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by Dr Elizabeth McCardell  
M.Couns. PhD

# Not this, not that

something that by its nature cannot be finally approached, at least, perhaps, not yet. It is an intangible something. The 13th century mystic, Meister Eckhart was intrigued by this “not this, not that”. He saw it as a problem of encountering the intangibility of God, for as he said, “...therefore let us pray to God that we may be free of God”.

In other words, he wanted to strip away from an encounter with the divine that was without preconception, without idolatry. He wanted to dance to the essence, or suchness, of God, without giving way to definition, ideas and concepts.

In the Vedic tradition of India there is a similar idea. In Sanskrit, the “not this, not that” is *neti neti*. The Vedic meditation around this is an analytical one that sets aside ideas of Brahman, by beginning to understand what is not Brahman.

It is interesting that the *via negativa* (the negative way) is an approach sometimes employed in research in the sciences and humanities.

When we intuit the presence of something that is, as yet, intangible; something we feel

the existence of, it is useful to examine what is going on around the general area of that presence. Astronomers use the technique often.

They’ll theorize a presence, even an absence, like a black hole, from the behaviour of heavenly bodies around it.

I am aware of my inner conversations regarding what seems to be a sort of madness going around in our days. I seek the way of knowledge, logic and rationality because this is how I have been trained as a thinker. I am, however, intuiting some community shift, some groundswell that isn’t identified. I hold at arms’ length short-circuited explanations for things. I do not buy into Nostradamus’ predictions, nor that of Mayan thought, nor New World Orders, nor anything that smacks of lizard minds. I am a skeptic and anyway I rather like the tension of not knowing, for herein lies my creative spirit. Again, this is how I am by nature.

Interspersed with these thoughts is what is arising in my psychotherapeutic work. A dominant theme is coming up among my various clients and that is the subject of

death: death as a vector for change.

As I’m listening to what my clients tell me of their experiences with death, I am reminded of that 1999 movie, *Ghost Dog: The Way of the Samurai*. It’s about an assassin who studies in depth a book called *Hagakure*, or *The Book of the Samurai*. “Hagakure” means “hidden under a leaf”. He seeks to live as though he is already dead, for the way of the warrior is death. What comes with this is fearlessness and detachment, but not a lack of compassion.

And thus the way of *neti neti*, as I see it, is standing in the spaces of not this, not that, staying present with what is. This situated presence is what my job requires of me. Psychotherapy is a therapy of the apophatic (not this, not that); it is the holding of the space between and such a holding gives rise to deep and fundamental change.

“... all things are provided for by nothingness (which) is the meaning of the phrase, “Emptiness is form.” One should not think that these are two separate things.”

(from *Hagakure*.  
[dr\\_mccardell@yahoo.com](mailto:dr_mccardell@yahoo.com))

Some years ago I was at a dance party, when the night became increasingly wild and the dancers all around me were going crazy, faster and faster. I stopped. And then I began gently swaying, picking the shape of phrases and silences, not the hammer of notes.

In recent times, with the lunacy of politics here and overseas and the other frantic anxieties of every day living, I stop and start to reflect on the absences, the cracks in the pavement, the shadows and the hidden. Sometimes, too, a good starting point is the absence.

I am somewhat by nature, drawn to the spaces between, to the bardos of life and death, and to a creative presence that is being present in neither this, nor that.

I am here trying to approach

## Neuro-expansive properties of yoga and meditation

by Cameron Storey

Neuroscience is continually evolving, and recent scientific studies suggest human have the option of increasing our brain volume and functional ability rather than allowing inferior choices and complacency to direct us down the path of brain shrinkage and cognitive decline.

Several methods emerge in the neuro-expansive arsenal: Yoga, meditation, intermittent fasting, aerobic exercise (>2.4 hours per week), sexual activity, plentiful omega-3 fatty acids, learning new things, playing music, navigating and juggling.

Several methods also figure in the gray matter decreasing pathway: alcohol and drug addiction have been shown to shrink the front lobe and impact the limbic system. Ecstasy specifically, according to neurologist Dr. Clifford Segil, damages brain receptors and neurons.

People under high stress, depression or PTSD (Post-Traumatic Stress Disorder) all share a common signature of brain volume loss in the hippocampus region. Over-consumption of excess sweet or high fat (saturated and trans fats especially) foods can cause long term changes to neural pathways. Hypertension and diabetes increase stroke risk (Wang J. 2016) causing the blood vessels in your brain break and bleed leading to further functional losses. A deficiency of sleep and insufficient water intake are also neurotoxic.

The role of exercise in benefitting hippocampal plasticity (volume) and its concomitant enhancement in cognitive function has been well documented.



Daily practice produces greater effects externally and internally.

Aerobic exercise increases synaptic plasticity by directly affecting synaptic structure and potentiating synaptic strength, and by strengthening the underlying systems that support plasticity including neurogenesis, metabolism and vascular function (University of California, 2007).

Harvard and Massachusetts General Hospital researchers published a study showing that 30 minutes daily of mindfulness meditation and its subsequent stress reduction led to an increase in brain matter density in the compassion, learning and memory centres in the hippocampus. Coincidentally, gray matter in the amygdala, a stress and anxiety centre, decreased in volume.

Similar studies by the Semel Institute for Neuroscience and Human Behaviour on meditation have shown increases in the posterior cingulate cortex, the temporo-parietal junction and the cerebellum areas involving learning, memory, emotional regulation, empathy, perspective and sense of self. Meditators have been proven to have an increased thickening of the prefrontal cortex and the right anterior insula offsetting age-related cortical thinning. (Britta K.

Holzel et al. 2011) Increased levels of grey matter related to long-term experience or skill proficiency have been reported in a number of populations like meditators (Lazar et al., 2005; 2008; Grant et al., 2010; Luders et al., 2013a), orchestra musicians (Sluming et al., 2002), taxi drivers with extensive navigation experience (Maguire et al., 2000), and bilingual individuals (Mechelli et al., 2004).

Correspondingly, the number of years of yoga experience is positively correlated with grey matter volume (left mid-insula, left frontal operculum, right posterior middle temporal cortex, and left OFC) suggesting that persevering on the yoga path continues to bring beneficial adaptations to the brain even in highly experienced yoga practitioners (6 yrs +). The number of hours of yoga training also correlated with increase. (Chantal Villemure et al., 2015)

Synaptic pruning is where unused portions of the brain are discarded when unused for a while so use it or lose it applies. Every time you adapt and get better at something, your brain creates new pathways whether that is yoga, music, meditation, navigating or learning a new language or skill or all of the above. Much of the emerging science confirms that our years of training the brain in some way compound benefits rather than an inevitable neuro-functional decline.

*The Dharma Centre on Lillifield Community has four yoga classes a week. Phone 02 6689-7120 or check out our Facebook page “Dharma Centre – Lillifield” for more details and directions.*

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# Heat

Heat is the obvious external influence to consider right now.

In terms of Chinese medicine, heat can be external or internal. There is a correlation with external heat, or damp heat, and some medical conditions. In ancient China, if someone was expelled from the temperate Northern China to the subtropical south it was seen as a death sentence, as they would often succumb to conditions and diseases confined to the southern region.

So, prolonged hot and humid weather can be a challenge.

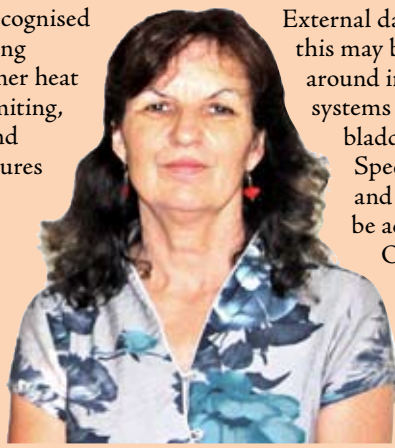
Usually the body is in equilibrium with the environment. This equilibrium can break down if the body is weak or not used to the conditions, or the temperatures are unseasonal or excessive, or if there is a sudden change in temperature. Sudden change can include moving from heat to air con as the skins pores are open in the heat and susceptible to wind pathogens (causing colds and flu or stiff necks) when moving to the cool suddenly.

One specific condition recognised in Chinese medicine as being unique to summer is summer heat and damp. This causes vomiting, nausea, headache, thirst and sweating. Summer heat injures yin and fluids, and can become recurrent if care is not taken during the acute phase.

Conditions recognised as "damp" are often seen in hot humid conditions.

In Chinese medicine damp is a pathogenic factor that can cause a number of problems.

Some people have a tendency toward damp, especially if there is a digestive weakness. Diet is a consideration. Counterintuitively, over consumption of cold foods is not always the best in this weather. This is because they are difficult to digest resulting in damp. Cold foods include raw foods – raw salads, fruit and juices, as well as soft drinks and ice cream. Sugary foods cause damp, which is why cold sugary soft drinks cause many health problems as well as weight gain.



by Brigid Beckett

External damp can worsen symptoms; this may be humid weather or sitting around in damp clothes. Meridian systems affected include bladder, gall bladder, spleen and intestines. Specifically skin, joints, sinuses and connecting channels can be adversely affected by damp.

Often there is a sense of heaviness, tiredness, fullness of the chest and poor appetite. Damp can be hard to move by its nature, and can linger. Chronic skin problems and digestive weakness often have a component

of damp.

Phlegm heat is also more common in hot humid weather. It can cause a number of problems, again often lingering. In Chinese medicine many recurrent and difficult to treat problems have a component of phlegm. These include ear problems such as glue ear or tinnitus, chronic sinus problems, coughs and wheeziness, insomnia, bloating, reflux, thyroid disorders, insomnia.

Insomnia usually is due to one or another

of the heat patterns, whether it is fire in the heart (which is the organ most affected by heat), phlegm heat or yin deficient heat. Hot weather will aggravate all these conditions.

To best cope with this weather, avoid depletion of yin fluids as much as possible. Drink enough water and avoid exercising during the heat.

As mentioned excessive amounts of cold and raw foods can cause problems, as well as sugary food and drink and dairy. To address phlegm and damp, bitter, drying or pungent foods can help digest richer foods. Examples are chutneys with cheese, mustard with meat, pesto with pasta. Wine, bitter ales and green tea with rich food can also modify damp forming properties. Generally a good diet to address damp includes 40-50% vegetables (pumpkin, beans, onion and garlic are all good), 10% protein and the balance carbohydrates. Spices such as pepper, cloves, cardamon, nutmeg etc are beneficial.

Acupuncture and herbs are an effective way to treat heat or damp heat problems.

Brigid Beckett is a fully registered practitioner working at Lismore Community Acupuncture. Phone 0431702560

# Natural law



by Helene Collard

The energetic environment enters an intense period on the 28th January until the 7th February. During this time, we will 'face-off' with others or ourselves. This is likely to be about truth.

Have you been sweeping something under the carpet? Burying your head in the sand? Letting yourself or someone else get away with something harmful? It's time to make sustained eye contact and bring this truth out from under the surface. No longer can it be suppressed.

It all sounds quite heavy, but in reality, you will find the truth will simply emerge up and out, so it's really a matter of going with it. Furthermore, you're likely to feel instant relief, like a weight has been lifted and a real, tangible sense of the wonderful clearing (i.e. space) that's created as a result.

From there, we enter into a lunar eclipse/full moon (11th February) and solar eclipse/new moon (26th February). Eclipses always create energy for strong change, the effects which carry over months.

*We are all self-governing.  
Let us call upon our  
ancestors and teachers  
– past and present –  
to guide us in  
the way of the heart.  
You are all my relations.  
All is One*

on, trying to stay focused and positive, while chipping away at what's important.

During February, you will witness solid evidence that your seeds have sprouted, that your perseverance was not in vain, and in fact, has born fruit. In these situations, we are assured that timing is everything and that everything does in fact pass.

Give thanks, and stay on track with your vision, and most importantly, your integrity.

## Coming up at the Yemana Centre

- Reiki Second Degree Course 11-12th February, 10-5pm
  - Evolve Events – 16th February at 6.30pm. Topic: 'Using Archetypes for Understanding & Empowerment' with Brian Dale
  - Reiki First Degree Course 11-12th March, 10-5pm
- 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. Her approach to wellbeing is focused in personal growth. She offers regular courses and circles, and enjoys making a range of wellbeing topics accessible to the community through Evolve Events. Helene has been writing Natural Law and delivering wellbeing workshops since 2008. For information, enquiries and bookings visit [www.yemayacentre.com.au](http://www.yemayacentre.com.au) or phone 0405-656-797.*

# Re-creating the village

by Kirrah Stewart  
B.ClinSci Traditional Wisdom

Let's face it, human babies are needy. They are born very dependent on their caregivers. They need a lot of soothing, feeding, changing and cuddling around the clock. It can come as quite a shock to new mothers, just how demanding these little beings really are.

Often preparation for after the birth is neglected in maternity care. In fact, Suzanne Arms says, "Is ours not a strange culture that focuses so much attention on childbirth – virtually all of it based on anxiety and fear – and so little on the crucial time after birth, when patterns are established that will affect the individual and the family for decades?"

Media often portrays the glowing new mother with her perfect baby. We have come to idealise this time but the reality can be much more harsh. Sleep deprivation and the responsibility of caring for a new life 24/7 is taking its toll.

One in every six women are suffering from postnatal depression and, according to Julia Jones from Newborn Mothers, over 80% of mothers say they are exhausted and overwhelmed.

How come this is the case? A big reason is that many people are isolated from their families and support network. How many grandparents and relatives live interstate or hours away? Our modern lives have led us to live quite separately from each other.

We could learn a lot from the traditional hunter/gatherer tribes who live more of a trusting, co-operative lifestyle with non-parental adults playing a big role in caregiving.

The care of children is shared among many. Societies that have strong support networks in place have the lowest rates of depression.

According to Jared Diamond, author of *The World Until Yesterday*, babies in the Pygmy tribes are nursed on demand and never left to cry more than three seconds. They always have an adult to attend to



them and children grow up with few psychological scars with depression being virtually unheard of.

Many people in modern society try to implement some of the traditional practices like skin-to-skin contact, attachment parenting, nursing on demand and co-sleeping. This constant care was traditionally shared among many adults and expecting one or even two people to do it all, is basically impossible. No wonder many mothers are feeling completely overwhelmed by new motherhood, especially if you add in other children to the mix!

## Julia Jones from Newborn Mothers Sanctuary has some great tips

1. You can do anything, but not everything.
2. If you're trying to meet your baby's physical and emotional needs all on your own then you'll need to let go of some other things (like house work, cooking, cleaning, shopping and socialising).
3. Hire a doula to help.
4. Acknowledge the hard work of becoming a mother by incorporating some nourishing traditions into your life.
5. Find out about the benefits of belly binding.
6. Boost your oxytocin levels by enjoying skin-to-skin cuddles, laughing, finding time to relax and eating warm nourishing foods.

## Traditional Wisdom tips for re-creating your village and saving your sanity

1. Learn to ask for help (seriously!)
2. Write down the names of people who you can call to help with meal preparation, house work, child minding, being a listening ear.
3. Try to be social (mothers' groups etc).
4. Remember what you enjoy doing and ask for help so you can do this. Examples include: get a massage, do some yoga, go for a walk, pick some flowers.
5. Eat well.
6. Take things one step at a time.

## How can you help a new mother?

1. Offer to do the dishes, put on a load of laundry or do some folding
2. Make a delicious meal for the new family
3. Offer to hold the baby while mum has a shower or a nap
4. Continue to check in- how are you going? Do you have enough support?

*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)*

# Rousing send-off for Jake Monahan



Photos: Charlie Wood

A well attended funeral was held for local lad Jake 'Monzy' Monahan on January 11 at the Nimbin cemetery. Jake tragically passed away on New Years Eve after taking an unknown drug.

## ASTRO FORECASTS

by Tina Mews

## WHAT'S HAPPENING IN THE HEAVENS?

### Aries

The entry of Mars into your Sun sign on January 28, shortly after the New Moon, presents opportunities to start many new projects. During February 21 until the end of the month you might experience some minor or major challenges, depending on your circumstances. Take a leadership approach and ask yourself what the best outcome is for everybody involved.

### Taurus

The Lunar eclipse (Feb 11) illuminates domestic conditions like house repairs, family dramas, or even deeper emotional issues. Unfinished business might have to be dealt with, even though you tend to avoid confrontations. It is important to prioritise and balance energy spent at home with time spent out in the public domain.

### Gemini

This is a very social time which suits your need to network very well (until Feb 26). The Full Moon eclipse (Feb 11) might highlight issues concerned with improving communication and relationships in your immediate surroundings. Information that was hidden, suppressed or forgotten might re-surface changing the overall perspective on a current matter.

### Cancer

The Lunar eclipse (Feb 11) might illuminate the need to sort out your financial affairs. The focus is on sharing and caring, taking care of your own needs without neglecting the needs of others. Or an old debt might have to be settled. Whatever the scenario might be, it is wise to avoid confrontations, especially during Feb 21 until the end of the month. Focus on extending and improving your support system.

### Leo

The Full Moon eclipse (Feb 11) is in your Sun sign, highlighting issues about your personality and personal image, the way the world is seeing you. It may be time to alter your image or redefine your personality in some way. Unfinished business concerning your most important relationships might re-surface. Detach from drama and take charge of your own affairs.

### Virgo

This is your time for relaxation and spiritual renewal, especially if you have been very busy with work and home duties etc. Balance energy spent on routine activities with space for time-out. The Solar eclipse (Feb 26/27) will activate unresolved issues in your personal and business relationships. You may find that you are involved in confrontations or meet with opposition from others. Wait until mid-March for starting a new project or initiative.

## February

The Aquarian New Moon on January 28 marked the beginning of the Chinese Year of the Fire Rooster. According to Chinese astrology, this year is going to bring many challenges that require quick wit and practical solutions. The Rooster gives us a wake-up call, heralding a new beginning! Aquarius energy is revolutionary, meaning that power is redistributed from the few back to the many. Aquarians are progressive thinkers who can make brave, optimistic choices in a spirit of community. Uranus is the ruling planet of Aquarius and is associated with the Promethean spirit of liberation, change, rebellion, reform and the unexpected break-up of structures combined with the acceleration of thoughts and events. On the downside, Uranus energy can be ruthless, disruptive, shocking, cut off from ordinary human emotions. 2017 is a "Uranus" (=surprise) year and it could be the beginning of a spiritual transformation when awakened human beings will create new societies based on the principles of inventive teamwork and empowered service.

On a more personal level, Aquarius is a fixed sign, like Taurus, Leo and Scorpio, can be very determined and willful, holds strong opinions and has their own way of doing things. Aquarians are more leaders than followers, tending to avoid emotional responsibilities and attachments. Head and heart can remain disconnected with the result of being too emotionally detached and too fixed on their at times eccentric ideas. Heart-felt passion and warmth from the opposite sign Leo might be the missing ingredient for shining the light in the dark and grounding a worthwhile cause.

The unpredictability of the moment is enhanced by two eclipses, the Full Moon Lunar Eclipse in Leo/Aquarius on February 11 and the New Moon Solar Eclipse in Pisces on February 26/27. Like always, life speeds up during these few weeks. It is not the easiest time for making important decisions, because of the shadow areas created. On the other hand, what has been in the dark might surface more strongly. Uranus, the principle of change and reform and Saturn, the archetypal principle of time, restrictions and tradition are both harmoniously aligned with the Full Moon Lunar eclipse (Feb 11). Eclipses are extra powerful Full or New Moons. The precise



alignments of the Sun, Moon, and Earth act as energetic portals and intensify shifts in the electromagnetic fields of the Earth and all its inhabitants, destabilising existing matrices and facilitating the reconfiguration of consciousness. We are encouraged to think out-of-the box, bridge innovation (Uranus) with common sense (Saturn) & manifest new patterns of thought and behaviour. The vibes of the Solar eclipse on February 26/27 are very challenging. Mars, planet of action, entered Aries on January 28 (until March 10) and intensifies the destructive and regenerative influence of the Jupiter/Uranus/Pluto T-square from February 21 through to March 1.

Unfinished business from the past can re-surface during this period urging us to act and find courageous and ground-breaking solutions. There can be major disruptions in world affairs, especially when Mars conjoins with Uranus during the eclipse. This is not a good moment in time to take unnecessary risks, as tension will be high. As already mentioned, Uranus is the liberator from old patterns, the innovator and awakener. Pluto signifies the collective and personal 'shadow', deeply buried instincts for survival combined with the desire for power and control. Jupiter stands for our ability to have an overview and be wise, but can also magnify whatever energies are around. Jupiter is the planet of growth and spiritual development. It stations retrograde on Feb 6 and initiates a four month period, where we can gain deeper insights of our beliefs & values, up-grade and re-adjust our perspectives and spiral up to the next level of consciousness, empowered to co-create a more enlightened world.

The Solar eclipse (Feb 26/7) is conjunct the Fixed Star Fomalhaut, 'the Watcher of the South'. We are reminded to accomplish things through a deep understanding of the nature of relationships, rather than the use of power. This is a time to become realistic and take a down to earth approach. An important time for tackling the truth; an old situation needs to be seen for what it is rather than what one thought it was.

*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*  
**1-Day workshop: 'Chiron and Lilith: the Archetype of the Outsider in Astrology' Lillifield Community Centre, February 18, 10am-4pm; Bookings essential**

### Libra

The intense energies of the moment, especially during February 11 – March 1 could activate unresolved issues in your relationships. Or you might be confronted with unexpected developments that require a cool head and practical solutions. With Jupiter in your Sun sign, you can sail through these challenges with confidence and know-how.

### Scorpio

This could be a period where you feel urged to review and change your career goals or life direction. Or important personal and domestic affairs reach a culmination point. Whatever the issues might be, keep your cool and do whatever you can. You have the energy to work hard and sort things out with competence.

### Sagittarius

The vibes of the Full Moon Lunar eclipse (Feb 11) accentuate questions re truth and justice. Unresolved issues are demanding your attention. Your authentic self is emerging and you feel like expressing to others what and who you are. Try to live these vibrant energies in a playful, sportive or creative way to avoid unnecessary conflict or misunderstandings.

### Capricorn

The energies of the Lunar eclipse (Feb 11) might highlight issues concerning your investments, personal and financial. You might need to come to an agreement with your partner that suits both of you. The period from Feb 21 – March 1 is full of surprises and may bring some unexpected changes at the home front. Try to stay cool and remain flexible. Avoid confrontations or power games. You could experience a major transformation of your life.

### Aquarius

Your focus is on your most important relationships. It's time to strike a balance between your own needs and those of another, to compromise and negotiate. On the other hand, it is also a very social time for you, where you can make many new friends and gain many new opportunities. Try not to take any unnecessary risks during Feb 21 – March 1, especially if you are accident prone.

### Pisces

This is the time to do any needed changes in your job or health routines. Maybe a work project or a job can begin or end now, or a health issue might come to light. You are about to enter a new 19-year cycle (Feb 26/7). Use the weeks before for clearing and and cleansing your emotional energy so that you are ready to make a fresh start.



# Beginning anew

by Marilyn Scott

The New Moon in Aquarius and the Chinese New Year of the Red Fire Rooster bless and open this brand new nine-year cycle; full of new beginnings, opportunities and endless inspirations... we create our world with what we think and what we say; never more so than in this vocally creative Fire Rooster year.

Endless opportunity for inspirational and creative soul exchange, belly expanded with fire and passion, using our voice as the perfect instrument, creating a world of peace, love and harmony, in true relationship and perfect balance.

Knowing who you are, bravery at your core, unafraid to walk that new road; gathering those who support and love you, cherishing your very being, respecting your knowing... leaving behind all that no longer serves your highest purpose. Can you hear the call, piercing the air before light reaches the sky? The Rooster brings his message, time to awaken, up and out, there's a life to create, explore and enjoy. And there's no time to lose. Living life in joy and abundance, gratitude for every day we get to be alive.

Time to take those major steps that you've been putting off for another day. Today is the day. We're only on Earth for

a limited time, there will be a departure day. The New Moon in Aquarius encourages us to be brave, to dare to envision what we think is 'impossible'... extending ourselves like never before.

And never be afraid to walk some of the path alone. Not everyone will understand what you need to do. Your journey is yours alone. No-one can walk it for you... no one can see it, or know what you know. You are brave enough to carve your own way.

There's a call to be innovative, open to your own special genius, walking as one; our human family is large. But also willing to step out alone; only following what is right and true, no more time for walking blindly. Everything changes and will continue to – change is constant in our reality.

What is it that you want, do you know? Have you heard the calling of your Heart? Do you hear its sweet whisperings, and sometimes its roar?

Do you know yourself, who you are? Where you're heading and what you're here to do?

With all this self-propelled and individualized propulsion, relationships are still a major focus. As human beings we crave relationship – endless stories, tales and myths, focus on the tales of love. Our need for companionship, love and friendship... knowing someone cares

and will be there for us; human touch as necessary for our health as what we eat. Then we look into the mirror and understand, until we truly love and cherish our self, no external love will ever fill that void.

There's a special signature to this New Moon in Aquarius, the beginning Moon cycle for 2017. Sitting with the Sun and Moon, the asteroids Isis and Osiris, the archetypes of soul union; the ancient Egyptian version of Romeo and Juliet, 'Twin Flames'. The familiar myth, tale and story that has endured through the centuries, the meeting of our soul love, the sense of loss and abandonment, the search to reunite all the lost pieces; the heartache, the journey back to self, the striving for unconditional love and devotion. The mirror, the understanding, that only by having a 'Twin Flame' love affair with myself, will I ever have a chance of finding what I'm looking for, in others.

Yes, it's another big year with so much going on. Time to be deeply rooted in ourself, feet planted firmly on Mother Earth; removing everything that no longer has any purpose or reason to take up space in our sacred energy field. Goddess Isis is likened to the archetype of Virgo. Virgo's discrimination will be highly valued in this year of both chaos and endless opportunity.

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**trivia**  
Devised by Martin Gill

**Questions**

- How many stripes are there on the US flag?
- In which English city is Adolf Hitler supposed to have lived and studied?
- What drink is known as "The Green Fairy"?
- What was Otto Man's job in the Simpsons?
- Which planet in our solar system has the most rings?
- Which German philosopher is known for his major work 'Critique of Pure Reason'?
- Hexakosioihexakontahexaphobia is the fear of what number?
- The game of Blackjack was first mentioned in which novel?
- What do we call a region of spacetime that has such strong gravitational effects that nothing can escape?
- Who said, "Two things are infinite: the universe and human stupidity; and I'm not sure about the universe"?

**Answers**

- There are 13, one for each star in the original Union. Charles Dickens said they represented the scars on a slave's back.
- He is said to have visited about philosophy but I to make a crappy pun Kant.
- That was a pretty 7. 666. Liverpool in 1912.
- Absinthe. Banned until recently because it contained Wormwood, Don Quixote.
- A black hole. Also the front door of Centrelink.
- Albert Einstein.

**Nimbin Crossword**  
2017-02  
by 5ync

**Across**

- Moon Safari? Mostly nitrogen.
- Tunes
- \_\_\_\_\_ win? Historic
- Prompt
- Keyboard (traditional)
- (and 19 down) tinfoil hat HQ online (4,4)
- Four-stringed guitar
- Base
- Noncontact electronic instrument
- Not quite caviar
- In truth, it's like a small harp?
- Follower of emperor Selasie?
- It's (like) another four stringed guitar?

**Down**

- It's (like) a small 10 across
- Sung melody
- Go again?
- Sheet music
- West African nation
- Picturesque
- Traditional middle-eastern entertainer (5,6)
- Wachowskis' chosen one?
- Keyring ornament
- Guitar brand
- Dark ages warlord
- H. Rider Haggards masterpiece? Feminine pronoun
- Unhopped beer?
- See 13 across.
- Marcel Marceau?
- (init.) Reduced to 27 by Brexit

**Solution: Page 33**