

Dar Paru after the lock-down

Dear friends,

I hope you are all well and you are recovering from the flood of frightening news.

Here in Morocco the summer has begun, the weather is warm, sunny and beautiful. The vegetable garden is as rich as never before. Unfortunately we cannot share this with you having a lock-down in Morocco, too. However, in total there are and have been thankfully only a few cases of Corona/Covid 19 infection.

Dar Paru will hopefully be able to open again in mid-July.

We will start with the program of **Healing in the Desert** at the end of September.

For those of you who are still insecure and fear infection, rest assured, we will do everything in our power to help you feel good and at ease. For us cleanliness is not an issue, it is a matter of course. It's almost embarrassing to bring this up and to have to tell you that all rooms are ventilated extensively and the bed linen is placed outside in the sun before a new arrival.

In the end, nothing changes. It has always been so. You have duvets to cover up, so no woollen blankets with sheets, as usually used in Morocco. Since everyone has his own bathroom, it is not necessary to use the public one, which of course is also clean.

The property is very large, you have a lot of space to keep the distance.

Our nutrition is energetically high-quality - we cook according to the 5 elements - , with lots of fresh vegetables, a variety of salads, fruits, herbs, organic mostly from our own

vegetable garden. For us, physical health is and has always been as important as spiritual health, and we do our best to offer you a balanced and healthy nutrition that strengthens your immune system.

May you be well in body and in mind

All the best

Paru

P.S. Deaar friends,

please remember: Fear and panic are based on thoughts.
For those among you who are interested I'd like to share these words
by Tai Sheridan with you:

GIVE THOUGHT ROOM

Your thoughts are just your thoughts.

They are not your life.

They are your thoughts.

Make a room as big

as the sky in your mind.

Your thoughts can be clouds

that float through.

Some of your thoughts are clear.

Some of your thoughts are muddy.

Belief is just thought.

An open mind isn't attached

to thinking or belief.

Thoughts can be a jail.

Watching them coming and going

lets you out to play in the universe.

Please enjoy watching

your thoughts come and go!

You will learn this sitting quietly.

Tai Sheridan

May you be well in body and in mind

All the best

Paru