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# Doubling up of forms



by Dr Elizabeth McCardell  
M.Couns. PhD

The doubling up of forms and scents and sounds in the natural world, like thyme that smells of oranges and lemons, or chocolate flavoured mint plants, or lizards that go around looking like pieces of wood, or lyre birds that sing the song of dogs, is beautiful and intriguing.

Then there is the phenomenon of simulacra, or pareidolia (when the mind responds to a stimulus by perceiving a familiar pattern where none exists) as in, for instance, seeing Jesus in a piece of toast or dragons in clouds. Again, fascinating, and a tool a sculptor might employ when gazing at a block of stone. Rodin said he could already see the figure in the stone and his job was simply to release it.

Then there is doubling of experience that we call synchronicity. A term coined by the analytical psychologist, Carl Jung, synchronicity is used to describe meaningful coincidence; a coincidence that seems to have greater purpose than some random act.

In recent times I have experienced many instances of this phenomenon. I shall

only mention two here, though.

Last week I attended a peer group meeting of various kinds of therapists (psychiatrists, psychologists, psychotherapists/counsellors, social workers and nurse practitioners), something I regularly do. One of us presented a paper and in it had named one of the people in her case histories after the Greek goddess, Artemis (goddess of the moon, of hunting, mistress of animals and wild things, childbirth, and the focus of the archer); an intriguing figure.

Just yesterday, one of my clients speaks of Artemis, a goddess she is close to. How often does this happen? Pretty rarely, in my experience. Artemis symbolized for both women a longing for focus, for being her own person, exploring her own purpose, and not compromising herself in any way.

This is a particularly feminine style of focus, not weak, not yielding, but strong and centred and one I am keen to promote among my female clients.

Of course, in these conversations, because of the

nature of me, my mind also leapt into thinking of the plant genus *Artemesia*, of which the silvery fronds of mugwort, wormwood and sagebush belong. Mugwort is dried and then burnt in moxa in Traditional Chinese Medicine, to focus heat on particular parts of the body: an arrow treatment that Artemis would be proud.

Another piece of synchronicity happened recently. Earlier in the year, my brother handed me a pile of stuff for the book my deceased architect father wanted published on his professional life, a book largely already written, but needing humanizing a bit.

I'd been procrastinating, hugely, and then, out of the blue, I received an email from a member of a committee in Canberra responsible for naming streets and public places wanting permission to use my father's name for a street in a new Canberra suburb. It was suggested that I write a summary of my father's career.

This meant reading his stuff, and doing some of the research I had avoided doing for ages, and getting it down in print. I might add that my

father has been dead 10 years so this coincidence of events is odd.

The more I read of the nature of synchronicity the less I understand it. It is tempting to say that these coincidences are not random, and that they are connected somehow on some psychic plane, but to do so is to enter very murky waters. I suggest that our propensity for connecting things and making meaning of them is the key. They would be random events if we didn't join the dots, as it were, and make an account of them that fits our psychological situation. This is a meaning making process and it is one that enriches our world, bringing understanding of our own processes, and a certain delight in the interrelatedness of living together in a world that seems to like double play.

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## Globalisation and the search for 'new' antibiotics

Last month I wrote about the predicted failure of modern antibiotics as a result of burgeoning resistant strains of bacteria. Antibiotic resistance is predicted to cause the deaths of 10 million people by 2050 according to the World Health Organisation. This is a far cry from the belief in the science community that modern antibiotics would virtually eliminate deaths from infectious diseases.

The search is on for answers to this impending crisis. Modern science is looking at traditional herbal medicines and the role they could play. Whilst there are hundreds of plants with proven antibacterial action on a culture plate in a lab, the challenge is to find plant medicines which have a systemically active antibiotic action when ingested. Many herbal constituents (as well as prescription drugs) are protected from transfer into the bloodstream by the action of enzymes in the gut wall.

Infectious diseases are appearing in parts of the globe where they were previously unknown. International travel, and possibly 'modern' agricultural practices, and climate and ecological changes may be causing this phenomenon. So although it seems preferable to look to locally adapted plants, it may be that we need to source medicines from around the globe in the quest for antibiotics. There are of course all sorts of ethical dilemmas in the prospect of Western medicine looking to harvest indigenous plants in vast quantities. Issues such as the risk of overharvesting and leaving indigenous people in short supply of their medicines, of taking up valuable agricultural land and water for an export crop, possible exploitation of workers, even issues of plant patents which can destroy indigenous people's rights to



**Nature's Pharmacy**  
by Trish Clough, herbalist

plants. We only have to look at cocoa and coffee to see that globalisation can be very exploitative.

In the quest for 'new' antibiotics, there is a resurgence of interest in traditional uses of herbs. Traditional antimalarial herbs are a starting point, as malaria needs treatment with systemic medicines which can circulate to every cell of the body. Malaria is a 'stealth pathogen' which is good at hiding from the immune system.

One of the potentially most powerful systemic antibiotic herbs is an African plant called *Cryptolepis sanguinolenta*. It is native to tropical Africa, and relatively unknown amongst Western herbalists. It is a climbing shrub with long thin stems forming tendrils. The roots are the most active medicine and are also used for dyeing. The main active ingredient, although there are many others, is an alkaloid called cryptolepine.

Traditionally it is used to treat malaria, fevers, hepatitis, amoebic dysentery, measles, urinary tract infections, upper respiratory tract infections, and stomach complaints. A study in Ghana with 44 outpatients showed a 93.5% success rate in treating uncomplicated malaria. It worked twice as quickly in clearing the fever as prescription chloroquine. It is found to be effective against numerous microbes including resistant staph, cold sores, some tick-borne infections, candida, and many others.

US herbalist Stephen Buhner was introduced to cryptolepis by a traditional healer in Ghana. He was so impressed with its value that he wrote about it in his book *Herbal Antibiotics*. He states that “I have used cryptolepis on numerous occasions to treat systemic staph infections that have not responded to multiple antibiotic regimens. It has, so far, never failed.” This of course made me very excited to find a source. Although my dispensary contains many antimicrobial herbs, I am always open to more. Cryptolepis is not readily available, and to my knowledge is not growing in Australia. Australian tincture manufacturers are not yet producing it, but I did find a source from a British manufacturer and am expecting my supply to arrive any day now. Hopefully I should have it by the time this goes to press!

*Trish Clough is a Lismore herbalist who has been practising for more than 30 years. She now conducts her own clinic practice in Club Lane in Lismore after owning “Traditional Medicinals” for 20 years. Trish is available for consultations by appointment on 0452-219-502 or email: trishclough@internode.net.au The information in the column is meant for general interest only and should not be considered as medical advice.*

**Dr Elizabeth McCardell**  
BA, BA (Hons), M. Couns, PhD, Dip Clin Hypnotherapy

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# Immunity

As the seasons change and cooler weather is expected, colds and flu are again on the radar.

Chinese medicine has a comprehensive approach to immunity, the immune system being pivotal for life and health.

The *Shang Hun Lun*, written more than 2000 years ago, describes how pathogens enter the body and affect it at different levels. In the first level, invasion of the channels of the neck and upper body give cold and flu symptoms. The *wei qi* protects this level. If someone is getting frequent or recurrent flu or colds it is this *wei qi* that is weak. Often this also causes tiredness, shortness of breath and allergies. Allergies, common at this time of year, are related to *wei qi*. *Wei qi* deficiency is a common cause of recurrent infections in children.

The next levels a pathogen can enter are the *qi* or *shaoyang* levels. Here it will cause more serious and persistent disease. Symptoms for these levels include low grade fever or chills and fever, tiredness, swollen glands, joint or

muscle pain, dizziness, headache or nausea. The diagnosis may be Ross River fever, glandular fever post viral syndrome, fibromyalgia or other chronic or recurrent conditions. Chinese medicine treats these conditions by venting the pathogen to the more superficial levels where it can be expelled.

The deepest levels a pathogen can enter are the *ying* or blood levels. It may get to these levels after chronically existing in more superficial levels and weakening defences, or in someone already weakened can go directly to the deeper levels. This is seen in individuals who never have colds or flu, but have chronic ill health in other ways.

Disorders of these deeper levels are very serious. They include weight loss, bleeding disorders, low grade fever, joint pain, vasculitis, rashes sometimes with anxiety and other mental problems. Diagnosis may be chronic inflammatory or auto-immune disease, such



by Brigid Beckett

as Lupus, Type 1 diabetes, celiac disease and rheumatoid arthritis. In Chinese medicine associated structures are heart, liver, kidneys and bone marrow.

In Classical Chinese medicine the heart or *shen* connects directly to the universal energy of the cosmos. There is a theory that the increase in auto-immune disease is due to the environment of modern life. Such as living with artificial lighting and air conditioning not in tune with daily or seasonal cycle, and so not with an intelligent connection to the cosmos. The body

overreacts to things that are non-nature and without the inherent intelligence of nature, pushes them deeper into the system. The inflammation caused by more superficial pathogens or toxins is caused by a heat invasion. Antibiotics, anti-inflammatories and cooling herbs put out this fire.

However, the heat and inflammation in auto-immune disease is caused by the flaring of the body's own *yang* energy, due to lack

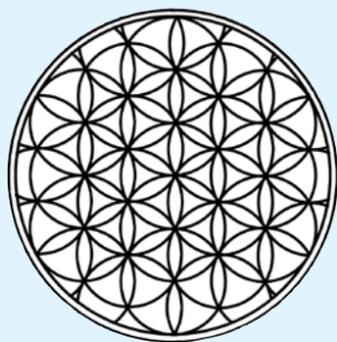
of containment from the balancing earth energies, and lack of cooling *yin* energy. Putting out this fire with cooling drugs or treatments in the long term weakens the essential life energy. Unfortunately, the severe symptoms of these blood level diseases often do require immuno-suppressants for the person to cope with symptoms. But long term they will become weaker, often with new problems springing up in other places.

Even though the situation has become complex in these cases, Chinese medicine can help by strengthening the energies needed to contain the flaring *yang*. There are herbal formulas that are cortisone sparing, enabling the cortisone doses to be decreased as the body's own balancing mechanisms come into play.

In Western medicine the immune system is increasing shown to be vitally important in its interaction with hormonal and neurological systems. In Chinese medicine the interaction of the defensive energy with both external environment and the internal state is equally essential for health and longevity.

Brigid Beckett is a registered acupuncturist working at Lismore Community Acupuncture. She can be contacted on 0431-702-560

# Natural law



Have you felt the shift in season? In the Southern Hemisphere we've entered Autumn, in the north, Spring.

Seasons herald different shifts for each of us, however the common thread is change.

What is changing for you? What is changing within you? Our individual soul journey is such, that we develop each aspect of ourselves at different rates and times. We are multi-faceted beings, colourful, diverse and dynamic, all on our own! Allow yourself to be all of you, this may involve opening up to previously unexplored aspects of yourself. How exciting. Be gentle and accepting.

As we grow and discover ourselves, we are witnessed and reflected by the world around us. Still and gentle experiences in nature, remind and caress us into our own inner peace. Raging waters, fierce winds and storms can resemble our own inner turmoil. Love and challenges within our web of relationships, can bring sweet surrender or confrontation.

This is a wonderful time of change. Take time to recognise what is emerging for you. We are constantly growing and evolving – with increased self-awareness we can grow gracefully and intentionally.

If you would like support in feeling deeply centred and more self-aware, consider a Reiki Treatment. I offer these in-person (in Lismore 1hr/\$70) or remotely by-distance (for those interstate, overseas or unable to attend 1hr/AU\$60).

Whatever you do, embrace the



by Helene Collard

changes that are occurring now and grow like the colourful tree you are.

## Coming Up

- ♦ **Reiki Circle 6th April 6:30pm**  
Topic: Using the Pendulum to Read Energy
- ♦ **Reiki Second Degree Course**  
8-9th April, 9-4pm
- ♦ **Evolve Event 20th April at 6:30pm.** Topic: 'Art Therapy: No Words Necessary' with Derek Tys
- ♦ **Reiki First Degree Course 6th & 13th May (2 Saturdays) 9-4pm**
- ♦ **Vinyasa Flow Yoga Tuesdays 5:30pm & Thursdays 6:30am**
- ♦ **Yogalates Fridays 9:00am**
- ♦ **Finding Your Core Fridays 11am**  
Visit [www.yemayacentre.com.au](http://www.yemayacentre.com.au) for more information.

Helene has a Bachelor of Trauma & Healing, is a Reiki Master and the founder of the Yemaya Centre and Evolve Events in Lismore. She offers regular courses and circles through Evolve Events.

For information, enquiries and bookings visit: [www.yemayacentre.com.au](http://www.yemayacentre.com.au) or phone 0405-656-797.

# Six easy tips for rocking the birth of your baby

by Kirrah Stewart, Doula Wisdom

## 1. Choose your lead care provider carefully

There are a many options when choosing who you would like to care for you. Many healthy women choose to have a midwife support them during pregnancy, birth and the postnatal time. There are options called 'case load' or 'continuity of care' where the woman can have the same midwife care for her through her pregnancy and birth. You may like to hire an independent midwife that can care for you at home, birth centre or hospital. And of course, if there are risks, or if complications arise or surgery is required, then obstetricians are the specialists to turn to.

## 2. Know your options and make informed decisions

Becoming aware of the options available within our mainstream maternity care is a good idea no matter where you plan to birth. Women who are involved in the decision-making process regarding their care report greater satisfaction levels. Parents don't need to 'know everything' before labour but practising good communication skills will help you to feel heard.

If you need to make a decision about your care; consider using the acronym 'BRAIN' to help you.  
**B** (Benefits): What are the benefits? How is this helpful?  
**R** (Risks): What are the risks? Can anything go wrong?  
**A** (Alternatives): Are there any alternatives? Can I try something else?  
**I** (Intuition): What is my intuition telling me?  
**N** (Nothing): What if I wait a bit longer to decide or do nothing?

## 3. Make sure you have good support

Birth companions can play a significant role in the mother's experience of birth. Most women will go deep within themselves as they call on all their inner resources to birth their baby. Feeling safe and well supported



enables this deepening and opening to be enriched and encourages the birthing journey to be as smooth as possible. If you don't have a partner, consider asking your mother/sister/friend to support you or better yet, hire a skilled birth support person such as a doula. A doula provides emotional, physical and practical support as well as providing information/education (during pregnancy, birth and postpartum). Having continual support from a trained doula can make labour shorter and easier whilst decreasing the likelihood of interventions.

## 4. Know how to create a conducive birth environment

For birth to proceed normally, the woman needs to activate the 'mammalian' part of her brain. For this part of the brain to effectively function; the birth space would ideally have dim lighting, quietness, warmth and privacy. Think about how you'd set up a space for massage or intimate evening. This kind of environment is very conducive to labour flowing along nicely and all the right mix of hormones being released.

## 5. Know how active birth helps

Keeping active in birth comes instinctively to a lot of women. Movement helps to reduce pain. It gives the mind a focus and disperses pain in the body. By moving around, this also helps the baby to find the best position (to press against the cervix and help it

dilate and also to make its way into the pelvis and birth canal).

Try bouncing on a birth ball (yoga ball) or circling your hips. Belly dance is another great way to help your body open. Try large circles with your hips, figure eight movements or pelvic circling.

Walking and keeping upright are also great for helping labour establish and it keeps gravity on your side! Upright positions or hands and knees can increase the pelvis opening by up to 30% compared to lying on your back. Amazing hey?

## 6. Find your voice

Many women find that vocalising during labour is very helpful. There is a strong relationship to our mouth and our cervix/yni. Having a loose jaw and mouth means we are more likely able to open in birth.

A loose mouth and deep sounds will help you open beautifully. Try it with movement and bring focus to your breath and you're well on your way to a more natural and enjoyable birthing experience!

Kirrah Stewart provides pregnancy, birth and postpartum support in the Northern Rivers. She facilitates Birthing From Within antenatal classes, gives nurturing pregnancy and new-mama massages and provides placenta encapsulation services. For the chance to win a pregnancy massage, text your name and email to 0429-308-851 or visit: [www.traditionalwisdom.com.au](http://www.traditionalwisdom.com.au)

# Rainbow Power: local and enduring

by Mark Sollom

Rainbow Power Company celebrates thirty years of business in 2017. During this time we have helped to create, and shape, markets for renewable energy locally, nationally, and internationally.

We are a Nimbin-based company, employing nearly thirty locals, leading by example in respect of building design and utility.

RPC has been made aware that a bulk buy and install group has come in to the region and will be conducting a number of "Town Hall" style meetings in a model of solar distribution we have seen in this region before and we

believe it is important to share our reservations about this model.

First and foremost, these campaigns are not run by local businesses, which has implications for unhappy customers and anyone who requires after sales service and support.

RPC has seen many bulk buy schemes entering the north coast market, which left many consumers in possession of faulty gear, with nowhere to go once the company ceased operations.

Why choose out-of-towners, when you can choose Rainbow Power Company (who have cleaned up a lot of the problems others created), or any of our other

worthy local competitors?

This marketing model runs in direct competition to local businesses, impacting on employees and their families, and having flow-on effects for our local community. The fly-in-fly-out crowd has not earned the trust of this community, and consumers have no recourse in the event that these companies fold.

Another consideration is the non-customized approach. At Rainbow Power Company we believe that the design process needs to be undertaken with respect to the individual consumer and their unique circumstances.

We take into account their actual requirements for energy

consumption, and of course their budget. There is a vast difference in the eyes of energy regulators regarding the technical considerations of grid connection in the city versus us in the country.

We don't support these high pressure sales models used by these companies and believe that we are able to match their prices, despite their claims to offer bulk-buy savings to their customers.

Solar power comes with a relatively high initial cost, and it's in the interest of consumers to deal with local companies who will be there for them in the long term.

Rainbow Power Company has stood the test of time, and we move

forward into our fourth decade with the benefit of experienced long-term employees and a strong business model based on ethics and integrity.

Please feel free to contact us, should you wish to discuss your power needs, your interest in a new or upgraded energy system or home batteries, or have any questions regarding the bulk buy proposal.

And watch this space as we celebrate our 30<sup>th</sup> birthday with a series of Looking Back/Looking Forward articles reflecting on our proud history, and exploring the projects, big and small, which are still keeping our passion alive after all these years.

## ASTRO FORECASTS

by Tina Mews

## WHAT'S HAPPENING IN THE HEAVENS?

### Aries

It feels like a new beginning; however, spend your energies wisely. Clarify your priorities and investigate your most cherished beliefs. The Mercury retrograde period (April 9 – May 3) is helpful for sorting out financial affairs like budgeting, accounting, paying bills and making business plans. Newly started projects have to be assessed for their viability and sustainability.

### Taurus

Mars, the planet of drive is in your sun sign until April 21, increasing your overall level of physical strength and vitality while Mercury retrogrades through Taurus as well. Assess the way you handle this extra portion of energy. What is your motivation and what is driving you? Pause for a moment and process your own feelings. Mercury retrograde (April 9 – May 3) is helpful for getting in touch with your intuition.

### Gemini

This is a time when you are filled with new ideas that change your course of action and inspire you to make spontaneous decisions. Nevertheless, communication is not that straight forward when Mercury is retrograde (April 9 – May 3). Expect some delays and misunderstandings; review your plans carefully. Mars enters your sun sign on April 22 (until June 5) providing you with extra mental energy. New projects are best started after May 3.

### Cancer

The time is ripe for initiating a new order to live by. Set your intention and restructure your daily life in a way that you can achieve more independence to do the things you really like to do. However, when Mercury is retrograde, one needs to pay extra attention to details. You might have to resolve differences of opinion without getting emotionally entangled. Refocus, pull all the threads together, and then work on the bigger picture.

### Leo

What you need at the moment is more space for spontaneous adventures. Enrol in a study course or go on a journey to broaden your perception. However, make sure that you've got all the details right, because Mercury is retrograde during April 9 – May 3. Your vision on life will be rewritten as you add new information that has been solidified through this process of reviewing and re-examining.

### Virgo

You naturally feel drawn to assessing all the small details, as everybody is meant to do when Mercury is retrograde. However, your task is now to review your personal vision on life. Beliefs and moral codes are learned at home and in the culture that we grew up in; we have to grow in consciousness and integrate 'the non-familiar' in order to make independent judgments. Make an extra effort and approach contradictions and complexities with an open mind.

### Libra

This is the time of the year where it is especially important to be open for new information that

## April

The Sun entered the sign Aries at the last Equinox (March 20) marking a change in season with shorter days and nights that are slowly getting longer until the midwinter solstice in June. Aries energy stands for emergence and new beginnings. It symbolises the energy of initiation, of breaking new ground and birthing new forms. The Aries quest is to develop courage and start the journey into the unknown. It drives on the will to separate from the past in search for a new identity, new adventures or a new form of self-expression.

New Moons are favourable for beginning projects. The New Moon in Aries on March 28 set the tone for the entire period until April 26, when the next New Moon follows in Taurus. The Aries New Moon is particularly important for starting something new, as it is the 1st sign in the zodiac and Aries rules new initiatives. The New Moon is followed by Mercury moving retrograde from April 9 – May 3, providing us with a 3-week period to evaluate and rethink anything we have started during the last fortnight. Mercury is in down-to-Earth Taurus until April 20, highlighting the need for clarifying our values as well as assessing the availability of resources, support networks and skills. During any Mercury retrograde, it becomes essential to clear up miscommunications or misperceptions as well as to trust our intuition over logic. If it does not feel right it is not the way to go. Mercury did enter its 'shadow' zone already on March 27; the 'shadow' is the area of the zodiac where it will pass 3 times while making its loopy retrograde cycle. Issues and underlying dynamics of the Jupiter/Pluto square (exact March 31) might play into this revision period activating unresolved value conflicts within our personal and business partnerships. Contracts that are not mutually beneficial have to be re-negotiated. New directions started to open after the last eclipse season (February 11 & 27) and need to be incorporated. Overall, Mercury retrograde is helpful for reviewing the events of the last few months and reflect on what is possible and what is not, which boundaries and belief systems must be challenged and where to look next for new creative ways when dealing with long standing problems. Like always when the messenger planet slows down in speed, the communication channels on Earth get congested causing all sorts of delays, technical problems and misunderstandings.



Saturn stations retrograde on April 6 and will remain retrograde until August 25. In Sagittarius, Saturn teaches us to walk our talk and reap the consequences of our vision. During Saturn's retrograde passage in Sagittarius, self-defeating and narrow beliefs, misguided assumptions, and any areas where we are not aligned with our truth become clearer. Saturn remains close to the Galactic Center (GC) during April and May providing energetic support for major shifts in consciousness. Ancient cultures like the Mayans considered the center of the Milky Way galaxy as the Cosmic Womb, the birthplace of our galaxy. Significant findings often happen when an outer planet transits the GC.

Venus finalises her retrograde period on April 14 (retrograde since March 4). Venus will be squaring Saturn during April 8 – 25 (coinciding with Mercury retrograde!) while Saturn is square Chiron, the mythic wounded healer during April 18 – May 6, (exact April 30). These days can produce disappointments and discontent in our relationships. If we are not feeling able to move forward, we have to look at what is holding us back. The lesson here involves to re-focus, establish healthy boundaries and take back our projections so that old programs can be dissolved. Ultimately Saturn/Chiron strengthens self-responsibility and responsible living.

The Full Moon in Libra opposite the Aries Sun on April 11 focuses on the relationship between oneself and others. This might be a time of excitement and enhanced interactions as the Sun is in transit to conjoin the rebel planet Uranus on April 13. However, with Venus still retrograde and in square to Saturn, it is a good idea to think before acting and avoid impulsive decision making. When Uranus is involved we can expect sudden surprises. On the other hand, we can use the energy consciously for doing something out-of-the-ordinary, leaving behind old patterns of behaviour and starting a new wave of innovation and creative problem solving.

**Navigation by the Stars: Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns for 2017; contact Tina on 6689-7413 or 0457-903-957, email: star-loom@hotmail.com**

**Next 1-day Workshop: "Chiron and Lilith: the Archetype of the Outsider in Astrology"; April 29, 10am – 4pm; Registration 9.30 am, Mullumbimby, Living Yoga Sanga, suite 1, first floor 63 Stuart Street. Entrance Stuart Street Foyer; for bookings and info contact Tina on 0457903957 or star-loom@hotmail.com**

comes to you through others. There might be a few surprises that could expand the way you look at the world. Use this Mercury retrograde period (April 9 – May 3) for sorting out any obstacles. Avoid making assumptions about others to avoid misunderstandings. Instead, discuss, re-examine and re-affirm the goals that you share together.

### Scorpio

Your health and your work are in the spotlight at the moment needing your full attention. It is a great moment in time for changing bad habits and committing to a healthier way of living. Use the Mercury retrograde period (April 9 – May 4) for sorting out relationship issues. Opt for cooperation and reconciliation so that you can get the support that you need for fulfilling your objectives. Misunderstandings need to be clarified instantly.

### Sagittarius

Expect some disruptions of your normal routine during this Mercury retrograde period (April 9 – May 3). Some re-sorting is needed which might lead to new approaches later on. Know what the next step is going to be, even though you might have to delay your actions. Relationships are not easy at the moment because you might feel burdened by responsibilities at the cost of your freedom. Over the next few months you will re-visit any assumptions and beliefs that are not aligned with your truth.

### Capricorn

At the moment you might find it helpful to review parts of your life and take stock. What is your grand plan and how does it align with your purpose in life? Family and home are especially at the focus of your attention now and there could be sudden surprises or changes in this area. Rethink your course of action to make sure you are really on the path you are meant to be. This is a time for facing and resolving inner conflicts. Be open for new insights.

### Aquarius

Mercury retrograde (April 9 – May 4) is a period of delays, detours, and slowdowns. You might need to re-focus, especially in regards to your domestic affairs. Priorities need to be re-examined and it is a good time for some introspection. Work on improving your communication network with like minded souls. Sharing your ideas is important and creates opportunities for future projects.

### Pisces

Your focus might be on your life's path and where it is taking you, or whether to take on more responsibilities or not. Review your goals and ambitions, especially if you feel frustrated with your current situation. Some planning might be needed to re-align your life direction with your values. Over the next few months you will be tested if you are walking your talk, and if your assumptions and beliefs resonate with your goals.



by Marilyn Scott

Emotion saturates the air; I feel it in my body, it feels heavy. Many people have been affected by the cyclonic storm that ravaged Qld and NSW over the last few days. It's not possible to separate our self and our feelings from all those around us. During times like these we get to experience just how connected we are.

It was a wild night – heavy rain pounded, with gale force winds forecast, we braced ourselves. Creeks and rivers raged, water overflowed; we were in flood. It came up quickly... the startling devastation only visible at daylight. Some were fortunate, many were affected.

March was full – of so many things. It was the last chapter of our journey around the zodiac, clearing and preparing us for a new cycle – the new astrological year; birthed at the Autumn Equinox. Venus entered her retrograde phase, met with the Sun and began a new 18 month cycle. A potent Dark Moon created the mood for a new seed to germinate on this most significant Aries New Moon, the first of the new astrological year; bringing up lots of old memories, events and feelings to be acknowledged and cleared. Then

'Debbie' struck... I'm sure March will be memorable for some time.

Various things came up, as I processed the energy of March. "Who would I be if I had no past or no memories?" I wondered. "How would I act... what feelings would I have?" Transition – I personally felt this because of my circumstance, but are we always in transition? Not belonging to the past... not having arrived in the future. Yes, a lot is spoken of being in the "now", but what does that mean? How does it feel? Who are we if we don't have a past or a future? Yes may sound a little philosophical, but when you think of the recent events, where possibly thousands of people have had their past removed, at least in the form of their possessions – the 'life' they've identified with; and sitting in a place where their future is uncertain. There's a whole lot in flux it seems.

"It's a strange kind of time," a friend commented recently, as an energy sensitive friend I understood what she meant. It's as if the time refuses to be defined, is demanding freedom to be who and what it wants. It's as if it's asking us to let Life lead, so much is uncertain... so much is dismantling and so much is preparing to birth. I guess uncertainty always accompanies

stepping out into the unknown.

Yes, it is a strange kind of time, I thought at first it might just be me. But I know better, as an energy-sensitive person I tend to pick up on the general vibe. At times I attempt to describe it through symbols like astrology, and it certainly reveals much. Other times, it stubbornly refuses to be defined. "Let me be," it seems to say... "Give me space to make the shapes I need; to do the work that needs to be done."

In these 'modern' times (tongue in cheek), we are still so young in our understanding of how everything works. Maybe more inward looking time needed, less judging and analysing; letting things be as they are. Using the wisdom we all have, to get on with creating the life we want.

We are a family, the great Human Family, and we have the gift of life; we are capable of such great things. Watching the human spirit come to the fore, is deeply emotional. We see how much we care, how much we love. We see how wonderful we are. I think we just forget, but we can't afford to forget. We need to always remember just how wonderful we really are.

Lots of love and special caring wishes to all affected in our extreme weather event.

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# trivia

Devised by Martin Gill

**Questions**

1. What was the capital of Australia from 1901 to 1927?
2. What is the largest freshwater lake in the world by volume?
3. By what name is the famous gardener Lancelot Brown more usually known?
4. In needlework, what does UFO refer to?
5. What is the oldest surviving printed book in the world?
6. How many crocus flowers does it take to make 500 grams of saffron?
7. In the movie industry, the jobs Gaffer, Best Boy, and Key Grip share responsibilities for what?
8. What car developed from the 1950s Morris Oxford was the iconic Indian taxi, until recently?
9. Approximately how many violins did Antonio Stradivari make?
10. Who is Cressida Dick?

**Answers**

1. Melbourne. How the mighty have fallen.
2. Lake Baikal in Siberia.
3. Capability Brown. He refused to create gardens in Ireland because "I haven't finished England yet".
4. An unfinished object. So if you start to cross stitch a flying saucer, is it a UFO squared?
5. The Diamond Sutra, dated at 868 AD. The Gutenberg Bible is considered to be the oldest book printed with movable type.
6. Up to 75,000 flowers, are defined by their names).
7. Lighting. Gaffer is senior, Best Boy is assistant, Key Grip is responsible for non-electrical lighting supports. This is where we get Gaffer Tape from.
8. The Ambassador. Lovely big things with full width bouncy sprung seats.
9. He made 960, of which 550 are known to still exist. He also made violas, cellos and harps. Busy little luthier wasn't he?
10. She's the first female head of the London Metropolitan Police.

# Nimbin Crossword

2017-04  
by Synic

**Across**

1. (and 5 down and 7 down) A more accurate term for 19 across caused by people (13, 6, 7)
8. Hardier breed of coffee
9. Legendary
11. Crimean site of Stalin's post-WWII meeting with Churchill and Roosevelt
12. #Fakenews?
15. He saw the best minds of his generation destroyed by madness, starving, naked
17. Viking?
19. Alterations to the planet's weather patterns (7, 6)

**Down**

1. 1 across (init.)
2. Parts of a cog that grip
3. Dismiss
4. Unwell? Badly
5. See 1 across.
6. The Aussie in the embassy
7. See 1 across.
9. Cattle's major contribution to 1 across
10. Oppressive government
13. Mistakes
14. Grab (them by the) purse?
15. Hollow rock containing crystal structures
16. Petty officer on a ship, responsible for the ship's hull
18. Compete

**Solution: Page 33**

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