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

Lismore Herbalist connects with her roots

I'm writing this from the comfort of a European summer, without any textbooks. So this will be more like a travel blog, 'Lismore Herbalist Connects with Her Roots'.

Having trained in Western herbal medicine, I'm enjoying the treasure trove of medicinal weeds all around me. We went walking with the family in Hampstead Heath in London. (This was before I tripped on a footpath in Florence and sprained my ankle!)

It was a beautiful walk on a glorious London summer day. I spotted red clover in flower, nettles everywhere, plantain, blackberry, Old Man's Beard and mullein. They were simply growing wild in a field in a less sculpted part of the Heath. I also enjoyed walks along the canals of London, as they also seem to harbour a variety of useful medicinal weeds.

The visit to Florence was inspirational. The galleries with their collections of Renaissance paintings and sculptures were so uplifting. Seeing the originals of The Birth of Venus and the statue of David in the magnificent Uffizi Gallery were highlights.

The Gallery is enormous and houses a large collection of priceless works of art. It would take days to absorb it all. We spent a few hours there, and because I had sprained my ankle, my lovely daughter Elly borrowed one of their wheelchairs available for purposes such as this. So I did my viewing



Nature's pharmacy
by Trish Clough, herbalist

from a position of comfort, although feeling somewhat embarrassed by all the sympathetic looks.

But to get back to herbal medicine. Elly surprised me by taking me to an extraordinary museum, the Officina Profumo-Farmaceutica di Santa Maria Novella in Florence. It was founded by Dominican friars in the 13th century to produce their own medicines from herbs grown at the monastery. It was opened to the public in 1612. Father Angiolo Marchissi was appointed head of the pharmacy which by then was world renowned for the quality of its herbal formulas.

In 1866 it was taken over by the Italian government when they confiscated the church's assets. However it was given back to the family of the previous monastic director and four generations of the family have run it ever since.

The magnificent building with numerous rooms is now a museum, herbal medicine shop and tea rooms. The

original Apothecary section is now a herbalist shop with delightful displays of products for sale. These include herbal tinctures, cosmetics, tea blends and floral waters using original formulas. Most of the herbs are locally grown around Florence.

When we visited, the museum had just days earlier acquired an ancient stone kiln which was used for distillation of oils from herbs and flowers (see photo). It dates from the late 1400's. Presumably plant material was placed in containers inside the kiln, which was then fired to create a steam extraction from the herbs. The glass flasks would be the collecting point for the oils as they were distilled.

As it was so recently acquired, there was no further information on its origin (it was 'recently found', we don't know where). The use of essential oils was popular during the Renaissance period, both for medicinal and cosmetic uses. Balms made from original formulas are available to this day.

I was intrigued by a range of products featuring Melissa water. More commonly known as lemon balm, this is a favourite herb in my dispensary. It can be used for such a large range of health issues. It is very calming, and also anti-depressant. Unlike St John's Wort, it can be safely used alongside prescription medications. It is a gentle supportive remedy for sleeplessness. It also calms

the stomach, so is useful for digestion problems.

Lemon balm also has anti-viral properties. I find it helpful combined with other herbs for shingles, cold sores, mosquito-borne viruses, and glandular fever. It can be used topically on cold sores and shingles blisters. It can be taken as a herbal tea, tincture, and as I found in my travels, is also used as an aromatic water.

The information in the column is meant for general interest only and should not be considered as medical advice.

Trish Clough has been a practising herbalist in Lismore for more than 30 years.

After owning "Traditional Medicinals" for 20 years she now conducts her own clinic practice in Club Lane.

Trish is available for consultations by appointment on 0452-219-502 or email: trishclough@internode.net.au



Ancient stone kiln for distillation of herbs, recently found in Florence

Self Care

Take care about you. How often have we who care, heard this said to us? I suspect, not often enough. And yet hearing it is medicine for the soul.

It is pretty hard working in the caring professions (nurses, doctors, paramedics, counsellors, psychotherapists, psychologists, social workers, vets, etc) without receiving some gentleness and care words, or even just someone to hear what we have to say.

We tend to push on doing what we feel we must do, even when we begin showing signs of compassion fatigue, or its more chronic form, vicarious traumatization, which is the cumulative effect of a more than empathic engagement with our client's traumatic material to the point of feeling really hurt ourselves. We sometimes care a bit too much and for too long. Empathy is our greatest asset as well as possibly our greatest liability.

Compassion fatigue may not become chronic and may not bleed into feelings of vicarious traumatization and may not eventuate ultimately in burnout, if we ask for help early and practise necessary self care. Burnout is literally a feeling of running on empty. It is characterized by exhaustion, depersonalization (which is disengagement or detachment from the world around us) and lessened feeling of self efficacy.

Compassion fatigue is like a sort of catching of the other person's emotions as we might catch their flu infections and in this vulnerable state we risk over-

identifying with them and may seek to rescue or protect them beyond the calling of our jobs, on the one hand, or avoid them altogether (thus not doing our job properly). Absenteeism, low morale, job dissatisfaction, depression, nightmares, intrusive imagery, irritability, difficulty forming intimate relationships, high levels of stress, and, sometimes, substance abuse are all signs of empathy gone to the point of profound fatigue.

I've known a few people (counsellors, doctors, paramedics, etc) who have chronically over cared to the point of vicarious traumatization and, actually, burnout. These are people who pushed themselves just too far to the next client in need (and maybe they forgot they are human), without a break, without asking for help, without practising any self care at all. Their capacity to do their job just wasn't there anymore. Now some cannot work at all, while others have pushed on still and now teach their profession.

The lecturer in trauma counselling at the University of Notre Dame, Fremantle, where I did my Master of Counselling degree several years ago showed all the signs of burnout. He was so strung out that he lived on a diet of Coca-Cola and black coffee and cigarettes, despite recent major heart surgery. He talked fast without intonation, without engagement with us, like a dead man talking.



by Dr Elizabeth McCardell

We do not need to get to the point of overload. We can learn to manage our work-after work life so that we do not succumb to compassion fatigue and the more intransigent vicarious traumatization and burnout. One of the ways is to seek counselling not only when we are feeling

fragile, but as a regular component of our working life.

This shouldn't be seen as a luxury, but as a necessity. Getting counselling, or the longer term psychotherapy, is entering a safe place where what is said isn't disclosed to anyone. This is a confidential space where strategies for coping are learned, but more than this, here is somewhere to simply say the things that need to be said and be heard by someone, like myself, who cares.

Work-related stress in high empathy occupations has a physical impact on us as well as an emotional impact and self care therefore needs to have a physical component as well. Cardio exercise, swimming, qi gong, yoga, dance, music making, and a nutritious clean diet are good. Practising the quiet of meditation, mindful contemplation, slow walking in nature, gardening, massages and smelling flowers may nourish us.

Let us not forget ourselves in the caring dynamic. Caring for others, needs to begin with self care. In this way, we can maintain throughout our working lives, the sense of purpose that got us into the caring professions in the first place.

You dou-what?



by Kirrah Stewart Doula Wisdom

I'm not sure if it's because I live in the Northern Rivers bliss bubble, but it seems to me that more and more people know what a doula does. Yay.

10 years ago when I started 'douling', I remember people getting confused thinking doula was my name because it certainly didn't sound like a profession.

I'm seeing more acceptance and value placed on the role that doulas can have both in and out of the birth room. Many people know that doulas attend births, but may be less aware of the doulas role after the birth.

Postpartum doulas are also extremely helpful for new families.

I have always loved and been intrigued by the saying 'It takes a village to raise a child'. It feels like this reality is quite tangible in Nimbin and the surrounding Northern Rivers villages. We are comfortable with sharing the care of children. I am fascinated by the concept of alloparenting. This is the act of non-parents caring for children. It can be common in the animal kingdom and it feels like we are re-evaluating the importance of having grandparents, aunts and other family members help with the raising of the children.

But I digress. Alloparenting is a topic for another day!

Right now, I want to share more about what I do as a doula to help new families.

My favourite time to meet pregnant women (and their partners, if they have one) is in the second trimester. Nine months is a lovely length of time to wrap your head around birthing and parenting. In this modern technology-driven world, we have more and more information available at our fingertips.

This can come with benefits but can also easily get overwhelming. What are the best books to read? Should I read any? What about watching births? How will my partner know what to do? And what about after? How different is it going to be? Will we know what to do?

As a Birthing From Within mentor, I love helping you find the answers to your deepest questions. I want couples to feel well prepared so they can rise to the challenges of birth whilst feeling positive and well supported.

As a doula I help you to feel confident and excited about birth. I go on-call around your due date and I provide continuous support during your labour and birth. If you want to be massaged for hours, I'm more than happy to provide this nurturing. It's your birthday and you can cry if you want to. I'll be there to hug you, cheer you on,

provide reassurance and create the best birthing environment so you can welcome your baby with love and joy.

As a pregnancy masseuse I place a lot of importance on helping you relax and feel grounded whilst also helping encourage your baby into the best position for birth. Utilising gentle stretches and knowledge of the pregnant body, I can encourage you to adapt lifestyle changes that assist in balancing the body. When your body is balanced and your baby is in a good position, labour is usually quicker and easier.

I know about the important of the 'fourth trimester' for families. The first few months after the birth is a critical time for babies adapting to the outside world and the mothers healing from birth and learning to feed and care for their newborn. Human babies are born very needy and require constant care.

Babies love it when you can re-create the womb-like environment by holding them close and breastfeeding on demand. However, this constant care can feel overwhelming at times. Enter the postpartum doula... I help new mothers feel nourished and well supported in their fourth trimester so they feel confident in nurturing their newborn.

It takes a village to raise a child... and it takes a village to nurture a new mother.

Natural law

Namaste.

Following the June solstice, the Southern Hemisphere moves into the light, and the Northern Hemisphere ventures into the dark. The cycles of life, death and renewal are always present – on micro and macro levels.

Many found this solstice time to be significantly intense, as the amplified forces of transition and balance, shook things up.

We all belong to the great and dynamic universal energy matrix. So why then, do many struggle with feelings of separation? When we allow our life to be dictated by external forces (e.g. other people, substances, unhealthy habits, media), we become the passenger in our life experience, instead of the driver.

Are you driving all aspects of your life, or do you give control to external forces?

When we give our power and sovereignty away to external forces, we often feel like the victim when things go wrong. However, this unhealthy dynamic actually signals a separation in our relationship with Self. Perhaps your boundaries weren't respected as a child, or maybe you were punished for being indignant. Were you encouraged to formulate and share your own opinion?

Personal and spiritual development allows us to connect more deeply within, to acknowledge our life experience, understand our vulnerabilities and heal our hurts. In doing this we increase self-awareness, self-acceptance and importantly, self-responsibility.

From this state of inner-connection, we can assume the driver's seat in our life, and naturally create and experience improved relationship dynamics.

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by Helene Collard

providing you with access to other-dimensional aspects of Self – allowing for meaningful self-understanding to emerge. Reiki restores the healthy flow of life-energy and aids release on all levels.

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- ♦ **Evolve Events** 20th July at 6:30pm Topic: 'Reflexology for Health & Wellbeing' with Lise Plourde
- ♦ **Reiki Level 2 Course** 26th-27th August, 9-4pm
- ♦ **Vinyasa Flow Yoga** Tuesdays 5.30pm
- ♦ **Yogalates** Fridays 9am
- ♦ **Finding Your Core** Fridays 11am

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Pain management

Pain is something that cannot be, and should not be, ignored. In particular chronic pain affects lifestyle, function and enjoyment of life.

Pain killers are often turned to by those in chronic pain. This seems to have become more of a problem recently, with opioids becoming much more commonly prescribed. According to two doctors, one American and one Australian, interviewed on ABC's Lateline 22nd June, the push has come from the pharmaceutical companies. The companies' message to GPs, specialists and medical schools is that prescribing more opioids is the compassionate thing to do, and failing to do so is mean and stingy.

Opioid use previously had been reserved for situations such as post surgery or end of life situations. This was for good reason. Long term use for chronic pain causes addiction and a need for increasing doses to have the same effect, often leading to overdoses. In some cases there is an increased sensitivity to pain, the opposite result of what was

intended. 80% of opioid use is in the USA, but the number of people reporting to be in pain there has never been higher. Opioids are not a good solution for chronic pain.

There are other groups of pain killers. None are without side effects, and all have the problem of increasing doses being necessary with long term use.

I will give a brief summary of the theory and treatment of pain in Chinese Medicine. It is what I know, and I continue to be happy with the results. I acknowledge that there are other non drug treatments and modalities that treat chronic pain, and I encourage people to use whatever works well for them.

Lifestyle factors are also important. This includes exercise, especially gentle stretching exercise, weight loss and diet. Lifestyle



by Brigid Beckett

changes are often not easy and it helps to have support and guidance with any of them. A big part of dealing with chronic pain is knowing that you have strategies that work to deal with it.

Chinese medicine sees pain as an obstruction of the free flow of blood and qi. Principles in treating pain are to focus the treatment onto where the pain is, to improve function of the affected area and to decrease relapses. Constitutional or other imbalances that have caused the problem need to be addressed.

This blockage of qi and blood can be caused locally by trauma or scarring. Or from obstruction due to cold and damp.

In some cases such as chronic inflammatory states it can be due to systemic heat or damp heat. Poor flow of blood and qi can be caused by blood, qi or yin deficiency. Poor circulation can cause pain, this is likely to be caused by yang deficiency.

In longterm pain there may be an organ dysfunction leading to a deficiency or qi blockage. This can take longer to resolve as it may have been going on for decades, but it is often necessary to get to the root cause. At

times there is an emotional basis for chronic pain resulting from organ dysfunction. The lungs/large intestine channels influence the shoulder and arm. The spleen and stomach influence the jaw, knees and ankles. Spleen deficiency can contribute to qi and blood deficiency and weak muscles. The liver and gall bladder channel influence the neck, shoulder, hip and lateral body generally. The pattern of liver qi constraint frequently is the cause of upper body pain, there is most often an emotional component to this pattern. The kidney has primary control over the bones and is involved in changes due to aging or degeneration. It is an important influence on the lower back as well as heel, sole, knee and back of the leg.

The theory and practice of pain management is well developed in Chinese medicine. Treatments include acupuncture, moxa, cupping and herbs. Taking charge of your situation, looking for treatments that work and persisting with them is life changing.

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

Don't Forget Nepal Update

by Helen Simpson

Monsoon mayhem again.

Road inaccessible, trucks can no longer get up the mountain and the bus hasn't been up for two months now. Consequently houses 5 and 6 could not be started.

Elections and festivals have hampered progress as well, but this is just what makes Nepal so special; lots of downtime for communal celebrations – fun, laughter, prayer and feasts.

We have collaborated with Good Earth Nepal, based in Kathmandu, who specialise in Earthbag techniques and were rebuilding schools using Nepali workers.

This technology could use local materials – earth, rubble, recycled wood – and the aim is to teach the locals to build their own houses and help their neighbours.

Their engineer Asim travelled to Bolgaun (had to walk the last five kms) with Jo Peterson and myself

Rebuilding Bolgaun

from Nimbin in November last year, held community meetings, talked up the project and found that 40 families did not have victim cards, probably because they didn't have appropriate identity cards. But nonetheless all are very poor, so that is where we started.

Not having victim cards meant they could not get the paltry Government subsidy... first instalment is \$500 with no more given if not spent on rebuilding with the expensive, not earthquake-resistant government module.

Of course this village, being poor, remote and inaccessible, could not start rebuilding, not having the resources or opportunity.

Initially 20 houses out of the 40 were surveyed for suitability with earthbags... some of the sites were too small and others not ideal clay content for earthbags. We are looking into alternatives for these

sites, though the good news is that Good Earth Nepal designs have been accepted as a Government module now.

So last January, with the help of Australian volunteers and using Nimbin funds, the first earthbag house was built, and to date four houses have been totally finished and rendered. Locals are learning the construction and like the designs.

Volunteers can have some basic training in Kathmandu and houses are costing just over \$3000 each, though we are looking at trying to reduce this.

Also it is heartening to see young people interested in volunteering and coming over to share in this unique experience and skill up. We will be going over again in October after the monsoon to continue this project... so if you are looking for adventure, learning earthbag skills, being with wonderful people in a



Bale house at Bolgaun

magical environment contact me at: helensim7@gmail.com or 6689-1417.

Volunteers are self-funded, except for some basic training in Earthbags.

To donate, Summerland Credit Union BSB 728-728, Nepal Relief Fund A/C 22305642.

Nimbin Goes Classic is organising a Classical Concert on Sunday 27th August, 2pm at Nimbin Hall, \$15 a ticket and all proceeds go to Bolgaun, Nepal.

FB Pages: Remember Nepal, Help Rebuild Bolgaun and Good Earth Nepal.



ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

Aries

You can expect a lot of activity around the home until July 21, when Mars moves into Leo. Until then, be careful not to overload yourself with too many ambitious goals. The tense energies of the Full Moon on July 9 could lead to you losing your head. So, best to take a step back. Playtime is starting with the New Moon on July 23.

Taurus

This might be a time of intense communications and clarifications with neighbours and relatives regarding your goals and personal needs for security. Some beliefs might have to shift in the process. From the New Moon onwards, your attention will shift to domestic affairs. Try not to dig in your heels when things don't move as they should. Instead embrace the unknown.

Gemini

The weeks ahead will bring a much-needed clarification of principles. What is your current course of action? Make a distinction between the ideal and the real and come to terms with the fact that not everybody shares your values and beliefs. Fortunately, Venus moves into your Sun sign on July 6 (until 1 August) supporting you in remaining light-hearted and cheerful.

Cancer

Wow, all your defences will be activated during this Full Moon on July 9. Try not to give in to your usual insecurities; instead empower yourself by tuning into the energies of the Dark Goddess who destroys what is stagnant and dysfunctional so that new life can be born. What about cleaning out all the cupboards and making space for a fresh impulse?

Leo

The next three weeks are best for retreat and purging of the old and stagnant. Fresh motivational energy will enter with the New Moon in Leo on July 21. Make space for new developments now. You are heading towards a time of minor or major transitions. There could be many surprises for you in the cosmic pipeline!

Virgo

You may ask yourself what is more important: the wishes of the tribe or your need for self-actualisation and self-empowerment? This Full Moon (July 9) might highlight a clash of values. Take

July



Since the winter solstice (June 21) the Sun has travelled through the water sign Cancer. The archetype of Cancer symbolises our earliest roots, our patterns of belonging and ancestral lineage as well as the flow of emotions and the capacity to feel and care for others. Domestic stability and material security is highly essential. Cancer signifies the receptive and sustaining powers of the feminine, the "Great Mother" who brings forth, supports and protects life. Most people born under this sign have deep attachments to their family/mother and are loyal to the values of the past. They love the preservation of family bonds but can be extremely touchy, highly sensitive and moody because their inner world changes with the cycles of the Moon. Physically, Cancer rules the breasts and the stomach, the function of giving out nourishment to others and taking in nourishment for oneself. Many Cancerians love cooking and good food.

Since the Solstice (June 21) and New Moon in Cancer (June 24) the overall energetic emphasis has moved onto the dynamic and competitive Cardinal Cross again consisting of the signs Aries, Cancer, Libra and Capricorn. Mars in Cancer opposes Pluto in Capricorn during July 1 – 3 while moving into a square with Uranus in Aries until July 21 (exact July 18); this indicates a period of emotional tenseness (Mars) with a focus on home and security (Cancer). Uranus in Aries is the archetype of freedom and liberation from old forms, while Pluto in Capricorn represents a hard-line approach of order and control to counteract chaos (Uranus). Together, they impel the purging of an old way of seeing and being, so that a new paradigm can finally emerge. The main activation of the Uranus/Pluto square was during 2012 – 2016. The fourth sign of the Cardinal Cross is represented by Jupiter in Libra (since November 2016), which has brought in the necessity for cooperation, fairness and justice. Jupiter in Libra actively seeks to create alliances and partnerships to resolve the current global eco-political crisis and works towards peaceful outcomes (until October). However, conflicts will increase until a willingness for resolution is found!

On July 5 transiting Mercury forms a square with electrifying Uranus in Aries. It is possible that unexpected information might lead to surprises or disturbances that evoke changes in the collective consciousness. Uranus is known as the cosmic rebel and bringer of changes through chaos. Its function is to seed fresh ideas while

breaking through the restrictions and limitations signified by Saturn.

During July and August, Uranus will station on the 28th degree of Aries and triggers the 28th degree Leo, point of the upcoming powerful Solar Total Eclipse of August 21/22. Eclipses are already active up to 3 months before they are happening. We can expect many surprises in our collective and personal lives to materialise during the entire period. Eclipses especially affect the leadership of a country. (If you like to learn more about the upcoming August eclipses, you can join my workshop on July 29 at the Lillifield Community Centre, 10 am – 4 pm).

On July 9, the Capricorn Full Moon conjoins Pluto, forms a square to Jupiter and an opposition to Mars, further highlighting this ongoing process of personal and political re-orientation. We must be careful not to over-react, as our defences and control mechanisms (Capricorn) are easily triggered by our emotional insecurities (Cancer). Taking responsibility for our feelings is the key to navigating successfully through this period of heightened emotional activity. Questions of authority, implementation of power, and resistance to it will be back on the global agenda. Capricorn and Cancer are both signs that value security and safety and would rather stick with the old than dare the new.

The energy will shift on the New Moon in fiery Leo on July 23. Mars is aligned with the New Moon again, but now in Leo from July 21 until September 6, the red planet motivates creative self-expression and has the courage to live authentically. The shadow side of Mars in Leo is the bully and self-centred tyrant who wants to control others. Nevertheless, Leo is the sign of the heart, the place where our innate intelligence and wisdom lives. This New Moon invites us to go inside and contact our 'Inner Child' as our source of creativity, playfulness and happiness. What a fantastic moment in time to play with your children and grandchildren! July 26 could be a day for great revelations, when transiting communication planet Mercury makes an exact trine to Uranus. So, stay tuned, focus on what is essential and allow yourself to be a source of inspiration!

Navigation by the Stars: Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead; Plans, Directions, Concerns for 2017/18; contact Tina on 6689-7413 or 0457-903-957, or email: star-loom@hotmail.com
Next 1-day Workshop: 'Eclipses & the Astrology of Transformation' at Lillifield Community Centre, July 29, 10am – 4pm; for bookings and info contact Tina as above.

time out and reflect what feels right to you. Tune into your intuition and accept that there are things in this world that defy all logic.

Libra

Your desire to get ahead with your plans and goals might be thwarted by domestic demands. Be aware of sudden emotional outbursts, either your own or of those who are depending on you. Best to relax and take a step back until the energies shift again with the New Moon on July 21.

Scorpio

The intensity of the moment might appear less troublesome to you, as you are naturally skilled at dealing with crisis and difficult emotions. Maybe it is your time to step up and be of assistance to others. Nevertheless, be mindful of your thoughts and way of communicating. Remember that words have power, they can heal or destroy. Be aware of that Scorpio sting!

Sagittarius

While you feel ready for action and want to move ahead with your project and plans, there are circumstances to consider which need to be addressed first. Try to be reasonable in your expectations towards others as well as yourself; be patient because new doors are opening soon.

Capricorn

Sometimes we show our love and care by trying to control others. Your challenge now is to replace suspicion and fear of the unknown with trust in the future. Otherwise you could find yourself in a power struggle with those you want to protect or impress.

Aquarius

This is a period where you need to find a new balance between work and time for regeneration. Do you feel nurtured by what you are doing? Maybe a change in routine or diet might help with getting your body back on track and your head aligned with your heart.

Pisces

This is a time where making extra space for play, heart-felt fun and any form of creative self-expression is supported by the cosmos, especially if you feel exhausted or over-burdened with duties and care for others. Be assured that the world does not need any more martyrs; instead, we are in urgent need for happy and fulfilled souls!

trivia

with Martin Gill

Questions

1. Ray Dolby's eponymous 1933 invention improved what?
2. How many spark plugs are there in a V6 Diesel engine?
3. Which country has the Internet domain name ".ru"?
4. In Greek mythology, who was the first woman?
5. Tabs, Knobs, Whimsies, Innies and Outies feature in what table-top amusement?
6. What popular US casino game is named from French 'toad', referring to the crouched stance adopted in its street origins?
7. What famous English artist/ceramics maker, 2003 Turner prizewinner and iconic cultural/political advocate, also uses the name 'Claire'?
8. Which two words formed the slogan for the UK Conservative Party's 2017 general election campaign?
9. Emily Dickinson's famous poem is 'Hope is the thing with (What)'?
10. 'Pastel de nata' refers to what confection in English?

Answers

1. Sound reproduction.
2. None. Ignition in a diesel engine is achieved by compressing the air/fuel mixture until it explodes. That's why they are so "knocky".
3. Russia. Usually a site to be avoided.
4. Pandora. Don't open the box... Oops, too late.
5. They are all names for jigsaw puzzle pieces. Treasure this knowledge Lisimore are beaut.
6. Craps (from crapaud, 'toad'). The other meaning of "crap" doesn't come from the same source. It derives from Thomas Crapper who was big in early toilet development.
7. Grayson Perry.
8. Strong and Stable. Probably something to do with their policies smelling like they came out of the back end of a horse.
9. Feathers. It makes sense in a 19th Century sort of way if you read the whole poem.
10. Portuguese Tarts. The ones at The Dragonfly in Lisimore are beaut.



Healing

by Marilyn Devlin

Mornings are Magickal... so awesomely beautiful; dramatic and serene, fresh, unique, brand new... expansive, joy filled, majestic; and super inspirational. Yes, I know – impossible to describe.

The big months roll on. This Age a time for movement and shift; transformation is not a choice with energies like these. It's been a long time that we've lived a certain way. Our bodies carry the memories and emotions... the blockages and restrictions.

All is one... our body is intrinsically connected to everything. Not just physically but energetically... our body responds to all. Our gut is the receiver for all incoming vibrations. It's through our internal organs that we sense and respond.

We've entered a pretty powerful time... this middle time of 2017. Many have described it as a new portal opening. Like a window in time... where we need to decide which way we're pointing. What we are doing with our time. The pressure's on to become authentic. Many will be feeling it in their body. And it's not just winter. My gut/digestion has been screaming. It's a big Cancer/Moon month this year.

Cancer – ruled by our Mother Moon is deeply intuitive and feeling; emotional and sensitive. Cancer represents the home and family... a need to belong. This Cancer month is strongly influenced by the recent Solstice and New Moon in Cancer. Sitting so close together their combined influence is strong... and will last for many months.

In the Solstice chart a strongly feminine Grand Earth Trine offers powerful opportunity. Combining the energies of Psyche (soul), Hygeia (healing), Juno (personal power), Moon (emotions), Venus (love) and Pluto (rebirth)... huge transformational energies are available to help us with healing our bodies. As with all opportunities, we need to participate... to accept, and say yes.

The Cancer New Moon combines its significant energy to the potent Solstice point... presenting us with

an awesome hexagram... a Star Tetrahedron – a Grand Sextile. A mystical configuration of Sacred Geometry said to open a portal of energy for those who tune into it. It's not a passive energy... it needs to be worked with.

The New Moon's Grand Water Trine joining Mars (passion), Moon (memory), Mercury (messenger), Dark Moon (primal needs), Neptune (transcendence)... combines with the Solstice's Grand Earth Trine to create this 'Star Gateway' (Tetrahedron/Merkaba)... an opening to higher energies which are available to our body. Again... it needs to be a conscious choosing.

We need to want to heal, to remove the blockages that forever keep us stuck. We need to be ready for change... to let go of what no longer serves us. We need to awaken to how amazing we are, we need to love our self beyond all else. Love is the most powerful healing tool. We need to say 'YES'... I'm ready and I'm prepared. There's so much opportunity during this mid-year crossing... will we go for it?

It takes courage, faith and belief in you. Yes, you've got to really want it... to be the best you can be. Life is not mediocre... neither are we. God... look how we're made; and this incredible Earth... nothing mediocre. We're not created to accept mediocrity... it doesn't sit well in our body. Our body craves joy, happiness, involvement... love, beauty, giving and receiving.

It's a powerfully fertile time to focus on our intentions... on what we want to bring into manifestation. We are highly creative beings after all. It's a time to heal... to leave behind (once and for all) the lingering threads of what's not needed any more.

It's time to be super kind to ourselves, nurture and sooth our troubled digestions (physically and psychically). As with all big times, those with sensitive/empathic/psychic shields may need extra care... make sure you spend time in your sacred space and give yourself what you need.

This is a super big crossing/opening... there's magick in the air and heaps of possibilities, if we choose.

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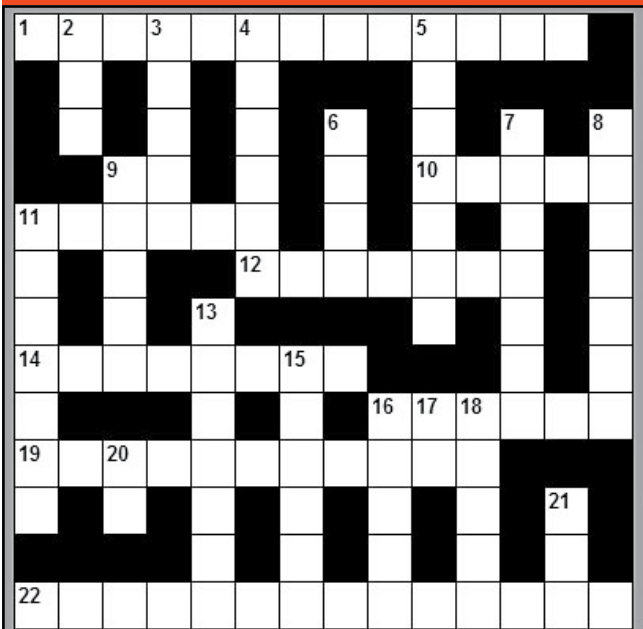
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Nimbin Crossword

2017-07
by 5ynic



- Across**
1. Big cat of the Northern steppes (8,5)
 9. (Catalogue) Part No. (init.)
 10. First name of big cat from Kipling's Jungle Book
 11. Older woman at the club? Big cat
 12. As large as possible
 14. Fortune tellers?
 16. Preserved in salty water
 19. Big cat? Digger
 22. Stripy Southern predator (Not a cat) (9,5)
- Down**
2. Type (not a moose)
 3. Consuming frugally
 4. Tell
 5. Annoying, irritating
 6. Tailless cat
 7. Marine mammal (3,4)
 8. Big cat
 9. Small cat
 11. Cut timber back to ground level to stimulate growth
 13. _____ May (British Prime Minister in 2017)
 15. Posh?
 16. Turbocharged (car engine)
 17. Egyptian sun deity
 18. Modern day Mesopotamian
 20. Gogglebox
 21. Observe

Solution: Page 33