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Birth and Beyond

by Kirrah Stewart

Back when I was about 9, I remember being asked what I wanted to do when I grew up. I thought for a moment and then gave a heartfelt answer... I want to help people. In primary school, I chose to present my projects on herbs and the human body. After high school, I felt drawn to study naturopathy at Southern Cross University. It was during this time that I found my real passion.

I heard about women having homebirths in the Northern Rivers and this ignited a curiosity within me. After studying remedial massage, one of my friends fell pregnant and I asked if I could massage her during her homebirth. She said yes!

In 2007, armed with a bag of homeopathics, herbal medicine and massage oil... I headed off in the night to support my friend who had gone into labour. When I arrived she was labouring quietly in her bedroom and I massaged her until the early hours of the morning. At dawn, after her midwife arrived, her daughter was born to the morning chorus of birds. This experience was eye-opening and heart-expanding which propelled me on a journey to learn all I could about birth.

I read every book I could find and took a course to become a certified doula. The

real learning came 'on the job' witnessing women embrace their full power. I learnt the subtle signs of when to massage, when to step back, when to offer a drink of water and generally how to hold space for the huge transition women go through as they bring their babies earth-side.

I was lucky to be mentored by Pam England from 'Birthing From Within' and I use this as a basis to guide couples to holistically prepare for birth. Birth is a mystery but Birthing From Within can help prepare couples to meet any challenge with conviction and a can-do attitude. These classes are particularly suited to couples preparing for a natural birth who want to build their coping mindset. We cover many aspects so couples feel really excited about birth by the time their baby is due.

I believe that pregnancy and birth can be the most amazing and beautiful experience of a woman's life. It is a huge time of transition and evolution and I believe that the more supported a woman feels, the easier this journey is. Birth is usually more pleasant when a woman has taken time to become educated about her options but she also knows how to get out of her 'thinking mind' and trust her intuition.

Being a masseuse for 15 years has shown me how healing and soothing loving touch is. I usually



recommend women have as many massages as possible during their pregnancy. It helps them to relax, connect with their baby and to release aches and pains. It is definitely my 'go-to' in labour as a supportive tool.

Living in the Northern Rivers has really given me an appreciation of what it means to be surrounded by a caring community. I really believe it takes a village... and I feel honoured to have found my role in supporting women and families as they

grow, birth and nurture their babies.

****Free class**** On Saturday 27th January, I am holding a free online Birthing From Within class to help women feel more confident about birth. Save your spot at the details below.

Kirrah Stewart provides holistic support and nourishing care to families in the Northern Rivers. For more information, phone 0429-308-851 or visit: www.doulawisdom.com email: kirrah@doulawisdom.com

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Beyond the Rainbow
New issue available now at Perceptio & Nimbin Enviro Centre

Re-writing your past in this present

Irvin Yalom, in his wonderful book, *Creatures of a Day, and other tales of psychotherapy*, has a chapter called "You must give up hope for a better past," but in it he notes that the past is continuous with the present and you can rewrite your past whenever you decide to. Therapy is a very good place to do this. Therapy provides set-aside time, space, confidentiality, professionalism, a trained listener who has chosen to listen and be absolutely present for you; it provides safety and the therapist, a skilled use of tools that can re-write the landscape of your history into a more comprehensible, less destructive form. Therapy is like an alchemical crucible where the telling and the hearing are part of the transformative process of re-writing your life story.

I hear many accounts of lives in my work. I have heard events in people's lives that no one has ever heard before, that the person never dared tell before. I am humbled hearing those things said for the very first time as well as knowing that I will remain

the only hearer of these things, as I am sworn to silence (with two exceptions) by virtue of my profession. It is times like these that the two of us carry your life (and I do know from my own experience what a relief that is). I am, though, merely a journeyman beside you, with a map out of the jungles, ragged peaks, and marshes. I will travel with you as long as you wish me to be there and then you can proceed as you wish. You can, of course, hire me once again to walk with you whenever you like.

There are two exceptions to the confidentiality rules we therapists are required to stick to: your safety and the safety of others, or when I'm required by the courts to impart information. In the case of the latter, I will fight for confidentiality as far as possible.

As I say, I have heard, and hear often, events in the lives of my clients that have never been said before, and hearing them, will likely never speak of in any identifying way. My lips are sealed.

Some years ago I heard an old woman, now deceased, tell of things she'd kept under wraps for eighty plus



by Dr Elizabeth McCardell

years. She spoke of family, shame, blame, rapes, escapes, homelessness, restitution, travel, education, careers, pleasures, fundamental vulnerabilities and sensitivities, and a desire for her story to be heard, without criticism. The two processes: saying and being heard mattered to the healing of her soul and that's why she came to me.

Sometimes it is sufficient, once, to tell a trusted person stories that have not been told; sometimes, though, the events in lives need much more work than a telling. A re-authoring is needed.

The past is rarely ever boxed away and discontinuous with the present. What happens now changes how the past

is thought of and felt about. Yes, of course, the facts of a past are history, but mostly for most of us, the facts are not what disturb us; it is our feelings from that past that can haunt us. This is what can be re-authored; this is where change happens.

Imagine if you will, you and me walking through the landscape of your past in the present moment talking together. Our walking is a journey of the mind, of the soul. As we walk, we talk and I bring to our therapeutic conversation the tools of my trade. We experiment with ideas, we write and rewrite, I hear your dreams and we traverse the language of the dream to the dream's heart. I hear your aspirations and insights and I am changed while you are changing. My journey with you is also transformational for me (do you see now why I love my work?). Here, in this place of now, we discover new vistas, opportunities and new ways of being in the world. And nothing is ever the same old, same old again. The ghosts have left the room and you can be in the world freer, and happier.



by Helene Collard

Life is exploding on many levels and simultaneously, there is a huge shedding (or death) taking place.

During such powerful and transforming times, it can be easy to lean on unhealthy habits, such as addictions and other codependent and maladaptive behaviour. Aim to stay deeply present to each and every moment and act upon your basic needs (thirst, food, rest, sleep, movement).

When we witness ourselves in truth, we open to dissolving the internal constraints that hinder our growth, and limit the closeness within our relationships. When we commit to 'see ourselves', and consciously embrace the process of healing, we feel renewed, more vital and free, whilst to others, we are more accessible and authentic.

So, are you hanging out on the periphery of life, controlling aspects of your life, and politely exchanging pleasantries with people? There's nothing wrong with using your manners, but do you ask for help when you need it? Do you openly acknowledge what you want to change for yourself and make committed attempts to do so?

The potential for great

change is here - harness it by bringing consciousness to your thoughts and actions.

During December, while it can be easy to overindulge, it can also be easy to choose balance, whilst seeking meaningful connection and healthy gaiety. A Reiki treatment calms and centres the body, mind and spirit, and is therefore a perfect preparation for your 'healthy' festive engagements. I have exactly 10 appointments available to the end of the year, so contact me now if you'd like a healing and nurturing Reiki experience. I'm also taking bookings for January as I'll be back on the 5/1 for those that need a 'reset' in the new year. Contact Helene on 0405 656 797.

Martha will be around for yogalates and craniosacral treatments on the 22 Dec and then back on the 5 January. Contact Martha on 0447 669 679.

Coming up

- **Xmas hours:** Last day 22/12, back on 5/1.
- **Yogalates** Fridays 9am;
- **Finding your core** Fridays 11am;
- **Holistic healing treatments.** Reiki-aura treatments, healing heart attunements, craniosacral energetics, reconnective healing, reflexology and life alignment.
- **Reiki courses** will be back in 2018 – contact Helene to register your interest.
- **Evolve Events** – will be back on Wed Jan 24, with an awesome speaker/topic to kick the year off. Stay tuned!

For information, enquiries and bookings visit: www.yemayacentre.com.au or phone 0405-656-797.

On 19th April 2018, the Australian Government intends to remove naturopathy, Bowen therapy, kinesiology, homeopathy and some other fine alternative therapies from the private health insurance list, because they are not scientifically proven.

I wonder how many people have ever considered the possibility that the government may be inclined to support scientific research in areas that bring continual economic return for the big guys.

But perhaps losing the discounts won't matter to those who already have a consciousness about naturopathy, Bowen therapy, kinesiology, homeopathy etc.

Like the young woman who after a head-on car accident was still so shocked that she had not driven or menstruated for three years, and was regularly seeing a psychiatrist.

One mish-mash session of massage, basic kinesiology and creative visualisation miraculously restored her courage and her good health. A month later she was driving again and her menstrual cycle had returned to normal.

And then there was the other young woman, who, for four years had been vomiting after eating. She

was allergy and parasite free and considered not to be bulimic by mystified doctors and yet another psychiatrist. Two sessions of Bowen therapy later, the symptoms disappeared.

I have many such stories, both from personal experience and from the experiences of other therapists. But unfortunately, so far, none of them have any supposed scientific proof. We have simply passed on the knowledge of those who believed in their results and were brave enough to share that information with others.

As to the opinion that homeopathy does not work, and it is just a placebo effect (all in the mind), how many of us have seen our pets and farm animals return from imminent death due to paralysis tick bite, because of ixodes, that amazing homeopathic originally created here in Nimbin? I've seen more than a few, and it saddens me when people say, "That ixodes stuff doesn't work." It did not work because they did not follow the instructions to the letter.

Homeopathics are a precise science. In order to work their wonder, they must be dosed absolutely as instructed. Cheap as chips to buy, this powerful, vibration-based medicine is



by Tonia Haynes, Dip. Bowen therapy, Cert Remedial Massage, Advanced Pranial Healing, Spinal Realignment

continually faced with the cynicism of a lazy, quick-fix Western world. A world that still cannot get its head around the fact that vibrations actually have an effect on our health. For good or ill.

Finally, I am still most grateful to the Ayurvedic naturopaths who gave me the herbal brew which saved my gall bladder from gasping its last in a petri dish in an operating theatre.

Thank you John and Helen for your excellent brews and thank you George Dangel and Peter MacDonald who have waved away my physical and emotional pain with their pranial healing and reiki-tuned hands on many

an occasion.

Pranial healing and reiki? Well, we won't even go there. After all, how could the available to all, but invisible to most, ever be scientifically proven to the point of an economic return for the big guys?

I guess the thing that scares me most about the looming law change is that there is a real danger the benefits of alternative therapies may disappear into history past, along with all the other knowledge and wisdom that has suffocated under the sludge of progress.

Young, working people, who are being encouraged to pay health insurance may not, in the near future, consider the benefits of alternative therapies. That is, unless they choose to be different and pay extra on top of what they are already paying.

Sadly, I would hazard a negative guess that most of them will decide to stay within the status quo. But, I sincerely hope that I'm wrong.

If you have a back, shoulder, neck or limb issue that you consider may be fixable, I am in clinic Wednesdays and Saturdays. Phone for an appointment on 0439-794-420.

Till then, love, light and giggles.

New Cervical Screening Test to save lives

More than one million women overdue for their Pap test are being urged to have the more effective, five-yearly Cervical Screening Test, expected to reduce cervical cancer deaths by at least 20%.

The new test, which has replaced the Pap test, detects the presence of the human papillomavirus (HPV) that may cause cervical cancer.

The state's Chief Cancer Officer, Professor Currow said, "The previous Pap test could only detect changes

in the cells once they had occurred, whereas this test will allow us to identify and monitor women with HPV, who may be at a higher risk of these changes occurring, while women who are negative for HPV will have five years before their next screen.

"The new test will ensure women are one step ahead of cervical cancer," he said. "Booking an appointment for this new test as soon as possible is vital. We know that eight out of 10 women

diagnosed with cervical cancer have not had regular screening. Don't let this be you."

NSW Chief Health Officer, Dr Kerry Chant, also urged women to speak with their GP about the new Cervical Screening Test.

"Cervical screening has been one of the great public health success stories of our generation, halving both the incidence and mortality rates for cervical cancer," Dr Chant said.

Beginning and end

Again the end of the year and looking to the start of a new one, I would like to wish everyone Happy Christmas and best wishes for 2018.

Our festivities and New Year are based on Northern Hemisphere traditions. These are based on the symbolism of a new beginning as the days start to lengthen and the yang energy starts to return after the yin energy of winter.

But because the yearly cycle is continuous, its beginning and end is arbitrary. The summer solstice can also be seen as a place to begin, as the energy is also in flux. Now changing from yang phase to slowly turn back to the yin part of the cycle.

We are now entering the fifth lunar month after the solstice. The organ associated with this month is the heart. This itself makes it an appropriate time to celebrate the annual cycle, as it is the heart that more than anything else is connected to the energy of

the universe.

People with a fire constitution are energetic, outgoing and talkative. Care needs to be taken with this constitution that there is not an imbalance of the fire and water element. Too much fire will make them prone to chronic inflammatory conditions. The heart kidney connection is extremely important and can also be disrupted by serious illness or emotional shock. Disruption can result in chronic inflammation. It can also impair body temperature regulation - there are often localised hot and cold parts of the body when axis is disrupted - and the reproductive and endocrine systems, for example thyroid.

Looking at the end of one year and the beginning of a new one, the emphasis is on the continuous movement of qi that allows the changing seasons and continuous cycles (daily, monthly or yearly) in all lifeforms.

The free flow of qi is the main requirement for health and happiness.

The heart kidney axis as described is of extreme importance. Also important is this free flow of qi around the body, most often associated with the energy of the liver channel. Disruption to this often affects the digestive energy. Because qi has a warm nature, heat will be produced if the flow is slowed or constrained. This is another common cause of many chronic inflammatory states.

Qi and blood stasis can cause chronic pain and inflammation of many types. These range from hayfever, joint and muscular pain, eye and throat inflammation to the more serious, such as autoimmune disease, diabetes, dementia, bronchitis, cardiovascular disease such as arterial plaques and precancerous or neoplastic conditions. Ultimately, death is always due to blood stasis.

The good news is that acupuncture is an excellent way to move qi. Rapid results



by Brigid Beckett

are often seen and felt after a session. To keep the qi and to reset patterns of qi constraint, regular treatments may be needed. Also crucial is to look at what is predisposing to the qi constraint. Too much sitting, worry, stress, not enough time to mentally relax, not enough exercise or too much work and exercise will constrain qi. An appropriate diet is also important.

Different constitutions have different dietary requirements. The most general advice is not

to eat rubbish and processed food, and not to follow extreme and fad diets.

The summer solstice is a good time to be aware of possibilities for change, and to make wise choices. And there is no reason not to do the same at winter solstice.

Thank you for your support all year, and I look forward to seeing you in 2018.

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

Pan-Asian eatery opens in Nimbin

About seven weeks ago, a new restaurant and bar opened in Nimbin, and is enjoying wonderful support from the local community.

fantAsian is situated on the verandah of 45 Cullen Street, which comprises the group of shops including Pot 'o Gold, Dutch and Co and Hempting Around. It is open five days for lunch Wednesday to Sunday and dinner Thursday, Friday and Saturday nights.

The food on offer is all Asian and from whichever country the owner, Rose Beaton feels like on the day, partly to avoid boredom for the cook and the patrons.

At present there is no menu as such, as Rose likes to keep the daily offerings as creative and as fresh as possible. So a blackboard menu is created each day.

Important to Rose's philosophy around food is using local ingredients as much as possible; avoiding wastage due to her personal feelings around world hunger; being flexible around individual needs; and creating a warm and welcoming atmosphere for patrons.

Of course the tourism market is required, but an important focus is having the locals feel at home there.

Down the track, Rose would like to

include music nights, and currently musicians are welcome to turn up and play with the offer of a free meal.

Meals mostly range from \$10-15, with wine, beer (Asian of course) cool drinks and jasmine and green teas available.

Rose Beaton said, "I would like to thank the business community for their warm welcome and thanks all those who have visited and those who regularly frequent fantAsian... you know who you are!"

She hopes to see more people hanging out on the verandah on hot summer nights. "Let's pretend we are in Asia: sweat, heat, palm trees, Nimbin... ahhh."

Is energy healing the new paradigm?

by John Hardgrave



'Flower of Light' Lismore has been open since January 2017, arriving just in time for the awesome flood! We're enjoying connecting and building

relationships with people from the Northern Rivers Region, and we have met some amazing people in our short time of operation.

We believe in using a non-invasive approach to healing, and our focus is on energetic and vibration healing. The main device that we have been using with great success is the Theraphi™.

We are now excited to announce the arrival of a new complementary tool, the Tennant Biomodulator™ which we have integrated into our approach. We use this device for diagnostic (voltage levels) and our therapy programs.

In 2005, Dr. Tennant M.D. introduced this device as a cost effective biofeedback micro current instrument. It has a new set of proprietary frequency combinations that enable it to integrate with the body's systems unlike any available before.

The Biomodulator™ exerts an energetic influence on the body or more exactly, the meridian channels that relate to those symptom / organ / area of the body. This addresses the issue/symptom more directly, enhancing the client outcome.

While taking a non-invasive approach, we are focused on addressing health holistically, so that our clients get the best options and the most effective results. We believe that treating only the symptoms and illnesses on a physical level, is only addressing one part of the physical issue, as do prescription drugs with their possible side effects potentially outweighing their benefits.

Dr Tennant's work has been exciting to discover and learn about. Dr Tennant quotes statements like "All

diseases occur when you are acidic" and "Alkalise or die" refers to the fact that you must have electrons available or else your cells will die and that what this really means is "All disease occurs when your voltage is low"; Thus we see that chronic disease is always defined as "The body having low voltage".

According to Dr Tennant, "You don't need drugs to heal; you need to make new cells that work to heal." To make new, healthy cells, you need sufficient voltage and a nutritious diet. You also need to remove toxins from your body that damage cells and/or make you obese.

So, treating the person, rather than the disease, means that we are looking at 'correcting the whole body and its energy balance system'. We feel this is more of an empowering process for the individual and is more likely to create a pathway to health.

We wish everyone a happy and healthy Christmas and look forward to collaborating further with this wonderful, vibrant community. We're celebrating our first Christmas by offering a Christmas Special: receive two sessions for the price of one (excluding first assessment session) by booking and paying before 25th December.

John Hardgrave is the Principle Theraphi Technologist at the Flower of Light clinic in Lismore, located at 29 Orion Street opposite the Catholic Cathedral. He is passionate about using non-invasive methods that holistically support the client's healing journey. Book online or phone (02) 6622-3835. Find out more at <https://theraphi.com.au>

The ups and downs of renewable energy

by Guy Stewart

It is difficult to be in the energy industry and not occasionally get drawn into the politics. Before Malcolm Turnbull slips into irrelevance, I thought we could look back into what his legacy could have been, if he'd stuck to his principles.

Things are rapidly changing. For a long time, politicians could say the right things about reducing emissions, but also say their hands were tied by the economics.

Today, solar panels and wind turbines combined with battery storage are the cheapest form of new power generation. 2017 will be the biggest year ever for solar installations in Australia, 2018 will be even bigger.

Cost and risk grows year after year for coal, gas and nuclear.



Renewables have won, yet many do not know it and some will not accept it. Big Industry is under threat, and that means Big Money is doing its best to stop the sun from rising, the wind from blowing and the tide from coming in. We should be celebrating; but our federal energy policy is the worst it has ever been.

Below are excerpts from a speech by Malcolm Turnbull at a Stationary Energy Plan

Launch in Sydney on 12th August, 2010.

"The science tells us that we have already exceeded the safe upper limit for atmospheric carbon dioxide. We are, as humans, conducting a massive science experiment with this planet. It's the only planet we've got.

We know that the consequences of unchecked global warming would be catastrophic. We know that extreme weather events are occurring with greater and greater frequency, and while it is never possible to point to one drought or one storm or one flood and say that particular incident is caused by global warming, we know that these trends are entirely consistent with the climate change forecasts with the climate models that the scientists are relying on.

...Governments should not be picking technologies. It's

tough enough for the private sector to pick technologies. It's almost invariably the case that governments will get it wrong, that is why in the long term and really sooner rather than later, we must have a price on carbon. We need to send that price signal to the market that encourages the step changes in technology that will transform our economy...

...Government support for innovation and investment in clean stationary energy is important, particularly at the early stages... Now, we must give the planet the benefit of the doubt, we must act now.

...We work together, I trust, to a zero emission future, that we know is absolutely essential if we are to leave a safe planet to our children and the generations that come after them."

For now he is still the prime minister, but what good is that if you are powerless?



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Letter to Santa... with love from Mary Jane

Ironically Yours

by Dionne May

It's your time of year again old friend. Many blessings indeed to one who brings such joy and magic to (some) children every year.

I see you are still bearing a little too much weight and those rosy cheeks... high blood pressure playing up again?

I hope you enjoy my gift to you this year as I know the CBD oil has really been helping with that blood pressure and the hemp seeds full of omegas will be aiding your thought processes to help you remember who's been naughty and who's been nice!

Mrs Claus hasn't been forgotten either, with a new batch of cannabis choc-chunk/hemp seed cookies direct from the Nimbin Cookie Queen with love, to help her sleep while you're gone.

To stop any arguments, I have packed all the little elves' gifts together... a full selection of all the latest vaporisers, bongs and grinders as well as some yummy green lollipops to help them kick back and relax after all their hard work.

Now you know how patient I have been, Christopher... ever since those pharmaceutical companies smeared my good name and put me in chains, to be grown at best inside, under lights (sigh you know how I love the sun) and made me an illegal substance, I have had to be patient.

But my patience is growing thin, my boy. You know those 'good' kids... some of them have epilepsy, some of them have tumours... they are so very sick and you, their parents and doctors and I, all know they are dying without access to my healing oils.

I try so hard not to feel frustrated and even angry with the knowledge that people have been healed by my herbal

organic medicine for generations and could be today, while I stand as powerless as any female against this continuous insidious character annihilation.

So this year I have decided to write you my wish Santa, for you know I have been so very very good... I wish for you to leave a little bag of my seeds in every house you visit this year. Give everyone access to my seeds and you give everyone access to their own health.

Someone has to start this health revolution, for the planet and for all her suffering humans, and Mother Nature and I reckon you could be the one.

Just imagine instead of spreading all that toxic wrapping and plastic toys, all that sugar and all that waste you could instead deliver hemp health and cannabis love!

There's hemp clothes, hemp cosmetics, hemp building materials... seriously something for everyone, all wrapped in lovely hemp paper.

We do understand how worried you are about those police choppers, especially the ruthless ones over northern NSW... but we believe you and your reindeer can out run and out-manoeuvre them any time... just watch out for those darn swab testers that busted you last year!

It's time Santa, to make a lot of sick children very happy this Christmas... please try.

Mary-Jane

P.S. Merry Christmas world... I hope Santa comes through for you but if not I'm working on the Easter Bunny... hemp chocolate... seeds in eggs maybe?!

I won't stop until sanity and common sense prevails and a Merry Christmas means health, happiness and joy to all... I will love and heal you all, when they let me...

Hemp crusaders hit Melbourne

by Michael Balderstone

Everyone with a mobile phone in Victoria, or maybe Melbourne, got a text Friday night after we'd spent all day setting up our HEMP Embassy stall for the Hemp, Health and Innovation Expo in Jeff's Shed in Melbourne at the weekend.

My text arrived at 11pm Friday... "SMS from Vic SES. Flooding is expected across Victoria this weekend. Heaviest rain on Saturday. Check on family and friends. Stay informed."

WTF! Trains were cancelled and children sent home from school early. I never saw any flooding. Plenty of rain and wind but nothing like we get every other month on the Northern Rivers. People did what they were told and stayed home in droves and maybe two inches of rain fell, if that. So the Expo was poorly attended but perhaps it just weaned out the tyre-kickers because those that did come were serious punters, and the enquiries about medicine were endless.

Wheelchairs were as prevalent as the police weren't, and the word amongst the choofers down south is that personal use of pot is no longer a big deal for the cops. We witnessed weed being consumed in public and in pubs on many occasions.

Hemp seed, freshly legal, was well represented at the Expo but perhaps not as much as fertiliser, grow rooms and sheds, lights and all the other businesses that go with Cannabis culture. So the question remaining for everyone is what the future looks like, and in truth no-one has any certainty on it at all. The massive twenty-acre crop planned for Casino doesn't even have a licence yet!

The story is, to get a medical licence you have to be able to afford an eight-foot double fence around the crop with spotlights every fifty metres and 24/7 security. And that is just for CBD!

We have all been hanging on Canada's big promise to fully legalise pot by July next year and what the regulations might look like. Stories are sprouting that every unlicensed dispensary and grower will be closed down before then, and there are hundreds of them in a long established supply system that is working well, accepted by the police and local authorities as well as employing thousands of people.

It sounds similar to what is happening in Australia where Big Money looks like getting the supply contracts.



But none of this deals with the really exciting issue which is this is a plant anyone can grow in their backyard. The problem seems to be that no-one gets to make a profit that way. And if juicing fresh cannabis is as good for your health as it appears to be, then everyone should be encouraged to plant some with their parsley and spinach.

In North America now, after twenty years being legal, people are buying cuttings for under ten dollars, of plants that suit their disposition and ailments. Growers and breeders of Cannabis strains have four or five decades of experience now with a huge knowledge bank.

Now it is legal, all dispensary sales are labeled with THC and CBD percentages as well as being tested for any toxins or mould. In many cases a practical grass roots cottage industry has evolved similar to what is underground in Australia in many areas.

Much of this was represented at the Expo in Melbourne. If the Government and Big Business takes over it will be tragic as we have already seen the first legal CBD medicine looks like costing thousands of dollars per month. Just like other pharmaceutical drugs would cost without Government subsidies. This is for a plant anyone can grow in their backyard!

It's all about pain relief and the profits to be made from it. Currently Big Pharma is panicking big time about Medical Cannabis with the chemotherapeutic industry in North America alone worth billions. Apparently there are two full-time Big Pharma lobbyists in Washington DC for every senator!

And they are losing big time to the plant itself which is slowly but surely showing the public how safe and useful it is for an extraordinary range of conditions.

Bushwalkers elect new committee on the hoof

by Peter Moyle

Annual General Meeting

The year for the Nimbin Bushwalkers is winding down.

Early November saw 15 members meet in Brunswick Heads for a short walk on the beach and then the AGM. The weather was kind and the good roll-up of members found a shady tree near the surf club to go over the year's activities and elect

a new committee.

Everyone was complimentary of the effort put in by the walk's leaders, and some great days were had in new and old surroundings.

The camp weekends came in for special mention and were very well attended, and one a month for next year was the request.

The new Committee saw Bill West elected as President, Lindsay Wood

as Vice, Megan Myers as Secretary, Michele Alberth as Treasurer, Peter Moyle as Walks Co-ordinator and Triny Rowe on the website.

Woody Head 24th-26th November

Gorgeous weather saw an enthusiastic crew of 17 members and guests head off to this popular spot at Iluka on the Saturday morning.

Shorebirds were abundant and with a pod of dolphins

keeping us company we made our way south along pristine beaches and rugged rock headlands before swinging inland for the beautiful Iluka rainforest walking track.

This area is part of the World Heritage Gondwana rainforest area and the prolific whipbirds were cracking.

After a leisurely stroll taking in all the natural wonder we entered the township for a lazy lunch.

We retraced our way before an afternoon explore of the Shark Bay beach.

Sunday was a short walk along the beach north before exploring the ancient rock platform with the amazing life forms calling it home. Some left late morning, others after lunch, and six decided one more night please.

This is a great area for a few days' getaway and with the wonderful friendship

and camaraderie that comes with being with the Nimbin Bushwalkers, a great time in life.

Walks Program

The weekend camp scheduled for Friday 8th to Sunday 10th December at Sheepstation Creek, Border Ranges National Park has been cancelled due to ongoing work by National Parks. We'll therefore postpone it to 2018.



How green is Nimbin?

by Sophia Hoeben

Are you a local resident of Nimbin or its surrounds? Are you concerned about the current state of the world's oceans and our general environment?

If the answer is yes to both questions, you may be interested to know that Nimbin is not as 'green' as you think. Apart from the Nimbin Organics Co-op and the Green Bank, our shops are still giving out plastic bags, and people are still buying water and soft drinks in plastic bottles.

Nimbin Central School does not have a recycling program and did not respond to my enquiry as to what steps have been taken

towards one. This is sad indeed, when our kids need to learn to care for their environment.

The stubborn refusal of many folks to bring their own cloth, hemp, silk or hessian bags with them when they go shopping is a major contributor to Nimbin's plastic garbage waste. As we have always had the reputation of being an environmentally aware town, I find this non-caring behaviour a slight to our good name.

The Nimbin Emporium is willing to donate \$300 to someone to supply them with material bags to be sold cheaply for those people who don't have them already. This offer presents a great opportunity for one of our

many newcomers to the area to become a part of Nimbin's ethical culture and put some energy into your community.

David from the Emporium tried to get one of those container recycling machines in his shop for Nimbin and was told by the NSW Government that as there are only 200 such machines in NSW, we did not warrant one.

There are at least five islands of plastic in our oceans; some the size of France have been given status as a nation: a country made of plastic. Someone put up a flagpole on one such island and created a passport to travel there. Yes, it was tongue in cheek, but there's nothing funny at all about the



life within the oceans dying, chock-full of plastic.

If you love our planet, love

your children and want your grandchildren to have any sort of future, then please

educate yourself and them to avoid plastic wherever and whenever you can.

ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

Aries

Use the Mercury retrograde period (Dec 3 – 23) to re-write beliefs that hinder you from reaching your true goals. This is a very important time of your life, where you get the results of many years hard work and efforts. An honest exploration of what is driving you forward can be very beneficial now.

Taurus

Use the Mercury retrograde period for cleansing your mind and eliminating the old. The next few years might bring many changes, so better prepare now for what might be coming. Deepen and invest in relationships that are built on a culture of equally giving and taking.

Gemini

Communication doesn't flow easily while Mercury is retrograde from December 3 – 23. Re-negotiate your written and unwritten contracts with others. Give voice to what has remained unspoken to clear the path ahead. Try to incorporate the values of others so that you can gain their support.

Cancer

This Mercury retrograde period might be helpful for re-organising your duties and work schedule. More flexibility might be required. Health issues that have been building over a period of time might become more obvious now. Do some research to improve your overall constitution.

Leo

Use this Mercury retrograde period (Dec 3 – 23) for reflecting on your creative expression and the way you are viewing yourself. Observe your self-talk: are you talking yourself up or down? Seek out new inspiration by doing things that you really enjoy. Reconnect to your inner child and learn to be spontaneous again.

Virgo

This Mercury retrograde period is great for re-decorating your home, getting rid of clutter and transforming it into a sanctuary. Reconnect with your family and make peace with your past. This can be a very productive period, if you regard delays and current problems as opportunity for making things work better in future.

December

In the yearly cycle around the zodiac we have reached the optimistic and freedom-loving sign of Sagittarius. Centaurs need room to move and find it difficult spending extended periods of time indoors or in confined places. Sagittarians are the archetypal seekers of truth and it is essential for their spiritual well-being to have a goal they feel enthusiastic about. At times they can be their own worst enemies by having placed too high expectations - combined with too little staying power - upon themselves and others with the result of getting miserable when things do not work out as imagined.

Mercury, the cosmic messenger, has been in Sagittarius since November 6 and starts its three-week retrograde cycle on December 3 (until December 23). When retrograde, Mercury tests our powers of discernment; it conjoints with Saturn during the 1st week of December and initiates a process of review and reflection. Does our vision stand on solid ground? Is what we have placed our faith in attainable, and what are the specific steps that we must take to manifest our ideas? Mercury has a prolonged journey through the sign of the seeker, activating our desire for knowledge and interest in learning something new and meaningful (until January 10). Nevertheless, Mercury retrograde stands for delays and potential problems with mechanical items and electronical gear. In Sagittarius, it also affects travel plans and can complicate legal issues.

The Full Moon on December 4 in intellectual Gemini is opposite the Sun forming an exact square with Neptune, the illusive planet of imagination. This Full Moon highlights the need for exploring different levels of reality and distinguishing between vision and fantasies, illusion and certainty, fiction and facts, intuition and logic. Let's be aware that this period offers fertile ground for misunderstandings and misconceptions that can lead to disappointments later on. Additionally, we are experiencing the first of three passages of a waning trine between Jupiter and Neptune. This planetary constellation stimulates artistic, idealistic and mystical expression. However, it is essential not to over-idealise anything or anybody because we might be looking at the world through rose-coloured glasses!

The New Moon in the late degrees of Sagittarius on December 18 is conjunct Saturn, the mythic Lord of Karma. Saturn finally enters



Capricorn two days later where it will remain until December 2020. While Saturn travelled through Sagittarius from December 2014

until December 2017, our evolutionary task was to take responsibility for our own truth and walk our talk.

The challenge has been to re-write our beliefs by integrating into our vision information and data that once felt foreign. During Saturn's journey through Capricorn we have to face reality as it is and become a self-determined individual who cannot rely on outside 'authorities' and their judgement anymore. Problems with the most basic structures and systems will increasingly become evident. It can be expected that governments all over the planet have to face their weaknesses but might compensate with more control.

Saturn in Capricorn is a three-year period of restructuring, which will include all areas of life but especially also the management of big business and financial markets. Systems that are out of control need to be brought in line. Saturn feels at home in Capricorn and will be helpful with developing discipline and establishing boundaries. On the other hand, Saturn's journey through this cardinal Earth sign has been associated with times of austerity and financial crisis.

We must keep in mind to start organising finances now and prepare for potentially problematic times in the years to come. Saturn was last in Capricorn during 1988 – 1991, which witnessed the break-up and gradual collapse of the Soviet Union, the fall of the Berlin Wall, the Tiananmen Square massacre in China as well as the seeding of the World Wide Web.

The Solstice on December 22 is favourable for the clearing of old, unresolved issues, followed by the setting of fresh intentions. The message is to reflect on what needs restructuring in our lives. While Saturn is in Capricorn, we more than ever need to reorganise priorities, set realistic goals and prepare carefully. As always during this time of the year, a new powerful impulse has arrived, potent enough to disrupt the old order for renewal and regeneration.

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Libra

This is the time of the year where family commitments and responsibilities are on the increase. Make sure that you can withdraw sometimes and have some space for yourself. Expect delays and keep all mechanical and electronic devices in best working order while Mercury is retrograde during December 3-23

Scorpio

Jupiter in your sun sign is indeed a blessing, especially if you are willing to explore new aspects of yourself. Yes, this is a great time for growth of identity, no matter how old or young you are! While Mercury is retrograde (December 3 – 23) reflect on what you really value in life and keep an eye on your expenses.

Sagittarius

While Mercury is retrograde in your Sun during December 3 – 23 you must reflect on your beliefs and become aware of your expectations. You could expand too much in some areas, and not enough in others, while possibly missing some essential information. Best, to stay focused in the here and now and pay extra attention to details.

Capricorn

Saturn's entry into your Sun sign on December 20 (- Dec 2020) marks the beginning of a 29 year cycle. Be realistic about what you can do and achieve; get in touch with who you really are and what seed you like to plant. Use the Mercury retrograde period (Dec 3 -23) for examining your inner life and pay attention to messages from your subconscious mind.

Aquarius

During the Mercury retrograde period (Dec 3 – 23) you might, take some time out, recharge your batteries, meditate and evaluate your life. You also might catch up with some good old friends. Nevertheless, be aware that misunderstandings can occur easily during this period

Pisces

Use the Mercury retrograde period to reflect on your life direction and if you are happy with where you are going. This is a good moment in time to re-orientate yourself. Your values are shifting and changing and your understanding seems to be ever-expanding. Have goals which are worthwhile to follow.

Nimbin Trivia Time

by Sue

Questions

1. What was a doodlebug in WW2?
2. When did World Aids Day start?
3. What were the main exports from Australia in the 1820's before wool?
4. Why are leeches enjoying renewed popularity today in modern medicine?
5. What is the height of Blue Knob?
6. What is the most easterly part of geographical and political Australia?
7. Where is Eggs and Bacon Bay?
8. What was the estimated population of Aboriginal people in the Richmond-Clarence region in the 1830's?
9. How high above sea level is Lismore?
10. How did Lismore get its name?

2625 Aboriginals were living in the Richmond-Clarence region in 1836 when first European contact was made. Within 20 years this number decreased to 1900, and to 1200 by 1881. 9. Nine metres 10. When Scotsman William Wilson settled in the area in 1845, he named his property 'Lismore' after the island of Lismore in Loch Linnhe, Scotland which he had visited on his honeymoon. Wilson remained in the district for a decade, and when a townsite was surveyed it was located on what had been his home paddock.

Answers
 1. V1 flying bombs. The Nazis deployed them against the British with devastating effect. 2. December 1, 1988. 3. Whales and seals. In the early 1800's they were hunted around the Bass Strait Islands. 4. Leeches are used in microsurgery to reduce venous congestion. Veins are thin-walled and difficult to suture. Leech saliva is also a powerful anticoagulant. 5. Blue Knob's height is 202 metres above sea level. 6. Norfolk Island, Tasmania. 7. It is estimated that 8. It is estimated that

Unravelling



by Marilyn Devlin

"You must have chaos within you to give birth to a dancing star" – Friedrich Nietzsche

This year's been a big one... and some of us will find our selves standing in a new and different place.

It may take time to absorb all the shifts, allowing them to fully integrate within our psyche; major changes have occurred this year. The whole picture may not yet be complete... integration and change takes time; so trust is required.

There's a build-up that happens both internally and externally during this closing time of the year. We carry with us the energetic imprints of our every action, feeling, thought and desire as we've journeyed through these months. We need to make sense of them, put them in order... find a pattern, a purpose, a satisfaction and a completion.

There are some major planetary shifts birthing in 2018, beginning with Saturn returning to his home place in Capricorn just days before the end of year Solstice.

These shifts change our collective and energetic space – from the active/masculine to the receptive/feminine; from the elements of fire and air to earth and water.

This is a major shift in focus, supporting the receptive feminine energy to expand and blossom. It's already begun... seeds are sprouting all over the globe.

The Full Moon begins this final month giving us a taste of this solid grounding presence... planting seeds in our mind and thoughts, maybe even expressing in our words.

It's all so new... it can be disorienting. After so much movement and shift... this strong grounding energy may feel a bit heavy and restrictive, maybe even a little (or a lot) depressing at times.

But we need to get sorted... make sense of all that's happened. There's some serious work ahead; and the support to do it.

Of course the infamous Mercury retrograde cycle begins just before the Full Moon on December 4th... with the full moon giving it extra potency and strength; it's a big time for looking back and reflecting on our year's journey.

Reviewing our stories and seeing how we can incorporate these experiences in our new path forward; what do we need to keep and what can be left behind.

We celebrate the Summer Solstice on December 22nd a time when the Sun reaches its highest point in the sky, bringing us the longest day.

It's a significant turning point energetically as well as in our seasons. Also known as Midsummer's Day – it's a magical time of faeries, elves and nature sprites playing and mingling within our world.

It's said that the powers of nature are at their fullest at this time... maybe a good time for conjuring some of those wishes (spells).

Celebration is important. When we celebrate something we honour it, elevate its importance. We give it a higher place, more status and meaning. We give it our time and respect.

I'm learning to celebrate myself... my strengths and gifts and achievements. So easy to focus on what we lack... our old patterning of survival.

We're here to thrive not survive... we're here to celebrate our life, our great fortune.

By celebrating our self, first and foremost, we learn to celebrate all else... the beauty and wonder that is happening all the time.

Wishing you happy holidays, family reunions, solitary times, time alone, doing whatever, ditching the whole lot, escaping for a while, refusing to be a part... whatever takes your fancy; time for review, letting go and moving on.

Finding space to stop and ponder... figuring out what's really important to you.

Closing the door on 2017... opening the new door to a brand new sparkling light chapter of being.

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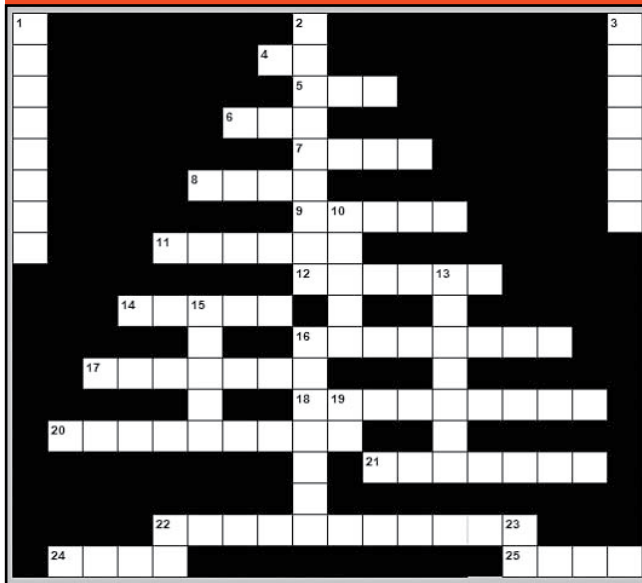
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Nimbin Crossword

2017-12
 by 5ynic



Across

4. Overheard?
5. Rudolph's hooter
6. Sport in the snow
7. 14 across saw this
8. Champagne – extra dry
9. (and 24 across) traditional suet desserts (5, 4)
11. Sailor in Arabic myth
12. Alignment of three celestial bodies (such as Sun – Earth – Moon)
14. (and 21 across) Bore gold, frankincense and myrrh (5, 4, 3)
16. Traditional English stone fruit dessert (4, 4)
17. Reindeer (North American)
18. The steed of 14 across (because they weren't from Bactria)

20. Tens of hundreds
 21. See 14 across.
 22. How you hear Santa coming? (6, 5)
 24. See 9 across.
 25. Sweet sweet pie!
- Down**
1. Bonbons?
 2. Seasonal boiled dessert
 3. Tree bling?
 10. Peaceful period
 13. Divine feminine
 15. What Santa attaches to 17 across
 16. See 2 down
 19. Royal Society
 22. Steam Ship
 23. Canonised person (init.)

Solution: Page 37