



Providing over the counter advice with an extensive range of herbal extracts, dried herbs, berries and powders, homoeopathics, supplements, oils, crystals and more

**Nimbin Apothecary**  
Tel: 02 6689 1529  
54 Cullen Street Nimbin NSW

[www.nimbinapothecary.com.au](http://www.nimbinapothecary.com.au)

**Art Therapy, Sandplay Therapy and Counselling**

With art therapy, words are not as necessary. We don't even have to be creative or artistic. Just have a willingness to explore and play; the insights will come!

Art therapy is an expressive therapy that can be useful to work out many issues: grief, addictions, pain, mental conditions, diseases, self-exploration, stress, and to seek meaning and clarity.

Sandplay Therapy uses sand, the container and miniature objects that can be used symbolically.

**Derek Tys 0429 191 656**  
[www.derektys.com](http://www.derektys.com)



**VITAL CHOICES HOLISTIC HEALTH COACHING**



Are you dealing with the consequences of unwanted compulsive habits and addictions?

VITAL CHOICES – Your Home Rehab. Resource Centre for “self-driven recovery” – the approach that works.

If not NOW, when?

**David Ward 0447-820-510**  
[www.vitalchoices.com.au](http://www.vitalchoices.com.au)

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

**Counselling, Psychotherapy & Clinical Hypnotherapy**

- personal growth
- anxiety & depression
- dream work
- relationship issues
- grief/bereavement
- sleep problems
- pain management
- smoking, etc

Clinic in Lismore Heights. Skype sessions also available.

For appointments phone 6624-3704  
phone/text: 0429-199-021 email: [dr\\_mccardell@yahoo.com](mailto:dr_mccardell@yahoo.com)



**Pain? Stress? Tired?**

**COMMUNITY ACUPUNCTURE**

Proven safe and effective treatment by fully qualified and AHPRA registered practitioner, Brigid Beckett AdvDipAc



For conditions including neck and shoulder pain, back pain, headaches, arthritis, insomnia, fatigue, women's health.

**SILVERCLOUD STUDIOS**  
14 Foleys Road, South Lismore  
Mon 2pm-6pm, Wed 9am-1pm, Fri 1pm-5pm  
• Closed over Easter including Wed 19 April •

**Treatments \$25**  
**Appointments: 0431 702 560**

**Beyond the Rainbow**  
Available now at Perceptio & Nimbin Enviro Centre

# The dark red coat

Thirty years ago I bought a dark red cashmere coat, the last coat I would ever buy – or so I told myself. I wore it confidently for about eight years, and then largely

It travelled with me across Europe, for sure, and re-emerged every now and again for concerts and outdoor wanderings. It went with me from house to house to house and across the country from my hometown of Perth, WA, to here.

In truth, though, it wasn't a final, last purchase of a lifetime, coat. I've bought two other coats since. Dark red, almost maroon in colour, the woollen coat was big and long and lined and had 80s style shoulder pads. I almost disappeared into it. I looked pale and wan, and contrary to the stereotype of pale and wane, I didn't look particularly interesting.

And so it hung in my wardrobe for years gradually developing a status much bigger than its actual coat-

dom. It morphed into the coat I would wear in my mind's eye as a bag lady living on the streets, with all my bags gathered around me and all my leggings and tee shirts worn at once, and everything else hoarded in a shopping trolley, just in case.

A coat, I thought, that would serve as blanket, concealer of worldly goods, and tent, if need be. Or even a coat I could trade for the comfort of a bed and a good night's sleep. Even when I came to realise the bag lady thing wasn't going to happen, the coat remained a symbol of my fear of letting go, letting be, and allowing my future to express itself, however it wished. And I hung on to this dark red coat and my dark imaginings.

Then came the massive floods of Lismore where many people lost everything. I didn't. I live up in Lismore Heights, elevated here on the caldera ridge above the town. My water tank filled, my garden grew and blossomed and my trees took on a new flush of growth.

People mowed their lawns, and tidied up and we tried to get on with ordinary life, but none of us have been able to (our hearts will not let us), for down in the town was, and still is in some places, devastation. It's there in the brown dust, and the smell of nasty mustiness hangs like a pall over the town.

It's there on the faces of the people, exhausted by the effort of making right again something that very nearly finished them off. It's there, in all things.

People gathered from far and near to help clean the town and clear the water of destroyed belongings of businesses and homes. Truckloads of clothing and other essentials came and were distributed. The greatness of spirit was manifest. Yes, there was also looting and stealing and other nastiness, but mostly a wonderful nourishing supportive presence came to be here.

I listened to the accounts of the townsfolk, knowing that active listening and



by Dr Elizabeth McCardell  
M.Couns. PhD

being heard is the first step to validation (an “it's ok”) and healing. Being heard is like being loved. Hearing requires not anticipating, not putting words into the mouths of others, not being distracted by things around us, not planning a response, not judging and not giving advice. It is just being present with the other person.

Listening and being present is most important as right now there is exhaustion and a high likelihood of post-traumatic stress disorder settling in. I suggest we all find someone to listen to us, for we need to speak.

As for the dark red coat, I gathered it, with blankets, shoes, and clothing and gave it away.

## Globalisation and the search for 'new' antibiotics

### Bidens pilosa

I mentioned in the last month's article that it is estimated antibiotic resistance will cause the deaths of 10 million people by 2050. Bacteria are unable to develop immunity to the hundreds of complex constituents in a plant medicine, and so I believe they will become the dominant treatment of choice for infectious diseases. Scientists as well as herbalists should be actively involved in the quest for answers.

With globalisation and the rapid sharing of information in the digital age, we are in a better position than ever to obtain and share knowledge of the most effective antimicrobials from the plant world.

I was fascinated by the information I was researching on an obscure herb with extraordinary antimicrobial properties. The herb is *Bidens pilosa*. According to my research, it is considered superior to penicillin, tetracycline and methicillin which are very potent pharmaceutical antibiotics. It is hard to source as a commercially produced herbal tincture. It is considerably more potent as a fresh plant tincture, so I resisted the very expensive option I found of a dried plant tincture.

On further investigation, I had a most embarrassing (for a herbalist) discovery. Although *Bidens* has many common names, the US books didn't mention “farmer's friends” or “cobbler's pegs”. Oh! I thought. Checked the pictures, and yes, sure enough, *Bidens pilosa* is none other than Farmer's Friend. I now have a litre of beautiful tincture that I made from wildharvesting in my back yard. And in the surrounds, which fortunately is free from pollution and car exhaust. I've spent years attempting to eradicate this prolific plant from my garden, meticulously picking off the seed heads and putting them in the bin. Now I find myself picking them and broadcasting them. It was really



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

challenging! I'm still smiling at the website which tells people “How to grow *Bidens*”.

In my defence, it should be noted that Western herbalist teachings have generally considered *Bidens* of little importance. It has been used traditionally in Ayurvedic and Chinese medicine, and has extensive folk use in many places where it grows.

Also interesting is the fact that the young leaves are commonly eaten as a potherb in many parts of the world. A friend told me recently that it's the most commonly eaten plant on the planet. Who knew? The older leaves are not so pleasant to eat. For tincture making, to maximise its effectiveness as an antimicrobial for resistant pathogens, it is best to use fresh leaves harvested just before the plant flowers. Research shows that malarial parasites are inhibited 90% with a fresh leaf tincture and only 65% with a dried plant tincture. Water does not effectively extract the active

constituents, so a tincture is the best medicine.

*Bidens'* therapeutic properties are numerous. In addition to being antimicrobial, it is also anti-inflammatory, blood pressure lowering, helpful with diabetes, protective of the liver and nerves, and good for the immune system. It is a mucous membrane tonic, so it is helpful with ulcers, diarrhea, and inflamed respiratory and urinary passages. It reduces uric acid in the blood, helping as a preventive for gout.

Herbalist Michael Moore in his book *Medicinal Plants of the Pacific West* says *Bidens* may be our best herb for benign prostate enlargement, “often, over a few weeks of use, noticeably shrinking the prostate and giving its connective tissue better tone”.

Before everyone rushes out to feast on farmer's friends, there are some cautions. It has a naturally high silica content, so it should not be consumed excessively. It uptakes heavy metals from the soil, so should not be harvested from contaminated locations. It can lower blood glucose levels, so should not be used by insulin-dependent diabetics. Blood pressure should be monitored in people using anti-hypertensive medications as it can lower blood pressure.

For safety, I recommend a tincture with a prescribed dosage if *Bidens* is used as an antimicrobial. This way a high dosage can be accurately measured, as compared with eating the plant.

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

# Lungs

The lungs are vitally important in maintaining life and energy. They govern the production of qi and respiration, as well as assisting the heart in blood circulation.

They are also a delicate organ, being the connection between the body and environment, and are easily affected by outside influences. This is especially so in children, where severe lung disease such as whooping cough can result in a long lasting lung weakness.

The lungs dislike cold and dry. However they can also store damp and phlegm. A propensity to damp and phlegm is often connected to diet, with cold raw food especially causing damp. Dairy and greasy food as well as smoking can also cause phlegm and lung problems. Lack of activity, particularly too much sitting down,

is another factor causing lung weakness.

The emotion connected to the lungs is grief. Excessive grief weakens the lungs and therefore qi. Grief is inevitable. The longer we live the more close acquaintances we will lose, as well as having to let go of other things we love, maybe home, career, youth and vigour and eventually life itself. Grief is normal and inevitable when we lose someone or something we love. But there are cases that an emotional trauma is so severe that it affects the person for many years, or cases where grief is held onto for a prolonged time. This type of situation causes the energy to drain away and seriously affect health and wellbeing. More recently it has been called prolonged grief disorder and is associated with increased risk



by Brigid Beckett

of heart disease, cancer, addiction and other serious disease.

Dealing with grief is difficult. In our culture there is generally no common world view that in other times comforted people, maybe this is the price of our individualistic society.

In China a mixture of Taoism, Confucianism and Buddhism formed the collective view, helping to face death as a part of life. One story demonstrating this is of monk who was devastated when a young deer that he raised died. His teacher told him he could bring it back if the monk brought him the moon in a basket. Seeing that this was impossible, this led to the monk facing the finality of death and in the long run the necessity of accepting and coming to terms with it. Similarly a woman who was consumed with grief at the loss of her son,

unable to accept the death to the extent that she could not bury him. Asking the Buddha for help, she was told he could help her once she had brought him mustard seeds. But these had to come from a household that had not been touched by death. Finding this was impossible, she realised no-one was free from loss and death, and was able to bury her son.

In China as well as other traditional societies death was not hidden but seen as part of life in the same way as the seasons and other life cycles. To deal with loss it is often helpful to find someone to give us emotional and spiritual support so that we can get closer to gaining some sort of understanding of loss and death.

Healthy lung energy depends on a balance of good diet and lifestyle, as well as nurturing and supplementing qi when needed, and care of mental, emotional and spiritual well-being. No quick fixes, but worth aspiring to.

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

# Natural law

Life has been explosive for many lately. Layer upon layer of difficult change and unexpected twists and turns, juxtaposed against exciting, fresh opportunities and abundance.

This period has brought a melting pot of feelings, offering us the potential to strengthen our spirit and go for our goals.

When we are 'pushed up against the wall' we have nowhere to go. The harshness of life can force us to take decisive action – action that is for our highest good.

During May, it is possible to feel deeply connected to an aspect of your Self that is evolving. This is likely to be something you've been working on for a while, plugging away at, with seemingly no reward – until now. All the dots have connected, the re-wiring is complete, all the neurons are firing in a new pattern. Enjoy the feeling.

Keeping an eagle's perspective will assist greatly in moving through the challenges and staying grounded and focused with what's going right. Life is a sacred balance, when you view the bigger picture, you'll feel more stable and able to cope with the natural ebbs and flows of life.

A Healing Heart Attunement is a beautiful Reiki process handed down from my Reiki Master. She in turn received the technique from her Reiki Master. It involves identifying a specific issue to be worked with and locating the issue in the body. Then, using a powerful energetic transmission (attunement), I work to remove the issue from the body. I've received consistent positive feedback around this process, and feel it can be helpful to many right now.



by Helene Collard

*"I am loving the new energy from the heart attunement. Things are just going through nice and easy. I am loving it, and am really happy for the first time in ages."*

*"Prior to the (heart) attunement I felt sad and very blocked up. After receiving the attunement I felt a sense of freedom within me and I felt quite content!"*

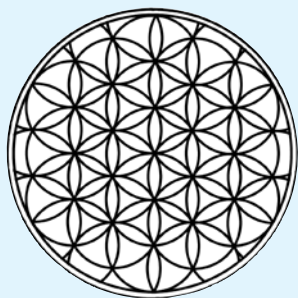
If you're feeling drawn to explore this technique or would like more info, I'd love to hear from you.

## Coming up

- ♦ **Reiki First Degree Course 6 & 13 May** (2 Saturdays) 9-4pm
- ♦ **Evolve Events** 18 May at 6:30pm  
Topic: 'Nada Yoga: A Magic of Music & Mantra' with Shivam Rath
- ♦ **Archetype Level 2 Workshop** with Brian Dale, Sunday 21st May
- ♦ **Archetype Level 1 Workshop** with Brian Dale, Monday 22nd May
- ♦ **Reiki Second Degree Course** 10-11 June, 9-4pm
- ♦ **Vinyasa Flow Yoga** Tuesdays 5.30pm
- ♦ **Yogalates** Fridays 9am
- ♦ **Finding Your Core** Fridays 11am  
Visit: [www.yemayacentre.com.au](http://www.yemayacentre.com.au) for more information.

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

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



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.

# Five things to do before your baby is due

by Kirrah Stewart, Doula Wisdom

## 1. Write down your birth preferences

How a birth will unfold is a mystery, but I'm sure there are things you'd like to happen.

By writing down your preferences, it can let your birth support people know what you'd like and help you switch off your thinking brain when you're in labour. During your pregnancy, spend time exploring all your choices.

When exploring your options for birth, you may like to think about: your beliefs about birth, what kind of environment you would like to birth in (eg; a warm, dimly lit space that is quiet with soft music), who will be supporting you (eg; partner's name, doula, midwife, OB etc), how you feel about fetal monitoring, how you feel about pain relief (eg; if you are intending to labour naturally you could say 'I intend to use massage, hot water, heat packs, visualisations and the birth pool to cope with labour so please don't offer medical pain relief unless I ask for it').

- Other things to think about are:
- ♦ The use of syntocinon in the third stage of labour. If you don't want the injection, be sure to discuss it with your care provider and let them know you'd like a physiological (natural) third stage if everything is going well.
  - ♦ Skin-to-skin contact, delayed cord clamping.
  - ♦ The injections offered to the baby such as vitamin K and hepatitis B.

It is also good to think about cesareans. Even if that is the last thing you are wanting, it is good to explore your options. If a cesarean is required, it is still possible to have delayed cord clamping and often times skin-to-skin contact can be facilitated. It's also good to talk to your care provider if they know how to assist with vaginal swabbing for inoculation of the baby with vaginal flora.

## 2. Get a massage

Did you know that women who have massages in pregnancy can increase their oxytocin levels (aka; the feel good love hormone)? This



means when you go into labour, the body responds better to the natural release of this hormone. It can help labour to progress more smoothly and efficiently. Massage also helps you feel relaxed and calmer and can help your body feel more open.

## 3. Walk regularly

Regular walks help you feel healthy and build your fitness during pregnancy. Doing exercise releases endorphins (the feel good hormones) so it helps you feel happier and more positive. It can also release tension and help your muscles become stronger which will help during labour. Walking increases flexibility and helps encourage baby into a good position for birth. Start by doing 15-30mins three times a week and build up to 45-60mins most days.

## 4. Freeze some healthy meals and set up a meal train

During your pregnancy, prepare some nutritious meals that can be frozen. This will help make dinner that bit easier when you are tired and/or breastfeeding your new baby. Popping some home-made soup in the saucepan will provide an easy and nutritious meal! Warm and easy-to-digest foods like soups, broths and stews will help the new mother to make good breast milk for her baby. You can also ask a friend to set up a 'meal train' using [www.mealtrain.com](http://www.mealtrain.com). Your community would love to help you feel nurtured. There is a beautifully written book called 'The First Forty Days' that contains some lovely nourishing recipe ideas as well as tips for thriving in the postpartum time. I highly recommend it!

## 5. Pack a birth bag

Even if you're birthing at home, it can be good to have all your supplies in one place. If you're birthing in a birth centre or a hospital, there are some useful things to consider taking.

- Comfortable clothes like a dress or long shirt to labour in plus underwear;
- Warm socks;
- Swimmers for your partner (in case he/she wants to get in the birth pool);
- Toiletries including toothbrush, toothpaste, deodorant, lip balm, maternity pads, nursing pads;
- Music and a speaker;
- Essential oils and a diffuser;
- Massage oils (I like to use sunflower or almond oil as they don't have much scent, you can add your essential oils like lavender, clary sage and mandarin to a birth mix);
- Homeopathic arnica and rescue remedy flower essence;
- LED candles for dim lighting;
- Snacks, water and drinks like coconut water;
- Camera;
- Something comforting like your own pillow or favourite blanket;
- Your birth preferences list.

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)

# Nimbin peace activist waves the flag in the USA



Benny Zable reporting from USA

I have been here in and around New York City for over a month. Spring has arrived, and the cherry blossoms are out in full bloom.

Soon after I arrived here, I attended a rally outside Trump Tower (pictured left), one of many taking place in midtown Manhattan. Have been working with an artist friend here, crafting visual happenings for networking and empowering people in the age of Trumpism.

His administration has made a heap of major rollback decisions to important environmental protection laws from previous administrations, and encouraging investment in the fossil fuel industry.

On Saturday 29th April, I attended a Climate March in Washington DC which fell on 100 days of Trump.

I attended Earth Week and did my thing with a friend at a festival expo in Union Square, and at a rally during the science marches in Folly Square. Josh Fox (pictured at right), who MC'ed the rally, has a new documentary *Awake*, made in collaboration with Native American filmmakers, that was premiered at the Tribeca Film Festival here. [www.facebook.com/joshfoxintlwow](http://www.facebook.com/joshfoxintlwow)

I was taken to a most moving wake and tribute to Lynne Stuart <http://lynneestewart.org>. Famous for going to jail defending a Muslim cleric accused of being involved in the terror attacks on the World Trade Centre.

There were a couple of meetings I attended on developing a Circus Soleil style Green Festival.

I have been painting a Save the Reef #STOP ADANI banner for protests and rallies outside the Australian Embassy. There is a national week of protests and actions taking place between 15th and 19th May.

You can follow my exploits on Facebook. If you like what I do, please I would very much appreciate encouragement by way of a donation. It is quite expensive doing this sort of work over here. Go to: [www.bennyzable.com](http://www.bennyzable.com) and copy the link to my account. Email me by pressing the link.

Remember get out there and be the change you want.



## ASTRO FORECASTS

by Tina Mews

## WHAT'S HAPPENING IN THE HEAVENS?

### Aries

The current earthy energies support a slower pace; however, this may not resonate with your reality. Mars, your fiery ruler, is multitasking in Gemini until June 5, keeping you on your feet and busy with many different projects. Try to find some time in between for relaxation.

### Taurus

Archetypal Taurus is known for its steadfastness and reliability. It is a good moment in time to appreciate the simple pleasures in life such as a massage, some nourishing food, or time spent in nature with friends and family. Contemplate on what you value and what makes you most happy.

### Gemini

Here is an interesting planetary combo to be aware of: Mars in the sign of Mercury (until June 5) and Mercury in the sign of Mars (until May 17): the warrior dressed as the trickster and the trickster dressed as the warrior! Be prepared for a period of heightened mental agility. Therefore, find your inner centre, focus on what feels good and keep breathing.

### Cancer

This is a time where you can reap the rewards from all your hard work. Spend some time with good old friends to celebrate life and its abundance. There is a lot going for you, especially if you keep an open mind and are inspired by the many opportunities that are coming your way. What is your highest goal that you would like to manifest?

### Leo

The Lunar North Node will be retrograding through your sun sign from May 9 until November 2018. This can be a great period for furthering your spontaneity and creative abilities. The challenge is moving into the heart centre and being authentic, instead of doing things to attract attention. Your personal timing could improve during this period, develop finding yourself in the right place at the right time.

### Virgo

This is a period where you find a lot of cosmic support for healing and reconciliation with the past. You might be challenged to release forms and patterns which no longer support your growth. Which limiting beliefs can be left behind and what is the spiritual truth that you need to embrace? This is a good time for questioning your own beliefs and the way you perceive your life's events.

### Libra

This is a time to be open for inspiring encounters with others and a deepening

## May

When the Sun journeys through the sign Taurus the attention turns towards our connection with nature and the development of a healthy relationship with the material world. Since ancient times this sign has been associated with the fertility and innate riches of planet Earth. Individuals with a major Taurean influence (Sun, Moon or Ascendant) are often great gardeners or farmers and feel very familiar with the concept of self-sufficiency. The cultivation of personal resources is an important theme as they are motivated to be self-reliant and have a natural urge to preserve what they sense as essential for survival. They need a lot of stability; under pressure, they dig their heels in and refuse to budge. As easy-going as they may be most of the time, Taureans do resist change. They dislike moving to different locations, changing homes or even meeting new people.

The current Mercury retrograde period ends on May 3; we can expect that the flow of communication, be it between two people or two countries, will slowly improve again. Mercury is conjunct Uranus and trine Saturn during May 8-13, laying the ground for innovative ideas that can be manifested once Mercury enters earthy Taurus on May 17. May 1 starts with an 2nd exact square between Chiron, the mythic wounded healer, and Saturn, the planet signifying limitations, boundaries and authority. (The 1st exact square took place 29 Dec, 2017). Chiron/Saturn correlates with our current global crisis in consciousness, a collective loss of meaning (Chiron), combined with a deepening mistrust in existing authorities, their systems and structures of control (Saturn). Chiron, a planetoid discovered in 1977 orbiting between Saturn and Uranus, symbolises the split between body & soul and the contrast between our earthly realities (Saturn) & spiritual potential (Uranus). Nevertheless, Chiron/Saturn includes the promise of discovering a completely new path of healing and reconciliation once we question limiting beliefs (Saturn in Sagittarius) and acknowledge our shared humanity (Chiron in Pisces). On May 9, the Lunar Nodes shift from Virgo/Pisces backwards onto the Leo/Aquarius axis (until November 2018), which supports the move into a different direction and the furthering of a fresh perspective. The Lunar Nodes signify our collective karma and evolutionary journey. Themes and issues will be emphasised that have to do with the relationship of heart (Leo) vs mind (Aquarius), self (Leo) vs the collective (Aquarius), and the discovery of the interconnectedness of all life. The evolutionary intent of this axis includes the development of one's spontaneity and authentic



self. The question here is: Where do I stand as an individual in relation to society, and vice versa; what is right for me and what is right for everybody involved? The influence of Uranus as ruler of Aquarius will intensify people's urge to challenge the control of the ruling elite, bringing the principles of 'equality and diversity' amongst all people back into focus.

Saturn forms a harmonious trine with Uranus (exact May 19) and its influence will be felt during the entire month. Saturn/Uranus offers new possibilities & constructive solutions for the many challenges of the moment. We might have a good chance especially during May to manifest extraordinary creative ideas & replace old behaviours and thinking patterns with a new attitude towards life that bridges the past with a dawning future. This is a great moment in time for breaking through old frontiers, walking a different path and developing a more inclusive narrative for old standing issues. If we are open for innovative solutions, we can create incredible changes during this period. Nevertheless, we cannot deny that there are also forces at work that try to block the great paradigm shift that is occurring.

The Full Moon in Scorpio opposite the Taurus Sun on May 11 is the most spiritual Full Moon of the year, as it celebrates Wesak, the Festival of the Buddha; it marks the highpoint of the spiritual year when forces of enlightenment associated with the Buddha pour into the planet and people all over the Earth join in meditation. The Full Moon is exact at 7:42 am AEST. It forms a harmonious triangle with Pluto, planet of renewal, indicating the great potential of this moment in time for the clearing and transforming of a lot of negative energy. The New Moon in Gemini on May 26 could expose some weak spots in our plans and projects leading to set backs and disappointments, as Mars in Gemini is transiting the Chiron/Saturn square (see above) until early June. We might have less energy and support than expected for realising our objectives. Therefore, it is essential to remain grounded, take a step-by-step approach and keep focusing on our vision.

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

**Next 1-day Workshop: "Ariadne's Thread: Entry points into the Horoscope & Understanding Core Themes" Saturday, May 20, 2017 10 am - 4 pm, 2017 Lillifield Community Center; 4505 Kyogle Rd, Wadeville 2474**

**For bookings and info, contact Tina on 0457-903-957 or email: [star-loom@hotmail.com](mailto:star-loom@hotmail.com)**

of your shared values. Your personal relationship could go through an important phase of innovation, creativity and growth, especially if you give each other enough space for expanding your own activities. You may find that you have a lot of energy for higher studies, travel, or starting on new projects.

### Scorpio

This is a period where it is easy for you to form working relationships with others instead of doing things on your own. The opinion of others are important and you should consider them in planning your strategies. Conflicts over values or possessions are possible. Your best course of action is to recognise that sometimes you need to rely on others for support.

### Sagittarius

This is a period where it is essential to use your energy to work cooperatively on relationship problems. When a difference arises, you need to settle it quickly instead of hanging on. Regard it as a time for reconciliation, where you are challenged to question limiting beliefs and release behaviour patterns that stop you from growing. There is a higher spiritual truth that needs to be discovered and embraced.

### Capricorn

This is a time for creative problem solving and finding new ways through the dark. Make extra space for playtime with your children, grandchildren, or revive your own 'divine child'. In the process, you might find great new insights about yourself and challenge old patterns of thinking, feeling and behaving which are blocking your growth.

### Aquarius

Home and family play a key role in your life now providing you with opportunities to learn about your deepest needs, values and resources. Look for new inspirations on how to transform your home into a place of beauty, harmony and happiness. This is a very self-expressive time when you have lots of energy, but not necessarily enough structure and self-discipline to match. Be careful not to burn the candle at both ends.

### Pisces

This is an important period for healing and reconciling with the past. Question your own beliefs and make space for fresh insights that could lead you into a new direction. You have lots of energy at your disposal for domestic projects and family activities. You might be dealing with unfinished business that is resurfacing, especially if you feel a bit defensive. Deal with it and move on.

# Living with love

by Marilyn Devlin

April was tough, the 'gauntlet', how I described it. Swords and barbs wet with blood, protruding from crevices everywhere; dark devious faces disguised, true intentions hidden, not all sunshine; nope, some just nasty in spades; and then the kindness, the contrast illuminating, our very nature drawn and replenished by its rays of warmth.

I redirect my course, choosing the path where light brings hope; murmurs of grace peel past my skin. Heart soothes, adrenals step back; the world – our world – a mixture of so many things. Yes I forget, the elevator travels down, it's dark and cold, full of mould, creepy, wounded spirits linger and haunt. Happiness is starved, light has no room... hidden in darkness we cry out for guidance. April's been huge, the hardest I've encountered for a very long time.

'I LOVE contrast' – my dear friend sang, smiling with encouragement. Repeating her words I let them settle, 'I love contrast' I voiced. 'Well some of it I don't, my naughty gremlin grumbled. Some things are best avoided, a huge detour if necessary; keeping a safe distance from those whose intentions are less than honourable.

Leaving behind my Sacred Space has been one of the most challenging journeys I've embarked upon. Yes I've

taken risks... stepped to the edge, ventured into unknown places, sought adventure, illumination and growth. But these last two months have taken me to the edge mentally, emotionally and physically. My spirit challenged in a way that I can't remember... well, each day is new.

When I first encountered the new chapter approaching, it was illuminated in light, love and acknowledgement; success, joy and happiness. It's those bloody crossings, jeez Hecate, why the tough tests, why the gauntlet? Why the fires and blackened faces, ashes lying in piles; back, back, back... the sights and sounds still buried in my body.

I went back, travelled down the long narrow corridor, echoing with screams; the burnings, the rapes, the theft of power, the imprisonment, the torture; the years and years and years of the feminine held captive; the memories living in our cells.

Is this what it is, this crossing space; leaving behind the paralysis of being, the imprisonment of the self, the torment, the pain? Our life reflects who we are, in the deepest core of ourselves. What we feel, what we think, our vibration attracts, like metal filings to a magnet. So there's another side to reach? All hope not lost... myself found, standing tall and proud?

The energies of these times is immense, as I've often said, they just

keep on getting bigger and stronger; purposely intent on evolution, as a new age awakens, fluttering her virgin wings. Hope carries us forward, 'cause somewhere inside we know, we see it. The crossing will be made, the enemy confronted, the darkness left behind, a life immersed in light.

A gorgeous New Moon in Venus ruled Taurus, ushered in this sacred month of May; grounding sensual pleasure, sacred feminine fertility, honouring the Sacred Mother, celebrating earth magick – as Samhain rekindled our ancient roots, memories still contained within our body; Witches New Year, the many healers and earth magicians that have paved the way for us, many sacrificing their life in this service.

May feels good, lighter and more loving; time for celebrating and living our love, coming back to our body. The first quarter of 2017 has been testing indeed, and nothing happens without a purpose. It's time for us – for me, for you – to consciously choose, everything. Yes we have a choice in every moment. Time to sweep away the cobwebs, dust the shelves, place a golden light in the middle of our sacred space; know we are loved, nurtured and protected, releasing the burdens of 'what if' and 'when', and get on with the enjoyment of every single magick moment, so many we have to celebrate. Get out to watch the sunrise if you can.

**feel alive**  
discover **Nia**

Nia is a fun, mind-body movement practice that leaves you energised and inspired.

Sustainable fitness for all ages and body types.

**CLASSES ON:**  
**SATURDAYS 11am to 12pm**  
**NIMBIN COMMUNITY Centre**  
**Trial offer: 3 classes only \$25**  
CALL Christine: 0414 844 230 or 02 6689 7579  
www.nianow.com  
www.facebook.com/NiaWithChristine

[www.niaaustralia.com.au](http://www.niaaustralia.com.au)

**Todd Anderson**  
**Excavation & Earthmoving**

Dams, Roads, Drainage, Demolition, House & Shed sites. Free Quotes.

**Phone 0428 282 465**  
**or 02 6629 3325 a.h.**

## trivia

Devised by Martin Gill

This month's quiz is bought to you from the Elephant Nature Park north of ChiangMai, Thailand

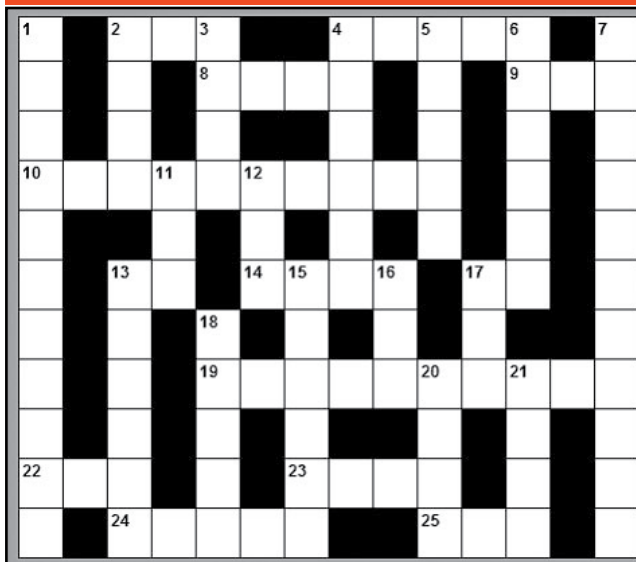
### Questions

1. Elephants, rhinos and hippos are all "pachyderms". What does pachyderms mean.
2. What is a mondegreen?
3. How did Virginia Woolf die?
4. Zanzibar is part of which country?
5. Refractors and reflectors are the two main types of what?
6. What is used to make TVP (Textured Vegetable Protein)?
7. In which classic movie did the characters Charlie Allnut and Rosie Sayer appear?
8. What does a numismatist study or collect?
9. Mace is one of the spices obtained from the tree Myristica Fragrans – what is the other?
10. What mixed drink takes its name from the Spanish for 'bleeding'?

- Answers**
1. Thick skinned from the fat ones.
  2. It's a misheard song you play on Facebook.
  3. Greek. A useful trait if made primarily from processed soya beans. If there has been a greater culinary travesty in the history of humanity I'd be interested to hear of it.
  4. It's a semi-autonomous coat pockets with stones. Katharine Hepburn.
  5. Telescopes. Refractors are the long spyglass types from the ears.
  6. TVP is pretend meat and reflectors are the short
  7. They were the main characters in 'The African Queen' played by Humphrey Bogart and Katherine Hepburn.
  8. Coins (and/or Medals).
  9. Nutmeg. It's made from the seed of the tree while mace is made from the there and a pocket full of small notes to bribe the cops at all the checkpoints.
  10. Sangria. Enough of this stuff and you bleed from the ears.

## Nimbin Crossword

2017-05  
by Synic



### Across

2. Adam had this in the plural
4. Unit of brightness but not IQ
8. Napoleon's bane?
9. The second person
10. 1976 Scorsese movie (4,6)
13. The first person plural
14. Hairless
17. Because
19. World's deepest, oldest, most massive body of fresh water (4,6)
22. Fresh
23. Sicilian volcano
24. Followers of guru Nanak
25. Pest(er)

### Down

1. Undermining (5,6)
2. One bullock (2,2)
3. Care for? Lean towards
4. Juvenile form of 25 across

5. Forty-five degree cuts for a bishop's hat
6. Local Goddesses? Second instars of 25 across
7. Hiving in insects
11. Vanilla \_\_\_\_, \_\_ Baby (3)
12. Chafe
13. See 18 down.
15. Joints
16. Snitch
17. He floats like a butterfly, stings like a bee
18. (And 13 down) American spider, bite causes pain, muscle rigidity, and vomiting (5,5)
20. Obsessed captain has a whale of a time
21. US civil rights campaigner, assassinated 1968

Solution: Page 33

**SEPTIC TANK PUMPING**

GREASE TRAP CLEANING  
LIQUID WASTE REMOVAL  
≠ OILY WATER PROCESSING  
NIMBIN ≠ ALL SURROUNDING AREAS  
Local Since 1932

**RICHMOND PUMPING**  
6621-7431 After Hours 0407-433-405

**Sean Ardern**  
**ELECTRICIAN**

**0429 890 181**

Lic. No. 238231C ABN 85716021096

**Star-loom**  
Navigation by the Stars

Astrological Counselling  
Chart Readings  
Workshops

**Tina Mews**  
02 6689 7413  
star-loom@hotmail.com