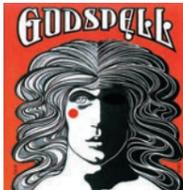


CitiVibe

Living on
a prayer
/6



TONIGHT'S TV TITBITS

19:30 30 Rock (SABC3): Jack hires a private investigator to prevent GE from discovering anything that can be used against him.
22:00 Medium (SABC2): Allison is asked to help find a missing daughter.

Beyond the image



UNLOCK THE 'KNOWING WITHIN OUR UNCONSCIOUS'

NATALIE BOSMAN

MOST of us aren't aware of the pool of resources that lie untapped in our unconscious. But through photography, Ute Sonnenberg (above) says that we can all access this information and as a result get more out of our personal and business interactions.

Sonnenberg's journey with photography has been a lifelong one, from the time when her photographer grandfather used to take her with on his shoots, and extending through her completing an economics degree and working in the corporate world for many years. It was only when she started studying

her psychology degree part-time that she realised how she could use her background in psychology (specifically quantum psychology), economics and photography to start her own business.

And so Sonnenberg's company Roho Ya Chui ("Soul of the Leopard" in Swahili) was born. It takes small, intimate groups of people to the Samburu National Reserve in Kenya to show them how to understand and process the information that their own unconscious is communicating to them all the time through photographs they take.

"Everything around us is providing us with information that we are

not using consciously," she says.

"This information you can use for work, to sense what's going on with a client, or sense what's going to come for your business, because deep inside you know it already. My training is training beyond thinking."

Sonnenberg concedes that people often call this innate sense of knowing instinct, for lack of a better word, but no matter what you call it, what's important is the fact that everyone can access this information within themselves.

"Everyone can do it; we're all communicating on that level all the time," she stresses.

"We're getting that information all the time, but we're just not conscious of it. It can enrich your life in whatever you do, and it's accessible for everyone. You don't need any special resources."

The theory is that a person could use their cellphone anywhere, at any time, to take photos and use their photos to read into what their unconscious is communicating, but Sonnenberg likes to be out in nature when she conducts her training because she says that nature supports and accelerates the process, and because nature also doesn't have any noise, disturbing the channel.

Snip

Before embarking on the next few four-day training trips (October 7 - 10 and November 4 - 7), Ute Sonnenberg will be giving an inspirational talk at the Hyatt Regency Hotel in Rosebank on September 22 to answer questions about Roho Ya Chui. The session costs R295 and includes a light finger food dinner afterwards. Booking is essential. E-mail ute@rohoiachui.com for more information.

Drool and be schooled

THE Good Food & Wine Show, taking place at the Coca-Cola Dome from September 23 to 26, is regarded as the finest culinary show on the African continent. It is the stage on which local and global personalities strut their stuff and all the latest foodstuffs and trends are on offer.

The international celebrity chefs, all of whom are regulars on SA TV screens, are always a huge drawcard. Come and meet:

■ James Martin (right): Martin is one of the world's most recognisable TV chefs and has made a great impact since he began to appear on television in November 1996 in shows such as *Saturday Kitchen* and *Sweet Baby James*.

The sexy chef has rarely been off screen since. Martin holds the world

record for carrot chopping in which he peeled and chopped 515g of carrots in one minute.

■ Eric Lanlard is a world renowned Master Pâtissier and twice winner of the prestigious Continental Pâtissier of the Year at the British Baking Awards.

He has earned himself an international reputation for superlative cakes with an A-list clientele including Madonna, Sir Elton John, Elizabeth Hurley and Claudia Schiffer.

Lanlard will launch his new book *Home Bake* at The Good Food & Wine Show.

■ Willie Harcourt-Cooze came to public prominence in 2008 with the airing of *Willie's Wonky Chocolate Factory*, which explored his efforts to grow, import and produce his own chocolate.

He will be launching his new book *Willie's Chocolate Bible* at the show.

The celebrity superchefs will join South African chefs and celebrities including Jane Griffiths, who will launch her second book *Jane's Delicious Kitchen* at the show and teach you how to grow your own produce.

Also there will be Luke Dale-Roberts, previously Executive Chef at La Colombe and now consultant chef and the Giggling Gourmet Jenny Morris.

Visitors to the show will be able to share a kitchen with them at the hands-on workshops at the *Get Fresh with BBC Lifestyle* stand. Twelve participants, each with their own oven, ingredients and utensils, will be given a masterclass.



Snip

Entrance for the Johannesburg show is R75 for adults and R40 for children under 12 and pensioners. Doors open Thursday to Saturday from 10am to 9pm and Sunday from 10am to 6pm. Each ticket includes free

food and wine samplings, prizes, giveaways and special offers. Tickets can be purchased at the door or pre-booked through Computicket. Visit www.gourmetsa.com or call 084-565-0069 for more information.