My Entry for [21-DC.com](http://21-DC.com)

Ardhan@Swatridge.net [www.Satya-Vita.net](http://www.Satya-Vita.net) www.innerven[tures.me](http://tures.me)

I describe myself as a Mystic Pragmatist. I live and work with my partner, Sofia Livingstone, on an olive farm where for a decade we have been developing our twin passions:

**First**, creating a spiritual refuge for ourselves and others in need, to restore health and wellbeing in a peaceful and sacred environment, surrounded by awesome mountain views and wild nature.

**Second**, living ecologically, using the land here to grow food and aromatic plants (see more at **Satya-Vita.net,** link above) as part of building resilience in the face of the current world situation.

I have many practical skills, developed over decades of lived experience. These are listed below.

I am open for enquiries related to my practical skills, though my available time is limited with so much to do, creating, developing and maintaining our own projects.

**SKILLS**

Non-commercial vegetable production for personal domestic use, plus seasonal surpluses from time-to-time.

Gardening and growing. Using recycled resources and natural materials, landscaping and dry-stone walling.

Expertise in **woodwork**, wood construction, furniture repairs, home DIY.

Handtools - **how to sharpen** hand tools, chainsaws, planer blades, chisels, knives, drills etc.

RE-USE OF MATERIALS: Pallets and pallet wood for bed bases, outdoor seating, gates & fences.

compost heaps, raised beds, planters and more. See photos.

**BACKGROUND**

Graphic Design and photography

Business founder, carver and maker of high quality oak reproduction furniture.

Psycho-spiritual counsellor, facilitator of Breathwork & Meditation.

For 10 years I helped to develop and run a small Eco-Buddhist retreat centre in the Welsh Borders, where we also led local community environmental groups to present a combined front and raise awareness to the public.

I write intermittently; poems, articles & autobiographical essays: see my blog: [innerventures.me](http://innerventures.me)**.**

I am also writing a book about my challenging 10 years at english boarding school in the 1960s, and how this elitist education is part of the patriarchal disfunction that is playing out in government around the world.

I am currently building a website to showcase my photography, linked to my Instagram account.

**PHOTO captions**

**1: Sacred Fleur-de-Lys cross hand carved in olive wood from our land**

**2: compost heap, chicken house, gate**

What seems like waste can be a resource: bamboo (canne di fiume) fencing

