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Birth and Beyond

by Kirrah Stewart, Doula Wisdom

Boost your oxytocin levels

Oxytocin is well known for its role in birthing but did you know it's super important for mothering and breastfeeding too?

This hormone aids healing, helps provide pain relief, is important for breastfeeding and it helps us feel calm and nurturing. You can see why it's important to do oxytocin-boosting activities daily.

What helps you feel happy? Maybe a massage or cuddle, a walk in the fresh air, singing, having a bath or picking some fresh flowers?

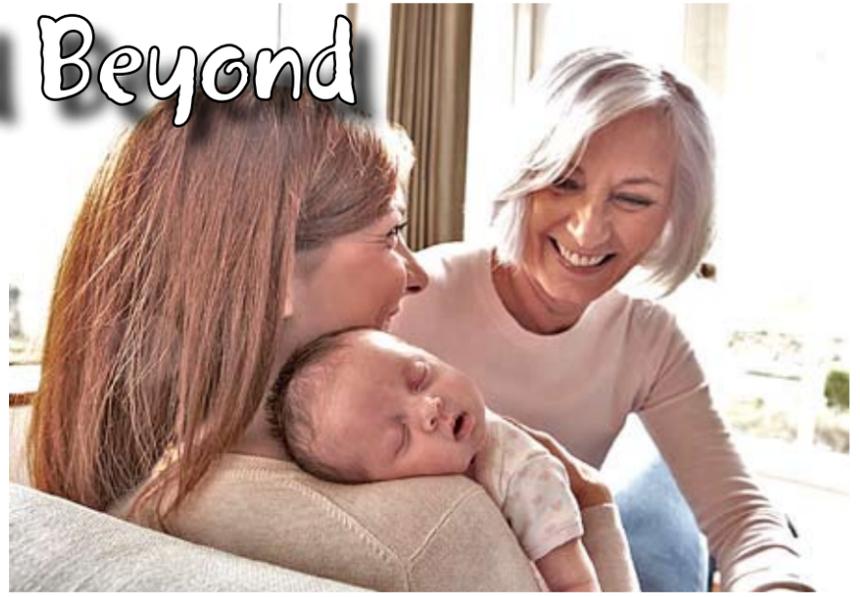
Write down a list and stick it to your fridge as a reminder to take time each day. Of course, looking lovingly at your baby is the biggest oxytocin boost!

Do some meal planning

You've probably heard me go on about this but honestly, food is life. It will be tricky after the baby arrives to prepare meals, so put some thought into this while you're pregnant. Start by clearing out your freezer and make some nutritious and easy-to-digest meals.

You'll probably get hungry at unexpected times so it's a good idea to plan ahead and make some food that is easy to eat one-handed while you feed your baby. One of my all time favourite books with nurturing recipes is *The First Forty Days*. You can batch-cook big soups or broths and then freeze into portions for easy de-frosting.

This may be something you want to do with friends during pregnancy. I also like the idea of a meal train so friends can roster a day that they can drop off a ready made home-cooked meal to you. Organise this at your mother blessing (or better yet, designate a friend to coordinate for you).



Set up a breastfeeding station

Breastfeeding is a full time job after giving birth. When your baby is first learning to feed it can take quite a while for each session.

Make sure you have at least one 'station' set up where you have a comfy chair, foot stool, extra pillows, a book, your drink bottle or thermos and a yummy snack.

I recently found a great lactation biscuit recipe in the *Nourishing Newborn Mothers* cookbook. The recipe uses oats, flour, butter, coconut sugar, linseed and delicious spices like cinnamon, cardamon and ginger. They are nutritious and very satisfying for a hungry mama.

Hire a postpartum doula

When you feel nourished, you can be a better mama for your baby. Having the help of a professional can make a huge difference to your experience of the early weeks of motherhood. Wouldn't it be amazing if your postpartum was the best six weeks of your life?

As a postpartum doula I offer remedial massage, belly binding, nourishing home-cooked meals, breastfeeding support,

newborn care and a range of holistic therapies and remedies designed to assist you to feel balanced and well supported.

This helps you feel nourished so you can feel peaceful and contented in your new role.

Tips for visitors

Women often find it difficult to ask for help. If there is ever a time in your life to get extra support, it's after your baby arrives. Visitors want to help but sometimes aren't sure how. This is NOT the time to be playing host and making cups of tea! Instead, only invite people who can provide the support you need.

Make a little note that can go on your fridge letting people know how they can help. Something like: Hello! Thanks for visiting us. It'd be so helpful if you could do one of the following; put on a load of washing, hang some clothes out, do the dishes, sweep the floor, make a yummy meal, or simply ask 'how can I help?'

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

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

Between twig and string

I like to think of philosophy as that space between nature and artefact, in the in-between of dream and critical thought and a sort of interior witnessing to the very act of making sense of things. It is like the linking of shells with twigs and string into an evocative yet skilful piece that remembers the sea, the grasses and stories therein. Philosophy connects what we know about being in the world with how we might think about this (a how that may be thought of in multiple ways).

I am, by nature and training, a philosopher and my work as a psychotherapist lends itself well to this. The psychotherapeutic endeavour is a philosophic one, but something with a practical outcome. It is a practical philosophy; a philosophy for life.

Just as the discipline of philosophy requires a sorting through, of this versus that, so psychotherapy chooses the pathway of authenticity over falsehood: the path that speaks most truly for the client. It is really nice to be part of this sorting process, to be part of the conversation of what matters, and what doesn't. I can, after all, suggest an experiment that we

find is not suitable in the end, for that particular person, but in there we both discover what matters more right now and so we move on to thinking about things quite differently. Philosophy and psychotherapy is thus less about dead theory than a testing of a theory that prompts a possible action that may, or may not, have a useful outcome, but the process of which shifts our understanding and the formulation of another theory that is itself open to question. A psychophilosophy is about processes and testing and moving knowledge into new realms. It is, thus, not a static thing; it lives.

The psychophilosophical space is fluid, not fixed. This is a philosophy not of logic and correctness, but messy, like living experience and existence itself. In the end, the choices are those that give strength and meaning for this individual, not some generalized theoretical self, but this living, breathing person, here, now.

So many disciplines come into play in this work: formal philosophy, sociology, psychology, physiology and neurology, chemistry, creativity, art, stories, even the mathematics of form and

space, with that underlying philosophic turn. These things go together to make something more unique and beautiful than ever.

This philosophy of existence is at the heart of the kind of psychotherapy I'm interested in, that is, existential psychotherapy. It is not about dark morbid things, though darkness may be explored; it is not cerebral, though it thinks, and feels things through; it is not particularly esoteric, through it sometimes examines and plays with that. The existential approach confronts the "ultimate concerns" (Tillich) and everything in between: death, endings and beginnings, consequences, freedom, loneliness, responsibility, suffering, meaning and meaninglessness, connections, relationships, power, will, presence, love and the irrepressible drive towards individuation, that is, the realization of the Self.

Existential philosophy and its handmaiden, existential psychotherapy is, as I say, practical, concrete, positive and flexible. At its heart, it is not fearless, but it courageously journeys into fear itself. There is a purpose here: this is a space of

by Dr Elizabeth McCardell

tremendous energy, where transformation happens. Here is where the little bub of the new firebird of alchemy is born. Being here is supported by the presence of the therapist, who travels with the client all the way, while still maintaining the sturdy string to ordinary life and understanding.

It is no random accident that I call this piece 'Between Twig and String' for what I'm doing is attempting to describe the mysterious process of therapy and philosophy itself, for both are art works in the making. Both are intensely creative, and both are in process. For in as much as a piece of string links the found objects of shell, stone, and twig, so the making of this simple piece engages the sight, the style, the inclination, the dexterity of artist. And it is subject to time and decay, incorporation of other things, anchored within a framework of sturdy string.

Natural law



requires presence, strength and trust.

The energy body is complex and multi-layered, and some may feel hindered or blocked from surrendering to, and embracing the flow of life. Reiki is an energy therapy that works with all layers of the energy body (mental, physical, emotional and spiritual), to bring about harmony and balance.

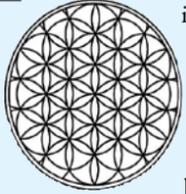
by Helene Collard

Aloha.
The recent frequency shift is palpable and tangible, as we witness ourselves, and the world around, being and doing differently.

These changes are a culmination of the collective journey, and will hold us in good stead for peaceful collaboration, and a greater experience of communal care.

The re-organisation on the inner and outer can evoke a sense of feeling scattered, and life feeling hectic. If you relate to this, create room for yourself. Review your commitments and postpone (or cancel) any engagements that can wait. Creating space will greatly assist you to feel a sense of flow, even through the chaos.

In the second half of November, there is a sense of inner peace and focus, through the conscious practice of trusting life's flow. When we surrender to what life brings (rather than controlling or rejecting life), magic happens! Focus on accepting life and allowing what it brings. Far from apathy, this is a process that



A Reiki session is also incredibly relaxing, like pressing the 'reset' button, bringing you back to centre. If you're feeling called to be supported with

Reiki, I'd love to hear from you.
Yours in wellbeing.

Coming Up

♦ **Evolve Events** Friday 17th November – Topic: *'Finding your purpose and creating an unshakeable foundation with Hawaiian wisdom' with Charlie Snow*

♦ **Yogalates** Fridays 9am

♦ **Finding Your Core** Fridays 11am

♦ **Holistic Healing Treatments:** Reiki-Aura Treatments, Healing Heart Attunements, Craniosacral Energetics, Reconnective Healing, Reflexology and Life Alignment.

Reiki Courses will be back in 2018 – contact Helene to register your interest.

Helene has a Bachelor of Trauma & Healing, is a Reiki Master and the Founder of the Yemaya Centre and Evolve Events in Lismore. Visit www.yemayacentre.com.au for more information or phone 0405-656-797.

Necessity and Bowen Therapy

The other day a friend had the temerity to tell me that the service I do, which is realigning physical bodies back to pain-free comfort and removing the underlying emotions that often accompany pain, was a luxury that people can no longer afford.

Oh yeah? Since when was being free of pain considered a luxury?

Painkillers can help for a little while and then we are left with the same scenario, more pain accompanied by a feeling of sluggishness and a sore gut from the damage the pain killers are doing to our liver. (I absolutely loathe those Nurofen for children ads.)

Limping around with pain that is fixable because the money always goes somewhere else has nothing to do with luxury, it's just plain foolish.



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

A pain free body allows for a potentially richer life where the things we want to do are carried out whenever we choose. It also promotes clearer thinking so that we can put our creative juices to

work and by creative juices I mean our ability to manifest what we want.

I believe we do it all the time. We reap what we sow. Cause and effect, etc. etc. We've all heard the sayings and may even know a little about Quantum Mechanics which maintains that it is our thinking that creates our reality in the physical.

Unfortunately or fortunately, the quarks and photons of Quantum Mechanics don't care what we think, they just create the result. So if we're continually thinking about lack, that is what we will get.

Thinking about lack can be a challenging habit to break, particularly for the those like me who have come from backgrounds where it appeared there was never enough. And we are often bombarded with a fear of lack

through the manipulations of the media.

Releasing the fear of lack is possible. Sure it takes determination and practice, similar to the letting go of any other addiction and it needs to be replaced with something that brings us more joy. In this case an unshakeable knowing that an abundance of good is rightfully ours. Ask any millionaire who came from poor beginnings.

So if you are suffering from back, neck, limb, shoulder pain, or digestive problems or just need to polish up your creative juices, I am in clinic in Nimbin on Wednesdays and Saturdays. Make an appointment, you will enjoy the result. Phone 0439-794-420.

Wishing you all an abundance of good.
Love, light, and giggles.

Kinesiology for stress

by Wendy Thomson

Our body reacts to stress by releasing hormones to help us deal with perceived danger causing our heartbeat, breathing rate, and blood pressure to elevate.

This is a normal reaction and eventually rights itself when the threat has passed, or at least it should. Unfortunately, it does not always do this, and we may become stuck in survival mode.

The change in the brain to a stress reaction can easily become a habitual response leading to a continuation of patterns of behaviour. However, we may not like or want these patterns of behaviour affecting how we think, act and respond.

As a result, we often get caught up doing the same thing the same way without much thought. Some areas of stress may include:

- ♦ relationship concerns,
- ♦ financial pressures,
- ♦ inherited patterns,
- ♦ family pressures,
- ♦ your health, goals
- ♦ specific life events.

Often we find it difficult to know how to cope with stress. The longer we feel stressed the higher the demand on our physical and emotional body.

Kinesiology is a bio-feedback tool used to verify how well we can adapt to a particular stress or challenge, your stress may be conscious or subconscious and is reflected in your psychological, emotional and physical body.

After revealing the cause of the stress, muscle monitoring can then identify what is needed to bring a person back to a state of balance and harmony by revealing the most appropriate solution.

The more you look for a solution the more automatic this becomes, allowing you to become solution-



orientated rather than problem-focused, supporting people to remove conflicts and limitations that block their ability to optimally function and move forward in life.

Wendy Thomson practices Kinesiology and Massage at the Garden Room, Birth & Beyond Nimbin on Fridays by appointment, phone 0429-411-810

Yin and yang

From time to time someone will say to me that they have a problem with the Chinese Culture, which includes Chinese Medicine. Perceptions can be that the Chinese exploit the environment more than others and somehow have an inferior set of values compared to the West.

This view is understandable in that China, along with many other places on the planet, is facing ecological challenges with its population and industrialisation. It is equally true that the deeper culture of literary, artistic philosophic and medical traditions are deeply connected to nature, more so than Western traditions. The older deeper traditions of Daoism, Buddhism and Confucianism still exist and are what the Chinese world view, which encompasses Chinese medicine, are based on.

Yin and yang and the concept of qi which form the basis of Chinese philosophy explain the natural world, the seasons, birth and death. As well as the cycle of the seasons and the twelve monthly cycle, there is a larger cosmic cyclic. The macrocosm reflects the microcosm, or "As above, so below." Our individual bodies with twelve meridians and

five elements are a microcosm of the cosmos.

Health is promoted when we are in tune with the seasons and the five elements are in balance. The myriad beings come to life in spring, grow in summertime, are gathered in autumn and are stored in winter. These regularities of yin and yang in the course of the four seasons are the root and source of myriad beings.

In acupuncture, the channels are a system in which qi flows, not unlike the natural flow of water in streams and rivers. At the start of each meridian there are well and spring points, higher up the limbs there are river points and then the broadening into a sea in the larger structures, with qi being stored to be used as needed. Needling frees up the flow of qi and blood, and releases reservoir qi as needed.

Chinese Herbal Medicine very much uses elements of nature to cure disease. However



by Brigid Beckett

it is also seen as problematic sometimes, with worries about the use of endangered species or contamination. China has banned substances from endangered species from herbal preparations. While some of these may be rarely available as individual substances on the black market, they are definitely not present in commercial patent formulas. All these banned substances have safe and ethical alternatives which are now utilised.

Australia has strict regulations in imported herbal preparations. Any preparation that has an Aust L number is from a factory where sources have been verified and quality, including lack of contaminants, guaranteed. They will also come from manufacturers that conform to Good Manufacturing Practice, or GMP, an internationally agreed on set of standards for medicines. I can provide more information on this subject to anyone who would like it.

Chinese herbal medicine consists of formulas that have been meticulously developed and fine-tuned over the centuries, always with the guidelines of yin and yang and the five elements. They are more than the sum of their parts with the individual herbs in proportion that work synergistically with each other. It has been shown that combining the same herbs in different proportions has a less beneficial effect than

when used classically. Likewise, combining formulas with other herbal preparations probably makes both less effective.

The same principles of yin and yang apply to society as well as to the earth and individuals. In an industrialised society yang is dominant over yin. The focus on action, vision, intellect and the masculine has undermined connection to the earth, nurture, the unconscious and the feminine. With too much yang, it is inevitable that the balance toward yin will be restored, preferably before the imbalance proves more destructive than it currently is.

I will conclude with this verse written by Xie Lingyun who was born in 4th century China.

"Now there are flocks of trees at my door and crowds of mountains at my window and I wander the trials down to fields or gaze into a distance of towering peaks, wanting little, never wearing myself out. It's rare luck to make yourself such a life"

The connection to nature and the wisdom of China's traditions is strong enough to survive the repression of governments and the pressures of modern life, and maybe now can have a wider influence.

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

Dr Alex Wodak on drug law reform in Australia

by Dr John Jiggins

For thirty years, Dr Alex Wodak (pictured) was the Director of the Alcohol and Drug Service at St Vincent's Hospital in Sydney, where he and his colleagues helped establish Australia's first needle syringe programme in 1986 and Australia's first Medically Supervised Injecting Centre in 1999.

As the President of the Australian Drug Law Reform Foundation, Dr Alex Wodak was interviewed by Bay-FM's Dr John Jiggins about a number of issues related to drug law reform in Australia.

JJ: Dr. Wodak, what is your response to the news that the NZ government has agreed to hold a referendum to allow regulation of recreational cannabis by 2020?

AW: I think it's all part of the International trend now. On 1st July 2018, Canada will become the first G-7 nation to start taxing and regulating cannabis. Uruguay has already started. It was the first nation to do so. Eight of the 50 states in

the USA have already made this commitment, and some have already started as long ago as 2014, so it's clearly a trend that is developing, and I expect it will accelerate.

New Zealand is often an early adopter of new approaches and unfortunately Australia is increasingly a late adopter, a laggard, in terms of pragmatic responses to drugs and other issues.

JJ: The Kings Cross injection facility has been judged a success, yet it has not been copied. Why has it not been copied?

AW: The Victorian Andrews government is currently considering the recommendation from the committee of the Victorian parliament, which followed a recommendation in February this year by the chief coroner, to establish a legalised supervised injecting centre in North Richmond. Who knows what the government will decide. We will know the decision in six weeks or so, possibly even sooner. They may say yes, and that will mean that it was 18 years since the New South



Wales government said yes. (Four days after this interview, the Victorian government decided to proceed with the injection facility.)

Canada has committed to establishing 15 medically supervised injection centres. 20 or 30 cities around the world are committed to establishing medically supervised injection facilities. The case for them is unarguable. They are not a panacea, but they are part of an

effective and pragmatic response to the drug problems local communities have. They don't have generic effects across a large amount of territory, but they certainly have an impact on areas, which are drug overdose hotspots. They are not only good for the people who use drugs, but also good for local residents and local businesses.

JJ: In the past two-and-a-half years, about nine different sets of legislation have been passed by Australian governments to enable lawful use of medicinal cannabis, yet there seems to be widespread disappointment with these. What has gone wrong with medicinal cannabis?

AW: The disappointment is very understandable. Only something like about 150 people have been able to lawfully obtain medicinal cannabis in Australia since the system was established and tens of thousands, possibly hundreds of thousands of people, have obtained or are obtaining medicinal cannabis from the unregulated black market.

Why have we got to the stage where the parliaments and the politicians and the community is supported and it's not happening. Well clearly what happened is the bureaucrats don't like medicinal cannabis, they have made that clear and they have white-anted the system and they have managed to insert blockages and obstacles up and down the system at the federal, state and territory level, and that's why the system isn't working.

It's going to be a very difficult problem trying to unravel it. It shows very clearly that Senator Di Natale was quite right all along. This should never have been given to the TGA to mastermind because the TGA is dead set against medicinal cannabis.

To put it bluntly, Australia has stuffed this up good and proper. I suspect the only people capable of undoing this is when patients who want medicinal cannabis and have a strong case for having it, band together and work together politically. That will change things. I don't think much else will.

The Body Electric: Healing is Voltage

by John Hardgrave

Healing requires proper voltage. You also need all of the necessary raw materials (nutrients) required to make new cells and address any toxins that might damage cells as fast as you make them.

"Even if you eat a perfect diet but don't have voltage in the digestive system, you're still starving to death. You have to have the voltage. You have to have the nutrition. You have to deal with the toxins. You have to do all of those." – Jerry Tennant.

Inadequate voltage is a characteristic of all chronic disease. Either you do not have the necessary voltage to run the cells, or the higher voltage needed to make new cells. But how do we get the necessary bioelectricity?

There are four major battery systems in the human body that provide this. The largest is your muscle battery. Your muscles are piezoelectric, which means that when you engage your muscles, electrons are emitted. In a way, your muscles act like rechargeable batteries, so while they emit electrons, they also store them. To recharge the "battery pack" in your muscles, all you need to do is



move and exercise.

In summary, the four battery systems that must be functional for cells to work correctly in the human body are as follows:

- Muscle battery pack
- Cell membrane capacitor
- ADP/ATP battery
- The DNA battery

If these are all working and chronic disease characterized by low voltage is still present, then the obvious question is, why won't the battery packs hold their charge? Here are the most important factors that may have an impact:

- Thyroid hormones
 - Dental infections
 - Scars
 - Stored negative emotions
- Your body runs on bioelectricity, and having a deeper understanding of how the body's battery systems work and why they may be unable to hold

a charge needs further explanation. This can be found on the website (www.theraphi.com.au).

In summary, it seems that one of the reasons the **Theraphi device** works so well on the physical level, is because it produces a golden mean scalar energy that can penetrate every cell, charging the body's battery systems, enhancing the immune system and reducing healing times. Call today to book a session, give your body a gift that will:

- Break the cycle of chronic pain
- Regain your health
- Experience greater levels of energy and vitality

Additionally, the Flower of Light Clinic is excited to announce our acquisition of the Tennant Biomodulator™ with its ability to measure and correct this low voltage.

John Hardgrave B.Sc. is the principal Theraphi Technologist at the Flower of Light Clinic in the Lismore CBD, located at 29 Orion Street opposite the Catholic Cathedral. He is passionate about using non-invasive methods that holistically support the client's healing journey. www.theraphi.com.au Gift vouchers available, phone 02 6622-3835.

Heal the gut and heal disease

by Laurel Parent

There is a lot of uncertainty today about the cause of auto-immune disease. Ask any doctor why it is that you are sick and you may likely hear: "no-one really knows". But the truth is, there is a logical explanation.

"All disease begins in the gut" – Hippocrates, 460 BC.

Within the intestine lies a delicate balance of bacteria and yeast which comprises over 80% of one's immune system. Modern life easily disrupts this balance with drugs (especially antibiotics), diet, alcohol, stress, bottle feeding, radiation – anything will change this important balance of bacteria and yeast within the gut.

When this develops, good bacteria no longer predominate so cannot fulfil their myriad of functions required to digest food. Bad/toxic bacteria then dominate the intestine. In this situation – all too common – the tight junctions between the intestinal villi become loose and porous, creating a leaky gut.

As the contents of the intestines seep into the bloodstream, toxins (bad bacteria) enter the bloodstream as well. The circulation of toxins around the body through a porous intestine is true cause of autoimmune disease.

There is more: Why, one might ask, if disease begins in the gut, how does one develop a brain illness such as depression, autism, ADHD, schizophrenia and all the rest?

Within the human body, the gut and the brain are strongly connected and function as one (Gut/Brain Axis), through the Vagu's Nerve which runs from the base of the brain straight to the gut. In some people, when the intestine becomes porous, the blood-brain barrier can become porous as well. This allows toxins to seep in to the brain, causing brain illness.

It may all sound a bit simple because modern medicine has created an atmosphere of mystery. Yet the truth lies in the logical understanding of the function of bacteria (and yeast) in the human body.

Bacteria were the first living things on the planet, from around 3.5 billion years ago, yeast from over one billion years. All life exists because of bacteria and yeast, including us. Damage the gut at your peril, this is important.

How to heal? Healing begins with diet and correct supplementation. The GAPS (stands for Gut and Psychology Syndrome) diet, developed by a neurologist, Dr Natasha Campbell McBride, excludes all offending foods, introduces healing foods and allows beneficial bacteria to predominate which will minimise disease symptoms. May sound a bit unbelievable but this is true.

The GAPS diet eliminates all grains, starches, sugar and soy. It requires fermented foods which provide good bacteria, correct fats, organ meats and bone broth to heal the gut. As well, magnesium, iodine, Vegemite for B vitamins, wheat germ oil for vitamin E and cod liver oil for vitamins A and D are important.

The GAPS Australia Site (gapsaustralia.com.au) is a valuable place to start, for anyone interested in undertaking this journey. Plus there are numerous internet sites devoted to GAPS recipes.

I speak from experience as, having healed myself from a traumatic autoimmune illness, I have come to willingly share this information in order to enable others to be free from a medical system which offers no cures.

There is a YouTube of Dr Natasha Campbell McBride addressing the Weston Price Foundation explaining the entire situation: *Wise Traditions London 2010 – Natasha Campbell McBride.*

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Cannabis conversations

Ironically Yours

by Dione May

How many times in your life have you wished you had been able to say just the right thing at the right time to the right person?

Speechless in the face of public scrutiny or the fear of repercussions, the good and the meek have almost traditionally been silenced by “the bullies”.

In the world of cannabis, our bullies come in all shapes and sizes. From the simple stoner/slacker inference or stereotypical jokes, to the social outcast paranoia, to the serious billion dollar pharmaceutical companies, politicians and police force out to bust every free thinking cannabis smoker or grower.

Is it any wonder then, that within this climate of bullying and fear, nearly every pot smoker needed to hide in the closet? Families and friends shunned you, jobs were lost or worse.... a conviction, time in prison for smoking a plant.

For example, a family walked gingerly into the HEMP Bar looking for information. Dad, Mum and one of their daughters.

“Ah, I don’t quite know what to say, but can you tell us please if we can find some edible medicine for my daughter?” the father asks me.

“Why does your daughter need medicine?” I enquire.

“Well she smokes about six or seven

bongs a day and we’d like her to try the cookies,” he replies.

“So you don’t approve of her smoking cannabis? Why? Is it hindering her lifestyle?”

“Oh no,” the father quickly responds, “I’m not against pot, I used to smoke back in the day, still like the odd puff, it’s just she’s depressed. So she’s great, happy, herself when she’s stoned but the days she can’t get it are terrible so we’d like to have some cookies for those days.”

“Depression is terrible,” he says. “You can’t imagine how hard it is to live with. But cannabis really helps and there is no way we would let them put her on anti-depressants. That’s just opening a whole other can of worms.”

He glances over his shoulder. “So what will the cops do to me if they catch me going home with them in my car?” His anxiety is palpable as he imagines the scenario with his wife and daughter in the car.

These are the hard questions, the hard conversations. Suddenly you look up out of your 2017 world, suddenly you or your loved ones are sick or dying, so suddenly you are seeing and feeling the might of our hopelessly uninformed politicians and the ruthlessness of our police force.

They stand between you and an organic medicine, they stand between you and your dying mother/father/son/daughter. They stand before you and threaten your career, livelihood

and your reputation as a good citizen and loving father or mother. They will convict you, take your livelihood and separate you from your families and stand by as your epileptic child fits to death. In the name of the Law.

We can’t change the law. This is not defeatist talk, this is reality in Australia. We’ve made so many new ones, easy as... but to change an existing law within our “inherited” English legal system is nigh-on impossible.

We rely on politicians who can’t seem to convince themselves let alone their own political party to change this law. Americans have a Bill of Rights which can be enacted by the people to change a law. Handy thing, that Bill of Rights.

Meanwhile here in Australia grass roots must continue to grow, hard questions must be continually asked until we find a solution, a way to make these unjust laws disappear like they never existed.

The love and courage of that family today is the way forward. With love the intention behind your actions, I believe we can move mountains for marijuana.

We can heal our own wounded souls, help heal our sick and dying and ease the pains of our elderly. We can eat her seeds fully of omega oils and build our homes out of her fibres.

We can then help her to heal the planet.



by Michael Balderstone

Nimbin’s HEMP Embassy’s passion for the cause knows no bounds, and we are in Tassie at the moment having just run a stall at the Earth Expo in Launceston.

We’ll be back in time for the next Medican workshop at the Bush Theatre on Saturday 11th November, but then back to Melbourne for the giant Hemp, Health and Innovation Expo over the weekend of December 2 and 3.

We have organised another Medican workshop with a different slant. Oil-makers who have spent the last decade or so in California doing it legally are keen to bring their knowledge to Nimbin, and a weekend has been booked again at the Bush Theatre, on January 20-21.

We met Greg Barns today in Hobart and he reckons we should be arguing not only the economic benefits of legalising pot, but especially the need to

protect our children.

The proliferation of chemical drugs now everywhere and available makes it even more critical than ever to separate cannabis the natural herb away from the other illegals, like ice. The current policing with sniffer dogs and saliva testing makes pot the easiest bust by a long mile, and smart young people just don’t risk it.

There’s plenty of pot smokers here in Tassie, and plenty of home-grown going for about the same price as home, ten bucks a gram. We’re hearing stories of magistrates tired of obvious medical cases and decent police turning a blind eye whenever they can.

The whole war on cannabis is well past its use-by date in most parts of Australia it seems, with only the three P’s not getting it. The politicians, pharmaceutical industry and the police are not ready for the change we all know now is inevitable.

Bushwalkers explore south-east of Uki

by Christina Haywood

About 16 kilometres South East of Uki, Mt Chowan, Jerusalem National Park was our destination, with the junction of South Chowan and Manns Roads, our meeting place.

Intrepid, though our leader was, he was unable to find the way, off track across the ridge, to our desired location. So we backtracked to the cars and followed a narrow path to set ourselves right again.

As we followed the creek we found ‘skitters’ dancing in a pond along with a myriad of other insects including some tadpoles – quite beautiful. Were they skitters, or skimmers or skaters? Oh the intellectuality of our conversations!

Further along ‘afternoon tea’ was ‘red apples’, a tiny bright red fruit about two centimetres across, fallen from a tree and poised magnificently on a log. Others floating in the creek indicated that this hadn’t been placed by a wag passing this way before us. This unknown fruit has simply fallen from a tree and perched itself.

All day we were immersed in texture, colours, and contrasts of the plants; here a group of spiky plants, there leaf litter carpeting the ground. Everything seemed green and lush and healthy, beauty everywhere.

Map reading, contour following and discussion, those all important activities of bushwalkers. Knees not as well sprung as they used to be, benefited from the use of a

natural bushwalking stick. It’s surprising how much it helps one spring from rock to rock.

Apart from the beauty, one could say the theme of the bushwalk was water: Mt Chowan Creek wandered on its way and we followed.

At one place, water rippled down a terraced rock formation as birds sang their melodies; so noisy in the middle of the day.

We discoursed as we walked. One bushwalker described his use of canetoads; once caught, meat of same legs was removed

and fed to tadpoles, mm-mm-mm-much appreciated.

Tall, spindly native pines dwarfed our walkers. Fungi, not much more than pinheads of white on severed tree branches were found relatively close to upturned scalloped saucer-like yellow and white fungi.

Oh for names! Where is Stephen Axford, the fungi man of the Northern Rivers when you need him?

This was just the most glorious day, a feast for our sensations and our minds.



Nimbin Bushwalkers Walks Program

Sunday 12th November Brunswick Heads Management Trail/AGM

Leader: Michele Alberth 02 6632-1214
Grade: 1 a walk for an hour or so along beach and management trail prior to our AGM.
Meet: 9.30am at Brunswick Heads Surf Club for the walk, 11am for the AGM (near the Surf Club – all welcome, only members may vote).
Bring: Water, hat, sunscreen, chair, picnic lunch or very tasty fish and chips etc. nearby.

Friday 24th to Sunday 26th November Woody Head National Park Campground near Iluka

Leader: Peter Moyle 0412-656-498
Grade: 3-4 12 km walking on some off-track and steep.

Meet: at Woody Head. The club has booked the group camping area so all you need do is confirm your attendance with Peter and pay him on arrival, this is a private area with its own camp kitchen and shady campsites, ideal for a weekend away and a great way to finish the walks for the year. The coastal walk to Iluka is special and with the coastal rainforest nearby great variety.
Cost: Camping \$17 per person per night. Full shower/toilet facilities. Annual NP pass or \$8 per day for vehicle.

Friday 8th to Sunday 10th December Sheepstation Creek in Border Ranges National Park

Leader: Michele Alberth 02 6632-1214
Grade: 3
Meet: Sheep Station Creek campground North of Kyogle.
Arrive at your leisure on the Friday or Saturday morning with walk starting at 9am. A walk on the Sunday also at 9am. There are beautiful forest and creek walks in the NP. Camping fees apply \$12 per person/night. Also vehicle access fee or pass.
Bring: camping/walking gear, food, water and firewood.
Please confirm attendance with Michele.

RFS Cadets graduate

During third term, the NSW Rural Fire Service ran the Secondary School Cadet Program at Nimbin Central School.

RFS staff and volunteer firefighters from the Northern Rivers Zone co-ordinated and delivered the program, which educated the students about the RFS and its role within the community; home fire safety; and the strategies, tactics and equipment utilised by the RFS.

The program was a very hands-on experience, allowing the students to use RFS vehicles, pumps, hoses, nozzles, hydrants, radios and personal protective clothing as they learnt and practised genuine skills and techniques used by RFS firefighters.

As the program is largely practical and aligns with elements of the PDHPE syllabus, it was run during weekly school sport sessions. Fifteen students elected to participate in the

program and excelled in all aspects.

By the end of the ten-week program, students were competent at: working in small teams; leading small teams; pumping; hose work; map reading; navigation; and radio communication.

Senior Constable David Henderson from the Lismore Police delivered a session to the students, which outlined how emergency services like the Police and RFS work together to protect the community, and also discussed road safety in-depth with the students.

Supervising teacher Sonja Mitchell said, "It was an intense learning experience for our students. I am so proud of the way they all participated and took every opportunity to learn new skills. All students will use some of these new skills in the future. I hope that some of them will go on to join their local rural fire brigade."



Many of the skills the students have learned are applicable across a wide range of careers and life experiences. The firefighting specific skills learnt are useful in preparing/defending a property from bushfire and should the students decide to volunteer with their local RFS brigade, they will already have a lot of the

required skills.

The cadet leaders Marc Le Bars, Hayden Doolan and Roger Dillon, and co-ordinator Jacob de la Morthe were all very impressed with the students who participated in the program, and would be delighted to see any of them join their local RFS brigade.

ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

Aries

While Mars is in Libra (until Dec 10), your focus is on your one-to-one relationships. If you feel challenged to balance your needs with those of others, search for 'the middle way'. You might have to make some adjustments, especially from Nov 18 until December 1. Be willing to compromise and attempt to keep the peace.

Taurus

During this month your focus is on others, especially your intimate partnerships. You can learn something important about your deeper needs and inner resourcefulness. The Full Moon on November 4 in your sun sign highlights where you might hold on too tightly. Letting go of what is not working any more makes space for new opportunities of growth and expansion.

Gemini

This is the time of the year where it is important to look after your health and review your life-style. Shift to a healthy diet, boost your immune system, get some rest. Duties and obligations in your relationships might need to be renegotiated to allow things to run smoothly. Weigh the pros and cons and take into account others' needs as well as your own. Exchanging thoughts will bring clarity.

Cancer

This is a great time to nurture yourself with fun and play. Treat that 'inner child' of yours with some special outings, or throw a party and enjoy your home with friends and family. This is potentially a very creative time for you, when the day-to-day affairs can be lightened and revitalised with a good portion of exuberance and passion.

Leo

At the moment you might feel like spending more time at home or with your family. Nevertheless, expect some intense times in your emotional life. The Full Moon on Nov 4 could bring you the recognition for your hard work that you have been waiting for. This is your time of new inspirations, fresh contacts and playful inventiveness.

Virgo

During this period you might find a heightened interest in research, education and communication in general. Some solitude is needed for doing all the mental work that has been piling up. Nevertheless, this is a good time for delving deeper into the past and discussing family matters. Be open and take a rational approach. Allow yourself to expand on your perspective.

November

As we are approaching the end of 2017, energies seem to intensify again. The Sun's journey through Scorpio (Oct 23 - Nov 22) takes us into the dark waters of our own subconscious. The evolutionary intent behind is a penetrating, feeling-centred self-analysis and facing those inner parts that need to be integrated and healed. Scorpio's message is about contemplating our depths, facing our fears and whatever else has been buried inside. Jupiter's entry into Scorpio on October 11 (until Nov 2018) has given extra significance to this year's exploration of the deeper layers of reality, encouraging in us greater strength and determination to move past previous limitations and difficulties. Nevertheless, collectively we are shifting from a more extroverted and expansive time into a more introverted, dense and confined period symbolised by Saturn's entry into Capricorn on December 20, but already preceded by the current Chiron/Saturn square, which has its last exact alignment on November 2.

Chiron, the mythic wounded healer, meets with Saturn, archetype of authority and accountability. A planetoid orbiting between Uranus and Saturn, Chiron is the symbolic bridge between the realms of Uranus (radical change, revolution and the overturning of old collective structures) and Saturn (lord of manifestation and preserver of existing forms). Before we can actively live the new paradigm (Uranus), we have to face our fear of the future, including entrenched patterns of security thinking (Saturn). In many ways, we cannot rely anymore on our culturally transmitted values and beliefs, rather we need to question them for their validity. The Black Moon Lilith enters Capricorn on November 9 further emphasizing this process. The Black Moon, not a planet but a potent point in the Moon's orbit around the Earth, is regarded as a remnant of the ancient lunar consciousness and nature's cyclic movement of waxing and waning: after times of growth and abundance times of contraction and austerity will follow. A deeper evaluation of what has been kept hidden and suppressed is needed so that doors can open for developments that overstep old taboos and challenge established structures and traditions. Ultimately, Lilith wants to connect us with our spiritual self and innate strength by getting in contact with our depth, accepting our blind spots and bringing them to light.

The earthy vibes of the Full Moon in Taurus on Nov 4 is opposite the Sun/Jupiter conjunction in Scorpio. The Full Moon emphasises the need to balance optimism and enthusiasm with practicalities; simplicity is the key to



empowerment as the Moon trines Pluto, while Neptune's rays to the Moon can enhance our intuition. At the same moment, Venus opposes Uranus activating a soul-searching review of what we truly value. Self-worth issues in relationships are highlighted, as well as finding the right balance between commitment and freedom. The liberating energies of Uranus have opened mainstream perspective to new horizons, which of course provokes fear in those afraid of change and the breaking with old traditions and dogmas that have been a source of security and comfort. Saturn concludes its trine to Uranus on November 11 combining innovation with common sense and inviting us to build bridges between the past and the future. Patience and confidence in our own creativity is the key for finding our way through the dark. Venus aligns with Jupiter on November 13; the once-a-year conjunction of these two 'cosmic benefics' supports a period of openness and a new view on old problems. As they meet in Scorpio, we can expand on our shared values while promoting trust, tolerance and understanding.

The New Moon in Scorpio on November 18 is in alignment with Chiron, supporting an inner confrontation with Scorpio's transformative processes including our mortality and the life-death-rebirth cycle. Old concepts, relationships, and resources which are no longer beneficial to us can be cleared, healed and released with this New Moon. However, we can expect an increase in explosive energies as Mars is activating the radical Uranus/Pluto square from the New Moon until the beginning of December. We are asked to examine our deeper motivations, ambitions and strategies to avoid playing power games. Nevertheless, the overall mood shifts again and lightens up when the Sun enters Sagittarius on November 22 and Neptune stations direct on November 23. Let's dream a new vision and spiritually prepare for the beginning of a new cycle at the fast approaching December Solstice.

Navigation by the Stars: Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns for 2018; contact Tina on 6689-7413 or 0457-903-957, email: star-loom@hotmail.com

Upcoming Workshops and Weekly Classes: Lillifield Community Centre: 'The Astrology of 2018: Navigating between Tradition and a New Knowledge of Reality', November 25, 10am - 4 pm; 'Astrology for Beginners', Tuesday evenings 5.30pm - 8pm, starts Tuesday November 7 until December 12 at the Lillifield Community Centre Living Yoga Sanga Centre in Mullumbimby: 'Secondary Progression and Solar Arc: the 'Inner Cosmos' Revealed'; 1-day workshop at, December 2, 10am - 4pm; for all info and booking contact 0457-903-957 or email: star-loom@hotmail.com

Libra

Mars remains in your Sun sign until December 10 providing you with an extra boost of energy to do the things you always wanted to do. The problem is to find the right balance between freedom and commitment. Make some space for yourself because this is an excellent time for manifesting your vision. November 13 can be very auspicious for your financial dealings.

Scorpio

Jupiter and Venus are combined in your Sun sign during most of this month. This is very lucky for all sorts of new endeavours and activities; you can be like a magnet attracting lots of great opportunities. Nevertheless, 'watch your back' because Mars is hiding in your solar 12 house of unconscious behaviour patterns. Reflect on your deeper motivations to avoid unwanted surprises.

Sagittarius

This is a time of review, letting go, and recharging your batteries. Reflecting on your experiences is immensely helpful now and will lead to new insights about yourself and your place in the world. You are going through a process of inner and outer restructuring which is ending soon (late December). You may receive good news from places you never expect. Remain receptive and open-minded.

Capricorn

Building the big picture together with others gives the advantage of drawing from everybody's ideas and skills. The emphasis is on developing a vision of the future and creating a new value system that feels authentic and true. However, with the Black Moon Lilith in your Sun sign (until August 2018), you might not feel like making too many compromises.

Aquarius

This is the time of the year where you need to get some good outcomes from the projects that you have been focusing on. Develop new plans and goals and expand your knowledge base. There are great chances for advancements in your career, especially if you have been working consistently very hard over a long period.

Pisces

You might feel like moving in a different direction and are working on a value system that supports the formation of a new outlook. Think of initiating projects or activities that expand your mind and feed your imagination. Nevertheless, you might be suffering when things turn out less than perfect reminding you of the wounds of this world (Chiron in Pisces).

Nimbin Trivia Time

Questions

1. What happened to MV Nimbin?
2. How many sister cities does Nimbin have?
3. When was Nimbin's first school room constructed?
4. How did Coffee Camp get its name?
5. What is the meaning of Terania?
6. What was coffee originally called in Europe?
7. What is the deepest lake in the world?
8. How far east of Nimbin by car is Byron Bay?
9. What is the longest and strongest bone in the human body?
10. What tree had mostly been cleared around Nimbin by the end of the nineteenth century?



Answers

1. "MV Nimbin" was an Australian freighter which left Coff's Harbour jerry on 4 December 1940 on its way to Sydney when it hit a German mine off Norah Head and sank the next day. Seven people died. This was a Bundjalung word meaning 'place of frogs'; 6. Arabian wine.
2. Four. Woodstock, USA; Takaka, NZ; North Cave, UK; Freetown, Christiania, Denmark.
3. 1906.
4. It became a place to stay overnight on the two-day journey by bullock train taking the timber to the port of Lismore. Word soon spread that a cup of coffee could always be found at this timber-gutters' camp and so December 1940 when it hit a German mine off Norah Head and sank the next day. Seven people died. This was a Bundjalung word meaning 'place of frogs'; 6. Arabian wine.
5. It is believed to be known as Coffee Camp.
6. Arabian wine.
7. Lake Baikal in Siberia has a maximum depth of 1,642 metres.
8. 650km.
9. The femur.
10. Red cedar.

Authenticity



by Marilyn Devlin

Everything moves. Sure, we'd probably prefer for it all to remain the same... cosy and reliable; in the spot where we left it, easily recognised, familiar... so we know who we are and where we stand.

But it doesn't work that way, does it. Everything keeps moving and shifting. 2017 has been a major year of transition... and we've now entered the last quarter. A time of completion, wrapping up, honouring our task, finishing the work. And of course these are not all necessarily on the physical plane. I reckon there's been major movement inside ourselves. And we need to reorient, realign ourselves with these structural energetic shifts.

There's been something serious and intentional about this year. Like it was time to take the next major step forward. These steps have been building of course... especially since 2012. But this year seems to have demanded we do it.

Transition can be unnerving. A lot of change can make us feel dizzy... with all those atoms swirling into new forms. We try to grab hold of something familiar... getting comfortable with transition can be challenging. One I've personally experienced in generous servings this year.

Sometimes we just gotta be brave. Step up, step out... and take that chance. Comfort is wonderful... I'm a major fan; same as ease and flow... I resonate with their wisdom and authenticity. But at times it takes guts... to step out of what you know; what's provided your security, your meaning and purpose. 'Cause you just know... there's something wonderful waiting up ahead for you.

During times of intense transition, Mother Nature is our saviour... as she often is. To be wooed and wowed by her extraordinary beauty, her gentle touch and sensual delights. Her love captures our heart... our body tingles with her joy. She's truly extraordinary... such a guide and teacher.

We're never without

instruction... it's speaking loudly all around us. All life communicates, and shares its love. It's just us humans that get a bit lost and confused. All else seems to know what it's doing and why it's here... and gets on with it joyfully. We're still learning; we're getting there... bit by bit.

Life is joyous... manifestations of this are all around. Depends where we're looking and what we want to see. What we focus on we feed with our energy... making it bigger and bigger.

Bringing into being... we do by our very existence. Just by being alive we contribute. We affect and influence everything around us. No-one/nothing is separate. And it's through our body... this miraculous vehicle, that we experience everything.

Reminds me of a visceral class I was doing in Ortho-Bionomy... we were exploring and getting to know our internal organs. Using our hands our focus and our feeling sense... one by one we approached each organ. I was amazed. Not only could I feel their presence - some would invite you in warmly, others demanded their space be respected... but they all had a unique voice, a colour and a personality.

Our body is a living, thriving, self-regulating community of outstanding brilliance. So easy to take her for granted; driving her harshly pushing her beyond her comfort... ignoring her signals.

Yet when we become alive to her presence, intimate with her longings, conversant with her language, love her without reason... she responds. She guides us to what's best for us, what we need to thrive, be happy and wholesome.

As the year winds up it can tend to speed up and get a little busy... become a bit chaotic with expectations. It's a great time to incorporate a body practice, a way to listen to your body's needs; give her space to be... rest and renew. And remember that she needs regular care and maintenance... she works non-stop keeping you here. We must remember to treat her well.

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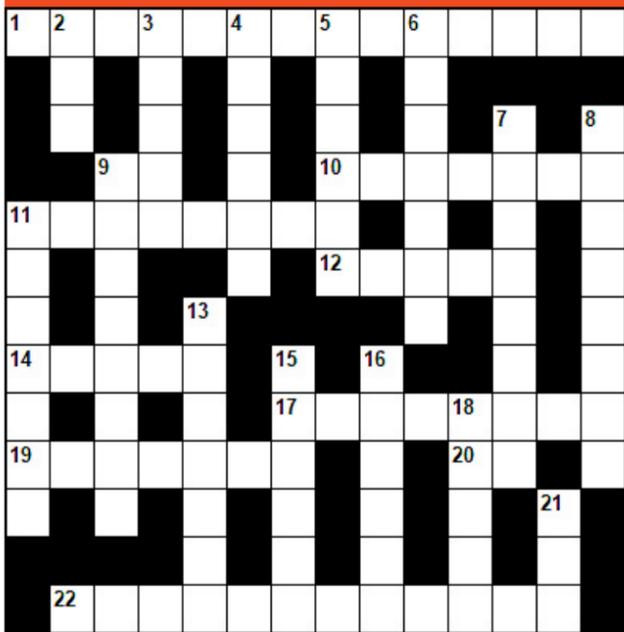
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0457 903 957
star-loom@hotmail.com
nimbin-starloom.com.au

Nimbin Crossword

2017-II
by 5ynic



Across

1. Care?
9. America?
10. Ground control (we have a problem)?
11. Stretch? Unit of speech
12. Burn
14. Clean (car)? Gentleman's personal gentleman
17. Nicked
19. Stung? Annoyed
20. (Radioactive) element 90
22. Practitioner of ancient printing method using a limestone plate

Down

2. Tree person
3. Cheers (German)
4. Warming in the microwave? Destroying with an atomic bomb
5. Skin irritations?
6. Coming out
7. Not weakness
8. Gossip
9. Sway
11. Working hard? Trading in people
13. Fashionable?
15. Losing its tint
16. 56 (or 22) cards of the tarot deck
18. Conceal(ed) drugs
21. (mangy) dog

Solution: Page 37