

Homeopathics

By Tarang Bates



I've just read a rather absurd article, about how science has now proved, that flowers and plants make us happy! Hey, did we really need scientists to tell us this, to believe it? Perhaps now that it is proven, nature will once again become sacred to our society, in it's never ending pursuit of happiness.....ahh - we wish!

It has become a touch fundamentalist, this attitude, that unless there is scientific evidence, there is very little value in something.

Anecdotal evidence, which is basically the stories people speak, about how good they feel, surrounded by plants or how well the herbs or homeopathics worked for them, is not considered of any value, when determining if something "works" by those who believe in the superiority of their opinions, and have a certain amount of power over society.

Scientific evidence is an important and amazing tool. Peoples stories of healing and happiness through homeopathics, plants, energy exchange etc. are equally important and amazing, the value of both need to be kept in perspective. We know, of the truth held in our experiences and stories and are lucky enough to be living in a society that supports us, to have confidence and trust in our intuitive knowledge of well being and right living.

So remember to have many magical moments in the year ahead and beyond.

Silica

This remedy is homeopathically prepared from silicon dioxide, which is one of the most abundant of all the elements in the earths crust. It is found in quartz crystals, emeralds, aquamarine, opal, zircon, sandstone and many other minerals. This is a very useful first aid remedy, as it has the amazing ability to help expel foreign bodies from the tissues. For example, splinters, thorns, shards of glass, gravel and metal. It also assists with

chronic ear infections, tooth abscess, styes and boils. Old scars which become painful and slow healing infections.

Staphisagria

Is derived from the seeds of a herb and is an ancient remedy. Used homeopathically for clean wound made from very sharp implements, for example, razor blades, paper cuts, knife wounds and surgery. Helps healing after having a catheter during surgery, and also with nausea after abdominal operations. Staphysagria, has a reputation for helping people who are hypersensitive to mosquito bites and also for preventing mosquitos from biting.

Nux Vomica

Comes from the poison nut plant, sometimes called Quakers buttons. Used during colds and flu with extreme chilliness, irritability and sensitivity, sometimes nausea and vomiting. I thought it would be appropriate to include Nux Vomica this month, a time of over indulgence on all fronts.

Useful for a hangover from too much alcohol or use of narcotics, waking up with a thick head, feeling fragile with a driving headache, indigestion from over-eating, overwork or prolonged mental and emotional strain. It is one of the remedies used for urinary tract infection (cystitis), which can be caused through over taxing the kidneys with alcohol and drugs.

These and many other remedies are available from Nimbin Homeopathics. Contact Tarang on (02) 6689-1452 or email <tarang.bates@yahoo.com.au>

Starlight Wellbeing Festival

Thursday January 4 - Sunday January 7, 2007

A&I Hall, Station Street, Bangalow, 9.30am - 5.30pm daily, \$10 admission

Sex, Drugs, Death and Enlightenment...

All these topics and more are covered in our two-hour workshops at this year's Starlight Wellbeing Festival.

A range of talks, workshops, daily crystal singing bowl meditations and Shamanic Journeys in a hand crafted Mongolian Yurt are all included in the daily admission of \$10. Visitors will also meet a selection of the area's finest complementary therapists and psychics.

This is the 21st Starlight Wellbeing Festival. Since its small beginnings in Byron Bay in 1997 this celebration has grown in size and reputation. Our aim as always is to bring you a selection of the area's finest complementary therapists, along with a selection of enlightening experiences. There is much in our Universe our science cannot quantify, but which our hearts understand.

Starlight Wellbeing Festival is a place where you can let your heart be your guide as you explore therapies, other realities and other possibilities, in a friendly, safe and nurturing space. Special guest workshops include:

Sex - Tantra Learn how simple it can be to let go of your ego, open your heart, connect with yourself and others. Celebrate being a sexual being and have the most fun you can have whilst keeping your clothes on! With Annette and Graeme.

Drugs - The Karma of Drugs Discover how to effectively integrate into your life the accelerated metaphysical awareness that drug-use generates - in a drug free state. With ex-smuggler Jost Sauer.

Death - Mediumship Jason McDonald will share his techniques to use your psychic powers and strengthen your energies. Work with the



Pure quartz crystal Singing Bowl meditations every morning.

elements of earth, wind, fire, and water. This technique uses the power of nature and love to harmonize your world.

Enlightenment Living an empowered life puts us in the flow of life, where synchronicity helps us and brings miraculous circumstances to bear in our life, find out how with Kim Fraser.

Special guest Tibetan Buddhist monk the Venerable Lobsang Tendar will also be offering chanting and healings to the general public, all proceeds of which are sent to his monastery in Tibet.

The Magdalene codes Discover your links with events of 2000 years ago, how you may have repressed the divine feminine and how to reunite with her.

Love and abundance Learn down-to-earth techniques which enable you to fully understand the relationship between love and money.

Sound Healing Tune into the world of sound with bells, tuning forks, tone chimes, voice and crystal bowls. Expand your chakras for greater connection and expression in your life.

Face reading The system we use today to read faces has come about by centuries of people making notes and references on

what they have observed and is over 92% accurate.

Talks On the hour we offer a selection of one hour talks on subjects as diverse as animal acupuncture and colour Feng Shui, presented by local practitioners.

Shamanic Journeys A Shamanic journey can take many forms, in simple terms it may be a guided meditation through which you access an altered state of consciousness, through sound, chanting, drumming or movement. This year we are offering Shamanic journeys inside a hand crafted Mongolian yurt every hour on the half hour throughout the day.

Healathon Once you are in the festival you might like to take advantage of the free healings on offer at our Healathon. Created by local therapists for your benefit a range of practitioners offer sessions for free. No need to book, one session per person, per day.

Crystal Singing Bowls Because we feel the power of the crystal singing bowls is so special, we offer a morning meditation every day. Please be on time as sometimes the doors are closed to keep out extraneous noise. If you are new to the bowls you can expect to be very relaxed after listening to them or you may experience something more profound!

Gourmet food This year we welcome new caterers to the festival with quality food and fresh organic espresso coffee to nurture the body, as well as the mind and soul.

The complete programme is online at <<http://www.global-healing.com>>

Gigging in January

Kangaroo Moon Friday 12th January, Coorabell Hall

Doors open 7.30 for Show at 8pm, Food by Coffee Oasis, Tickets \$16/14 at door only.

Kangaroo Moon are Back!! For this, their only show outside of the Woodford Folk Festival, we will see a rare convergence of their UK and Aussie line up: Mark Robson (keyboards, vocals, whistles & didge), Mat Ledger (Drums), Maurice Cernigoi (bass), and Steve Berry (guitar) will be joined by long time UK fiddler Elliot Mackrell.



Ganga Giri
Tuesday 16th January, Great Northern Hotel, Byron Bay
Doors open 8.30 for Show at 9pm, Tickets \$12 at the door.
Back in 07 with his

extraordinary fusion of organic-electronic global and tribal booty-shakin' rhythms...



Blue King Brown Saturday 18th January, A&I Hall Bangalow

Doors open 7.30 for show at 8pm, Food and Drink available, Tickets \$18/15 presale or \$22/18 at the door.

Hugely successful ex-locals Natalie and Carlo and their band get Byron dancing to their dynamic fusion of soul, rock, hip hop, roots reggae and percussive grooves with an original rhythmic edge.

Ticket Pre-sales: Urban Cafe Bangalow, 6687-2678; Mullumbimby Bookshop 6684-1413; All Music and Vision stores (+BF): Byron Bay 6685-7611, Lismore 6622-5399.

FOR SALE: TWO HOUSES AT JARLANBAH

HOUSE 1. \$260,000. 8 year old timber house, spacious open plan lounge/kitchen, 2 bedrooms. Large covered verandahs with northerly aspect. Separate undercover caravan. Large productive orchard, vegetable garden and chook pen. Solar Hot Water.

HOUSE 2. \$240,000. 10 year old timber home. Large lounge/kitchen, one bedroom, attached undercover caravan. Solar Hot Water. 25 fruit trees. Fabulous views from north-facing verandah of the Border Ranges, Blue Knob and Mt. Nardi.

These adjoining half acre lots with individual strata titles could be perfect for an extended family. Then again you may only need one house.

RING Pauline on 6689-0009 or Sue on 6689-1778 to view these special homes.

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Quark cheesecake**

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