

Homeopathics

By Tarang Bates

The closing of our summer holidays has been graced with a spectacular and extraordinary event. A comet shooting down between the moon and stars, with a beautiful tail of light trailing behind it – reminding us that all is not mundane – or of this world.

With the season of hyper stimulation drawing to a close, the mundaneness of life can become overwhelmingly ordinary for some. The challenge of finding meaning, the spark of life, the magic in every moment, turns the ordinary into the extraordinary.

Some people have the ability to find meaning in the mundane, others struggle with the torture of time and many experience both. Personality types are important when prescribing homeopathics for emotional and psychological problems. Some of the more difficult states to deal with like grief, depression, anxiety and loneliness can be eased by realigning a person energetically with homeopathics.....on the other hand you may just need a good cartoon! To quote Leunig, "If you see anything mysterious or unusual just enjoy it while you can."

Looking at personality types:

Arsenicum

These types have perfectionist tendencies, express strong opinions and are prone to being intolerant of others ideas and beliefs. Restless and ambitious, may be quite pessimistic and have a need for re-assurance. Arsenicum people are usually elegant and stylish, highly strung, mentally and physically agile.

They have a tendency to worry unnecessarily about all sorts of things, sure that something is wrong, particularly about their own and their families health. They are neat and tidy, disliking mess - almost fastidious and irritated by laziness. Could experience



night panics, with sudden waves of fear of death or being alone, hopelessness and despair.

Ignatia

These types generally find it difficult to deal with stress are hypersensitive, highly strung and may become introverted. Often thin and dark haired, with a stressful expression. Women particularly find it difficult to express emotions, especially when grieving. A tendency to hysterical over-reaction, moodiness and changeable, laughing and crying easily. Useful for emotional problems, acute grief, depression, self pity and worry. Bottling up anger, becoming pent up and resentful of contradiction.

Graphites

These types are generally more heavily built, with dark hair and pale skin, often attracted to outdoor work. Moody, lethargic and grumpy first thing in the morning. Inclined to be lazy and low in stamina, anxious and timid. Graphites people can be pessimistic, despondent and fearful, flying into a rage. Tendency to feel unlucky and mis-used, may become pre-occupied with thoughts of death. Often desires solitude because everyone is annoying them.

These remedies are often used as first aid remedies and may work well on a person who doesn't fit the personality type but fits other important aspects of the remedy.

These remedies and others are available from Nimbin Homeopathics, contact Tarang on 02 6689-1452 or tarangbates@yahoo.com.au

Volunteers wanted

CTC@Nimbin

Volunteers at Nimbin's Visitor Information Centre have a wonderful opportunity to extend a unique welcome to visitors and newcomers to our town.

The role of volunteers in the centre is varied, from giving directions and information about our region, to providing technology services such as burning photos to CD and providing internet access.

As part of the Community Technology Centre (CTC), we also help to fill some of the broad needs of the local community. In conjunction with Nimbin's Open Learning Centre we run a range of computer courses from a basic introduction to more advanced topics such as Desktop Publishing, Animation and Music Production.

As a not-for-profit organization, we rely on a two-way relationship with the local community. We need community support, as the community needs ours. To support us, members of the community can engage in active membership by being a volunteer at the Visitors'



Centre, where good local knowledge is always helpful, or at the CTC, where any of a multitude of computer skills would make a significant contribution. And, of course, anybody organising local events can help by keeping us informed about times, dates and places.

If you would like to be part of our team of volunteers give our manager, David Julian a call on 6689-1183, send us an email to <nimbin@ctca.net.au>, or drop in to the Visitors Centre at 80 Cullen Street (next to the Nimbin Gourmet and the Oasis Café).

We also welcome 'Work for the Dole' participants, so if you are eligible let your case manager know you would like to fulfill your obligations at the Visitors Centre or the CTC.

Jost Sauer workshop

Byron Bay 10th February 10am - 5pm \$150/\$100conc.
All enquiries 0438-945-766

Jost Sauer is an expert in the recreational drug field as a successful author, lecturer and highly sought after therapist, but also as an ex-addict and drug and alcohol counsellor. He understands drugs, alcohol and addiction experientially as well as academically.

Mainstream thinking about drugs and addiction is now 100 years old, and Jost offers a revolutionary new perspective on getting high, getting off drugs and how to live after drugs. As a therapist he takes the revolutionary approach of looking at what drug-users got right, and he makes that the starting point for change.

Born in 1958 in Germany, Jost studied Social Pedagogics before arriving in Australia. After working as youth worker / drug and alcohol counsellor, he completed a Bachelor of Health Science in Traditional Chinese Medicine. He has been a practising therapist since 1991 and lectured for a decade at the Australian College of Natural Medicine. Jost also holds an Associate Diploma in Oriental Massage (Tui-Na), qualifications in Structural Balancing and Sports Injury Management, and has undertaken research in Body-Mind therapies.

He is committed to health and for over 20 years has had a daily regime of exercise, chi-gung and meditation. He is the author of *Higher and Higher: from drugs and destruction to health and happiness*, a book on recreational drugs published by Allen and Unwin, now in its second edition, with a second book underway on life after drugs.

Ground-breaking, entertaining and non-judgemental workshops for families, friends, therapists and those with an interest in increasing their awareness and understanding of recreational drugs and holistic recovery. Find out why young people take drugs, gain insight into how to work with drugs and find the inspiration to change and heal yourself and others. Learn how to recapture the magic and have a fulfilling life after drugs.



Drug research study heading our way

Uni team to investigate cannabis potency and contamination in Australia



There is a lot of speculation about the issue of how strong, or potent, the cannabis that is available in Australia is, and also about whether some of the cannabis in Australia is 'contaminated' with chemicals that may harm those who choose to use the drug. There is little detailed published information available on the nature of the cannabis used in Australia today.

The National Drug and Alcohol Research Centre (NDARC, based at the University of New South Wales, in Sydney) is currently running a study aiming to bring together what is known about these issues, and help inform this debate. Given there is not much published scientific literature on this

topic, we need to talk to people who have first-hand knowledge about cannabis potency and contamination.

Researchers from NDARC will be in Nimbin soon to chat with people who have experience or knowledge in cannabis potency and contamination issues. Participation is entirely confidential, and can be conducted face-to-face or over the telephone. We don't need to know any personal details about you. All information will be presented in summarised format, so that you won't be identifiable in anything we publish from this study. You are free to pull out of the study at any point (even once we have interviewed you).

Some of the questions we'll be asking are:

- Is hydro more potent than bush cannabis? If so, why?
- Do people who grow cannabis add anything to prevent disease or pests?
- Has the potency of cannabis changed over time?
- What cultivation techniques are used to maximise cannabis potency?

For further information about the study, please see the following web site:

<<http://ndarc.med.unsw.edu.au/NDARCWeb.nsf/page/Current>>

If you are interested, please contact Michael Balderstone, at the Hemp Embassy on 6689-1842 or Jen McLaren from NDARC, on 9385-0272 for further information.

Nimbin Homeopathics Tarang Bates

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NIMBIN MUSEUM



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Expressions of interest are sought to keep the Museum alive and enjoyable for visitors.

Contact Michael Balderstone at the Museum.

Phone 6689-1123

Still open every day, and well worth a visit!

How to save the whales with music

by Menkit Prince

Have you heard the whales calling lately? All around the world people are intuitively responding to the whales' cry for help. A small group of committed people in Northern N.S.W. heard the call. And they responded - with a community project.

After they learned about how the oceans are no longer safe havens for many whale species who are in increasing danger of becoming extinct and heard about Captain Paul Watson and the intrepid, international crew of Sea Shepherd Conservation Society risking their lives to protect whales on the high seas, they decided to do something.

Who is Sea Shepherd?

Capt Paul Watson co-founded Greenpeace in the early 70s and pioneered the positioning of an inflatable boat between harpooner and whale. His organization Sea Shepherd was formed 30 years ago and is the most effective marine conservation organization on the high seas.

Sea Shepherd's approach is different to Greenpeace. They don't protest, bear witness, do publicity stunts, film dying whales or hang banners. What Sea Shepherd does is enforce the law against illegal activities on the high seas against marine wildlife. They are legally entitled to do so under the U.N. Charter for Nature. Though controversial, their approach is very effective because last year their ship, the Farley Mowat, chased 6 illegal Japanese whaling ships in Antarctica for 15 days thereby depriving Japan of 85 whales needed to meet their quota of 935.

A faster ship would have enabled more whales to be saved since the Farley couldn't keep up. So they bought one. However, since SSCS's runs on a shoestring budget, purchasing a \$3 million ship has been an expensive exercise.

Not everyone can crew on a dangerous voyage or be willing to risk their life but we can all be land crew by helping them in other ways. Of all funds received, the vast majority goes directly into the campaign, and don't pay corporate wages or volunteers.

Remember, 2007 is the year Japan plans to start killing 50 much loved endangered humpbacks that migrate to Australian coasts each year - in addition to 50 endangered fin whales and 935 piked (minke) whales.

The Community Project

Drawing on the musical talents of

some of the best bands in the Byron Bay/Northern NSW/Southern Qld area (some of whom are household names in Europe and U.K.), the community put together a compilation CD to benefit SSCS. This CD is titled "Songs for Sea Shepherd." Local artists contributed artwork for the cover and jacket and helped with web design. Local business contributed the capital to press 2,000 copies. Everybody gave their work freely without pay. Hats off to the Mothership Music Retreat in Uki for conceiving the project and bringing it to completion! Close to 100% of the funds generated will be donated to Sea Shepherd since many outlets are selling the CD without profit for themselves.

This CD has four main purposes:

- 1) raise money for Sea Shepherd's Antarctic campaign
- 2) raise awareness of Sea Shepherd
- 3) inspire communities all over the world to act
- 4) give you a chance to be part of this community project!

"Songs for Sea Shepherd" comprises an eclectic mix of reggae, rock, soul, pop, indigenous, world, rap, and instrumental music with the common theme of respect for all life and living consciously. The album contains songs by Bunna Lawrie, Loren, Cloud 9, Deya Dova, The Blissmongers Collective, Future Native and other quality performers. It is very professionally produced and a true work of art, something that grows on you the more you listen to it. The beautifully illustrated 8 page jacket explains who Sea Shepherd is, what they do and heartfelt comments from the musicians about the project.

Since no government agency in the world is prepared to enforce laws against illegal

Japanese whaling because of Japan's huge economic power, the future of whales depends largely on Sea Shepherd. Here's your chance to help make a difference: the next stage of this community project now depends on people like you all around the world purchasing a copy of the CD, finding local stores to stock copies, getting media exposure.

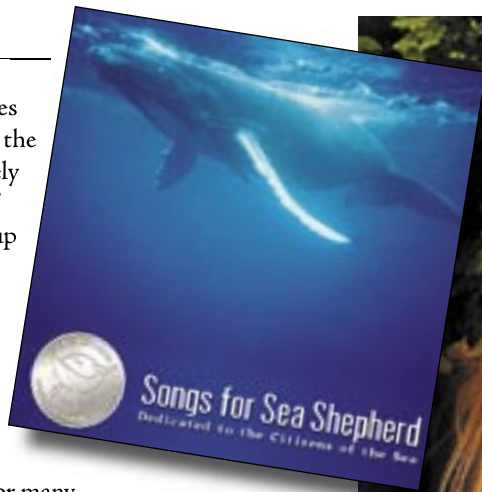
Even if you don't care about whales consider this: whales fertilize plankton which creates 70-80% of the oxygen we breathe and removes half the CO2 from the atmosphere. Plankton is in decline worldwide, therefore removing whales from the oceans accelerates global warming. See <www.fisherycrisis.com/strangelove.html> So if you like to breathe oxygen, help the whales!

Sound bytes can be heard on www.seashepherd.org where it can be ordered by U.S. and Canadian customers. In Nimbin, the CD can be purchased at the Nimbin Environment Centre, Nimbin Organics and Happy High Herbs, on Cullen Street Nimbin. Elsewhere in Australia, outlets are listed on www.seashepherd.org.au. For all other countries please phone Australia (61)2 6679-5863 or email us at <songs4seashepherd@hotmail.com>

Please help make this CD a success, for the sake of whales and the future of all life on this beautiful planet.

The whales are still calling - listen....

P.S. Not only can you help save whales with music - but also beer! Visit www.whalesafebeer.com.



Menkit Prince (Sea Shepherd representative) on the left, Sue McKenna (the creator of the project) on the right. Sue and her partner Jake Mann compiled the album at the Mothership Music Retreat in Uki. Both are musicians in The Blissmongers, Channel Free and Zing.

National Climate Change Roadshow Hits Nimbin

Climate Change Night 7pm
10th February Nimbin
Town Hall (Food available,
dancing afterwards)
Gold coin donation

In response to growing public concern about climate change, the Rainforest Information Centre is taking to the road to address the psychological and emotional issues surrounding global warming.

The 'Climate Change Despair and Empowerment' roadshow aims to motivate people to take action against climate change in the wake of Al Gore's *An Inconvenient Truth*.

The multi-media presentation includes video footage of Al Gore speaking about the impact Australia could make in the U.S. if it signed the Kyoto Protocol.

The roadshow will focus its discussion on the role public and personal denial, helplessness and despair play in the fight against climate change.

"The roadshow will address Gore's insight that many people move straight from denial to hopeless despair about this issue without leaving any space in between for effective action," Roadshow organiser Ruth Rosenhek said.

"We often feel paralysed, hopeless, that it's too late and so on. We'll discuss how these feelings can be transformed into the fuel for inspiration and positive change," she said.

The 90-minute Roadshow



also aims to:

- Catalyse, invigorate and support grassroots climate study/action groups across Australia.
- Unveil the false and "business as usual" solutions suggested by political parties such as nuclear power and "clean" coal.
- Raise awareness and inspire political action towards the real solutions that the public must insist upon. (eg. end Australia's \$6.5 billion a year in subsidies to the fossil fuel industries and support renewables instead)
- Provide resources for the many things that we can all do to turn the situation around.

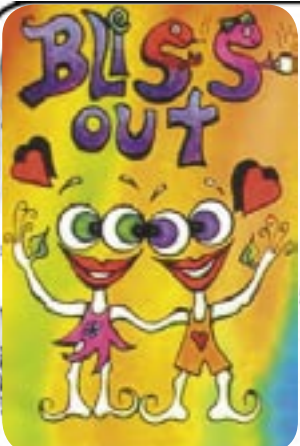
The roadshow will arrive in Brisbane in March after a successful debut at the Woodford Folk Festival and after travelling to New South Wales and Victoria.

While in Australia in November, Al Gore trained 85 people to present an Australianised version of his "An Inconvenient Truth" slide show. In many places, including Brisbane, the Climate Change, Despair and Empowerment roadshow is also organising events for these Gore-trained speakers.

New band debut



Watch out for Antibodies, playing Nimbin pub on Saturday 10th Feb.




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