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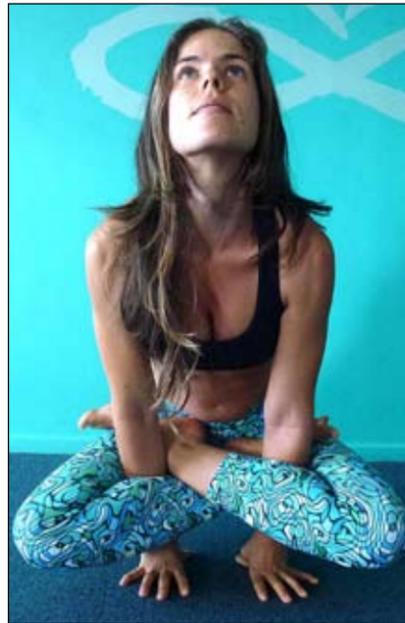
Yoga, prana and five vayus

by Cameron Storey

Prana gives energy to all our faculties without which they cannot function. There are five main subdivisions of prana (primal energy) called vayus which operate at the level of the pranamaya kosha (one of the five bodily sheaths). Vayus are divided according to their directional movement and internal organ control. Cultivating a basic awareness of one or more of the vayus (winds) via our yoga and meditation practice will enable us to deepen our awareness of the subtle body and patterns of the breath. The mastery of all of the five vayus leads to optimal health and increased longevity.

The five vayus are:

1. **Prana** which resides in the heart/chest region, moves inward and governs reception at all levels from ingestion of food, consumption of water and inhalation of air to the reception of sensorial impressions and mental experiences. Prana is the propulsion and the basic energy that drives us in life. Its element is air. Pathological manifestations include anxiety, asthma, heart palpitations and epilepsy.
2. **Apana** which resides in the lower abdomen moves outward and downward and governs all forms of elimination and reproduction. Apana governs the excretory system, the reproductive system and the elimination of carbon dioxide. On a deeper level it discerns the elimination of negative sensory, emotional and mental experiences. Its element is earth. Pathological manifestations include constipation, enlarged prostate, dysmenorrhea and osteoporosis
3. **Udana** which resides above the larynx moves upward and governs



transformative movements of life energy. Udana governs the growth of the body, speech, enthusiasm, reason and conscious evolution. Its element is ether. It is udana which dissolves prana and apana, stopping their outer and inner flow, in order to bring them together in the sushumna (central channel/spinal cord), resulting in either samadhi (Bliss) or death. Pathological manifestations include speech problems, throat diseases, nose bleeds and tonsillitis.

4. **Vyana** which pervades the whole body and is the power of movement from the centre to the periphery. Vyana governs circulatory system, and oxygen distribution throughout the body and the processing of emotions and thoughts through the mind. Vyana assists the other four pranas in their work. Vyana governs the contraction and relaxation of all muscles as well as the movement of the joints and

structures around them. Its element is water. Pathological manifestations include arthritis, aneurisms, inadequate circulation and varicose veins.

5. **Samana** which resides at the upper abdomen moves from the periphery to the centre through the digestion of food gastrointestinal tract and the assimilation of nutrients in the intestinal system. Samana works in the lungs to absorb oxygen and in the mind to integrate and assimilate sensorial, emotional or mental experiences. Its element is fire. Pathological manifestations include indigestion, malabsorption, flatulence and loss of appetite.

The balance of prana and the five vayus of the pranamaya kosha are absolutely necessary for your body's health and longevity. Holistic yoga, pranayama and meditation practices alternately stimulate and/or pacify all the five vayus/and their corresponding elements to maintain a dynamically balanced state.

The reversing of the actions of prana and apana creates unique energy flows to access central channel Samadhi. The better we understand yoga, pranayama and meditation the more efficient and predictable the elemental outcome, the corresponding balance of the vayus and the health and function of our physical and mental bodies. This article is just the tip of the iceberg on internal energies.

“All that exists in the three heavens rests in the control of Prana.”
– Prashna Upanishad II.13

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.

Tacit knowing

Perception is a funny thing. You can notice some things straight away but not even see other things, and we are quite different in this way. For instance, I have a large Japanese torii painted red in my front garden. It is in plain sight, but not everyone sees it. A friend came by and had to be shown where it was, even though he'd parked his car directly in front of it. A torii is a gateway with no walls and symbolizes the passage from this world and the next. It is a very visually pleasing structure and frames my garden beautifully.

Not seeing something doesn't mean the object is completely out of awareness. A person encountering my torii for the first time would not attempt to walk into the wooden frame; some knowledge of its existence is present, albeit not conscious.

At some level the person has some tacit knowing of this thing, but there is nevertheless a certain blindness that needs to be addressed. What else, I wonder, in my friend's life that is not seen? What else might he benefit from seeing?

Tacit knowledge is defined as knowledge that isn't explicit and cannot be easily transferred via direct language. This is the kind of knowledge we have when we have acquired the ability to ride a bicycle, or play a musical instrument, or get a sense of the geography of a town. We can speak of elements of the negotiation of these things, but a large knowledge base is known at another level. We can convey a sense of it through artwork, hypnosis, stories and poetry, and we explore it also in our dreams and reverie. It is a kind of knowing that is very rich and, when understood better, can enhance our lives through offering solutions we didn't even know we had. In my psychotherapeutic and clinical hypnotherapeutic work I deliberately set about bringing those partly obscured knowledges into the light so they can be consciously accessed.

I'm thinking here of a woman client who was feeling bereft at how the people in her life were apparently trying to strip away everything she loved. I reminded her of how each

time she settled in a place, she created great beauty, even with very little. In other words, she had unconscious skills to make spaces that are lovely. Certainly others had abused her by taking her for granted and stealing things from her as well, but her inherent knowledge of the right placement of things, the feng shui, meant that, at a tacit level, she knows (although she doubts) what should go where, and what should be left out: the very skills needed to create boundaries around herself so that she cannot be abused. By drawing attention to her tacit knowing, she begins to have the skills required to take back her life and live the life her heart desires.

Tacit knowing can be built upon and strengthened. Regarding the woman just described, the reconnected skills of boundary making and right placement of intent in relation to certain other people that I suggested she deliberately utilize will, over time, become a second nature, a tacit knowledge. For now, though, the knowledge she has in the making of beautiful spaces



by Dr Elizabeth McCardell
M.Couns. PhD

needs to be explicitly utilized in the right placement of those people she can trust and those she feels are not right for her. This kind of knowledge has to be worked upon deliberately and face on and simply and with regard to ethics and the law. The explicit is not subtle. There is likely to come a time when she just knows what do, what to say, how to be in a way that nurtures her in the way she knows as the creative person she is.

I like my torii and I like the symbol it portrays. It is a gestalt figure that is both figure and ground and explicit and implicit being in the one thing. Walking through the torii I move from space to space acknowledging the many kinds of knowing, and it is a delight. Neither matters individually, except as the whole.

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Back pain

Ninety percent of people will experience back pain at some time in their lives, an experience that can be extremely debilitating.

The vertebral column evolved in four legged animals. Walking on two legs puts pressure on the lower spine in a manner that it was not intended to cope with, despite large vertebrae muscles and ligaments.

In terms of Chinese medicine, the main channels affecting the spine are the bladder and Governing vessel or Du channels. Lower back pain is frequently associated with low kidney energy. Repeated episodes of lower back pain often involve kidney deficiency.

Other pointers to a kidney deficiency are pain worse at the end of the day or worse for prolonged standing, a cold lower back or cold and weak knees. Other more general signs of kidney deficiency include dizziness, deafness, forgetfulness, insomnia, dryness and hot feet for yin deficiency.

For yang deficiency there may be feelings of cold, tiredness, pale complexion or loose stools. In cases of back pain due to kidney deficiency the underlying deficiency needs to be addressed to stop recurring back pain.

As well as acupuncture and moxa, herbs are often beneficial to tonify kidneys. Enough sleep is important. Overwork or night shifts deplete the kidneys over time. The aging process is due to declining kidney energy.

Another cause of back pain is cold and/or damp. Damp is common in people with an underlying spleen deficiency, or kidney yang deficiency. Cold and damp bi syndrome, as it is known, is affected by cold or damp weather. To disperse damp, again moxa and herbs are often included in a treatment to move cold and damp.

Concurrent symptoms of poor digestion, lethargy, tiredness and shortness of breath



by Brigid Beckett

suggest an underlying spleen deficiency. Consideration of diet and addition of herbs to the treatment helps tonify the spleen and reduce damp. Damp can take time to move, and can cause persistent problems.

Qi can be constricted by problems in the liver channel.

More often causing upper body pain and tightness, liver qi constraint can cause loss of flexibility in all muscles making strains more likely. Liver qi constraint commonly has an emotional component and is typically worse with stress. Pain is

usually worse first thing in the morning and improves with movement.

In some cases there is no deficiency and the pain and stagnation is caused by an external pathogen such as wind, cold or damp in the bladder or du channel. This causes an acute syndrome which may have been brought on by cold or damp. It can cause severe lower back pain radiating into the buttocks and legs with restricted range of movement. Severe

acute episodes with neurological symptoms may be caused by vertebral disc herniation, which needs radiology for diagnosis.

However, most cases of lower back pain are not related to significant radiographic abnormality. The American Pain Society view is that too much reliance on magnetic resonance imaging (MRI) or xray can result in the wrong treatment. Many people with no pain have many radiographic abnormalities and vice versa. Studies of diagnosis relying on MRIs only with no patient history have shown that MRIs alone are unreliable at predicting the presence of pain.

The emotion related to the kidney and bladder, the main meridians involved in back pain, is fear. Being diagnosed with abnormalities on MRI or xray, and then being told you are fragile or deformed, increases fear and can create pain or cause pain to be chronic.

Looking at the patient rather than the radiographs will lead to a better understanding and a better outcome.

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

Natural law



by Helene Collard

When we see ourselves as one part of a greater unit, we understand that our life's happenings are not isolated or confined just to us. This is also true of both trauma and wellbeing. Both reverberate throughout our world like ripples in a lake. Life happens for everyone, however it is our subsequent thoughts, feelings and deeds that imprint our collective matrix of life. That's why I believe collective wellbeing begins with personal development.

More attention is being given to the vibrational quality of things. When something resonates at a high vibration, it is said to feel light, clear, open, true or safe. In contrast, when something resonates at a low vibration, it can be described as dense, draining, unclear, dark or unsafe.

In addition to our physical body, we also have an energy body that operates on vibration. When we tune-in to our human energy field, we open up to new possibilities for change and healing.

The human energy field (HEF) is the area around your physical body, approximately to where your arms can outstretch. It is a highly perceptual information system and acts as an interface between you and the environment. So everything you sense and experience passes through this area first. Here's the key part, the HEF stores both positive and negative energy data, including from: past and present relationships, your beliefs and values (including those instilled from childhood), significant traumatic events

*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*

and other things.

If you find that you continue to attract relationships that don't serve you; articulate yourself in ways you'd prefer not to; have addictions you'd like to let go of - it may be your human energy field needs some clearing work.

Reiki is universal 'God' energy combining with your personal 'Ki' energy. Reiki seeks to restore holistic balance and wellness and works on the cause, rather than symptoms. Reiki is subtle, yet incredibly powerful in facilitating change and transformation, and can be applied to both the HEF (off the body) and via a laying-on of hands (on the body). Come and try Reiki today. We also offer professional and affordable Reiki Courses for those who want the gift of giving themselves Reiki everyday. Contact us for more information.

Coming Up

Forthcoming events to be held at the Yemaya Centre for Reiki & Wellbeing, upstairs at 115 Keen Street, Lismore

- Reiki First Degree Course 11-12th March, 9.30-4.30pm
- Evolve Event 16th March at 6.30pm.

Topic: 'Deepening Connection with Animals Using Reiki & Animal Communication' with Donna Connolly

- Reiki Second Degree Course 8-9th April, 9.30am-4.30pm
- Vinyasa Flow Yoga Tuesdays at 5.30pm, Thursdays at 6.30am
- Core & Consciousness Class Fridays at 7.15am
- Yogalates Class Fridays at 9am

Helene has a Bachelor of Trauma & Healing, is a Reiki Master and the founder of the Yemaya Centre and Evolve Events in Lismore. She offers regular courses and circles through Evolve Events. For information, enquiries and bookings visit: www.yemayacentre.com.au or phone 0405-656-797.

The birth of a mother

by Kirrah Stewart
B.ClinSci Traditional Wisdom

I turned up to teach the first antenatal class for a couple mid-way through the pregnancy and the dad-to-be was full of questions about after the baby's arrival. All the questions were focussed on caring for a newborn.

How often does a baby need to eat? Will my partner make enough milk? How will we know what to do?

My first thought was 'wow, this couple are so organised'. So much focus is normally given to the actual birth and the time after birth can be forgotten or skimmed over. I was happy to see this couple so excited about their baby's arrival.

I have a deep calling to support families through the childbearing year. In fact, this is my 10th year as a doula! It is such a memorable time and good support makes all the difference to the experience of the postpartum and the '4th trimester'.

In societies where the traditional culture is still intact, there is a reverence and respect for the postpartum time. In fact, anthropological studies have found that postpartum disorders such as 'the baby blues' were virtually non-existent in traditional cultures. Yet, in industrialized nations, the baby blues can affect up to 85% of women with up to a quarter of women experiencing postpartum depression.

According to Stern and Kruckman, there seems to be five postpartum 'rituals' that help new mothers to feel well supported and cared for.

1. Forty days of confinement

The acknowledgement that the first forty days (or six weeks) is to be protected and treated as a time of recuperation. The mother accepts extra support from family/friends or a postpartum doula. She has relief from cooking and cleaning and instead focuses all her energy on falling in love and breastfeeding her baby.



2. Holistic treatments

The physical and emotional changes that happen to a new mother are acknowledged and healing traditions are brought in to assist the mother. Treatments are given such as massage, binding the belly and using herbs/spices.

3. Rest

Traditional cultures place a lot of importance on rest and recuperation. Mandating rest for the mother and minimizing visitors also assists breastfeeding to be established successfully.

4. Village support

These cultures assist the mother to rest and recuperate by having strong support networks in place. Family or friends usually step in to help care for the mothers other children and also help with chores around the house.

5. Mothering the Mother

Ceremonies help honour the huge transition from maiden to mother. Rituals are performed and gifts given to signify and acknowledge the new mother.

The following is a description of a postpartum ritual performed by the Chagga of Uganda. It differs quite a bit from what mothers in industrialized countries may experience.

"Three months after the birth of her child, the Chagga woman's head is shaved and crowned with a bead tiara, she is robed in an ancient skin garment worked with beads, a staff such as the elders carry is put in her hand, and she emerges from her hut

for her first public appearance with her baby. Proceeding slowly towards the market, they are greeted with songs such as are sung to warriors returning from battle. She and her baby have survived the weeks of danger. The child is no longer vulnerable, but a baby who has learned what love means, has smiled its first smiles, and is now ready to learn about the bright, loud world outside." (Dunham, 1992; p. 148)

While most modern women probably don't want to shave their heads and be confined for 40 days, there is much to learn from the traditional cultures. Honouring the journey that the mother is on will go a long way to helping create healthy societies.

Remember that the most important job for the new mother is to fall in love and learn to breastfeed her baby. Help her focus on these tasks by assisting with house work, child-minding and cooking and cleaning for her. Care needs to continue throughout pregnancy and well into the crucial postpartum period.

Let's help women thrive in the fourth trimester, not just simply survive.

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

The dunnies of Japan

Postcard from Japan, part 4 by Bob Tissot

So, here we are, back home in the glorious Northern Rivers. It's a perfect day in paradise and as I sit contemplatively and, dare I say, serenely on my outdoor, composting, open to the bush on two sides Aussie throne, my mind slips back to the vastly different facilities we became acquainted with in Japan.

The country basically uses two different systems side by side to suit all tastes. There's the flush-with-the-floor ceramic trough with a raised hood at the outlet end, much favoured by the older, more traditional squatters who aren't all that keen on these new-fangled Western-style contraptions. Our first residence only had this type, inset into a raised, tiled area like a stage awaiting the next great virtuoso performance.

On the other end of the spectrum, the Japanese have embraced the multi-function, electronically-enhanced, western design with a fervour rarely seen in the world of Water

Closets. I mean, without a shred of exaggeration, that these Pedestals to Paradise have elaborate control panels to rival the Tardis, naturally all labelled in Japanese. Heated, soft-feel seat? Bog standard. Heated, multi-directional water jets? Also standard with adjustable temperature and pressure. A quick word of warning for the gentlemen; just be sure to pick the right direction or else the family jewels might cop a hot, high-pressured blast.

Need some sounds of nature like a rushing waterfall (volume adjustable) to mask the tinkle of your wee brook? Not a problem. In fact, in the interests of public modesty let's cue the waterfall to start on entry in the women's loo, a tactic employed by a major supermarket chain in Kyoto. Hands-free, infrared flush panel! Seat-pressure activated exhaust-fans! The list goes on. And if you're especially busy and important you can use the heated, directional, bottom-drying air blast to avoid the tedious use of paper, thereby allowing for uninterrupted interaction with your phone.



One would hope that such high-tech appliances would come with at least some basic operational instructions, but the only poster on the wall at the station was explaining how to sit down on the seat, not squat on it, and how to do the paperwork. As almost all train stations provide both styles, it was while I was using a squatter at the station that I saw the instructions on how to ride it! OMG! For the first week I'd been riding the bloody horse backwards!

So, I'm thinking back on all this and it strikes me just how amazingly power-consumptive those gleaming, vitreous-china testaments to the separation of man from his biology must be. I don't reckon I could even keep the seat warm 24/7 on my 12v system.

A couple of pademelons, one with an oversized joey, cruise past, oblivious to my meditations. It's time to get on with the day.

ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

Aries

The Venus retrograde phase March 4 – April 14 is well suited to re-evaluate plans, projects and re-negotiate partnerships, but be careful with getting drawn into arguments and conflicts. Instead, spend time alone for introspection. Resist projecting your expectations onto others and focus on your own goals. This is a great period for re-viewing your personal style of self-expression being creative about your personal image and appearance.

Taurus

Relationship and money issues can be confusing during this period. Final decisions in these matters are best not made before the end of the Venus retrograde period because you might miss out on important information (March 4 – April 14). On the other hand, Mars, planet of action, journeys through your Sun sign during March 11 – April 22; it provides you with a lot of physical energy and the incentive to start new projects. Do the best job possible and gather your support.

Gemini

Matters involving your life direction and career path are at the centre of your attention during this period; you will attract attention in some way. Change is in the air and there might be a need to review your goals. Some might have come to fruition and others might need to be re-written. This can also involve written and unwritten contracts with friends or groups that you are part of.

Cancer

This could be an interesting period for you where things, or people, at a distance will become important, or you may even consider traveling for pleasure or work purposes. Pay special attention to your standing in the community and public image; refine your artistic expression and work on your personal and professional mission statement. Others will take notice now.

Leo

This is a time of endings so that new things can take their place in the future. Make sure that you have the resources and support for manifesting your dreams and visions. Do you get the resonance for your projects that you were hoping for? Your vision could be bigger than your reality is allowing for. Nevertheless, things start moving again from mid-April onwards; remain open-minded and in the meantime work on broadening your perspective.

Virgo

Relationships are under review at the moment. You might form or discontinue a serious relationship. Unresolved issues will pop up for you to look at and heal. Is there something missing that used to make you happy, something you left behind that was essentially important to your heart, not so much to your head? Revisit the places and people who used to make you feel happy and try to find a new balance between the old and the new, the past and the future.

Libra

Health and work require some attention at the moment, including changes to diet or daily habits. This is also a time when you will be reviewing, changing or strengthening your relationships and

March

Pisces is the last sign in the zodiac and marks the end of the cycle. In many ways Pisces is associated with the urge of fusing the physical and spiritual realms signifying the soul's struggle with the imperfections of the material plane. For many Pisceans, the choice seems to be either saving others through self-sacrifice and service or suffering the consequences of escapist tendencies. Pisceans can dream big dreams, but might easily be discouraged. Being a water sign makes it difficult to define boundaries, since water is formless and can take on any shape or colour of its environment. Thus, they are like psychic sponges that absorb - mainly unconsciously - the moods and vibes of those around them.

On a lighter note, the Piscean individual has a vivid imagination and can excel at dance, acting, music and many other forms of creative self-expression. Equally, many of them are gifted healers or dedicated health and welfare workers. Chiron, the mythic wounded healer, and Neptune, planet of dreams, imagination and empathy are still in Pisces (Chiron 2011 - 2018 and Neptune 2012 - 2025) emphasising the theme of collective suffering invoking compassion on a grand scale.

The Jupiter/Uranus/Pluto T-square, forming since November 2016 and dominating our collective as well as personal lives until August/September, peaks again during March. Uranus is the liberator from old patterns and awakens us through spontaneous insights that often emanate from chaotic circumstances. Pluto signifies the collective and personal 'shadow' of the unconscious, our deeply buried instincts for survival combined with the desire for power and control. Jupiter stands for our perception that is based on our core beliefs. How we see the world depends on our conscious, and even more, unconscious beliefs that are culturally and socially conditioned. Nevertheless, the Jupiter principle of growth, progress and spiritual development remains very active during most of this year.

Jupiter has a shadow side as well; over-inflation, self-aggrandisement, disregard of boundaries and populism are all traits of an ill-directed Jupiter. Right now, Jupiter is retrograding through Libra until June 9 initiating a period where we can gain deeper insights of our beliefs and values that form our current worldview, especially when he opposes Uranus exactly on March 3 and squares Pluto on March 31. We are



in the process of a major socio-cultural paradigm shift: many of our old shared values seem to have lost their relevance, while new ones have not emerged yet out of the mass consciousness. For example, the meaning of 'democracy' has been put to its tests and shaken at its roots many times during these last months by governments and their leaders alike.

Venus will be retrograde from March 4 until April 14. During the Venus retrograde phase, the planet associated with beauty, values and possessions, displays her 'darker' side. Venus is retrograding through fiery Aries and we can expect some stormy times in our relationships. On a mundane level, contracts and alliances between different nations or parties could be re-examined or even abolished. Therefore, the entire Venus retrograde period can coincide with break-downs of partnerships and emotional separations, as we review our alliances, feelings of self-worth, personal needs and values during these 6 weeks. This Venus retrograde period coincides with Jupiter retrograde (Feb 6 – June 9) and could impact negatively on economics and finances, because the two beneficiaries of the cosmos are in slow motion.

The Full Moon on March 13 in Virgo opposes the Sun/Chiron conjunction in Pisces and makes a stressful square to Saturn. The days March 13 – 18 could be an emotionally testing time, where we might feel pulled between trying to make rational decisions versus having trust in our own intuitive wisdom. This is a potent moment in time, when unhelpful value judgements can be dissolved leading to a greater integration and self-acceptance. March 20 is the day of our Autumn Equinox (Southern Hemisphere), when the Sun crosses the threshold into Aries, the sign of pioneering activities and new enterprise. It marks an important turning point as we move from the end of the cycle (Pisces) to a new beginning in Aries. The hours before the equinox are best used for emptying out, releasing, and creating that special inner space, where new information can flow in and be received.

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

Next 1-day Workshop: 'Planets, Houses & Rulership: Energy Transmission in the Horoscope' at Lillifield Community Centre, March 18, 10am – 4pm; for bookings and info contact Tina on 045-7903-957 or email: star-loom@hotmail.com

contracts with others. Don't be surprised if you are less inclined to please and instead request more independence for yourself. Complacency or taking a low profile doesn't work for you during the Venus retrograde period (March 4 – April 14).

Scorpio

During this period, you might feel like spending more time on recreation, play and creative self-expression. This helps with re-channelling some of the pressure that you might feel in your partnerships. When a difference arises, it is best to settle it quickly instead of sweeping matters under the carpet. Reflect on what nourishes and is healthy for your body, mind and soul. This includes people and your relationships, especially if you feel that you are not getting the attention that you need. Ask for what you truly want.

Sagittarius

Your home is important during this period and you could be involved in a major or minor home improvement or home repair project; or there may be a change of residence. Venus retrograde (March 4 – April 14) activates your creative imagination, urging you to find appropriate channels of self-expression. The problem is that you could disperse your energy into too many different directions. Therefore, try to be disciplined and focused.

Capricorn

This is a busy time and your mind could easily go into overdrive. Therefore, balance time spent on mental activities with physical actions. On the other hand, this is a great networking time for you; you might review or strengthen contacts with your brothers and sisters and revisit early childhood themes. Discern what you could let go of now so that you can move on to a more authentic way of relating.

Aquarius

Financial and material matters require your attention during this period. You might even feel inclined to make important purchases. However, it is best to re-examine your values and priorities first. Venus, the planet associated with money and material matters, is retrograde from March 4 – April 14, initiating a period of review concerning our values and contracts; generally it is not regarded as a great time for investments. You could consider slowing down a bit allowing extra time for sorting out your many brilliant ideas, while re-defining your priorities.

Pisces

Pisceans born during February 22 and March 4 might experience a very powerful period of endings and new beginnings activated by the February 26/7 Solar eclipse. Something important in your life is ready for completion, or needs to go to the next level. What has come full cycle for you since February 26, 1998? Consider what was important six months ago, when there was a solar eclipse opposite this one on September 1 in Virgo. Think back what happened then, what ended and newly started around that period. This can give you guidelines for the events now and how to travel with them.



by Marilyn Scott

Blessed by the Sun God, tears clouded my eyes, I wiped the dribbles from my cheeks as the mighty golden ball rose from the depths of mighty Neptune. Must be one of the most awesome sights our eyes can witness.

Made it down to the beach for dawn – what a deeply emotional experience, the sheer beauty and majesty is impossible to describe. I closed my eyes and absorbed his mighty blessings; and this happens every day! Oh, if we could only experience how truly blessed we are, magick and miracles happening all the time.

I'm still recovering, and rediscovering myself – only twelve days (as I write) since leaving the Sacred Grounds of my six year retreat. It will take time... need to stop, rest and restore; the move was massive and took me to the edge – my tank scarily low – yes a dangerous place to go.

I've found a temporary oasis, a small beach cottage amongst the trees. Flocks of lorikeets constantly chattering, feasting on the flowering gums. Sea eagles have nested in a tower close by, and a native echidna lives in the bush across the road. The area is surrounded by the most amazing rainforest, so pure,

with a powerful Devis presence.

The ocean and the warm rays of the Sun, body healing with daily swims; oh dear Neptune, how luscious you are. He cleanses all that built up energy, clearing and refreshing our energy fields... he reminds us where our true nature lies.

First days after the move the grief was overwhelming, an avalanche of tears ready and wanting to fall; exhaustion ravaged my body, I felt cast adrift, alone, confused – myself lost... many times I'd murmur, "I just want to go home..."

Mahalia still called me, this was hard. Must be one of the hardest shifts I've needed to take. Yes I know it was needed, and I'm still discovering why. Was the connection there so deep, something I'd never experienced before? "Your identity was merged with Mahalia," said a friend, 'It will take time to unravel and disconnect, and rediscover your Self again.' I need to give myself time.

Yes it's a time of massive shift for us all, the old ways needing to be discarded, this time for good. It's time now – to be the you – you were always meant to be. The preparations have been long and thorough, the years since 2012 have been rigorous. We've walked through much, we've been confronted with ourselves, what works and what

is standing in our way. The time for intense reflection is over... it's time now to get on with the job, the one that only you can do.

Six years of retreat at Mahalia was a time of so many things: the stillness, the complete 'stop', the surrendering and letting go – like never before. It was a time of total transformation, that is still unfolding. The honour I felt, to be invited into the Dreamtime – other realms and dimensions and the many 'cosmic' events. The environment loved me, nursed and nurtured me... and held me close; while my body and psyche were completely overhauled.

Well – been leaving things up to the travel gods, deciding where to next. More time to rest and restore, bring myself back from the edge, feel firmly rooted in my Self, ready to be present in my next chapter – of doing and being. I 'saw' the new chapter approaching sometime back, but as with most things, the 'way' is often shrouded in mist. Just as I could never have envisioned the journey at Mahalia... this new chapter unfolds piece by piece.

The most important is that I'm strong, healthy and well; ready and willing to take on my role within our great human family. We are all being called now, to stand up, show up, and do what only we can do. Much love.

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Questions

- Albedo refers to what property of an object?
- Rib, stretcher, runner, ferrule, crook-handle and tube are parts of which common protective device?
- What major international leader was in 2010 officially given ranked status as a Hells Angel by his nation's 'high council' of bikers, with the name 'Abaddon'?
- What creature was on the mission insignia or badge of the first moon landing, Apollo 11?
- Name the city that was the setting for Irvine Welsh's 1993 novel, 'Trainspotting'.
- What is the only internal human organ capable of natural regeneration of lost tissue?
- Earl Scruggs (1924-2012) pioneered and was master of the three-fingered technique for playing what?
- As at 2017 what is the only European country to routinely apply the death penalty for peacetime crimes.
- Which country is the world's largest democracy in terms of its population?
- The 'God particle' is more technically called what, after two (English and Indian) physicists?

Answers

- Edinburgh. "Now there is apparently a causal link between heroin addiction and vegetarianism."
- The liver can regenerate from only 25% of an original.
- The 5 string banjo. He was a frequent guest on The Beverly Hill Billies along with guitarist Lester Flatt.
- Belarus. They should form an alliance with Trumpland.
- Vladimir Putin (president/prime minister of Russia - Abaddon is a Hebrew term after Peter Higgs and Satyendra Nath Bose. They actually found it at CERN's big collider.
- They are all parts of an umbrella. Also known as a gamp after Sarah Gamp in Dickens' Martin Chuzzlewit.
- Belarus. They should form an alliance with Trumpland.
- India with around a billion.
- India with around a billion.
- The Higgs Boson named after Peter Higgs and Satyendra Nath Bose. They actually found it at CERN's big collider.

Nimbin Crossword
2017-03
by 5ync

Across

- (4,9) Dairy sweet
- (1,9) Low Frequency (init.)
- Follower of Shiva?
- Grisly?
- Veterans' club
- Terrible
- A cuddly cartoon critter, like Dale, Chip, or Alvin
- Resinous extract of cannabis
- ____. Van Vogt, Golden Age science fiction author of Null A
- (3,3,6) A most excellent flavour for ice cream, fudge, or chocolate

Down

- Kind
- Blade
- Terror
- Stormtroopers? Cannabis plant "cuttings"
- Superman's nemesis
- Non-digital
- The Never Never
- Coldwater fish
- Frosting of 1 across
- Malleefowl (____ ocellata)
- Repeated?
- Obtain money or advantage (or calf food, from cows)
- Defeats opponent (in chess)
- Juniper infused spirit

Solution: Page 33