



Berkman to hold a workshop at the festival.



Kumpanya Turkish Music Group will perform a concert on Nov. 22 in the Naturel Body, Mind and Spirit Festival.



Anjelika Akbar to perform at the festival.

**DAMARIS KREPIDA**  
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Over 50 specialists from Turkey and around the world will present seminars on physical, mental and spiritual balance and well being at the Naturel festival in Istanbul's Harbiye district from Thursday through Sunday, attracting several thousands.

The organizer of the event, Festiva, has been setting up festivals like this in Istanbul, Ankara and Bursa since 1999. This will be Festiva's 19th festival in eight years. Naturel will be held at Istanbul's military museum in Harbiye.

"We realized there is a growing interest in complementary medicine, a more healthy and natural lifestyle, living close to nature, ecological consciousness and issues like health tourism, nature sports, bird watching; all of which are part of a natural and healthy lifestyle," said Festiva co-founder Leyla Doğan. As the healthy living trend and its elements – including yoga, meditation and alternative healing methods – are imported from around the world and not yet regulated in Turkey, the founders of Festiva aim to provide Turks with correct and timely information. "We want to inform people correctly about these issues. Who is providing these products and services, what sort of credentials should people look for, what they are good for, how they are used and how they can enhance their mental, spiritual and physical health," she said. "We set out to give people a good understanding of healthy food, the importance of ecology, organics and personal and spiritual development, because people are looking for answers." Doğan said that two thirds of visitors to Festiva events are working women from all walks of life.

#### A healthy life

Most of the people who attend are looking for ways to take control of their lives and live a healthy life, taking responsibility for their choices.

Visitors to Harbiye's Naturel festival will find booths with information about organic food and healthy nutrition, alternative medicine practices and spirituality. There will be workshops on yoga, music therapy as well as an art exhibition by Banu Temizel, a member of the deaf community. Speakers include Eric Pearl, internationally acclaimed healer and author of the best-selling book "Reconnection," who will give a talk on the essence of healing Saturday. Dr. Cihan Aksoy, one of Turkey's few chiropractors, will open the festival Thursday with a speech on chronic aches and pains. The festival includes two concerts, one devoted to Mevlevi

# Naturel festival to heal modern lives in Turkey

**Naturel Mind, Body and Spirit Festival, to be held from Nov. 22 to 25 in Istanbul, will present seminars, workshops and various events. The festival aims to make Turkish people conscious of natural and healthy lifestyles**



A work from painter Banu Temizel, who will open an exhibition at the festival for the benefit of Turkish National Federation of the Deaf.

composers celebrating the 800th anniversary of Mevlana and one by Anjelika Akbar on Sunday evening.

Akbar was born in Kazakhstan and has been in Turkey for 17 years pursuing a musical career. She said that when she first came to Turkey, people didn't talk about alternative healing methods and healthy lifestyles, and those who did were viewed as rather "crazy."

"Everything is changing now. That means it is time for Turkey to change its ideas on this subject and there is demand and this festival has attracted an amazing amount of interest," said Akbar. "I will try once again this year to make a contribution to the festival and its intentions with my concert called 'The Secret Message of Water.'"

#### An optimist at heart

Akbar, who tries to live a healthy lifestyle, is an optimist at heart and said she believes in the purity of humanity. Her message is about water, which has attracted her since childhood. "I instinctively believe the element of water has extraordinary powers," she said. Masaru Emoto's revolutionary research on water crystals and how they are affected by positive or negative emotions, thoughts and words justified her intuition in a scientific way. He showed that water has feelings, ideas, a perception of positive and negative, the ability to remember and the power to communicate. As people's bodies are made up of 70 percent water, the negative and positive messages we give each other through feelings, energy and words affects the water in us.

"A single word can heal you or make you sick" by using water as a conduit, she explained. "If we make positive contributions to our environment and ourselves, we can all have happier lives," she said. This is exactly what she hopes to do with her music, which is akin to postmodern music therapy and in which she incorporates the theories of positive thinking and the effect of water.

"The message I want to give through my music is that everything in the universe is connected and the essence of humans and the universe is one," said Akbar. "When we comprehend this completely, our lives, relationships, nature and world politics will be balanced. Music has power. If I give the message of tolerance, ethics and peace in my compositions, concerts and talks, I think I can touch certain people's hearts." Akbar and Festiva hope to contribute to the lives of Turks trying to find balance in a fast paced world.

For more information visit: [www.festivalistanbul.com](http://www.festivalistanbul.com)