

Einladung zum  
Gathering der Schweizer Rainbow Familie 2015  
im Valle Onsernone  
14. August - 13. September



"When the earth is ravaged and the animals are dying, a new tribe of people shall come unto the earth from many colours, classes, creeds and who, by their actions and deeds, shall make the earth green again. They will be known as the Warriors of the Rainbow ! "

- Old Native American Prophecy -

Einladung zum Gathering der Schweizer Rainbow-Family  
2015 im Valle Onsernone



Das Treffen dauert vom Neumond August bis Neumond September  
Den Vollmond feiern wir am 29. August.

ORT

Es ist sehr schwer, in der dichtbevölkerten Schweiz ein schönes, wildes Tal zu finden.  
Also einigten wir uns, zwei Kilometer ins italienische Gebiet rüberzugehen, da wo das  
schweizer-italienische Treffen war, im 2009:

SPRUGA - ALPE FONDO MONFRACCIO, Höhe 1100 m.

*Mother Earth is calling us home.*

*Let's honour her, let's share our love and tenderness, our visions and dreams, our  
knowledge and creativity, our prayers, our music, our circles...*

## DIE REISE ZUM REGENBOGEN

### ➤ MIT DEM ÖFFENTLICHEN VERKEHR

- ZUG: Zuerst nach LOCARNO (TI), Mit dem Bus Nr 234 Locarno (Bahnhof)-Losone-Spruga. (Spruga ist Endstation) Mo - Fr. 07:05 / 10:16 / 12:05 / 14:05 / 17:05 / 18:16 Sa - So. 07:05 / 10:16 / 14:05 / 17:05 / 19:05 (SPRUGA ist Endstation)

### ➤ MIT DEM AUTO

LOCARNO (durch den Tunnel, Ausfahrt Onsernone / Losone) dann, Intragna, Spruga

### ➤ PARKING

- Nicht auf den Parkplätzen von Spruga parken! Das gibt Probleme mit den Einheimischen, v.a. mit dem ach so praktischen Restaurant von Spruga, die sind von zahlenden Touristen finanziell abhängig!
- Die Rainbow-Autos müssen auf der einen Seite der Hauptstrasse parken, in den dezent angezeichneten Abschnitten. (Der Autobus und die Lastwagen müssen in den Kurven ausschwenken können, also nicht in den Kurven parkieren, sonst kommt der nicht mehr nach Spruga durch. Wir werden mit Kreide die verbotenen Abschnitte durchstreichen, bitte unbedingt respektieren!)

### ➤ Der Weg nach SPRUGA

- Von Spruga aus zu Fuss weiter, die Strasse runter zu den warmen Thermen von Craveggia (2 km Wanderweg) bis zur Landesgrenze.
- Dann geradeaus nochmals 2 meist flache Kilometer weiter, ohne grosse Steigung, bis zu einem verlassenem Dorf namens Alpe Fondo Monfraccio

### ➤ Mitbringen:

- Teller, Tasse und Besteck, Zelt und Schlafsack, Taschenlampe, Kerzen... Selbstversorger eben, Regenschutz und warme Kleidung, (auf 1000 m ü-m könnte es im September ev. etwas kühl werden) und: Musikinstrumente, Malzeugs
- ...und dann brauchen wir noch Autos für die Essenseinkäufe.

### ➤ Verboten:

Alkohol, harte Drogen, Fleisch, Hunde, Waffen, Business, Elektrisches, (Fotografieren verboten, Handy ausschalten.)

Latcho Drom, Good Journey! Gute Reise! :-)

WE LOVE YOU

## DAS SEED CAMP

Ein gutes Seedcamp ist wichtig, es beginnt am 8. August.  
Wir brauchen full-power Brüder und Schwestern, um das Gathering aufzubauen, die Küche und die Tschai-Shops, und andere Bedürfnisse, für die Material- und Essenstransporte, für die Verhandlungen mit den Bewohnern von Spruga...  
Wer Material mitbringen könnte, das wäre hochwillkommen: Werkzeug, Planen, Seile, Wasserkübel- und Leitungen, alles was Ihr so habt....  
Die grosse (Küchen-)Ausrüstung für das Rainbow selber steht ab 15.8. zur Verfügung.



## Die Rainbow Traditionen

It's beautiful to see that the Rainbow Family is growing very fast. More and more new brothers and sisters come to our gatherings and we love you and welcome you all !  
Whether it's your first gathering or not we all have many things to learn, to teach and to exchange. There have always more opportunities to improve ourselves to live in higher harmony with ourselves, each other and Mother Earth .

## Rainbow Vision

The Rainbow Family shares a vision about a world where we all live in peace, love, light, harmony, equality, sharing, learning and healing.

## Rainbow Gatherings

Rainbow Gatherings are a one moon cycle celebration of this vision where people from all nations, cultures, races , creeds, religions , shapes and colors come together in natural settings, a remote corner of the planet close to the heartbeat of Mother Earth to put into practice the way of life that comes from this vision. We gather to create, celebrate and connect, to share, teach and learn, to care, heal and to open our hearts, dance, shine and love.

It's about tolerance, freedom and personal growth. It's about egalitarianism and community based on openness, non-violence and non-commercialism. It's about

sustainability, environmentalism and reconnecting with Mother Earth. Our gatherings are free and open to all.

There are no rules and no leaders, we make decisions in a talking circle - each person has a voice, we are all equal - we listen with respect until consensus is reached.

A Gathering works when everyone helps. It's often said: "If you see a job, it's yours to do it!" There are no paid organizers, only volunteers who give their love and energy freely.

## Fire

The Sacred Fire is where we gather together to eat in a circle and to celebrate, to chant and to dance. We get a chance to see everyone's faces so it's a good time to make announcements to all the Family. The fire is sacred because we use the ashes to clean our bodies and teeth, the pots and dishes; for healing the wounds as well (it's a great antiseptic!). This is only possible if the fire is clean, what means that only wood must burn. No paper, no cigarette butts, no plastic.

The Sacred Fire burns 24/24 hours and the Great Spirit and unity of the Rainbow live within.

## Kitchen

We cook two meals a day for the whole Family. Food is vegan and we do our best to consider all requirements like allergies to nuts, no salt, no hot spices, no sugar, raw food, etc.

We do our best to buy only healthy organic ingredients from local communities. Cooking for the whole family takes a long time and work. Feel free to come and help in the kitchen whenever you feel like. There is no central organization of the kitchen. Please wash your hands (ashes and water are great!) before to work in the kitchen! We call „FOOD CIRCLE!“ when the cooking starts, "FOOD CIRCLE!" when it's almost done and "FOOD CIRCLE NOW!" when it's time to eat around the Sacred Fire.

## Water

We use spring water for drinking and cooking. Please keep the springs clean: don't camp, walk, shit or pee near the springs, nor in the river!

We bath in the river. Please don't use any soap or shampoo - not even organic - as it changes the water and some living organisms will die. You can use soap or ashes in a bucket, but some distance away from the river.

## Shit Pits

Please, please, always shit in the shit pits!!! We don't want our shit to be spread all over the land. Our shit is a great compost, so please don't use any toilet paper and cover your shit very well with soil, ashes and dry leaves or grass to prevent flies from reaching it.

Otherwise flies spread diseases into our food. This is the mayor Rainbow health hazard. Wash your ass with water or vinegar water and then clean your hands. If you can't help using toilet paper, please don't throw it in the nature!

## Wood

We use wood for building and burning. Please don't cut living trees ! We only use old died wood. The same for fire wood !

## Garbage

Bring only what you really need and please, carry away by yourself your own garbage after the gathering up to town's garbage containers. Separate all garbage for recycling !

## Magic Hat

We pass the Magic Hat after every meal to collect donations. We use this money to buy our food, materials, pots, and anything we need. You can give as much money as you feel or as you can. You can always give love, good wishes or a kiss to the Magic Hat.

## Workshops

Everyone who has a special skill may offer to teach it in form of workshops. It may be yoga, meditation, tai chi, chi kung or other martial arts, massage, tantra, healing and edible wild plants, sweat lodge, medicine wheel, dietetics, permaculture, chanting, drumming, dance, etc. etc. !

The best time to announce it to the family is during the food circle.

## Other things

There are no leaders or organizers but we have focalizers to bring the energy of the people together and make things happen. Focalizers are not responsible, we are all responsible !

A Gathering only works when everyone helps. There are many ways to help manifest a gathering, a lot of work needs to be done to keep the Family healthy and happy: collecting fire wood, cooking, digging shit pits, bringing water, cleaning the areas or focalizing. We try to free ourselves from the system, so commercial exchange is not recommended, but barter or mutual exchange is encouraged.

For more info, you can download this guide on the Rainbow Ways:

<http://rainbowguide.info/PDFs/Mini-Manual2004.pdf>

## To bring

- Water containers. - Big cooking pots and kitchen utensils, buckets, spices and herbs, dried food (cereals, flour, beans, lentils, fruits, nuts...). Big tarps, tools, ropes, shovels, axes, saws, strong metal bars (to sustain cooking pots on the kitchen fire). Long pipes and taps for water providing. Natural paint, wooden boards, card boards, coloured fabrics for making signs and announcement board. Candles and burning torches. Medical care bandages, essential and massage oils. homeopathic remedies, big tents for the healing area and children village.

- Dogs ! Please leave your pets home or in a friend's home. Very often the presence of dogs disturb the harmony of the gathering because the more there are dogs, the more they fight each other, shit everywhere, even in the food circle or in the kitchen... Dogs may hunt and kill wild animals and cattle.