

# A day in the life of...

## Cedricia

Cedricia is creator of C'cru.fr, a unique French raw vegan social network and fellowship



I was born in a vegetarian family, and was raised vegan, so my body does not know what animal food is. I discovered raw foods in 2006 and have followed a raw vegan lifestyle since then.

I start my days leaving the arms of my beloved. Then I read the spiritual quotes of the day, and take a moment to meditate and pray on them. My breakfast consists of a glass of water and a few spirulina capsules. Then I schedule my action plan for the day.

Until the age of 25 I spent a large amount of my time studying, I've a PhD in music education. I also travelled the world giving concerts, but I slowly discovered that I had been spending my youth trying to please others instead of fulfilling my desires, basic needs and dreams. So I decided to retire from our civil consumer society to follow my heart and live a simple and sober life.

I have often been close to terminally ill people in my family: my grandmother, my mother and my father, who all died.

Through those experiences I came to question the meaning of my life. I consider the way we are living and consuming in our so-called 'modern society' does not lead me to happiness and joy. I sold or gave away most of my belongings and, today, what I need fills four suitcases – and I feel fulfilled! The fewer goods I own, the closer I feel to people and to myself.

I spend most of my time outside as I live on the sunny coast of southern France. I am in love with the charm of tropical islands and I would like to plant fruit trees in an ecological orchard. In the morning I walk along the beach. In the hottest half of the year, I also swim in the morning. Then I walk to our collective garden, collect my staple foods and enjoy gardening.

Gardening is what I enjoy the most. Plucking fresh fruits from the trees when they are ripe in the season and harvesting greens from the earth brings me joy. On the way back home, I check my emails at a public hotspot; I chose not to have the Internet at home. C'Cru,

our raw vegan network, is managed by a team of volunteers, so we can rely on one another to handle what needs to be done. I generally have my fruits meal at about 2pm, and I lunch outside. When the garden does not give me enough, I walk to the local markets. The producers know me well, and at the end of the market, they give me the fruits and vegetables that do not meet the 'social standards' to be sold. I am often offered goods beyond my needs, and this gives me the opportunity to share this abundance with others.

After having walked, I come back home and make my phone calls. These include collective phone meetings. In late 2012, I started a free raw vegan 12-steps phone meeting, inspired by Victoria Boutenko, to help one another stay raw or walk from cooked to raw foods. It's wonderful to share our challenges and joys around raw foods. For me these kind of fellowships are a real model for relationships, and I feel confident sharing with the members.

At the end of the afternoon, I prepare a litre of fruit and vegetable juice, juicing what is available at the moment. Then I write in my diary, and I love to take time to share my day with my beloved. True communication and sharing our feelings is essential to me. In the evening I prepare a big salad as a second meal. It's often very simple, based on vegetables available at the time of the year. Before going to sleep I enjoy receiving a massage, physical contact is a real need for me.

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