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**Willkommen
im
Oaxaca!!**

*The World Cup begins on June 9th
We Bring You
The History of Football &
The Complete Guide to the World Cup*

Page 8

FIFA WORLD CUP
GERMANY
2006

Traditions

Local

Travel

Film



Temazcal Bath

Page 3



Indigenous Film Fest

Page 7



Chamula

Page 4



Turbulence

Page 13

Healthy food and fair trade. p12

Learn Spanish at the ICC: Oaxaca's Best Language School

Ancient Toltec Healing Comes to Oaxaca

Alternative paths to well-being

On June 25th, 2006, a self-development workshop based on ancient Toltec wisdom is coming to Oaxaca. Called "The Art of the Toltec Warrior," the one-day workshop will be led by psychotherapists Juan Carlos Acuña and Bonnie Grossman. It is designed for individuals to harness personal energy, forge more satisfying relationships, and pursue a more effective and harmonious life. The workshop blends the powerful cosmology of the Toltec warrior training with modern Western psychology.

The Toltecs are typically less well known than many of the ancient Mesoamerican cultures. But they were decidedly one of the regions' brightest lights. They highly influenced this region that encompassed the southern two-thirds of Mexico and extended to Nicaragua, and were the founders of one of Mesoamerica's most spectacular cities- Teotihuacan. They are considered

by many to have launched the golden age of Mesoamerican culture, and provided the foundation and inspiration to both the Aztecs and the Mayans.

Their training of warriors strikes many as remarkably modern- it relied on exercises and techniques that developed inner strength. The warriors would cleanse and fortify themselves by forging a connection with what they considered the fundamental elements of the cosmos- in particular, the earth.

Bonnie Grossman finds that many clients, who are in no way indigenous, are remarkably responsive to Toltec techniques.

"Pressure, blindingly fast change, the enormous amount of information and entertainment that assaults us daily actually separate us from the fundamental elements of life like the earth. The result is that many people feel a hollowness or emptiness in their lives. They

can begin to crave a connection with natural elements," said Bonnie. "I think what it boils down to is that the Toltecs hit on something universal. Despite our technology and sophistication, we all still need to connect."

The all-day workshop costs 900 pesos, and includes the ancient cleansing ritual of a temazcal.

"There couldn't be a more appropriate, and relaxing way to end the day," said Juan Carlos Acuña, an experienced meditation instructor.

Enrollment for the workshop is available at Casa del Angel, 200 Jacobo dale Vuelta St. Oaxaca Centro (Between the restaurant VIPS and Conzatti Park) between 9-6. More information about the workshop is available by calling 0449515094270 (after 2:00 pm).

By Frank Kosa



Do you continually find yourself with the "wrong" person?
Do you often feel empty or wounded?
Would you like to improve your current relationships?

THE ART OF THE TOLTEC WARRIOR

A WORKSHOP FOR MEN AND WOMEN WHO WOULD LIKE TO HEAL THEIR PAST,
CONNECT WITH THEIR EMOTIONS AND LEARN ABOUT EARTH BASED SPIRITUALITY



The History of Football

When did the fever begin?

Football, or soccer as it is known in many countries, is undoubtedly the world's most popular sport. It is common knowledge that football, as we know it, was born in England, but there is debate about its first versions.

There is documentary evidence that a game involving kicking a ball into a small net was used by the Chinese military around the 2nd and 3rd centuries BC; whether recreationally or with skill-building purposes is not clear though.

Earlier evidence of a ball-kicking game has been found at Kyoto, in Japan, where the field was even marked.

Both the Greeks and ancient Romans played a sort of football that resembled our modern game. In this early version, however, teams could consist of more than the current 11-men line-ups, consisting of up to 27 players!

Also, Pre-Hispanic ball games practised by most Mesoamerican civilizations seem to have bore resemblance to modern day football. This game, as archaeological evidence can tell, was a central activity and had political and religious implications. Ball courts are present in the majority of the most important sites.

Research suggests that the ball game might have been used with divinatory purposes; also it is associated with agricultural cycles and sacrificial rites. It is still believed that ball players contended for the honour of being sacrificed as an offering for the Gods. What cannot be questioned is that the game was a key part of these civilisations since ball courts are located near the religious buildings.

So, it is impossible to say where and when football actually started, but we can say that different kinds of ball games from which the organised sport we know today developed - have been

played somewhere on the planet for more than 3000 years.

In England, football, not as we know it now, but certainly a game in which a ball was played with the feet, has been popular since the 8th. But the game at that time was not exactly recreational but more likely a war game. Legend has it that the first "football" game was played somewhere in the east of England, and it was played with the severed head of a Danish Prince they had defeated in battle.

In medieval times, towns and vil-

made football such a violent activity that the authorities tried to ban the game. King Edward III passed laws in 1331 to suppress football. In Scotland, King James I, in 1424, proclaimed in Parliament, "That na man play at the Fute-ball." (Try to read it with the accent.) Queen Elizabeth 1 of England, had a law passed which provided for football players to be "jailed for a week, and obliged to do penance in church."

But football resisted all attempts to make it disappear and its popularity only grew bigger and bigger. Slowly, the game began to shape into a more civilised game and became part of regular recreation.

In 1815, the elite Eton College, established a set of rules which other schools, colleges and Universities began to use. Later, these were standardised and a version, known as the Cambridge Rules, was adopted by most of England's Universities and Colleges in 1848.

On 26 October 1863, eleven London clubs and schools sent their representatives to a meeting in the Freemason's Tavern to establish a



lages played against rival towns and villages; kicking, punching, biting and gouging were not only allowed, but were an essential part of the fun.

The object of the game was to move the ball to an agreed spot, which had been marked out before play commenced; there was not an official measure for the field so it could be a lot larger than today's fields. Also all the villagers who wished to partake were allowed, so hundreds of people played and games could last all day.

The lack of rules and the vehemence with which players assumed their role in the defence of their sides

single set of fundamental rules to govern the matches played amongst them. This meeting created The Football Association. In 1869 The Football Association included in their rules a provision which forbade any handling of the ball, so establishing the foundation on which the modern game stands.

Today, football has become the most popular sport. Every four years, the the FIFA World Cup becomes the center of the world. Four years ago, the Korea/Japan World Cup had a cumulative in-home audience of 28.8 billion viewers watching the tournament. In spite of non-prime time viewing hours in Europe, North and South America, many national audience records were broken, with an average world-wide figure of 314.1 million viewers recorded per match.

Be part of the figures, don't miss a match. OT brings you the complete guide to the World Cup.

Football or Soccer?

In the 1880's, Oxford University students used slang which involved adding an "er" to the end of words they had deliberately shortened.

"Rugger," was slang for Rugby Football. A student, named Charles Wreford Brown, was asked if he liked to play rugger.

"No soccer!" Was his witty reply. He had shortened asSOCiation (football) and added "er."