



# Birth and Beyond

by Kirrah Holborn,  
'Traditional Wisdom'

There are advantages to feeling the sensations of labour...

- The stretch receptors in your dilating cervix send signals to your brain to release more oxytocin and this helps you to keep dilating and helps labour to progress.
- Being able to feel what is going on in your body helps you to know what positions feel the most helpful.
- When you feel pain, this increases the release of endorphins (your own natural pain killer). There is a synergistic relationship between the release of oxytocin and endorphins. You'll be happy to know that endorphins are stronger than morphine and will help you to cope.
- When a woman is labouring naturally (without drugs) and she dilates completely, she usually feels a strong urge to push. This is helpful to be aware of this sensation so she can work with her body and baby.

However, sometimes the sensations of labour can feel overwhelming...

Many women get to a point in labour known as 'transition' where they feel they can't go on. This is quite common. Mothers have probably been working very hard and still feel like they have a long way to go. They can lose confidence and hope at this point and want to escape from it all.

If labour is progressing normally, partners and birth companions may need to give extra encouragement and support. Reminding the mother that the baby is close and that she is doing a great job can give her the confidence boost she needs.

Be aware of doing 'labour maths'...

Women in labour may try and do calculations in their head to work out how long labour will take. A story of a woman from the Birthing From Within book (page 243) gives an example where she took 8 hours to thin and dilate her cervix to 2cm and she thought at that rate (1cm per 4 hours) it would take another 32 hours to be fully dilated. This totally discouraged her and she felt she just couldn't go on.

As we know, this labour math can be discouraging. Cervixes are amazing in their ability to dilate and there are many things that can be done to help encourage

more rapid dilation (for example; walking, nipple stimulation, massage, acupressure). Just keep going!

As labour progresses, some mothers' dilation rapidly increases and they may go from 5cm dilation to 8cm in one hour (or a matter of minutes). This progression can be very intense. As always, support and encouragement are key to helping mum focus on one contraction at a time.

It's in human nature to compare our previous efforts to current ones. The same can be said for previous labours. A second-time mum may panic at the intensity of her current labour and think she will be labouring for as long as her first labour. Truth is, she may be dilating faster and that is why it is more intense. She needs to be encouraged and supported and try to stay in the moment.

Be compassionate...

With regards to normal labour, the most compassionate response may be supporting the mother in whatever way she needs and this may include encouraging her to continue with her own inner resources and supporting her desire to birth without drugs. When a woman is told she's getting close to meeting her baby, this may give her the extra stamina and determination to keep going.

The confidence gained by birthing naturally helps you call on this

resilience during other difficult times. It reinforces that you are amazing!

To give birth in awareness means to be open to each moment and do whatever needs to be done (and in some cases, this may include the use of drugs). In some labours, expecting yourself to birth without drugs can be unnecessary and unhelpful.

If labour is prolonged and not progressing or if the mother needs sytocinon to induce or speed labour up, then the most compassionate response may be to offer drugs to help the mother cope.

By being able to recognize what the best options are in the moment, the mother can stay connected and still experience birthing from within.

A final word...

If you are progressing normally in labour, call on all you've got to get through it. You can do it! Do it for you and the health of your baby!

However, as we know, sometimes we need the help of drugs or pain relief in order to help labour progress. Know that you did the best you could and stay connected, knowing you can still birth from within.

Kirrah Holborn holds regular Birthing From Within workshops in Lismore. You will discover what YOU really need to know to give birth (this is different for everyone), learn many skills for coping with



labour, partners will learn how to be confident at helping and supporting through each stage of labour, discover natural therapies for birth (including massage and acupressure) and release any worries so that you feel more relaxed and ready for birthing! Book now and receive early bird discounts.

**Birth & Beyond May schedule**  
Now FRIDAYS 10am-11am.

- Sessions are run by donation.
- 6th June: Birth 101 (ask-a-doula)
- 13th June: Breathing skills for labour
- 20th June: How placenta encapsulation can help you
- 27th June: Natural remedies for birth
- 4th July: Helpful hints for an easier postpartum

For more info (or to hold a session), phone 0429-308-851 or email: [kirrah@traditionalwisdom.com.au](mailto:kirrah@traditionalwisdom.com.au) To be added to the mailing list, just send an email or text. The schedule can be found online at: [www.traditionalwisdom.com.au](http://www.traditionalwisdom.com.au)

## Nimbin Hospital Info

### Women's Health Nursing Service

Every 3rd Thursday of the month. Confidential Pap smears, breast checks, contraceptive advice, post natal checks, general health information. Next Clinic 19th June. For appointments phone 6688-1401.

### Early childhood nurse

Every Tuesday. Phone 6620-7687 to make an appointment. (Lismore Community Centre.)

### Child Immunisation clinic

For 0-5 year olds. Held second Tuesday of every month. Next Clinic: 10th June. For appointments phone 6620-7687 (Lismore Community Health)

### Nimbin community nurses

Monday to Friday, 8am to 4.30pm. For assessments, wound care, referrals, advocacy, provision of Palliative Care in the home. Also provide and coordinate Aged Care Packages.

### Free Respiratory Clinic

With Specialist Respiratory Nurse and a Nurse Practitioner. Second Thursday of the month. Next Clinic 12th June. For appointment phone 6688-1401.

### Free Diabetic Clinic

Every 3rd Thursday of the month. Next clinic: 19th June. For appointment phone Leanne Boothe 6630-0488.

### Free Health Checks

In front of the Neighbourhood Centre, every second Friday. Run by a Nurse Practitioner and an RN. Risk assessments, including general health assessment, random cholesterol and random blood sugar tests. All welcome.

### Nimbin Hospital Auxilliary

Meetings are held on the second Friday of each month in the hospital conference room at 10am. Next meeting: 13th June.



Raffle ticket sellers at the Garage Sale

A huge thankyou to the Nimbin community for their support of the Hospital Garage Sale and raffle in May. We raised over \$1,000 for the Hospital Auxilliary to provide equipment for our Aged Care unit.

## Mature age and Bowen Therapy

It appears that someone up there must have heard our pleas about the importance of water on this, one of the driest continents on earth. Because miracle of absolute miracles, Northern N.S.W. has been given a reprieve from experiencing the devastating rape and pillage of its water table.

A dark dream of those with no proud stories to tell their grandchildren, the sociopaths who had hoped to fill their pockets with the drool of power and money that could well manifest from the mining of Coal Seam Gas in this area, are right now, blubbering their failure into their crystal champagne flutes.

Woo hoo! Hope springs eternal. An added blessing is that even though, perhaps, they might have received it unwillingly and unwittingly, the mass of humanity that live on this continent have been given a tad more education and been exposed to a little more awareness about the importance of this land, which generously gives them life.

There are a few reasons why the rigs of Metgasco never made it to Bentley and everyone has their own opinion as to why. Me, I tip my hat in humble thanks to those who were brave enough to stand with their feet in the mud and sleep on the ground, in all weathers, for their passionate love of where they live.

Maligned by many, supporters and enemies



by Tonia Haynes  
Dip Bowen Therapy, Cert Remedial Massage, Advanced Pranac Healer

alike, I believe it was the protesters, who camped out for months on end, with limited water and toilet facilities, hung off the top of tall, extremely frail, edifices as witnessing angels and chained themselves into bits of pipe and other sculptures, who created the dramatic and necessary theatre, which held the space for others to find the courage to take action.

Many of the protesters were of a mature age, but the fire in their belly, as to what they are willing to stand for, is infinite. No Coal Seam Gas at Bentley will be remembered as one of the prouder moments of the Australian people.

To be so brave, when one is of mature age, is not a job for sissies. The memories of wins and failures past, can hit an older body hard, leaving us with creaking limbs and sore backs that do not respond well to camp stretchers and

mattresses on the ground.

Many of us just put up with it because we have been told by them-that-supposedly-know, that pain is a necessary side effect of old age, so we should be grateful for a clever science that has given us a myriad of choice in pain killers.

I personally seldom use western medicine pain killers for muscular pain because they constipate the hell out of me, which in turn increases the torment in a poor body that is already locked into various stages of rictus.

I am not being the finger-wagging tyrant here and saying that everyone should immediately throw their painkillers into the garbage. Sometimes constipation seems a better deal than pain. And it is true that exercise is most beneficial for increasing one's wellbeing. But surely it is better to have reached a state of minimum flexibility than to go beyond where just bending forward to touch one's toes, shoots messages of agony to the brain and forces water to pour from one's eyes.

I speak of these things with personal experience, because I am of mature age and have had a recalcitrant back for a long, long time. There was a life when I enthusiastically slept on axe-hewn logs in the bush and other forms of camp beds, but today, it would be a torture.

Over the past 25 years I've learnt many different modalities that improve people's physical, emotional and mental health, but I

have to maintain that for me, Bowen Therapy, in its various forms, gives a quicker, all-over result in the elimination of muscular and skeletal pain, the increase of flexibility and the lessening of stress, than anything else I have experienced. And it does the job relatively kindly, without being invasive, if one is averse to removing one's clothes.

Gentle, targeted, Remedial Massage also assists in the benefits of Bowen Therapy, as does Reactive Muscle Kinesiology, and because emotional stress is often associated with body pain, when needed I use some simple emotional stress techniques to release the worries that cause us to ache, inside and out.

One more important thing to think about is the amount of acidic food and liquids we consume. Too much acid in a body gives potential for illness and pain, and arthritic conditions are exacerbated by acidic foods and liquids.

The ideal diet is 80% alkaline, ie fruit, vegetables and water; and 20% acidic. ie meat, grains and dairy. There are many books written about the correct way to eat for good health and I have a simple chart to give away which lists most alkaline and acid foods.

Love, Light and Laughter

I am in clinic in Nimbin Wednesdays and Saturdays and charge \$60 per treatment, but if you were a dedicated protester at Bentley, you will receive a \$20 discount. Phone 02 6689-0240, mobile 0439-794-420.



# In touch with ourselves

by Dr Elizabeth McCardell  
M Counselling, PhD

We have a body and we are a body. Having a body allows us to feel in our body, and being a body allows us to reach out to others and ourselves. Touch is central to being in the world and in touch with ourselves.

The skin is the meeting-point between self and the world, but it is also that which contains all those feelings of self as similar to and yet different from others. It is critical for feeling supported and safe, and yet able to reach other to others, to touch in skin and soul. Touch is, though, more than the process of interaction between touch receptors in the skin and that which is touched; it is also an interplay of body exploring space and places, it is proprioceptive. Interestingly, at least for what I intend to explore in this article, the origins of the word "proprioception", from the Latin proprius, refers to "own", and "receptive". Thus, we can think of touch as starting from the point of receiving touch from ourselves.

My purpose for exploring this subject is to reconnect the sensation of touch – our sensation of touch – with the integrity of what we as therapists encounter every day, those who are detached from that primary perception, the primacy of touch.

It is interesting that when I revisit the literature of much somatic psychotherapy and compare it with the phenomenological literature (the literature of lived experience) I notice one fundamental difference – and this really interests me. In contrast with the phenomenology of embodiment literature, somatic psychotherapy literature only considers touch in one way: touching and being touched by someone else, or a projection of someone else in our own hand. It does not adequately notice that when we touch as a toucher, we also receive touch. The somatic literature often too quickly interprets touch as something

done to another person, or in the absence of another, as something imagined to come from someone else. There are reasons and consequences for this idea. Before I explore those, just bear with me a moment. Consider this:

If I hold my left hand with my right hand, I will have the feeling that my right hand is the subject that holds. When I feel the left hand as held, I notice that left is the subject being held. In touching and being touched, I am the subject of the experience. I can experience being the subject (the holder) and also the subject as one who is held.

Compare this to my left hand touching the leather of a chair. I can feel, as subject, my hand touching the object and I can feel the object touching my hand, as subject. When I touch my own body, though, I am only subject. My body isn't object, there is no other. We can certainly imagine the object as being another subject, but it is not our own subjective self. We can project onto the act of touching us an "other" entity, but this projection is something created by our minds; it is not, and cannot be, our subjective touching experience. Some of us are really good at creating "others" in our own minds and that's fine. The only problem comes when all experiences of self touching self are interpreted as someone else touching us. Phantom touchers are then created and we see ourselves as we imagine others to see us. We lose our sense of ourselves, quite literally.

The art then, and the therapy, is to reconnect our sensory perception of touch to an awareness that being touched and touching ourselves is our subjective experience. It is to draw into ourselves, the primacy of perceiving ourselves as subject, and not object. The consequence of seeing ourselves as objects is that we are not only confused about who and what we are as individuals, but subject to the whims and fashions and styles of other people.



My observation earlier on, was that there are reasons for much therapeutic literature avoiding the reciprocal truth that touching oneself is a subjective act and feeling the touch of oneself is also a subjective act. Obviously, and I guess most of us would think straight away

that touching oneself is a sexual act. I used the touching of the hand very deliberately to point out that most touching oneself really isn't sexual at all. It is the assumption that self touching is automatically sexual that points to the origin of the avoidance in the literature: religious prohibitions on the self. The pleasure centres of the body are avoided, and sometimes mutilated, in many places in the world. We, in the West, mutilate our own perception by ignoring it. The therapeutic literature, including much somatic psychotherapy, avoid it by a leap to the pathologization, real or not, of the subjective sense of touching oneself, as though the world isn't already pathologically disinclined to notice the ordinariness of being a subjective self. How good it is then to simply reclaim the most basic of senses, the sensation of touch, as something received by the self and given by the self.

Restoring touch as the primal sense is becoming, I believe, increasingly necessary as more and more young people only know themselves through the lens of others, and only knowing themselves thus, to mutilate their own bodies through starvation, cutting, out of control sex practices, and so on. Only knowing yourself as an object of another is to be detached from elemental feelings of being actually here, right now, in the world, feeling able to make choices, being able to identify what this subject needs right now, as opposed to fulfilling entirely the desires of the other.

Feel the hand touching the hand and feeling the hand being touched and knowing yourself is the beginning of being real in the world and the beginning of non-projected being for self and others.

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## Pain and traditional Chinese medicine

by Brigid Beckett

Probably the best known use of acupuncture is the treatment of pain. And with good reason, acupuncture can effectively relieve people from many types of pain. But the approach of Traditional Chinese Medicine practitioners to painful conditions is less well known.

The treatment of pain in Traditional Chinese medicine encapsulates most of tcm's main principles and strategies.

The treatment of painful musculoskeletal disorders includes a wide range of problems, from acute sprains to chronic arthritis.

One way to treat these problems is to use local points that are known to influence the muscles and tendons in the area.

If this technique alone is used it is referred to as dry needling, and often used by health practitioners not fully trained in Chinese medicine.

For muscle and tendon problems it will often give good results in the short term. But because it is not addressing constitutional and systemic factors, it will not prevent recurrence or address co-existing symptoms.

While Western scientific medicine's strength is understanding the body's individual parts and functions, it has been slow to see how they work together, and interact with the environment. This applies to musculoskeletal conditions, where the anatomy of the problem can be specifically described. However this does not always lead to an effective treatment. And it is not often supportive of normal function.



Traditional Chinese medicine's strength is its model which takes into account the regulation and interaction of the parts that make up the whole. This is done through concepts of yin, yang, qi, blood, and the organ systems that produce and regulate qi and blood. Yin and blood are substance, while yang and qi are energy. However qi also is everything that exists, in either dense or ethereal form. While yin and yang are polarities, they are both present in everything in different proportions.

Pain happens when the flow of qi and blood are disrupted. "If there is free flow there is no pain. If there is pain there is no free flow".

When there is qi stagnation there will be blood stagnation and vice versa. But one will predominate and this will determine the focus of treatment.

Qi stagnation tends to be dull, has less precise a location, may be worse for emotional stress, be worse first thing in the morning or after resting, or at the beginning of a movement.

Blood stagnation is sharp and localised, not affected by stress and is worse the longer an activity is carried out. It is better with rest and often worse at the end of the day. This describes localised blood stagnation. Even though this type of pain is often severe, it can often be relieved surprisingly quickly with acupuncture and TCM techniques.

Qi stagnation indicates a systemic disorder while with blood stagnation local treatment is more important.

The state of the organs and meridians influence the flow of qi and blood. The

constraint of liver qi will cause tightness around the joints, make strains and spasms more likely, and commonly causes neck and shoulder tightness. Kidney disorders affect the whole of the spine, knees, heels and soles. The kidneys rule the bones and joints. The spleen nurtures the muscles and a deficiency will cause muscle weakness. As well as producing and predisposing to damp, it causes dull aches and heaviness especially in the lower body. Lung weakness can cause people to slump forward, stressing the upper thorax and neck.


Lifestyle factors also cause qi and blood stagnation. Not enough exercise stops the movement of qi, too much running damages sinews and liver blood and too much sitting weakens the spleen and muscles. Too much lying down weakens the lungs.

External pathogenic factors that cause pain include damp, cold and wind. Disorders of the spleen, kidney and liver respectively predispose to the invasion of these factors.

The aim of TCM treatment is to restore balance within a person and between the person and their environment. This involves re-establishing a healthy flow of qi and blood, either locally or systemically. A variety of techniques are used depending on the individual. These include needling, moxa, cupping and herbs.

Using principles of TCM, pain can be relieved. This applies even for chronic or degenerative conditions. It is a good alternative to more invasive procedures. Using tiny needles, acupuncture is a safe and pleasant experience, consistently achieving good results.

Brigid is a qualified Chinese Medicine practitioner who can be contacted through Lismore Community Acupuncture on 0431-702-560.



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# Herb of the month – Ginger Root

by Thom Culpeper

*Zingiber officinale*  
 Var. *Z. mioga*: Japanese ginger,  
*Z. zerambet*: Pinecone ginger,  
*Z. spectabile*: golden ginger.  
 Japanese: *Shoga*. Cochin Ginger,  
*Jamacan* and 'white African'.

Ginger is probably the best known and oldest spice used universally in the culinary. The Greeks noted its use. Dioscorides suggested it must have among its wide application, aphrodisiac qualities, as the elderly users seemed to 'Love as in youth' leading him to suggest it was of Indian origin due to its wide and intense cultivation.

We know now it is in fact a Southern Chinese native first mentioned several thousands of years before it arrived in modern Europe, material being propagated from East Indian material imported into Spain by Francisco de Mendozo. Fortunes were made from it, both in growing and marketing – notes of the Middle Ages mention prices of 1 shilling and 7 pence a pound, roughly the price of a sheep.

All of the pharmacopeias of history mention ginger's benefits as a digestive aid and blood tonic. Many herbal tonics include ginger as a component. Chinese naval archives mention its use as an anti-scurvy treatment, in the 5th Century, long before the recognition of limes for the same purpose.

As a preservative and stabilizer, ginger supports Malolactic fermentation. Kimchees universally contain it, together with peppers, fermented fish, garlic and salts. Beverages such as 'Stones' Ginger Wine, ales and beers are made in many communities on all continents. Baking utilises ginger extensively. Preserved and fresh gingers are a major contributor to world fresh culinary, and an imperative in Eastern cooking.

Processing. Ginger is perennial, but due to ground contamination and pests, it is best treated as an annual or at most a bi-annual, the older form being the 'Black', or mature type. The 'White',



one-year old material, is used for processing. Used untreated, the black second year material is harvested and scalded to prevent shooting. It is sometimes stored in a pickle of Sodium metabisulphite for seasonal layover. Other material is dried and ground to produce a powder used in cooking, brewing and pharmacy. An oil is extracted from older root material, this oil should be used with care it irritates some people. Pregnant women should avoid this oil.

Propagation is from budding stolens, in generous loams. To achieve good yields, ginger

needs rich feeding with well-rotted manures and regular feeding with fish or some such fertiliser, keeping it moist at all times! A good strategy here in the north is to container grow it. 'Big-bags' are fine for this type of growing, allowing good drainage. The photo shows a one year container-propagated plant in loam: 2, sand: 1/2 and compost: 2 1/2 (John Innes). This method keeps the plant pest free and the root very clean.

When the tops have desiccated, you can harvest the roots as you need them, allow the container to dry out and cover with 50mm of 'Bricky's mud: 1 clay : 2 fine sand, a little water occasionally and you should be able to store the root without refrigeration. Keep the 'clamp', this is what the container has become, away from pest exposure: rodents, snails, etc.

Time to seed!

*Culpeper has begun to make a range of 'Kimchees' and citrus sauces. He's at Blue Knob Farmers Market and: thewholeearthveg@gardener.com*



by Bob Tissot

OK. It's 6.30pm and we're sitting in Angel's Spa and guesthouse waiting for the police to arrive. Bloody hell, only 24 hours back in Phnom Penh and we're in the ... But before I dive into that tale of trust and betrayal, let's back up a few days.

It's 6.30 in the evening and we're just pulling into Siam Reap. The sun has set and the hotels lining both sides of the road are an endless river of Xmas lights, each trying to outdo its neighbors in overall lumen output, with every tree, shrub, path, wall or domestic animal fully delineated in sparkling LEDs. Giant Xmas signs span major roadways and even the razor wire is covered with tinsel. It's a bit surreal to watch a predominantly Buddhist country turn on all the trappings of Xmas without any real connection to what they're doing. "Hey, it's a holy day and the tourists like it."

At the bus stop a young man with a sign saying "Miss Diana" caught our eye, and we decided he was "our man" and so he was. In a trice we're in his tuk tuk and barreling

off at a precarious 14.7 kph for the Jasmine Family Lodge, portrayed on the net as being "out of town", but in reality situated 5 - 10 minutes walk from the centre of the tourist district – Pub Street/Night Markets – which seems to have spread like a bloated waistline since my visit 12 months ago, with many more markets now surrounding the teeming watering holes. Our image of a small family B & B turned out to be a large lodge set back off a busy road with a deep trench (new mains pipe) dug across the entire entrance of the property. But inside there were pools with ornamental carp, a humpback bridge leading to a big open-plan common area/bar, and all run by a large Khmer family. And once we'd sussed that the water was only hot for a short while around lunch (solar system but way too small) everything was ticketty-boo.

Next morning we headed out to Angkor to check out a few Wats, if "check out" can be assumed to include open-mouthed astonishment, wide-eyed amazement and plain old wonderment; not only at the massive Wats but

also the thousand-year old walls that enclose everything, disappearing off through the trees and time. We spent the best part of a day exploring 4 or 5 megawatts of megalithic magnitude, with every available surface (and we're literally talking acres here) covered with carvings, statues and at times massive tree roots. Regardless of how long we spent exploring and taking the path less travelled, our sublimely calm tuk-tuk driver would simply appear whenever and wherever we would chance to emerge. Most uncanny.

Back in Phnom Penh we'd pre-booked and paid for a room at Angel's Spa and Guesthouse which, although basic, was decorated in classic prison-cell decor with thick permanent bars on the door and windows, razor-wire encrusted verandah and a sliding bolt worthy of Fort Knox. We awoke at Alcatraz next morning to "The Dawn of the Day of Doom, Desperation and Despair", although at the time we didn't know this. Started off with a stroll along the river, watching the Sunday morning fishermen wetting their lines, then off to the bus station where we discover all tickets for Sihanoukville are sold out. Shit. Tried another company – "We don't go there". Double shit! Then we discover that I've left the backpack at the river. I know, I know. It's the one we bought to replace the other one that I left on the bus. This time it's got Diana's hat in it and now I'm really in strife. We race back to the river but alas the bag has gone. But wait, what is that discarded bit of rubbish in the flower-bed? Could it be...? Yes. It's the hat! Obviously the thief had no taste in hats.

The shit that I'm in is now considerably shallower. Back to our room where the hotel manager is able to secure us two tickets on the most disreputable bus company in Cambodia for only twice the going price. Diana is wary as she reads the litany of woes from previous passengers. "Broken seats, drunk crew and stolen luggage" We take an afternoon stroll and return to find Fort Knox has been robbed and although the manager goes to great lengths to show how a thief could get over the razor-wire lining every surface of the back alley, jimmy the window, get an arm through the bars to dislocation point and just reach the huge barrel bolt securing the balcony door, we think it was an inside job which brings us to where we started...

I'm downstairs at Angel's Spa and guesthouse waiting for the police to arrive. I've been told that because it's Sunday and also Xmas holidays there will be a charge (of course there will). When the law arrives his level of interest is non-existent and rises as high as making a Police Report once the Sunday Tax had been paid. Many thumbprints later he smiles, gives me the report and vanishes. Did he want to look at the room? Talk to the manager? No bloody way.

And the final cost? One iPad with thousands of Diana's photos, some cash and a hefty Sunday Tax. The travel insurance should cover most of it (probably not the Sunday Tax) but the greatest loss was the photos. Diana is in grief and mourning. Leaving for the south; sun, sand, palm trees. Nothing stands in our way except... The Sorya Bus Company.



# Natural Law

by Helene Collard

## Welcome to June:

This month is all about getting back to basics, and this can happen in many wonderful ways. Think about connecting to the foundations (of anything) and contemplate what you find there. When we examine the roots of something, we experience a new level of understanding, which often dissolves judgment and creates new opportunities.

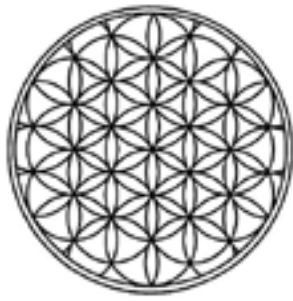
Philosophy is an important theme. Perhaps it's time to reflect on your worldview, and/or to read about the core values and beliefs held by other cultures or peoples. These basic truths that people subscribe to, intimately inform how they interact with the world, and thus, shapes how our society operates. For some, it is time to share your worldview via whatever mediums work for you. This will have a positive effect on the collective

conscience and invite greater cohesion. Go for it.

Foundations become the 'law' from which all that follows is built. Within that structure, everything is interpreted so as to be congruent with 'the spirit of the law'. All decisions – both conscious and unconscious – are based on the beliefs set in the law. Therefore, it is imperative that we examine the law set in the foundation, and ensure it is a law we wish to uphold.

Many foundations are imprinted from childhood – some of these may be useful to us now, some of them not so. It is important to realise that some of these foundations remain and continue to directly and indirectly inform how we relate to ourselves and our world.

Identify areas of your life now, where inner conflict exists. For example, you really want to do something, or stop doing something, but



*I am self-sovereign.  
I acknowledge my ancestors  
past and present.  
You are all my relations. All is One.*

you find yourself reverting to the old behaviour again and again. You're in a battle with yourself. Perhaps there's a 'law' there that is preventing you from moving forward in the way you really want to.

Getting to the roots or the foundations takes commitment and motivation to create permanent change. Look at self-help books that focus on examining core beliefs and values, or see a therapist. Or perhaps you know another way to work through this?

Sometimes we need to dismantle our foundation in order to re-build a new



one that feels right for us. Other times, we can keep some of it, and simply do a 'renovation'. The aim is to connect with and examine your foundation, and ensure you feel clear and congruent living through its 'law'.

So get back to basics in every kind of way.

Love, Helene

*Helene Collard is a Reiki Master-Teacher and the founder of a Reiki Healing Circle in Lismore. She has a Bachelor of Trauma & Healing from SCU. Helene is currently offering a special price on Reiki Distance Healings: \$40. Contact: [hmcollard@gmail.com](mailto:hmcollard@gmail.com) or phone 0405-656-797.*



## The Bentley effect

Luke's beautiful Bentley hymn.

So ... tension! It felt very tense and vulnerable when the camp would empty out and leave a smallish bunch of die-hards to look after the shop. People doubled up on duties: cleaning, cooking, traffic, vigils etc. Chinese whispers added to the tension. Rumours of mounted police being brought in, more Riot Squad, water cannons, massive motel bookings, huge numbers of cops. Some people loved to fear-monger!

Tension would occasionally appear in personal relationships and explode in the face of the camp. One such occasion (early in the piece ... had me in tears) erupted during our evening circle. People tuned into my distress very quickly with love and support. Also

the fight was quickly quelled when Elders got involved. It ended with the person who had been the most violent, embracing the other and apologising. So it always went when push came to shove ... good counsel and a hug would solve it all!

Now the lid is lifted off, what happens to all that tension? Like a compressed spring, a Jack-in-the-Box, it flies skywards. A rainbow-hued rocket on high, helping illuminate a darkening global landscape. Creativity is bursting its seams. The Bentley effect is worth bottling. The stories, facts and figures, behind the scenes, personal tales, images, artwork and photography, poems and blogs ... the songs and music ... the videos ... experiences to pass on to a world faced with similar problems in a way that helps make a change for the better and provides income for future Environmental Defence.

I am getting personally involved with what will probably end up as a double CD of Bentley songs. There are plans for books, calendars, postcards, stickers, posters etc. Join "Beyond Bentley" group on Facebook and tune into the Bentley effect. Keep alert for crowd-funding opportunities and other ways you can contribute and participate in the gentle revolution that is the Bentley Effect!

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## Mookxamitosis

by Brendan (Mookx) Hanley

the birth of the Revolution. I felt empowered. I locked on to the idea of avidly opposing industrial intrusions on our luscious landscape. I joined the Cause!

Then along came Pilliga, Glenugie, Doubtful Creek ... all battlegrounds where lessons were learned and the people's organised opposition grew ... culminating with Bentley. Bentley is where Drew Hutton's early predictions graduated from High School. Now we prepare for the University years.

During the Bentley days, there was a rare "Grand Square" of the planets Mars, Jupiter, Uranus and Pluto. They appeared from Earth as an accurate square... 90 deg. angles between them ... 180 deg. from opposite corners. One of the things astrologers link with "squares" is Tension! It certainly was tense out there in those cow paddocks. Some days the wind flattened everything ... tents, signs, tarps, people. And cold ... so cold and sodden with dew ... getting up in the pitch dark morning to pee and dress, grab stuff and wander up the long grassy hill to Gate A before the sun came up. Some mornings we would end up singing with thousands of people ... other mornings ... maybe a dozen sleepy, smiling souls sitting close-circle around the fire as the fog drifted around, singing our version of "Swing Low Sweet Chariot" or

On 14-10-2012, along with about 1000 other people, I attended the first regional anti-CSG rally in Murwillumbah. Drew Hutton appeared locally for the first time, predicting the subsequent build up of opposition to Gasfields almost to a tee. But something more went down that day if my beady old eyes and seedy old ears didn't deceive me.

The crowd gathered 30 or 40 deep around the rotunda in the park in the middle of town. I was standing onstage waiting to play some banjo accompaniment with Paul Joseph, who had written some great songs, appropriate for the occasion.

A local Goori Elder was to open proceedings with the customary Welcome to Country. But instead of an Elder, it was a young bloke ... early thirties probably ... friendly, articulate, powerful and accurate. He said something like ... "I'm here to say welcome to you all from the local Bundjalung Mob ... they are calling us the 'Sovereign People'. But I'm here to tell you that we are ALL Sovereign people, and we are ALL in this thing together. I'm up here looking at you all. I see Greenies, Farmers, whole bunch of my Mob over there ... Merchants and Townspeople ... Business people ... all of us ... all Sovereign people, finally standing here together as one ... in defence of Country. We can only win this time if we stick together!"

He went on. I felt I was witnessing