended to you as opinion, and see if it feels real for you, instead of giving your power away to some healer or doctor, some book, or some diet that says it's going to fix you. Being your own healer is understanding that you are not broken, simply human. You're evolving.

Speaking of evolution, do you have any plans or next steps?

I've just launched Space by Mama Medicine, which is an online membership program focused on live events. We do medicine reading ceremonies, and have an “Ask Mama” forum, where the community can meet me and ask questions in person. There are offerings like silent meditation retreats, or a liver cleanse. There's a lot of fun things within the Space by Mama Medicine community that I'm pouring a lot of love into at this time.

Deborah Hanekamp

在紐約一所療養機構內，Deborah Hanecamp正在將類似中醫「三分治，七分養」的理念傳授給許多希望獲得健康身心的人們。

中醫常說「三分治，七分養」，治療疾病是醫生的職責，日常的身心養護卻需要人們自己來給予足夠的關注。Deborah Hanecamp 便一直在指導人們學習如何進行自我養護，她在曼哈頓開設了一間名為Medicine Mama的療養機構，從來訪者的睡眠、飲食、人際關係等入手，全方位指導他們自我調節身體和精神狀態，找到最適合自己的自然獲得健康的方式。

您提出的療養方式很獨特，能詳細介紹一下嗎？

這種理念是通過一對一或者小組成員之間的相互交流，來鼓勵人們找到適合自己的恢復健康狀態的方式。我們希望每個人都能敞開心扉講述自己生活中遇到的困擾，然後，大家彼此鼓勵去消除這些問題，讓每個人都找到適合自己的方式，並堅持這樣做下去。

您是如何開始這份「醫療」事業的？

高中畢業後，我發現大學裏學不到我想要的東西，便決定回泰國，之後待了整整五年。那期間我學習了聲音療法、能量療法和晶體療法，我還在南美的亞馬遜河流域研究了八年草藥，並一直學習瑜伽和冥想。我一點一點去實踐，出版了許多書籍來鼓勵人們自主去解決健康問題。我二十四歲時開設了自己的康復療養中心，樓上有一間瑜伽室，樓下可以體驗不同的療養方式，我一直堅持在這個領域耕耘著。

您是否曾在自己身上實踐過您的療養理論？

哦！是的。我認為我永遠不可能實現完全的健康，實際上，百分百的健康是不存在的，所以我要一直去努力達到健康的狀態。我相信我曲折的成長經歷，是因為我需要去了解關於人的各個方面，這樣我可以在一定程度上理解人們在身心健康方面的各種需求。

能否為我們介紹一種簡單實用的讓自己變得健康方法？

我覺得我們離大地越遠，我們就越不幸福，我們要記得我們是屬於自然的。感激、喜悅和寬宏的狀態是療養過程中的關鍵，而我們與自然的聯繫越多，這些就會越多。因此，我認為療養的最佳方法之一就是簡單地出去散散步。我住在紐約市，這裏的自然環境不多，但仍然很美……今天我出去遛狗，就路過了一片散發著香甜氣息的美麗椴樹林。多花些時間仰望天空，看看周圍的花草樹木，你會感到與自然更加親近。

當代科學多關注肌體的健康，而您似乎更關注整體的身心狀態，您認為人的心理和身體是有直接聯繫的嗎？

你的身體反映出來的狀況，會告訴我們你心理的狀態。例如，一頭灰白的頭髮表明你太操心，也許腳痛是告訴你要把生活節奏慢下來。我真的很喜歡研究心理與身體之間的關係，身體告訴你的狀況，比你頭腦中自認為的要重要得多。通過身體的問題找到心病，就像找到了問題的根源。

您認為積極的心理狀態可以幫助人們解決健康問題嗎？

不是說生病了不需要去看醫生，如果你真的病了，請去看醫生。但也要參考我們給你的建議，嘗試一下看是否真的有效。你要相信自己有自我治癒的能力，因為你不是一個單一的、壞掉的機器，你是一個有思想，一直在成長的人。

您有甚麼下一步的計劃嗎？

Mama Medicine剛剛開始推出一項名為「Space」的計劃，這是一套在線會員方案，主要側重一些直播活動。我們準備開設一個「Ask Mama」論壇，供大家與我交流並提問。相信過程會很有趣，我真的很在其中投入了很多熱情。

「通過身體的問題找到心病，就像找到了問題的根源。」



Photo courtesy of Deborah Hanekamp