

Homeopathics etc

by Tarang Bates

It's over – the medal winning, ego spinning sporting godlings have wowed the world. China has given us a taste of its power. Seemed to me there was a touch too much military precision in the huge, lavish ceremonies – pretty spectacular none the less. Loved the drumming, I wonder about the ancient ones – drums that were 900 years old or thereabouts, how come there were so many of them – maybe they've been partying hard for centuries, or were they for other purposes, perhaps spiritual ceremonies – they used to be big on those once. Perhaps they lined them up along the wall and did a big drum up – that could have freaked the enemy out. More than one drum has a tendency to do that, as we know. Hmmm.....there's a thought!

Attitudes are interesting things. America assumes it's the best of the best in everything. Now India, according to an article I read, seem to be more along the lines of "it doesn't matter if you win or lose, it's how you play the game" Here they are talking more about a national attitude and it seems there are people from India who are working on changing this national attitude, to something more competitive and medal winning. Maybe there is a balance there, I think this attitude is quite an admirable, one that some of the other world nations could learn from.

While I'm on about China – anyone seen the ad for the new UnitingCare Chinese-specific aged care facility in Sydney? It's called Quong Tart and it's beautifully furnished with lush colours, ancient textiles, textures and designs. Probably Feng Shui designed.....enough to



make me wish I was Chinese! Aged Care homes are not my cup of tea, but there are a few people around who may need them in the future. I wonder when UnitingCare will build a home to cater for our particular taste in cultural existence? Maybe it could be a Hippie-specific aged care home (or whatever we are called) Could even name it Cosmic Tart, Open Heart or Send Off Palace.....getting silly now, better go.

HOMEOPATHICS:

SULPHUR: Soles of the feet burn and itch. They feel worse in bed (have to hang feet out of the blankets) and worse from a hot bath.

RHUS TOX: Feet feel sprained or strained – worse when sitting still or resting. The pain can be worse when you start moving around but then it helps to be active.

ARNICA: Feet ache after too much walking or standing. Arnica cream is also useful to rub on aching feet.

SILICA: Feet are hot, sweaty and smelly. There may be pain in the heel or big toe, which is worse at night.

These remedies available from Nimbin Homeopathics, contact Tarang on 02 6689-1452 or tarangbates@yahoo.com.au Usually at the Rainbow Lane Saturday morning market.

Ayurvedic Info

Hi everybody! Last month we went into some detail about the Kapha dosha. This month, as promised, we'll expand a little on the Pitta dosha.

Pitta is made up of fire and water. It is the dosha of transformation. As such, it rules the lower third of the stomach and the small intestine, including liver and pancreas; skin; eyes; hormonal production; and all heat in the body.

The keyword of pitta is intensity. People with a dominant pitta do things with great zest. They are energetic and typical workaholics. Whereas kapha has endurance, pitta is so intense they can burn out from over-exertion. Qualities of pitta are hot, sharp, oily, light and the tastes that pacify pitta are sweet, astringent and bitter. They are aggravated by the heating tastes of salty, pungent and sour. Their skin is moist and warm, tending to a copper colour with freckles. Their eyes are bright and medium size, and can be sensitive to light. They often experience early greying or hair loss. They are a medium sized build and are quick and intelligent. They can get easily irritated with time wasting and often find it hard to sit still for long periods. They can be competitive, and love solving puzzles.

Due to the fire in their systems, they suffer in summer. Typical pitta ailments are heart disease, high blood pressure, acid reflux and ulcers, eczema, inflammations and infections, hormone imbalances and diarrhoea, all due to excessive heat in the system. A good routine for pitta involves avoiding excessive heat, oil, steam, anger and hot spicy foods; limiting sour, pungent, salty foods; exercise during the cooler part of the days; not going for too long without food (it makes them angry). Pitta rules the ages from 25 to 50, the time when most activity and transformation is done.

Herb of the Month
Neem (Azadirachta indica) is known as the Indian home pharmacy tree because every part of the tree can be used

and is found in almost every garden in India. It is the ultimate anti-pitta medicine, being anti-bacterial, anti-fungal, anti-viral and more. It is antacid, the leaves being strongly alkaline, so will treat problems arising from acid imbalances.

The seed or leaf oil is good for treating skin conditions like acne, eczema and psoriasis, stopping itch and infection alike. The seed oil in particular has a high sulphur content which aids its antibiotic effect. Neem leaf powder is very good for mouth ulcers, bleeding gums, sore throats and laryngitis. In fact, any "itis" benefits from Neem.

It is also good for getting rid of parasites, both external and internal, eg ticks, head lice, worms and scabies. It can be of assistance in lowering blood glucose and cholesterol and can therefore help diabetics. Entire books have been written on the many uses of Neem – it really is a wonderful herb!!

Treatment of the Month

Lepa is a medicated poultice for the treatment of inflammations, pain, ulcerations and traumatized tissue, including sprains. The ingredients are besan flour, neem, ginger, cloves and other herbs depending on the condition. It is a warm poultice left on for at least 30 minutes, then removed. Lung conditions respond well to the addition of linseed.

Lepas are great for skin conditions. Helen's mum has regularly been doing lepas on her legs for a skin condition that her dermatologist gave a poor prognosis to. He is amazed at the difference and she receives frequent comments on how improved it is. We effectively treated ribs bruised in a car accident, speeded the recovery from pneumonia and other ailments. Lepas are gentle and soothing, many people falling asleep while it happens.

John and Helen have a clinic day on Thursdays at Birth and Beyond, and also enjoy doing home visits.

Appointments can be made at the Apothecary on 6689-1529 or by ringing them on 6689-1794 (John) or 6689-1717 (Helen).

Acupuncture for ageing pets



Brigid Beckett, a veterinarian, first became interested in acupuncture in 1990 when her own dog was successfully treated for arthritis and autoimmune disease. The Chinese have been using acupuncture on animals and humans for thousands of years but veterinary acupuncture is relatively new in the West. Brigid was attracted to it because it was safer than anti-inflammatories and cortisone. It gave very good results with Minka, her Samoyed, living happily into old age.

After practising as a vet for seven years, Brigid gained qualifications in acupuncture and Chinese herbs, and has been using the modality for 15 years.

Brigid said, "The traditional Chinese medicine complements Western medicine in it is more useful for chronic, hard to treat conditions. Often with these, Western medicine has no answer, or resorts to cortisone and other anti-inflammatories. These do not cure the condition and often have side effects, which can be serious."

Caring. Brigid with Gemima, the GoodTimes newshound.

Chinese medicine aims to look for patterns and improve the overall health as well as the symptoms. It's good for older or convalescing animals, and those with multiple problems.

Acupuncture and Chinese herbal medicine can treat a range of problems including arthritis, allergies, urinary incontinence, injuries, nervousness and anxiety, digestive weakness, constipation and old age problems.

"For acute conditions, such as snakebite, Western medicine is the way to go," Brigid said.

Owners often wonder how their pet will tolerate acupuncture. Most pets are happy with the treatment, usually relaxing once the needles are in, often to their owners surprise. Many pet owners now embrace this safe and effective technique.

It is a reasonably priced and extremely safe option, which animals tolerate well.

Brigid is now offering house-calls in the Nimbin area. For more information phone 0431-702-560.

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Email entries to surpriseus@hallmarkchannel.tv or mail your entry to Hallmark Channel's Surprise Us With A Story Competition, GPO Box 99, Sydney NSW 2001. Please include your name, address and contact phone number.

Entries close midnight, Sunday 21st September.

Wild Beasts "Limbo, Panto" CD

Win a copy of Wild Beasts' "Limbo, Panto"! The Dwarf has five copies of the Wild Beasts' debut album, Limbo Panto, to give away. The record has been called "toppling music-hall melodrama" and "absurdly beautiful". Get into it!

<http://www.thedwarf.com.au/nd/content/view/full/100478>

Competition closes 20th September.

Win a Country Music Channel 2008 Double Album and DVD

Just tell us in 25 words or less which of your favourite country stars is your favourite on both the stereo and on the screen, and why (the most creative/funny answers will win).

<http://musichead.com.au/site/win.asp>
[join up and enter multiple comps]

Duration: 16th August - 20th September.

Make your own Soy Milk and Tofu

Soy Milk

3 cups of dry soy beans
3 times their volume in water
A grinding device
Fine straining cloth
Colander
A deep pot to boil the soymilk in

Soak the beans overnight until soft. Grind them to a pulp. This can be done several ways. Long ago in the 1970's when a friend and I first tried this, we used a mortar, and a potato masher. Lots of fun, good exercise, and lots of work!

The easy way is to grind small batches with twice the volume in hot water in the blender or food processor. Pour the resulting mush into the cloth-lined colander. When you have ground them all, let the liquid strain off through the cloth. This liquid is soymilk. Give the cloth a good twist and squeeze to get the last of the liquid.

Pour the strained soymilk into a deep pot and bring to a foaming boil several times. The cooking is absolutely necessary. This inactivates an enzyme in the soy that would bind up the proteins (the reason you don't eat soy raw.) Cool. Sweeten to taste if you like.

Don't throw away the strained fiber solids. Use in any zucchini bread/or cake/or muffin recipe to replace the zucchini. Tastes great. The muffins it makes are super. Use in stews and to increase the fibre of any baked product (see Veggie Burgers below).

Tofu

Soymilk from above recipe
3 tablespoons of epsom salts
or 2 tablespoons of nigari (Oriental coagulant)
or a half cup of lemon juice
or a quarter cup of vinegar
Used butter tub with drain holes punched in bottom.

In separate cup dissolve the epsom salts or nigari (do I really need to say you don't have to do this to the vinegar or lemon juice?) Add the dissolved coagulant to the soymilk. Mix well. Solids will start to curdle. When well mixed, let it sit for a few hours. Then re-line your trusty colander with more fine cloth and strain. Place the curds and liquid in the colander. Let drain.

You now have soft tofu. To get firmer tofu for frying, you need to press it. Take the mass in the cloth and press overnight between two tipped plates with a weight on it (soup cans work well).

Or - if you live in a house with cats, dogs, or small children - put in the butter tub and place weights on it to force out the liquid. The resulting mass will be much more solid. If it's hot, do all this in the refrigerator.

While all this sounds time consuming, you work around the other events of your day and make nice soymilk and tofu.

Veggie Burgers

The leftover soy mash is your base for veggie burgers. Season it to your heart's content, add an egg and/or bread crumbs if you like, form patties, and grill them up. The consistency won't exactly be like beef, but then again what veggie burger is?!

If you want to have some fun, add some finely grated carrots or other veggies to your patties for extra colour and flavour. Or if you have lots of soy mash and a large family to feed, try making a veggie loaf! Add some canned diced tomatoes, bread crumbs, an egg or two, worcestershire, seasonings, and bake it up! I actually prefer this to the veggie burger option; the consistency of the soy mash is more conducive to baking a loaf in my mind.

Contributed by Pixie Barrett
www.webuy4au.com

Natural Remedies for Dark Circles Under the Eyes

by Cheryl Beasley

Approximately 9 out of 10 people suffer from dark circles under their eyes some time in their life. This can be for a number of reasons, some of which are listed below.

5 common causes of dark circles under the eyes

1. Exposure to the sun: The skin under your eyes is very thin and delicate, exposure to sunlight (especially during summer months) can cause hyper-pigmentation which consequently can give you dark circles.

2. Heredity: A combination of deep-set eyes and a family trait of transparent skin can produce the dark eye circles.

3. Lack of Sleep/Fatigue: These common factors lead to paleness of the skin - particularly the sensitive area under your eyes - which illuminates the blood flowing beneath your skin giving the appearance of dark circles under your eyes.

4. Aging: As you get older the folds of skin under your eyes can become more pronounced leading to the dark circle affect.

5. Skin Allergies: Any skin condition that causes your skin to itch making you scratch or rub your skin causing a darkening of the area around your eyes.

Three Natural Remedies:

1. Cold tea bags and cucumbers: For a truly

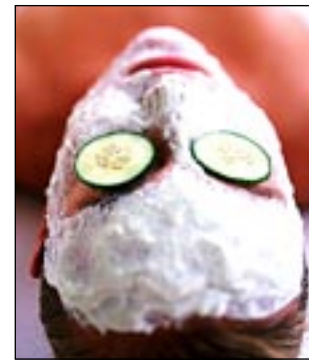


natural remedy use cold tea bags and cucumbers! There is definitely something soothing with having cucumbers and tea bags on top of your eyes. Tea bags and cucumbers reduce vascular inflammation and decrease swelling. This combination is especially good for dark swollen circles because there is tannin inside of the tea that helps with eliminating the puffiness. Simply place over closed eyes for twenty minutes.

2. Concealer: For a more conventional solution try using a concealer. Using yellow will neutralize the blues, purples, and husky hues on the skin. This does not get rid of the problem, but can build your confidence for the day to alleviate the 'tired look'.

3. Anti-oxidants: Antioxidant treatments help to reduce fluid buildup under the eyes, which decreases the look of the dark circles. Go for treatments that involve a lot of vitamin C. Also, vitamin K is great for restoring stability and strength to the blood vessels under the eyes, which reduces their proliferation.

BIO: Cheryl Beasley is the founder of LanaB Skin Care, an online natural skin care business that produces fresh and pure products as ordered. Find them at www.lanab.com.au



Cook's corner

by Carolyne

Recipe of the Month Baked Potatoes

Stuffed with bacon, anchovies and sage

This recipe is great for a laidback Sunday evening. Enjoy.

Ingredients

4 Medium sized waxy potatoes, skin left on
Olive oil
Sea salt
4 Rashes of smoked streaky bacon
8 Fresh sage leaves
4 Good quality anchovy fillets in oil, drained
1 Clove of garlic, peeled and sliced lengthways
1 Lemon



Method

Preheat your oven to 200C. Stick one end of a pineapple or apple corer, or conventional peeler into your potato and twist it round as you cut through as if it were you were coring an apple. Essentially you are trying to carve out

a tube from inside the potato. Keep the corners as you will use them as plugs later. Prick each potato a few times with a fork and rub them in a little olive oil and sea salt.

Lay out the stuffing for each potato: a rash of bacon topped with 2 sage leaves, an anchovy fillet and a shave of garlic. Grate over some lemon zest. Fold and twist the stuffing together into a little sausage shape and stuff into each potato. Don't worry if you have any bits sticking out at either end.

Cut the potato plugs in half and stuff them back into either end of the potato to keep the stuffing in place. They will stick out a little but this is fine. Put the potatoes onto a baking tray and bake in the pre-heated oven for about 1 hour, turning them every so often, until crisp, golden and cooked.

For any information call Carolyne at the Coffee House Nimbin 6689-0590.

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LOOK TO THE STARS

A MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

BY BEV MURRAY



September 2008

September should prove to be an exciting month with both Pluto and Jupiter back in their direct stations. A sense of expectation and anticipation reigns! The things we have been thinking about and perhaps planning seem closer and more real. The danger here is that we may be hasty and too spontaneous in our decision-making. Emotions can be unpredictable and highly passionate. For some, the very real possibility of change can be threatening and while previous blocks and limitations are lifted, inner fears can grow unwieldy! The environment about us will mirror this sense of rushed expectancy and confusion with chaotic weather patterns, disordered politics and anarchic world events.

The month begins with Venus, Mars and Mercury all in Libra challenging our sense of balance. Demands from the various compartments of our lives can seem impossible to deal with in an orderly way. We can find that questions of fairness and equity and what is right or wrong in our lives to be dominant themes. This can ooze over into worldly ethics of a larger dimension too.

Star quote for September: Action and reaction, ebb and flow, trial and error, change - this is the rhythm of living. Out of our over-confidence, fear; out of our fear, clearer vision, and fresh hope. And out of hope, progress. *Bruce Barton*

Aries

A month of romance and relationships needs coming to the fore. The 9-15th in particular will highlight this area of your life. It is important to listen to what is being said! As far as career goes, there can be some important headway made but it requires a step out of your comfort zone.

Taurus

Romance is strong but health and work can require some personal attention. It is an art of fine balance to get all of this in proper working order this month! The 11th-15th can bring an increase in funds, which eases some of the stress. Any opportunity to get away from the usual grind should be taken.

Gemini

The 9th heralds the close of a chapter in your life, the completion of a project or something of a similar nature. The Full-moon can put you in a surprising and new position career wise. The direction of your life journey is in for an overhaul, go with it, it will be a good surprise.

Cancer

New possibilities and a little adventure will be coming your way during September. Luckily you are uncharacteristically in the mood for these this month! Romantically the lines of communication will open up and there is much pleasure to be had in this area of your life.

Leo

More money, more job security and more of a sense of security enters your life this month. Your ideas are likely to be appreciated more than usual this month, so get your ideas out there. Just watch the 12-14 when it comes to communicating in a romantic sense as misunderstandings are very possible.

Virgo

Creativity in general is heightened this month. Finances seem a preoccupation. Anything to do with children and romance is favoured. Look for a surprise around the 15-16th! You are less insular than usual and willing to share your emotional self, much to the surprise of others.

Libra

A great month for you guys! Opportunities abound and finances look to soar! Travel seems to also be on the cards and it will prove profitable and pleasurable. The 9th-15th are exceptionally good days and should be made the most of! Gifts and surprises are likely.

Scorpio

Socially it can be a busy month but you probably feel more like working behind the scenes. Relationships look good and for those not presently in a relationship the chances of meeting someone special are quite high! Short journeys and communications in general are favoured.

Sagittarius

It is a very 'you' sort of month, with interesting communications, unusual social activities and the possibility of adventure. Work, finance and other practical -based matters are highly favoured and you can easily find yourself being given more responsibility.

Capricorn

You are uncharacteristically happy to find yourself the centre of attention this month! Others are in need of your advice and help! A project you have been working on or planning can pay off really well right now! Give yourself some down time and take a short break if you can!

Aquarius

You crave more intimacy in relationships during September and this can be had if you let go of your fears and share a little of your emotional self. Some sort of surprise regarding money and possessions occurs around the 15-17th of the month. It will change the decisions you make.

Pisces

Career and increasing your income take the focus this month. If relationships have been difficult of late, then you will be surprised at the intimacy and communication that is possible this month! A whole new approach awaits you! The latter half of the month encourages family get togethers.

Are we a cosmic joke?

Or are we waking up in time?



by Brigitte Kupfer

Have you heard the one about a man who comes home at night and finds his neighbour crawling on the ground around the street lamp? When he asks him what he's doing down there, the neighbor tells him that he's looking for his keys. "Are you sure you lost them here", he asks. "No, but this is the only place where I can see anything."

That's us: That's Humanity.

We keep looking over and over in the same place for a solution although a lot of us already know we won't find it there. Our out-dated belief in mechanistic scientific tools, and our addiction to reason makes us crawl around the lamp, where we can see, but not quite what we are (or should be) looking for: a way to prevent our human drama turning into tragedy.

And many of us have given up the looking anyway: crawling under the lamp, not to see, but rather to be seen.

Science has become a political instrument and is no longer scientific (if it ever was) in the true sense of explaining the unexplained. We formulate our questions in a way that they fit the available scientific tools, which are in return supposed to answer these questions. These limitations have kept us in a false sense of security, trusting sources of information outside of ourselves more than our inner knowing.

We should dare to ask the questions which our current mainstream scientific methods can't address. Some courageous people have done just this. They have left the street lamp to dedicate their effort to understanding what has been left out of the equation: subjective experience, consciousness, and love.

They came together in organisations like the Institute for Noetic Sciences (www.noetic.org; noetic standing for multiple ways of knowing, including intuition, feeling and the senses), the HeartMath Institute (www.heartmath.org; conducting research on emotional physiology and heart-brain interactions, and many more organizations which are dedicated to supporting a global shift in understanding ourselves and our conscious cosmic evolution (e.g. www.global-mindshift.org).

All of us need courage to move away from the cultural street lamps because initially we will be in the dark, in the not-knowing, in uncertainty. Howard Vernon said "Real courage consists of departing from the false while not yet knowing what is true". But as you know, when you get into a dark room: it isn't dark for long; your eyes adjust and your vision changes. Where there was only black,

there develop shades and shapes, and you are able to orient yourself. Maybe this is what Marcel Proust talks about when he said: "The real voyage of discovery consists not in seeking new landscapes but in having new eyes."

New eyes will evolve when we turn away from the culturally prescribed taboo against knowing ourselves, when we become mindful of the (our) present moment and bring our attention to the only person we are with for our entire life. Initially we might feel (or fear) it is all dark and there is nothing to see, but after a while there is more and more to discover and we embark on the biggest adventure of our life: **Ourselves**.

This is the place where you can learn to trust yourself, to trust life and to trust others.

This is where each of us stands alone and the only place from which we can have a real communication.

This listening to yourself, this getting to know yourself, this restoration of wholeness, this healing, is the transforming of our consciousness which we need in order to deal with this crisis; a crisis far more extreme than any of us wants to begin to grasp. Literally: our life and survival now depend on this transformation of our consciousness. Go slow, because time is running.

In "Betrayal of the Self: the fear of autonomy in men and women"(1988), Arno Gruen wrote: "We act as if we were able to find ourselves in things outside of us,..... . Only if we can succeed in establishing contact with our inner feelings once again, will we find a pathway leading out of our plight. If we accept our powerlessness, we will not die of it. Real change comes about if we learn to deal with the fear behind our untiring search for an unreal security. Only if we undertake the painful process of bringing our fears to consciousness will we be able to open our hearts and increase our sensitivity to our fellow human beings."

In our culture and economic system, we have learned to blame someone or something immediately when we are under stress or in fear. If we have a culprit or a scapegoat, we think we can sleep well again at night. But in learning about mutuality, interconnections and conscious creation, we now know that blaming keeps us in the status quo and does not allow for solutions. We can only find our way, if we turn to each other, stop blaming, and radically take responsibility for our present situation in our relationships, at home, at school, at work, and in our communities.

Courage to all of us to face our fears without blame!

Bev holds classes at the Yamba Wellbeing Centre. She can be contacted on 0401-800-210 or insightbevmurray@yahoo.com Check out her blog <http://fffemale.blogspot.com> or her astrological blog www.astralinsights.blogspot.com Bev would love to hear from you and your comments on her blogspot would be appreciated.

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Healthy Garden – Healthy You



**Fifth in a series by
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Hello all. Is it true that Gaia can read the calendar? First day of Spring and already she has sensually removed her woollen stockings. Or at least it appears so in this part of the world.

I confess I am not yet a gardener. A severely wounded African Violet reminds me of this failing each time I place my pleading eyes upon its wilting leaves. I thought it would like an extra dob of fertilizer and I truly did not mean to drop it on its head when dusting the window sill.

Nevertheless I am a strong advocate of a full mineral intake in our diet to keep us healthy and minerals come from the earth.

Last month I wrote about taking chelated and colloidal minerals in supplement form to fend off and repair arthritic type conditions and to keep the body cells healthy. Since then I have done some research as to the best method to receive needed minerals through our food.

This information is for the gardener, of which there are many in this area.

I know I am repeating myself when I insist once again. If the needed minerals are not in the soil where the food is grown we will not receive them in our diet, no matter how disciplined we are in our eating habits. Plants do not make minerals by themselves.



I found an agricultural research group in Yandina called Nutritech Solutions which promotes natural products that make the garden bloom and the veges we grow fully mineral efficient.

Nutritech Solutions promote a five-step plan for creating a garden paradise with poor or not so poor soil.

In this article three of those five steps are mentioned because they are specifically designed to put needed minerals into the soil.

(1) Nutri-Store Gold: is a mineral rock dust, which I was advised is to be spread on a new garden bed and thereafter sprinkled around and watered in every three months.

Contains macro and micro nutrients and soil life promotants, packaged in 25kg bags.

(2) Life-Force Total Cover: A colloidal mineral mix which is sprayed on the garden every two weeks. High in selenium of which Australian soil is sadly deficient, it is a liquid as are all colloidal minerals, packaged in 1litre containers.

(3) Life-Force Trio: A high concentrate of liquid calcium, magnesium and boron. Don't know how often this is applied, but it is an excellent mix to create veges which will assist in keeping the bones and muscles strong. As long as it is supported in it's journey by the trace elements available in the colloidal mineral mix.

I was advised that these products are available through Northern N.S.W. agents, Norco and Rural Buying Services. Lismore and Murwillumbah. If the agents don't have the products on the floor, as is sometimes the case, they will order them in. Sorry I can't help with prices, but the email address for Nutritech Solutions, specifically Robyn who was delighted to be of help is: robyn@nutri-tech.com.au

Worth remembering: Colloidal minerals take some time to make permanent change. So if you are taking them and feel a tad disillusioned about the results, be patient. They are a natural supplement, not a drug that treats symptoms.



A note to finish

If the body is stressed, minerals may not absorb through the cell walls efficiently because everything is upright

The Bowen Technique, Muscle Restructuring, Pranic Healing and Emotional Field Therapy counteract body and emotional stress, allowing us to relax, inside and out. This gives us the opportunity to once again function at our personal best, physically, mentally and emotionally.

I use all these techniques in my healing work and apply what ever is needed of each in a session, to achieve the highest results.

Next month going to chat about those who are so good at unconditional love. Our pets. Bowen Therapy can increase their well being a hundred fold.

Love light and laughter.

A Day in Nimbin

We spent a day in Nimbin a little while ago
It was cold, very cold; in fact freezing don't you know
We spent some time with Alice, up on Rainbow hill
Had a look at the YHA, and looked around, until

We spotted the Oasis Café; had some great coffee,
and a bite to eat
Even had the pleasure of Gail, so to meet
Promised her I would send a screed, or a poem later
on
But I fear that I am too late, that poem thing's been
and gone

We wandered up and down the street; and had a
glass of red at the pub,
Then had some tea, with Dave and Sam at the
Embassy, just up from, the rub-de-dub
We bought some local produce, then noticed
'Nimbin Pizza,' was open every night.
And thought that maybe later, we might go there for
a bite

Found a room at Shirley's place, up upon the hill
Lovely spot, peaceful, quiet, and yes, very tranquil.
(thanks Shirley)
Went back to town, 'geesh' it was cold
Would freeze the balls off soldiers bold

Stepped inside the pizza place and took a table there
Noticed that the food smelt good and the menu,
wow, what fare
We ordered food, settled in and opened up our wine
There was lovely music playing, we were going to
have a time.

The mussels came, wow they were great, and the
pizza filled us up
But the music and the people, was what really filled
our cup.
Thank-you Mariella, and Simon and Helen too
Thank you for a lovely time, you guys are real true
blue.

Yes we spent a day in Nimbin a little while ago
It was cold, very cold; in fact freezing don't you know
But it was nice to visit Nimbin, a town filled with
history and lore
For now we know some lovely folk, we hadn't met
before.

Thank you Nimbin

Roger (Wheel) Barrow

Nimbin People

Nimbin people drive dusty roads
their old clunkers hitting each hole
while they just smile at the misty blue hills
and count their blessings they're alive.
Nimbin people smile at each other and say hello
That's why we live here: the air sparkles
and the creeks run pure from the hills.

Wild birds fly on mainstreet,
reflecting the rainbow colours of the sky.
Reality and illusion collide and coalesce
and the winged seeds of thought
fly like confetti in the wind

Kathy Stavros

Poem

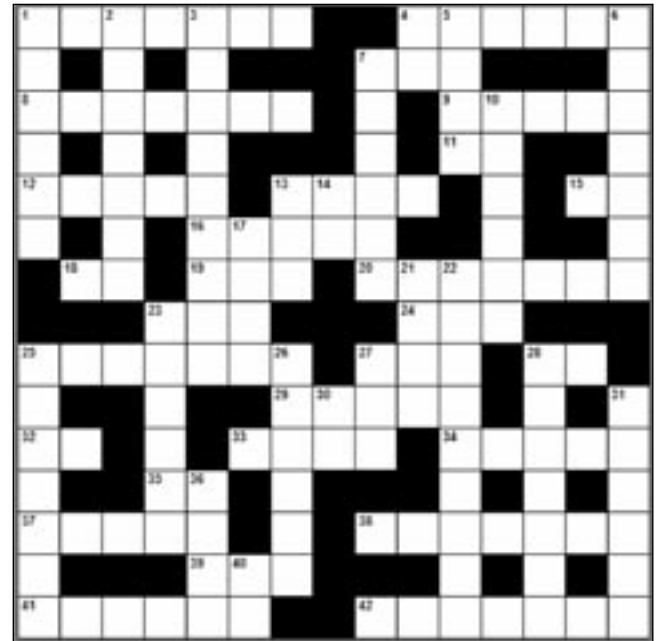
Tender here my winter years
Where I take them hard and sere
Cloud-gifted, sky-sent drifting snow
Soft blanket gentling sorrow.

The harrow of a wrinkled earth
The travesty of error
Snow-driven hold of peace and hearth
The dream seed of tomorrow.

Warwick Fry

Nimbin Crossword

2008-09
by Synic



Across

1. (And 4 across) shift in the weather due to burning the planet's fossil fuels
4. See 1 across.
7. Two musicians
8. Spacecraft's return to atmosphere
9. Unworldly? Innocent
11. Direct action environmentalist movement (init.)
12. (Notice indicating) live broadcast in progress
13. Page? Flick through a book
15. Extraterrestrial (init.)
16. Old coin of the realm? Regal headgear
18. Because
19. Gentle knock? Faucet
20. Knight – pulls sword from stone
23. (And 24 across) cheap cookware?
24. See 23 across.
25. Formic Acid? Medicine to soothe tummy trouble
27. Yank bum
28. Therefore
29. Senior monk
32. --47? Assault rifle favoured by African child soldiers
33. Not full fat
34. Robber
35. Human Resources (init.)
37. Rubber? Largest democratic nation on Earth

38. Trick or swindle someone
39. Opens locked doors
41. Small nocturnal insect with pincers
42. Keep from harm

Down

1. Building block of life – also greenhouse gas
2. (3,4) Frozen water at both poles
3. The far south
4. Copper (init.)
5. Sharpen (a skill for example)
6. Chosen by popular vote
7. Remove the biting parts
10. Wigs from Kabul? Fluffy hound
13. Chop off
14. Expression of disgust
17. Indian queen
21. Lhasa -----? Fluffy hound
22. (4, 5) -- In Paris? Final latin dance
23. (3,3) Usually peaceful martial art
25. Greed
26. Badly lit
27. Anti Ballistic Missile (init.)
28. Small pebbles on beach
30. Attracted to both sexes – twice the options!
31. Cause to happen
36. Fiery Turkish liquor
40. For example

Solution page 23

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