

My name is Cedricia, I'm 36 years old, vegan since I was born.

我的中文名字叫雪霞，出生於1975年，因出生於一個純素食家庭，打從落地以來就恪守純素飲食的生活守則。

My interests are: gardening, meditating, dancing, hiking, receiving massages, travelling, laughing, singing... and loving!

我的興趣包括：園藝、打坐冥想、舞蹈、健行、接受按摩、旅行、朗聲大笑、歌唱.....和傳遞愛！

My Favorite Quotation is: be true with yourself and live one day at a time.  
我最喜歡的名言是：忠於自我，活在當下。

My story starts when I was born in one of the most beautiful city: Paris. My parents, both vegetarians, lived in an apartment in the suburb of Paris and I grew up there. I spent most of my holidays in childhood in Dordogne (south-west of France) where my grandparents used to live. But indeed, I never really liked those two places, instead, I fall in love with the charm of tropical islands and I secretly thought I was born in the wrong country!

我出生於世界上最美麗城市之一～巴黎。我的雙親都是素食者，居住在巴黎郊區的一棟公寓裡面，我就是在這棟公寓裡面長大的。小時候我常去位於法國西南方的多爾多涅(Dordogne)度假，因為祖父母住在那裡，老實說，這二個地方我都不喜歡，取而代之，我被熱帶島嶼的魅力降服，我曾暗想過我是不是生錯地方！

I was brought up in a very unusual way. In France, my parents had set up a small organic cooperative in Créteil, a suburb area of Paris. When I was a girl I would often go to Rungis with my father to buy organic vegetables and deliver them to the cooperative members in their block.

我成長於一個以特殊方式生活的環境，父母親在巴黎東南郊區的克雷泰伊 (Créteil)市成立一個小型的有機耕作合作社，小時候常跟父親去朗吉 (Rungis) 國際批發市場 (亦是全世界最大的生鮮食材批發市場)大批採購有機蔬菜，然後再批發給合作社的成員販售。

Commitment and real self-sacrifice are words I'm familiar with. I still remember the day I stood against a lady who had wanted me to eat minced meat. For hours the lady tried but eating meat was out of question! But I also remember eating, with other kids at school, my wonderful lunch prepared by my grand-mother.

“ ” “ ”

Little by little I began put on weight as a teenager, I studied a lots and I was ashamed of boys, my physical aspects and my horrible skin. My vegetarian diet was composed mainly of bread, pasta, pizza, potatoes, pastries, bakeries: starch with high hydrate carbon and fat. I was overweight and had skin problem (acne) all my teenager period. I began my first slimming diet at the age of 25 years old because of the high pressure at University and I was very concerned with my grand mother serious disease. The program was two small meals per day and many fitness classes.

我在青少年時代體重逐漸增加，我勤於閱讀，與異性相處並對生理跟膚質上的改變感到害羞跟不自在。我的素食餐主要是由麵包、義大利麵條、披薩、馬鈴薯、糕餅甜食組成的，而這些都是由含高碳水化合物跟脂肪的麵粉製品做成的。於是，在我青少年時代體重開始逐漸增加，臉上並長滿粉刺跟青春痘。隨後，在我25歲大學時期因課業壓力跟祖母健康亮起紅燈讓我非常憂慮，雙重壓力下，我開始力行每日二餐和參加許多健身課程的減重計畫。

I always thought I was different from other people and I hit the bottom in 2001 that I was a burn out. I was totally destroyed physically, socially, emotionally, financially, because of my weight issues. I have been compulsively overeating for 10 years of my life. I had a serious wake up call when I found myself many times in hospital, and I had a very high teeth trouble in 2008. I could not get to work because of my bingeing. It would suck out all of my energy and put me down completely. I had to call in sick. I felt even more terrible to do this but I just could not get myself go through the door and go outside. It was that hard.

當時，我常在想我跟其他人是不一樣的！在2001年，我的生活跌到谷底，身體、社交、情感、經濟等因體重問題徹底被毀壞。有將近十年的時間我罹患莫名的強迫性飲食失調症狀。當時我躺在醫院病床上，屢有精神萎靡不振，懶散不想起床的現象；在2008年，我也有暴牙的問題；因著不斷大吃大喝，讓我無法工作....這些問題已經把我的精力如吸血鬼般吸食殆盡，讓我的生活全然崩潰，無以面對。我不得不說：我病了！我甚至覺得我無法專心做事，但我只是無法讓自己跨出大門，走向戶外而已啊！這對當時的我而言卻是如許地困難啊！

In April 2002, I went to the Overeaters Anonymous and participated for almost 7 years, and then I went to other 12 steps fellowships as CoDA, AA, Alanon, DA, CeDA, Arts to find spiritual connection with a higher power and others. What a relief it was to discover I was not alone. I met people who are exactly like me. And even if OA's concept was not for me, I learned a lot from it and from my new friends there. I am forever grateful to these people. They were very supportive when I went through my up and down.

Feeling different from others has led me to become very tolerant and curious of others. I went to China in year 2000. I have practiced Chinese since secondary education in France. I obtained a Chinese Masters in Eastern modern literatures at the Eastern National Institute of the languages and Civilisations. When I was a girl I used to take my sister to Mandarin classes. She stopped; I carried on. It was a shock. I really feel at home there without any rational explanation.

自認為異於他人讓我對人充滿好奇並實踐在用更包容的態度與人相處上。我在2000年前往中國；我的中文學習之旅始於中學時期(13歲)，擁有巴黎東方語文學院中文碩士學位。我在幼年時期時常帶我妹妹去參加華語課程，但她沒多久就中止學習，而令人驚訝的是我仍能持續下去，因為在那個地方讓我有一種無法用常理解釋的宛如在家的感覺。

I did many yo-yo with my body trying different eating styles. At that time, I eat large meals and had a lot of snacks. I drank a lot of water or tea to lose weight. After lots of reading concerning nutrition, I discover my disease compulsive eating: sugar addict! I educated myself about the food I ate, I felt heavily influenced by Internet and meetings with people. I felt immediately that raw food was the key to recovery for my compulsive eating. I did a lot of different diets: juice feasting, only living foods, only instinct food, only fruits, no nuts and fat. I know that eating under fruit trees or in the garden is the solution for me! Besides being addicted to foods, I also became addicted to exercise. And I hurt my body many times.

I was in the "no pain / no gain" game and the consequences on my body were pretty catastrophic. I had acute back pain for years and it still hurts.

我試著以舉重方式減肥並變化不同的飲食方式，我大量進食並吃很多零嘴，甚至喝很多水或茶來減重。在閱讀很多營養相關書籍後，我發現我生病的原因就是來自於飲食失調，尤其嗜吃甜食是致命傷！於是，我開始從日常所吃食物中自我教育，我感覺深受網路和所遇之人的影響，然後發現生機飲食才是解開我強迫性飲食失調之鑰。我曾嘗試許多不同的飲食方式：攝取大量的現榨鮮果汁，憑直覺選擇食物，只有水果類，沒有堅果跟脂肪。我知道解決我飲食失調的最佳之道就是在果樹下或園圃裡採現吃。除了嗜吃外，我亦沉迷於運動，但也因此造成運動傷害，當時的我正處於“世界上沒有不勞而獲，要怎麼收穫就怎麼栽”的遊戲規則中，而當時造成的長達數年之急性背痛的折磨，至今仍纏繞著我。

I realize that before going raw, I didn't practice any good exercise for

my body and my energy level was quite low. I had no regularly saunas, massage etc and I refused to see my alarming body messages. As you could

imagine, I put on weight to hide my weakness and avoid affective and sexual relationships with boys. And my back was painful all the time.

成為生機飲食者之前我沒有運動的習慣，我的體力也常處於低標狀態；我沒有固定做三溫暖、按摩等可以放鬆身心的休閒方式；也拒絕看見身體亮起紅燈的警訊。可以想像的是，我體重增加背後隱藏的是身體虛弱和避免與異性發生情感。

I am now fitter than I have ever been in my life. I am free from Compulsive Overeating because I have changed my life with raw and living food. It took me years to get where I am now because nobody explained the reason of my disease, and give me solution to heal. I tried almost everything I could possibly try, from diets to doctors, nutritionists, psychologists, retreats, you name it. I have kept what worked for me and discarded the rest.

現在是我此生中身材最符合標準的時期，且已完全脫離飲食失調之苦，因為我採取生機飲食、現採現吃的方式改變生活。多年來，此種生活習慣引領我到現在我所在的地方。以前因為沒有人告訴我生病的原因跟解決的方法，自我摸索試過任何可能解脫此種痛苦的方法，舉凡從飲食控制到求助醫生、營養師、心理諮商師、靈修.....

It was a gentle transition with a long period 100% raw food and back to cooked food for a little while and so on. I read much scientific information on raw food, following that, I feel positive, dynamic, and most importantly; I respect my body! I discover it was a waste of time to try to eat like a normal eater, to live in a city, work like "normal" people. I lost a lot of money in supplement and medicine. Anne Wigmore experiences helped me to try wheat herb juice and I experienced a lot of different diets which didn't work except when I took care of my body with gentle physical exercises.

從一位長期的生機飲食者經歷一陣子回到吃熟食階段是一段溫和的轉變過程。在閱讀大量有關生機飲食的專業資料後，我感覺生機飲食是正面的、有活力的，更重要的是我要善待自己的身體！我發現如果和一般人一樣地吃、一樣地工作跟生活在都市叢林中根本就是浪費時間；我花了很多錢在營養食品和醫療上面，讓我幾乎散盡所有積蓄。後來Anne Wigmore醫生的經驗幫助我嚐試飲用小麥草汁後讓我發現，除了從事規律且溫和的運動之外，以往許多不同的飲食方式對我一點幫助都沒有！

Since 2002, I was up and down with my weight, mood and project. My condition worsened, I noticed I had side effects with cooked food:

depression, low energy, teeth problems and weight increased.

自從2002年以來，我的體重、情緒跟工作狀況一直處於不穩定狀態，當時，我的情況相當糟糕！後來我注意到這是因為吃熟食之故產生許多如憂鬱、精神不濟、牙齒問題和過重等副作用。

My first fasting was in 2008; it is called "Breuss cancer cure" and lasted for 42 days! I then did 12 days with water fasting in April 2009. But I began to notice an improvement of my condition when I did a juice fasting (from 1<sup>st</sup> August 2009 to 1<sup>st</sup> October 2009), eating only vegetable or fruit juice for 2 months. I now need to eat from my garden and directly into fruit trees. I feel I have a lot of energy. I lost all my overweight, I feel pretty and smart.

於是，我在2008年開始為期42天的斷食，採用一種來自奧地利，稱之為布魯士根菜汁 (Breuss cancer cure) 的自然療法；接著，我於2009年四月再進行12天的只允許喝水的斷食計劃；隨後同年的8月1日～10月1日間進行二個月只喝果菜汁的斷食計劃後感覺身體狀況漸漸好轉。現在的我只吃現採現吃的新鮮蔬果，除精神與日俱增外，體重也下降許多，我感覺我變漂亮和聰明了。

Also it was now easier for me to take important decision since I feel much more focused. I have a significant intuition and attract positive people. I can't stay in big cities when I eat raw because I am much more sensitive. I can get out those dresses from the 'slim' section of my wardrobe again. I noticed people are complimenting me on the twinkle in my eyes, the softness of my skin. I have more money from saving on doctors bills and that's a real plus for me. I am composting, so I feel I'm doing a bit more for the planet. What is really difficult is to keep eating 100% rawfood during winter.

當我注意力變得比較集中後，也讓我更果斷地對重要事情下決策；我有敏銳的直覺，往往能吸引正面的人與我接近；當我厲行生機飲食後，就無法習慣都市的生活；我對人、事、物也變得越來越敏感；我不用再穿衣櫃裡那些可以幫助瘦身的衣服，我的皮膚也變得柔嫩光滑，我看到人們用閃爍的眼光讚賞我！我還可以因減少醫藥費用而存更多錢；這些對我都是附加的好處。我也自己做堆肥，為友善地球盡點力量。現在唯一比較困難的是，如何在嚴寒的冬天能持續生機飲食的習慣！

Travelling is also challenging because it is not always easy to find fresh organic fruits or vegetables. Furthermore, I find it expensive to have profusion of good quality raw food, especially since I don't have a garden. The watermelon juice was of great help for me to keep staying raw, it is easy to do and so good! When I have a craving, the solution that works for me is to eat fruit as much as I want and take a hot bath and get fresh air.

旅行途中總是不易找到新鮮有機蔬果對我而言也是一項挑戰，由其是我沒有自己的耕地後，要買多樣又質好的新鮮食材需要付出更多的價錢。西瓜汁容易取得對身體又好，讓我沒有破戒的機會；而當我控制不住口腹之慾時，解決之道就是盡量多吃水果，並且去洗個熱水澡和呼吸新鮮的空氣。

I have created "C'cru", an International network for all of us who appreciate raw, living, organic, fresh food. (The network is in the French community) (<http://ccru.fr>). I'm living a simple life and this is why I chose to eat living food. One of my main goals is to plant fruit trees in an ecological and spiritual place. (<http://cedricia.maugars.free.fr>) I'm concerned about better environment with high solidarity between people; I advocate for organic products, living food, animals rights, and alternative medicine. I love nature and the earth. I'm worried about her destruction. I try to see what I can do.

我成立了"鮮食之路 (C'cru)"的法文網路社群，成員皆為來自四面八方的有機鮮食實踐者，網址：<http://ccru.fr>。因為我過著簡單的生活，所以我的飲食方式也盡量簡單化。我主要的生活目標之一就是在一個充滿靈氣且尊重生態的地方種植果樹。我關心環境，也很合群。我主張有機種植、生食、反對殘殺動物和選擇另類療法。我也熱愛大自然和土地，憂慮她們被破壞，我試著看能為她們做些甚麼。

I have been close to very ill or terminally ill people: my grand-mother, a friend, my mother not long ago and now my father. Through those experiences I have come to question the meaning of my life. I have been searching and exploring all my life the different paths to self-knowledge and inner peace.

我周遭曾有幾位瀕臨絕症的人：我祖母、一位朋友、甚至連雙親都曾飽受病痛的折磨。有了照顧這些重症親友的經驗，我開始質疑生活的目的是甚麼？我窮畢生之力去追尋探索用不同方式生活的道路，藉此認識真正的自己和求得內心的平和。

Western medicine had declared my grand-mother terminally ill but she lived for another ten years using homeopathy, osteopathy and trace elements. Taking care of close people is very important to me it is a decisive element for my choices. I went through a very difficult period. I was wondering what was there after death, what was the meaning of my life, if I was in harmony with my feelings. I had to step back. But finally it did open new horizons. I attended different self-development workshops among which meditation was one of them. Today I try to be aware of the present moment. I save moments to retreat into myself without being in a meditative position throughout the day. I do so when I dance, when I sing, when I play music but also when I am doing daily routine activities. This way I feel completely involved in my life and realize I'm not the only one "looking for" something different. I try to let go of material things; travelling helps me.

當西醫療法宣告我祖母得了不治之症後，她在改行順勢療法、整骨療法和食用微量元素礦物質後又多活了十年。我選擇照顧重症親人是讓我生活方式改變的決定性因素。我渡過了一段非常艱困的時期，我好奇人死後會怎樣？如果我的感情生活和諧的話，生命的意義對我而言又是甚麼？最後，山窮水盡疑無路，柳暗花明又一村，生命為我開啟了新的方向。我參加許多有關自我發展的課程跟研討會，打坐冥想就是其中一。我開始試著了解”當下”的意義，打坐時我可以不管外在環境如何變化，瞬間神遊化外，把思想放空，讓自己整天都處於進入自我內心的狀態；即使跳舞、唱歌，彈奏和日常活動時我也常處於冥想狀態。這種方式讓我感覺完全融入自己的生活，並且讓我相信並非只有我一人正在”尋找”某些與眾不同的生活方式。我試著丟棄屬於物質生活的東西，這樣可以讓我在不斷旅行當中減輕許多負擔。

I was able to exchange flats among other things. I don't have much. I sold my books, my mobile phone... On the other hand I feel fulfilled! The fewer goods I own the closer I feel to people and to myself. I live one day at a time and always give priority to what is important to me. I want to be close to my family and friends before looking after the whole world. To people in pain, I can send my prayers.

我可以用其他東西交換住的地方，我沒有很多東西，我賣掉我的書和行動電話.....換句話說我少慾知足！擁有的東西越少讓我感覺越接近他人和自己。我活在當下並且總是優先處理對我最重要的事情，關照整個世界之前我必須先照顧朋友跟家庭；對於那些歷經痛苦的人，我會以禱告代替安慰。

On earth, I feel my job is to give people hope that they might live their best life possible, and provide the skills, knowledge and support to help them achieve this. I am like a spiritual gardener in that I help people to find the fertile soil within them and show them where to plant our own seeds. I'm inspired by David Wolfe which I feel much closed to.

我深受生活大師David Wolfe的影響，我的工作靈感也取自於他。我感覺我在地球上的工作就是給予人們希望，幫助他們盡可能找到最佳的生活方式，提供技能(如園藝技能)、知識並協助他們達到此種目標；就好比一位心靈園丁協助人們找到肥沃土壤，並且教他們如何找到適合播種的地方。

I'm worried for the planet's future and I'm sensitive to ecology and sustainable development. I advocate a more responsible consumption. I believe in values of opening to others and respect everyone differences. I don't like labeling people, reducing them to their job. Allowing people to express their singularities is important. I'm always questioning everything. My aim is to be coherent globally. I agree with the saying that being is more important than having or seeming. I feel I am part of a greater whole and therefore, personal development is a very important aspect for me. I believe that everything is possible; the human being approach is holistic. Above all, I wish to embody these values and pass them on in the frame of our social environment. This suits me fine as a creative woman; I am attracted to so many things!

我擔心地球的未來，亦對環境生態的永續發展保持高度敏感。我主張“責任消費”；我相信對他人抱持開放接納的價值，並尊重每個人的差異化。我不喜歡把人貼上標籤，也不認為應該為生活而工作。我認為准許人們表現他們獨特的一面是很重要的；我凡事總是抱著質疑的態度；我的目標是實現我所說的一切。我同意一句諺語所說：存在比表面假象更重要(意即了解宇宙)。我感覺我必須脫離物質世界，因此，個人發展對我是很重要的；我相信每件事都有可能，所以凡事亦要冷眼觀之。綜合以上所述，我希望能跨越被社會環境禁錮的框架，把這些價值具體呈現出來；身為一個具創意的女性，能發揮這樣的專長是很適合我的，我也因此被很多事吸引著。

I completely accept who I am here and now. I advocate as a “creative cultural” and I hope all women are treated as equals of men, especially in the professional area. I defend equality between men and women. I would like more young women in music, business and policy-making. I'm quite worried about violence and bad treatment of women and children in the world. I know I'm on the right track and that everything is constantly changing including me.

我完全接受此刻的我。我提倡創意文化，且希望所有女性皆如同男性一樣被平等對待，尤其在專業領域方面。我捍衛男女平權；我希望在音樂、商業跟政策制定領域有更多女性參與；我對全球的婦女和小孩屢遭暴力和不平等對待的情況相當憂心。我知道我正走在正確的軌道上，且每件事正不斷地變化中，包括我自己。

People I met led me to my choices. I have questioned my diet, my way of healing... With my partner we are looking for an ecological place to live. We are seriously thinking about it. I practice meditation. I enjoy travelling; hiking and I learn dances of world culture, Qigong and yoga. This last years, I crossed a lots of pain, because I lost my loving mum the 2nd of May 2010, I accompanied her hand to hand until she's gone. My tears were without end, my dad was very ill and my sister decided to keep him at her house.

我遇過的人曾讓我做不同的選擇。我曾質疑自己的飲食和治療方法.....我和男友也很嚴肅地思考尋找一個具生態環境的地方居住；我藉打坐冥想修鍊自我；我喜歡旅行、健行和學習世界流行舞蹈文化；我也練習氣功和瑜珈。前年，我經歷許多傷心的事，因為我親愛的母親於2010年五月離世，我緊握她的手直到她嚥下最後一口氣為止，我當場淚流不止；而當時我的父親也處於病痛當中，我妹妹決定把父親帶去她家中照顧。

In September 2011, my boyfriend decided to live alone without explanation, during 10 years, I have given him so much of my love energy, I felt abandoned, without love I can't live, I need a companion to share my journey, laugh, receive and give love, we are human being! Without love, we become ill even if our diet is Raw! =)

2011



I thank God because now I'm willing to say, I know Love is the more important, I follow my daily routines as angel give more love, compassion than ever!

我現在想說的是，感謝上帝讓我知道愛的重要，讓我每天過著如天使般傳遞比以往更多愛和憐憫的生活。

I would like plant more fruit trees in an ecological and refuge for dependent humans, abandoned animals.

今後我想在一個具生態環境的土地上種更多的果樹，打造一個被拋棄的人們和動物的避難所。