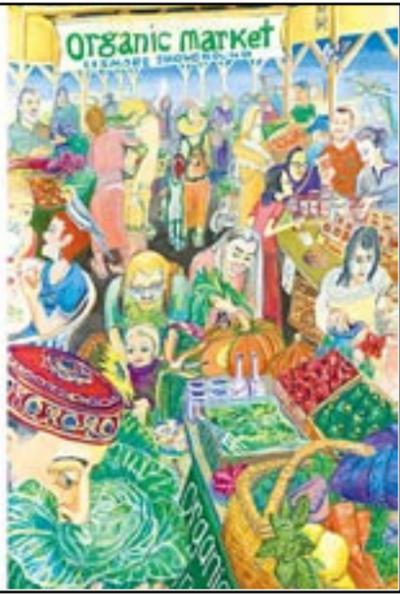


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## Lyme Aware

May is Lyme Awareness month. It is an important disease to be aware of, as it affects many in our area, and diagnosed quickly, you can be completely cured.

I got Lyme disease from a tick bite in Main Arm. It took 12 years to get diagnosed. I watched my health slowly erode. The ensuing depression brought me to writing comedy and being a Laughter Yoga facilitator. Laughter was not only the best medicine, at times it was the only medicine.

As there is nothing funny I can think of about Lyme disease, I have written a blues song, which I am currently

The world according to...  
**Magenta Appel-Pye**

recording with my husband, Norman.

Woke up this morning for the 17th time,  
Sleeping's a nightmare since I got Lyme.  
Always dreaming of feeling fine,  
Life was so easy when my body was mine.  
Here's the dreaded Lyme headache, grab a painkiller,  
I'd rather go 10 rounds with a vicious gorilla...

Went to the doctor, surely he won't fail ya,  
But he says Lyme doesn't exist in Australia!



I'm tossin' and a-turnin',  
I'm cursin' and a-moanin',  
Can't get back to sleep, so I have some melatonin,

An ache in my ear, put in drops, handle fear.  
Awake more than asleep and morning's nearly here.  
Pain overwhelming, desperate, incessant,

All the Dr does is give me an anti-depressant!  
It's been a long hard Lyme night  
And there's no help in sight.

Doesn't that stupid tick know there's not supposed to be Lyme disease in Australia.  
No treatment, help or sympathy, because there's no Lyme in Australia!  
You look good, they tell me, (can't see pain) and they're off the hook,  
Besides your disease is not in our book.

There's a conspiracy here and they don't understand,  
That Lyme disease does exist in our land!

For info, contact the Lyme Disease Association of Australia: [www.lymedisease.org.au](http://www.lymedisease.org.au)

## Nimbin Flix

The Nimbin Flix fundraiser in March was a resounding success and our little film society is up and running.

This is permitting us to purchase a brand new movie screen and get the ball rolling.

The membership is still a ridiculously low \$50 for a year, and this allows you to see a monthly movie at no further cost, so get in there quick.

After much deliberation, Daniel and Belinda came up with another fantastic

movie, this one is Australian and a 'must see', *The Unfinished Sky* is a drama and a love story between an illegal Afghan immigrant and a sheep farmer. It is a well-told story and it will keep you riveted to the end.

Directed by Peter Duncan and released in 2008, it received great reviews with no less than four stars from David Stratton.

Memberships can be purchased from the Nimbin Apothecary where you can also buy a movie ticket for \$10. Join our Facebook page at *Nimbin Flix* and stay updated.



## Nimbin Crossword

2014-5  
by Synec



### Across

- (And 6 across) The village's "urban" green space? (5,4)
- Blasted by Jehovah for forbidden sex
- See 1 Across
- Active ingredient in grass (init.)
- After hemp, the seed richest in Omega 3 oils
- Forty six
- For late teens readers (init.)
- Defecate
- Someone canonised? Road (init.)
- Doesn't leak
- Bitter
- England, Scotland and Wales (without Northern Ireland) (init.)
- Note (init.)
- Drug containing 7 across
- Single time
- Mature
- Large Marsupials
- Festival?

- (And 4 down, and 9 down) Four (as a part of the ratio of a circle's diameter to its circumference) (5,5,2,2)

### Down

- Don't smoke this resin
- Pan
- See 34 across.
- A turn on?
- Ambitions? Dreams?
- (2,2) See 34 across.
- Lollies
- High in poker, low in cribbage
- Four \_\_\_\_\_ - time to light up.
- Crowds
- On the same wavelength
- Pub
- Accepting?
- Waterpipe
- Saying
- Play the squash-ball off three walls. Exaggerated claim?

Solution Page 35

## trivia

Devised by Nimbin Bowlo's Quizmaster, Marty

Trivia has returned to the Nimbin Bowlo monthly, next night is on Saturday 17th May at 6.30pm.

### Questions

- What does THC stand for?
- Does indica or sativa have the higher ratio of CBD: THC?
- What colour are the spider mites that are our big enemy around this time of year?
- Should you plant your poppies when it is hot or cold?
- What do they call devotees of The Grateful Dead?
- How long is the average standard hydro cycle?
- What does the Mardi in MardiGrass mean?
- What chemical is most commonly used to promote flowering?
- If you want to grow coca would it be best to start with seeds or cuttings?
- What is the more common name for diacetylmorphine?

- Tetrahydrocannabinol. Simply the best.
- Indica. Supposedly this makes it less likely to induce anxiety. Personally I only get anxious when I have no indica or sativa.
- They are red. Beware of reds under the bed (or under the leaf).
- In the cold - they love it. Three months later, dragons can be chased.
- Deadhead. Vale Jerry, gone but not forgotten.
- 13 weeks. 5 for vegetation and 8 for blooming. Of course, everyone has their own spin on this. And everyone is right.
- It is French for Tuesday. Obviously MardiGrass is about protest and partying, not relevance.
- Potassium. Often as Potash, sometimes in Shooting Powder. Yee-hah, look at em go!
- Start with seeds for faster growing and more robust plants.
- That'd be your old mate heroin. I see the needle and the damage done...

Answers

# YOUR CHAKRAS AND YOUR HEALTH. PART 1.

In Hindu and tantric/yogic traditions and other belief systems, chakras are energy points or knots in the subtle body. They are located at the physical counterparts of the major plexuses of arteries, veins and nerves.

Chakras are part of the subtle body, not the physical body, and as such are the meeting points of the subtle (non-physical) energy channels, called nadis, through which the life force (prana), or vital energy moves.

In this series, Zuela Christie outlines the health implications of each of the seven main chakras.

## Base, or Root Chakra

Element – Earth. Astrological triad – Taurus, Virgo, Capricorn.

**Affirmation:** I am physical. I am alive and well. I am here and now. I matter.

Brings the right to be here / to exist.

**Self Development:** Physical separation from mother and others. Basic survival needs met. Safe and secure. Grounded. Acceptance of limitations. Self discipline. Right livelihood. Completing tasks and projects. Realization of dreams and goals. Facing fears. Being fully present now. Letting go.

**Emotions:** Courage/Fear - In balance gives rise to feelings of safety and courage. Out of balance and in excess it causes rigidity, stubbornness, being stuck; and a build-up of acidity and crystallization of toxins. Depleted, it causes timidity, fear, insecurity, poor health generally, poverty and victim consciousness.

**Physically governs:** Elimination and the

excretory system, including the colon, anus, kidneys, uterus, bladder, skin and sweat glands.

Structure and all solids, including the spine, skull, rib cage, neck, knees, elbows, all limbs and the faeces, hair and nails.

Adrenal glands and the hormones of adrenaline, cortisone and aldosterone.

Coccygeal nerve plexus supplying the colon, uterus and genitalia; and the sciatic nerve supplying the leg.

**Stressors:** Deprivation of food and shelter. Physical abuse. Abandonment.

**Malfunctions – Physically:** Bone and bowel disorders, lower back pain, sciatica, knee complaints, eating disorders, generally ill.

**Mentally:** Stubborn, stuck and rigid thinking.

**Emotionally:** Ungrounded, fearful and controlling.

## Sacral, or Spleenic Chakra

Element – Water. Astrological triad – Cancer, Scorpio, Pisces.

**Affirmation:** I am sexual, sensual and instinctive.

Brings the right to give / to receive.

**Self Development:** Sexual identification, individual expression in interpersonal relationships, personal boundaries, personal needs met in relation to those of others, socialization.

**Emotions:** Instinctive/Sensual. In balance gives rise to spontaneity and creativity.

Out of balance and in excess it causes competitiveness, addictions, indulgences and obsessions. Suppressed, it causes denial and deprivation.

**Physically governs:** Hips, pelvis and sacrum. Reproductive, lymphatic, urinary and endocrine systems; glands (ovaries & testes), hormones and kidneys. Fluids – semen, blood, urine, sweat, saliva, phlegm and CSF. Muscles and fascia. Sacral plexus. Sciatic nerve (with Earth chakra).

**Stressors:** Repression of sexuality; caused to feel wrong, bad or guilty. Invasion of privacy, criticism, judgement, denial of pleasure, betrayal, abuse.

**Malfunctions – Physically:** Bed wetting, menstrual and sexual problems, oedema, infertility, impotence, incontinence, uterine and bladder infections, birthing difficulties, cystitis, kidney complaints, lower back pain,



muscle cramps and immune deficiency e.g. cancer, AIDS and chronic fatigue.

**Emotionally:** Denial, unstable or shut down, frigidity, isolation, unable to cope with emotions; obsessions, addictions, anorexia, bulimia, possessiveness, jealousy, envy, greed. **Mentally:** Poorly formed ideas. Behaviourally: All antisocial and sexually dysfunctional behaviour, including obsessive addictive behaviours.

Zuela can be contacted on 0429-501-387.

## ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

### May

When the Sun journeys through the sign of Taurus the attention turns towards our connection with nature and the development of a healthy relationship with the material world. Since ancient times Taurus has been associated with the fertility and innate riches of planet Earth, as well as the enjoyment of our senses which are the doorway to our inner world. In Taurus we are meant to discover our innate value and worth and become rooted within our body. Through physical sensation the body lets us know what we need; it has a memory of its own and can store information that is not readily available to the conscious mind. Individuals with a strong Taurean signature have an urge to sustain themselves and preserve what they sense as essential for survival. They love tradition and sudden changes can result in stubborn resistance. Under pressure, they dig their heels in and refuse to budge. Taureans have the patience and determination to wait until they feel their time is right to act. One cannot push Taureans; approached from the wrong angle they simply become the immovable object that even the most irrepressible force won't shift.

The solar eclipse in Taurus on April 29 signified the readiness for a collective shift to transform the way we interact with the Earth and respect her resources. The need to protect our precious environment from destruction has increasingly grown into a mainstream concern generating the power to unite groups of people with very different sets of beliefs and from diverse backgrounds. Venus, the ruler of Taurus, features strongly from May 11 until May 18. She is the archetypal energy symbolising beauty, harmony and natural abundance. On May 4 Venus exits compassionate and dreamy Pisces and enters freedom seeking and headstrong Aries. In the sign of the warrior Venus encourages independence and passion. Venus as the 'Divine Feminine' is the brightest planet in the sky and embodies the energy that relates to our hearts and



minds, fuelling imagination and creativity. She connects us with our inner guides blending and harmonising between the internal and external worlds. During the Full Moon period (May 14-15) we might want to tune into her balancing vibration, because unresolved relationship issues could surface and intensify. The Full Moon in Scorpio is conjunct Saturn, planet of limitations. The Moon

in conjunction with Saturn signifies emotional restriction and /or resentment which hinder the expression of feelings and needs. In Scorpio we might play power games but we could also witness our old patterns and shift to another level, if we are willing to show our vulnerable sides and let go of the urge of 'being right'. Saturn reminds us to own our shadow and not to project it out onto others. Mars turns direct on May 20 after 7 weeks of retrograde movement. The Mars retrograde phase restored confidence and courage to stand for what we value. We might now have the right energy to move ahead with projects that have laid dormant over the retrograde period. From mid May until mid June Jupiter (wisdom), Saturn (perseverance) and Chiron (the gift of healing) form a harmonious Grand Trine. Its gentle vibration helps with easing the tense energies of the last 2 months and offers opportunities for resolution and healing if we tap into our innate wisdom with patience and perseverance. The New Moon in Gemini on May 29 shifts energies from the material to the mental plane, highlighting the importance of mindfulness and the awareness that 'energy follows thought'.

For Personal Astrology Consultation contact Tina on 6689-7413 or 0457-903-957, email [star-loom@hotmail.com](mailto:star-loom@hotmail.com) Webpage: <http://nimbin-starloom.com.au>

Astrology at the Lillifield Community Centre: 'Understanding Planetary Cycles and How They Influence Your Life'; 7 Thursdays, 10am – 1pm; starts May 15

'Soul astrology and Emotional Well-Being'; one-day workshop May 21; 9.30am – 4pm; all welcome.

### Aries

Mars, the ruler of your sun sign moves direct on May 20. This might have a positive effect on your energy level and you may want to pursue projects that have been on hold for a while. Try not to push yourself or others too hard; instead stay cool and prioritise. Right now it is essential to cooperate with others.

### Taurus

The eclipse of 29 April is still active until the next New Moon or beyond. You might be at an important turning point right now, especially if April/May 1995 was a pivotal time in your life before. If this is the case, be ready to spiral up to the next evolutionary level. You might have received a cosmic push to access more of your own resourcefulness.

### Gemini

Try to make time for reflection and revision during these weeks before your solar return. You might have difficulties with grounding your energies at the moment and therefore it is helpful to focus on your purpose. Have trust in 'a larger plan' and let go of fears that hinder your creative self-expression.

### Cancer

Social activities and the feeling of belonging to a group are important. It is essential to feel appreciated by others and be part of a team that is supportive of your objectives. Let go of self-doubt and cultivate true friendship by developing a more objective approach to your life. Domestic affairs that have been on hold will progress after the 20th of May.

### Leo

Recent changes to your career life might have an effect on your worldly ambitions and social status. Careful with aims that feed your ego but which neglect your soul. Instead, work on new models of prosperity that strike a balance between career goals and the needs of your private life.

### Virgo

New discoveries about yourself and the world through study, travel and contact with people from an entirely different background than yours might have expanded your horizons. Allow your personal philosophy to change. Let go of opinions that inhibit your personal growth; instead adopt beliefs that really work for you.

### Libra

Recent events might have changed your

approach to yourself and others, which has impacted on your judgment of what is acceptable and what is not. After May 20 you will find you can act more readily on what you have learned over the last 6 months. This is a great time for releasing old feelings of hurt and disempowerment.

### Scorpio

This Full Moon period (May 14-15) intensifies emotions, and unresolved 'stuff' in your relationships can cause conflict. Old resentment and feelings of mistrust that stem from the past might surface and need to be addressed. After May 20 your sense of personal power increases again and you might find that things are starting to become clearer.

### Sagittarius

It is the right time for establishing a new balance between duties and daily routines on one side and your need for adventure and freedom on the other side. From mid May until mid June you can tap into the gentle and soul-nourishing vibes of a Grand Trine formation (see above), which can strengthen your intuition. Listen to your own inner truth for healing and guidance.

### Capricorn

This is potentially a very creative time for you. Follow your heart instead of doing what is expected of you. At the same token, do not impose your will onto others, especially during the Full Moon period (May 14-15). Your wealth lies within your creativity. Draw from it to further your goals. Your compassion and understanding for others will grow accordingly.

### Aquarius

Important changes to your life direction over the last 18 months have transformed your home life and the way you feel about yourself. During the Full Moon period (May 14-15) your need to be recognised for your achievements might be undermined. Trust your own resourcefulness and avoid getting drawn into power games.

### Pisces

You have collected many new impressions over the last months and year which need to be assimilated. It is the right time for you to reflect upon the meaning of the cycles of life. Trust your own intuitive nature; include other people's personal philosophies without feeling threatened, so that others trust you with their spiritual problems.



# Birth and Beyond

by Kirrah Holborn,  
'Traditional Wisdom'

Well, the year of the horse is seeing many babies galloping in. The babies that were conceived during last winter are now making their way into the world. I've been kept busy helping many new mothers experience the benefits of placenta encapsulation.

Many people are curious about placenta pills and what the process involves. Some think it's unusual, yet on hearing the benefits, most agree it makes a lot of sense!

Post-partum is a huge time of adjustment!

Having a baby can be so joyous, yet challenging like you never expected. Even when things are going perfectly, many women find they feel exhausted and very emotional. After your baby arrives, the lovely hormones of

pregnancy drop significantly and can leave a new mother feeling weepy, overwhelmed, tired and anxious. These feelings (known as 'the baby blues') are quite common and up to 80% of new mothers experience them in the first two weeks postpartum.

There is a natural solution! The placenta is a rich source of hormones and nutrients and can help ease the transition to motherhood. Consuming your placenta can help with:

- Reducing or eliminating the 'baby blues' and helping prevent postpartum depression
- Increasing breast milk production and mother/baby bonding
- Decreasing iron deficiency (anemia/fatigue and reducing bleeding)
- Helping the mother feel calmer and more balanced
- Increasing energy levels

What are some ways to eat it?

Some women choose to consume some of their placenta straight after birth by placing a slither under their tongue. Others make 'placenta smoothies' by adding a few chunks to juice and berries. Some choose to cut it into small pieces and freeze

tablet-sized chunks to swallow over the first few days. For many, placenta encapsulation is a more socially acceptable and convenient way to consume their placenta.

What is placenta encapsulation?

This is a process that turns your placenta into capsules that look and taste like any other vitamin pill.

The process of placenta encapsulation is ideally started within 24 hours after birth. To keep the placenta in good condition it needs to be refrigerated (or put on ice in an esky) as soon as possible after the birth (within four hours). It is then gently rinsed to clear blood clots, and the cord is removed. The cord can be shaped into a heart shape, spiral or circle (or whatever the mother requests) and can be dried as a keepsake for the baby. I follow the Traditional Chinese Medicine method of adding lemon, chilli and ginger to a three-tier steamer. This is said to lock in the energy and transform the placenta into a 'warming food'. This is very nurturing for postpartum women and helps speed recovery.

Once the placenta is steamed it is then sliced very thinly and dehydrated for many hours. The placenta is then ground into a

powder and placed into clear vegetable capsules.

It is very easy to take and when stored correctly, your capsules can be kept indefinitely. Any time you need a 'pick-me-up', more milk or more energy, you can take your placenta pills. The average placenta yields about 150 capsules. The average dose is 1-3 capsules per day.

I am an IPEN Licensed Certified Placenta Encapsulation Specialist. I also hold certificates in 'safe food handling' and 'bloodborne infection control'. I use the highest quality equipment, proper sterilisation techniques and strict procedures to safely encapsulate your placenta.

I am honoured to provide placenta encapsulation for the women of the Northern Rivers (including Nimbin, Lismore, Mullumbimby and Byron Bay).

Some happy mamas report: "The placenta pills are having a really positive effect on my mood and I've got more energy this time around. I didn't get any baby blues and I'm surprised how good I am feeling for having a 3 week old (and a toddler)!" – Tiff

"I have had excellent levels of energy and had many people comment on how well I look as a mother of a newborn. I totally recommend hiring Kirrah



to do your placenta encapsulation. It is a worthwhile commitment to your postnatal health and well-being!" – Alicia

## Birth & Beyond May schedule

Now Mondays 4.30pm-5.30pm  
12th May: Not On  
19th May: Extended Breastfeeding (Mums'n'Bubs session)  
26th May: Overcoming birth worries  
2nd June: Birth 101 (ask-a-doula)

Nimbin Birth & Beyond meets every Monday from 4.30-5.30pm. Sessions are run by donation. For more info (or to hold a session) phone 0429-308-851 or email: kirrah@traditionalwisdom.com.au To be added to the mailing list just send an email or text. The schedule can be found online at: www.traditionalwisdom.com.au

# Water and Bowen Therapy

by Tonia Haynes

I sit on a high verandah, looking out at the trees. Their leaves glisten with the early morning dew and the sun tips another bright hello over the hill, as I listen to the sweet song of the birds, natives and refugees alike that also reside here, or come to visit this fine and relatively private place.

In the background I hear the waterfall, singing its song about the joys of tumbling, as it cascades over the bank

from the spring above. And once again, with quiet fury, I remember.

At this very moment, in another place on this great continent, one of the best-conducted environmental protests ever created is busily making its presence felt at Bentley in Northern NSW.

This is not a protest of tree huggers whose favourite passion is anything green, this protest involves people of all beliefs and from all walks of life, young and old. Farmers,

indigenous people, office workers, tradesmen, labourers, professionals and the inevitable hippy.

All standing as one, they courageously conceal their trepidation, whilst they await the arrival of those who desire to win one of the biggest fart competitions ever planned in the history of mankind.

The gas miners intend to drill, fracture, acidify and pollute the ground 15 kilometres from the city of Lismore, and also the underground water source. A pollution beyond redemption in our lifetime, and for who knows how long after that?

It appears that many of the people who live in this great land know little about the disastrous effects of unconventional gas mining on the water table, which is our life's blood.

It probably never occurs to

them that one day in the not-so-distant future, the cup of tea that they so take for granted right now, may become a very expensive commodity they might not be able to afford.

I wonder if thirty or so years of acceptance that bottled water is good and purifiers that only work on electricity are even better, has anything to do with the complacency of a populace that thinks clean water will always be easily available in some form or another?

Perhaps, they also think the rain will always be drinkable. You know? Like the kids who believe milk grows in cartons.

Water has a great gift. It flows with the focused desire of permeating every solid object it meets and forever continues forward, in one way or another, to spread out as far as its power allows, always searching for its companion of more water.

But then, its gift is also its helplessness, for it flows without discernment, and

along the way collects anything else that's willing to join it in its journey: uranium, copper, acid, oil, and other goodies that destroy all things that grow and live upon the land, under the land, in the rivers and finally, the adjoining ocean.

So be warned, those of you, who think 'it probably won't happen to me'. The aqueduct polluted by Santos and their coal seam gas mining in The Pilliga National Park might seem a long way away, but you may find that you have a residue of that pollution pouring from your taps one day soon, because water always flows, one way or another.

It is said that water is more valuable than gold. And so it is, considering we humans consist of around about 92% water. It is the greatest solvent known to man and without it, we die.

A few tips about water from the Mayo Clinic researchers:  
• Drinking one glass of water before bed avoids stroke and heart attacks.

- Two glasses of water upon waking helps activate the internal organs.
- One glass of water 30 minutes before eating, aids digestion.
- One glass of water before a bath lowers the blood pressure.
- A glass of water before bed assists in stopping night cramps.

I am in clinic in Nimbin, Wednesdays and Saturdays. I use a mixture of Bowen Therapy, spinal realignment, myoskeletal soft tissue therapy, remedial massage and pranic healing to remove your back, neck, shoulder and limb pain and stiffness.

Plus, as well as receiving my full attention and an ear that listens carefully to what you have to tell me, you will receive at least one glass of rainwater that is passively purified.

Phone for an appointment: 02 6689-0240  
Mobile: 0439-794-420.  
Love Light and Laughter.

## Nimbin Hospital Information

**Women's Health Nursing Service**  
Every third Thursday of the month. Confidential Pap smears, breast checks, contraceptive advice, post natal checks, general health information. Next Clinic 15th May. For appointment phone 6688-1401

**Early childhood nurse**  
Every Tuesday. Phone 6620-7687 to make an appointment.

**Child Immunisation clinic**  
For 0-5 year olds. Held in Nimbin Hospital, second Tuesday of every month. Next Clinic: 13th May. For appointment phone 6620-7687 (Lismore Community Health).

**Nimbin community nurses**  
Monday to Friday, 8am to 4.30pm. For assessments, wound care, referrals, advocacy, provision of Palliative Care in the home. Also provide and coordinate Aged Care Packages.

**Free Respiratory Clinic**  
At Nimbin Hospital, second Thursday of the month, with Specialist Respiratory Nurse and a Nurse Practitioner. Next Clinic 8th May. For appointment phone 6688-1401.

**Free Diabetic Clinic**  
At Nimbin Hospital, every third Thursday of the month. For appointment phone Leanne Boothe 6630-0488

**Free Health Checks**  
Now in front of the Neighbourhood Centre, every second Friday. Run by a Nurse Practitioner and an RN. Risk assessments, including general health assessment, random cholesterol and random blood sugar tests. All welcome.

**Nimbin Hospital Auxiliary**  
Meetings are held on the second Friday of each month in the hospital conference room at 10am. Next meeting: 11th April.

# Natural Law

by Helene Collard

May greetings to all.

Finally, after a drawn-out period of upheaval and change, we can sense a new level of cohesion and interconnection in our inner and outer worlds. After a time of challenge and struggle, this 'coming together' will reinforce your inner strength – your capacity to weather a storm and emerge intact.

One of the great keys during this time is to affirm your healthy connection to the Earth. Humans will always be in relationship with the Earth, however it is the nature of that relationship that is worth consideration here. Whatever you do, be sure that it is intentional and supports all life forms to exist on Earth.

The more we interact with the Earth, the more we uncover the raw truth of ourselves. Sometimes, as a result of this, we need solitude and healing. This process is directly connected to your ancestors – regardless of what land you now live, as the Earth is one whole. Do you have time

for solitude and healing? Five intentional minutes when you need it can do wonders. Seek assistance – there are many community organisations that offer various support services and courses (sometimes free) to help you along.

For group/family cohesion and cooperation to be sustainable, it is crucial, at varying times, for members of the group to take time out to attend to themselves. While they do this, it creates space for (seemingly) 'absent' members to be more active in the group and existing members to stay present in their roles. If we fail to take time to attend to ourselves, we become a weight that the group has to carry, which diverts precious energy and attention from the common goal and happy outings. So action your pressing needs and un-burden the group... now!

The more we interact with the Earth in a healthy, harmless way – the sharper our intuitive sense becomes. This is another tool to assist us to know what we need to do next. Take 5 intentional minutes each day to close your eyes and focus



on breathing deeply. Then ask yourself, "What shall I do next?" During a time where there is much that can be done, this will help you make seemingly routine decisions, that can create far from routine outcomes. Use this method many times throughout May and see where you end up.

Humans are only but one life-form in an inherently interconnected world. In this system, the trick is to find the balance between investing energy in group interests and investing energy in maintaining our inner cohesion – the latter absolutely essential for collective sanity and success!

Be the salt of the Earth – loyal, dependable and honest. Love, Helene

Helene Collard is a Reiki Master-Teacher and the founder of a Reiki Healing Circle in Lismore. She has a Bachelor of Trauma & Healing from SCU. Helene is currently offering a special price on Reiki Distance Healings: \$40. Contact: hmcollard@gmail.com or phone 0405-656-797.

# Shiatsu in your home

by Lenka Persi

Shiatsu literally means 'finger pressure'. It was developed in Japan as a harmonizing therapy to promote health and wellbeing and has its origins in Traditional Chinese and Oriental Medicine (TCM).

Shiatsu therapy views the person as a whole, dynamic, interconnected system where qi (commonly translated as 'energy') flows in the meridian pathways that connect body, mind and spirit. In the body there is a constant flow of qi, blood, lymph, hormones and other body fluids that communicate with each other and the organs to maintain a balance for optimal function. When the flow is impaired because of stress, injury, poor habits or external influences, imbalance occurs which may lead to pain, stagnation, weakness and other manifestations we call "disease".

There is a wide range of conditions that respond well to Shiatsu treatment, especially those of a musculoskeletal, respiratory, circulatory, gynaecological, gastrointestinal, emotional and psychological nature. Shiatsu can be supportive therapy for long-term chronic debilitating diseases as it promotes circulation and deep relaxation which allows the self-healing and regenerating processes to take place.

Free flow of Qi and blood can be promoted and natural balance of the body re-established through Shiatsu therapy by working on the meridians and acupoints. Shiatsu is given with the client lying on futon on the floor and incorporates the use of a range of techniques to apply pressure over various parts of the body using the thumbs, feet, elbows, knees and palms. Gentle stretches and body movements can



be included as well as Moxa (heat therapy with a Qi promoting herb) and cupping. It is advised to wear comfortable clothing.

As maintenance of a natural and healthy state of being also depends upon the environment in which we live, the food we eat and our habitual way of living, Shiatsu consultation

incorporates assessment and advice regarding diet, exercise and lifestyle. This supports clients in their own health management.

Lenka Persi is an experienced Shiatsu practitioner who completed her Diploma of Shiatsu and Oriental Therapies in the Australian Shiatsu College in Melbourne. Since then she has been actively working as a Shiatsu practitioner in Melbourne before moving to this region. She has advanced her knowledge and skills by completing Advanced Shiatsu Energy-work and Shiatsu for Pregnancy with renowned Shiatsu practitioners Clifford Andrews (UK) and Suzan Yates (UK). Lenka is currently providing mobile Shiatsu and she gives short Shiatsu treatments at the Nimbin and Uki markets. You can contact Lenka on 0421-122-262 or email: [Lenkaper@gmail.com](mailto:Lenkaper@gmail.com) if you have any further questions or to make an appointment. Or come to the markets to give Shiatsu a try!

## Community Transport drivers wanted

Many elderly residents love their towns and villages and love living rurally, but an ageing population and lack of transport is making it difficult to attend medical and health related appointments. Missed appointments can create stress and poor health outcomes.

Northern Rivers Community Transport works hard to get folk to their appointments, but providing enough



drivers and vehicles is getting challenging.

General Manager, Colleen Thomas said that, in most cases, drivers are sent from the main branches in Lismore, Casino and Kyogle to villages and satellite areas. This necessitates two round trips and can tie up resources for half a day.

"If we had drivers positioned in those towns and villages, it would take a lot

less effort to simply bring someone in and take them home," Colleen said.

Some examples of areas in need of drivers would be Clunes, Rosebank, Leycester, Goolmangar, The Channon, Eltham, Federal, Dunoon, Barkers Vale, Keerong, Koonorigan and Mallanganee.

Drivers are supported, trained and receive full reimbursement for using their vehicles.

So if you have a suitable vehicle and a bit of spare time, Northern Rivers Community Transport wants to hear from you. Contact Maria on 6628-8806.

## Colds and Flu

by Brigid Beckett

It's that time of year again, already some nasty lurgies have been seen and felt. There are many variations on symptoms and severity of colds and flu, and Chinese medicine has many ways of analysing and treating them.

One important reference in traditional Chinese Medicine is the Shang Hun Lun - The treatise on febrile diseases caused by cold. It was written by Zheng Jong Jing, in the Hun Dynasty 220 BC-200 AD. This treatise is still used today. It analyses how cold can penetrate the body and cause diseases at different levels, describing numerous disease states and prescriptions.

Legend has it that Zheng Jong Jing was inspired to study medicine after 75% of his clan of 200 died from an epidemic. According to this reference, the first level occurs when there is an invasion of wind cold through the channels transversing the neck and upper back. So keep your neck and upper body protected from the cold, including when sleeping. This wind cold invading the superficial level causes the familiar symptoms of runny or blocked nose, headache, muscle aches and chills.

It is important to stay warm. If (and only if) there is no sweating to start with sweating needs to be induced to open the pores and expel the pathogen. This can be done with herbs or acupuncture. A hot bath with epsom salts, wrapping up warmly to induce sweating afterwards is also a suggestion. These treatments need to be done in the first 24 hours.

There are variations on this pattern. Some individuals are prone to phlegm.

Often they have an underlying deficiency of lung and spleen weakness. This manifest as the above but with a lot more mucous either in upper respiratory or lungs. Another more severe variation is wind cold with internal heat. When this occurs with pre-existing heat, this can be from heating foods, alcohol, cigarettes or from emotional patterns that result in heat from constrained qi. It can also be caused from a very strong pathogen producing a strong defence. Symptoms will be more flu-like. A high temperature, severe chills and fever, thirst, sore throat and a loud cough.

Treatment involves clearing both the heat and wind cold. The Sheng Han Lun then goes on to describe other levels that the pathogen can get into. One is the Shao Yang level, where pathogens can get locked away for long periods. This is seen in the post acute stage of respiratory infections, also in other types of infections such as malaria or hepatitis. It is a common cause of chronic fatigue.

Involvement of the next three levels does not produce cold and flu symptoms. There are increasing levels of deficiency. First qi deficiency causing fatigue and digestive symptoms. Then the deeper levels when heart and kidneys become depleted.

These deeper levels produce more persistent and serious symptoms. They can be penetrated if the pathogen has not been expelled from the superficial level. Or it can be directly penetrated if the individual has a pre-existing deficiency. This is why some individuals, although having serious health issues, sometimes

do not get colds. Their immune system, or wei qi, is too weak to put up the fight that causes typical symptoms. Often these patients will only have worsening of their pre-existing symptoms.

Practically, what steps can we take to avoid wind cold conditions? The obvious steps are to keep warm and dry, especially protect the neck and upper body, not get over-tired, sleep and eat well.

If we know there are predispositions or recurrent disease patterns or any on-going imbalances, address these before cold pathogens make them worse. If there has been a pattern of frequent colds or flu there are specific formulas available to strengthen the wei qi or surface immunity. These are very effective and can break the cycle of recurrent infections, as well as treating hayfever type problems. Wind cold patterns can be most successfully treated in the early stages. Acupuncture and herbs are effective as well as keeping as warm as possible while pathogens are expelled. The stage of the illness and the constitution of the person will determine the treatment. It is unwise to soldier on through flu episodes as this can weaken the defensive qi and let the pathogen into deeper levels. Also care needs to be taken with treating flu. Antibiotics, the wrong choice of herbal treatments, paracetamol or very high doses of vitamin C can all contribute to a pathogen not being expelled fully and going on to produce chronic problems. Stay warm, safe & healthy.



Brigid is a qualified Chinese Medicine practitioner who can be contacted through Lismore Community Acupuncture on 0431-702-560.

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## Herb of the month – Rosella

by Thom Culpeper

*Hibiscus sabdariffa* Var. *sabdariffa ruber* and *altissima* Webster.

Syn. Roselle, Jamaica Sorrel, Indian sorrel, Florida cranberry, Oseille rouge, Quimbombo chino, Flor de Jamaica, Quetmia acida, Cururu Azedo, Zuring (Eu) and in Africa a dozen names, the most common being Karkade.

The 'health food' movement uses the term Hibiscus, but in fact it is not a flower but the fleshy calyces that houses the seed.

The form used universally for colour and acidity is *sabdariffa ruber*. It is also used for jute production in India and Africa.

The fleshy calyces are used in jellies, jams, salads, cranberry style sauces, soured in sugar syrups for cocktail adjuncts, chutneys, tarts, wine. Beverages combined with ginger and rum syrups are prepared in Jamaica and as a popular home-made beverage called 'Jarritos' in Mexico. Dried, the red calyx is used for tea and it is an important ingredient in the commercial *Red Zinger*, *Hibiscus* and *Fruit teas*. The tea is very similar in flavour to rose-hips

and high in vitamin C.

The mildly citrus blooms are added to ice-creams. The young fruits are blanched and served with a chilli-ginger sauce.

The acid leaves are used in France and North Africa to add the 'sour' to the mesclun-type Mediterranean salads.

The seeds are ground into a flour for soup thickening. The Sudanese ferment the calyces into a meat substitute called 'Furundu'.

The leaves are used universally as a vegetable, after steaming or steeping. In India they are cooked with dahl. Andhra cooking uses the fried leaves in the preparation of the important cultural dish 'Gongura Pacchad'.

Burmese cuisine uses the leaves in a number of dishes, such as 'Chin baung ywet', a fried dish of dried prawns, garlic, green chili and fresh fish or prawns.

This marvelous plant has a 'history' in Australian cuisine, Rosella jam being at one time found world-wide, known as Queensland Rosella jam.

Two selections of Rosella will be available for the Nimbin community this year. Culpepper will have some



new material that has been tested and grown in the Northern Rivers districts. Put some land aside, this is again going to be an important crop, if only because of its use as a tried and tested safe food colorant.

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by Bob Tissot

**OK** It's nearly 10am here in the Kingdom of Cambodia and it's raining! To be fair, this is the first rain we've actually encountered during our travels and seeing as how it's a planned day of major dentistry and recovery, it really isn't any kind of impediment at all. In fact, the rain has lowered the usually oppressive humidity and dropped the temp. to a delightfully comfortable 20C. We've been in Cambodia for 3-4 days now; probably 4 but you'd have to check with our hotel manager to be certain – the days just flow like a river around us. Phnom Penh is its usual unmanaged, raucous self, although not so raucous perhaps as Hanoi or Ho Chi Minh, as the Cambodians don't seem as horn-happy as the Vietnamese. I could postulate on the national psychic differences between the two races, but basically, horn blowing in Vietnam has become something of an addictive habit. They all know it makes absolutely no difference to the traffic flow, but apply the klaxon simply to let it rip. I suppose it's possible that there's a subtle social discourse in there somewhere, where a man's (or woman's) status is measured by the tone, amplitude and song of choice of their horn. Who knows? Gridlock in Hanoi is a cacophony; gridlock in Phnom Penh is a laid-back waiting game.

Things have changed a bit in the 12 months since last I was here; especially in terms of the number and type of tourists seen in the street. There are lots more young backpackers, more girly bars, more

guest houses and most of them are full! We had to check five before we found this room we have now.

Rampant development continues apace, best epitomized by the megalithic obscenity (read luxury hotel and casino) partly constructed directly across the river from the Palace. Before this beast was spawned, the Palace overlooked the confluence of the Tonle Sap and the Mekong, with nothing but low, green islands as a backdrop. Now, when the king looks out his window in the morning he sees the half-finished towers of what will never become a glittering casino/hotel, because they've discovered that the river mud just won't hold it up. The fact that it still sits there underlines the true puppet nature of the monarchy and I believe it's Hun Sen's way of letting the king know where the real power lies.

We checked out the king's residence the other day; jumped into a tuk-tuk and said "Palace Caruthers!", and just as if his name was really Caruthers, we were off like a flash to the gilt-encrusted domicile of Sihanouk IV. Nice digs and kick-ass gardens, but the tell tale signs of monarchical decline were visible to the astute observer. Priceless frescos simply running off the walls with every downpour.

We also checked out the big local Wat at the end of our street and while poking our noses into an off-limits area with some truly ancient stupas, an old monk spotted us. We thought "Uh oh... sprung" but no, he indicated we should

follow him, and then he unlocked a tiny door in the side of the oldest stupa and we all crawled inside. When he found a light it was "Wow!" There we sat in front of this unaccountably old *black* Buddha! The statue was glistening with oil and as the grizzled old monk lit some incense I noticed that the inside walls of the stupa were thickly coated with the resin of maybe 1000 years of incense smoke.

The air inside was hot and very stale which can tend to give you a bit of a head spin, and then the monk took a switch (like a small hand broom made from about 20 to 30 twiggy branches), dipped it in some blessed water, and proceeded to flick the water at us while he chanted. He then re-dipped the benefaction broom and whacked us on the palms seven times, and indicated that we should rub the liquid over our faces, which, like obedient schoolchildren, we immediately did.

I had images of this exact ritual being performed for generations before us, and have absolutely no idea what it means. We all backed out on our hands and knees; he locked the door, smiled enigmatically, and vanished into the monastery without a word, leaving us quite blown away and with stupid grins on our faces. The grins lasted all day.

Went to check out Gerald's boat. The last time I'd seen her she'd been sitting on the bottom of the Mekong with a nasty hole in her hull and a missing top deck after an unpleasant encounter with a low concrete bridge. But the last year has been kind to her and now she sits proudly with all the other river boats, polished wood, crisp blue paint and a fully-roofed top deck.

She's in the care of Sinbad (he told me his real name but you all know what my memory is like), a *genuine* Mekong River pirate with a couple of his own boats moored alongside. Sleek, black, mean-looking boats capable of chasing down unwary tourist boats who dare to venture into his stretch of river. He offered to take us out on Apsara but we declined as we didn't much like the look of the plank (newly affixed) jutting out from the stern. Adventure is adventure, but stupidity is just plain dumb.

Off to Siam Reap and Angkor Wat on the morrow; eight hours nestled in the downy bosom of Giant Ibis Limousine Coaches. Supposed to only be six hours but floods and typhoons have played havoc with the roads. Thank god for the bottle of water and packet of cookies provided FREE to each and every passenger.

# Permaculture Garden Party and Earthling Expo

by Robyn Francis

Join Costa Georgiadis, Robyn Francis and lots of amazing people at the Djanbung Gardens 20th Anniversary Celebration, June long weekend, 7-9th for a three day program of events and entertainment – be inspired, feel empowered, share the abundance.

We invite you to celebrate beauty, abundance, the earth's capacity to regenerate, and our collective creativity and wisdom. Join us for sharing the Djanbung story, Bundjalung ceremony and meaning of the platypus (djanbung).

**Saturday 7th June:** Open Day with Costa 10am–4pm lots of workshops, tours, displays, stalls, expo, then 5pm-late: Twilight entertainment, fires, food and AbunDance big gig with local bands.

**Sunday 8th:** Djanbung Reunion/Expo from 10am,

graduates and friends share stories, poster expo, open space and evening talent show extraordinaire.

**Monday 9th:** Family Funday Fair with Costa 10am-4pm. Permalympic games, entertainment, kid tours and activities, arts, displays, stalls, expo, speakers. Contribute to the big potluck luncheon – bring home-grown/made, local food and ethnic specialities for a community fun-grazing. All day events by donation. There will be a cover charge for the Saturday night: \$15/\$10.

## From cowpasture to permaculture paradise

In 1994, Robyn Francis acquired a compacted cow pasture to create permaculture's first purpose-designed education centre and demonstration farm as a living learnscape. Djanbung Gardens has trained, inspired and

empowered many thousands of student and visitors from around the world.

Course graduates are working in all climates and continents as agents of change, regenerating communities and landscapes.

Djanbung Gardens is a leader and innovator in all aspects of permaculture education and the Accredited Permaculture Training.

## Showcase your project in the Expo

On the Saturday, Costa will launch the Djanbung graduates and bioregional campus expo.

This will showcase what our permaculture course graduates are doing, and sustainability projects in our bioregion. An outdoor exhibition gallery will provide 100m long display space for posters and banners, plus places for stalls.

Former course participants,

graduates plus everyone who has lived, worked, taught, volunteered, shared or been a part of the evolution at Djanbung Gardens is invited to attend the celebration and to contribute by sharing your story, offering a workshop, have an expo stall or display to promote your permaculture work/project, and generally volunteering and helping make this event absolutely awesome.

Regular updates and program details will be posted on this website, with notifications via our newsletter and social media.

Coming to Nimbin for the June 7-9 weekend? There's a wide range of accommodation in and around the village, plus camping at the Nimbin Showground.

For more information or to book a stall go to [www.permaculture.com.au](http://www.permaculture.com.au) phone 02 6689-1755 or email: [admin@permaculture.com.au](mailto:admin@permaculture.com.au)



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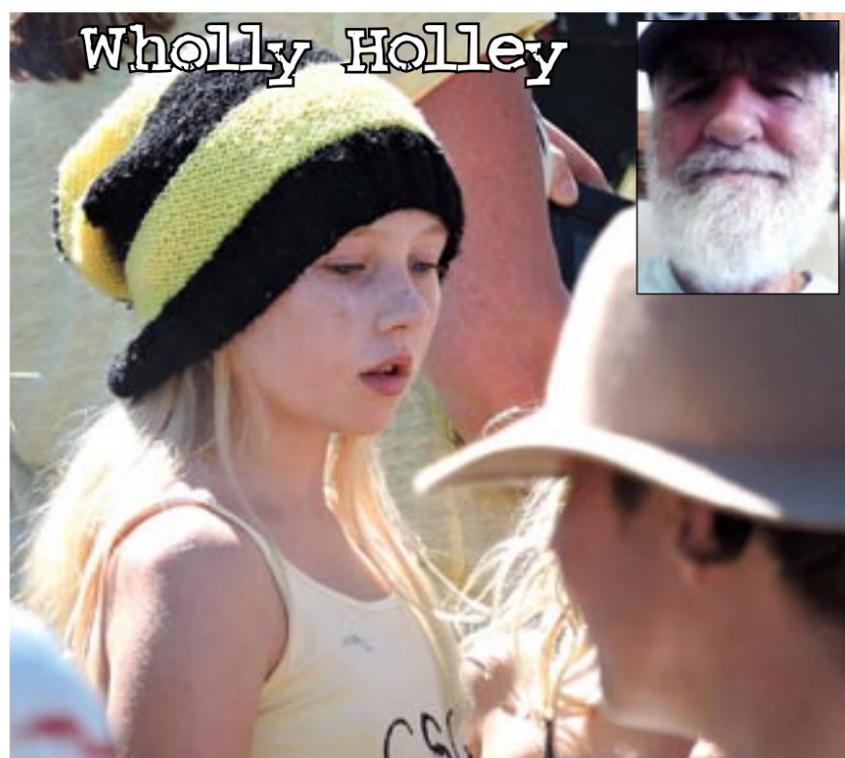
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## Wholly Holley

*"To the kids of the world I would like to say if you are a youth or a young child, then use your voice because your voice is more important and has more impact than any other voice. And if you are using your voice and bringing positive action and change, well then good on you. Keep up the good work everybody!" – Holley Somerville-Knott*

I have often wondered about the morality, responsibility etc. of wishing fame on a kid... but if I have to lose my soul over it... I'm wishing it on 10-year old Holley Somerville-Knott. I hope she out-irvils Arctic Monkeys!

I first saw Holley Somerville, as she is known, on a video clip on Facebook where she totally-professionally delivered a highly articulate, youthy-passionate, rational and enlightening rave straight down the barrel of the camera. Not an "um" or an "er" in sight! You say, "Wow! Who's this amazing kid?"

You fall in love with her because she has suddenly kind-of-jumped out of the "kid" box into your life with a message tailored to her peer group that could literally save the world.

Then, if you type her name into Youtube you will find dozens of clips of her delivering great raves, doing several knock-out versions of her famous "CSG NO WAY!" rap, which is currently rating high on the Bentley hit charts... or clips where she delivers big-band bluesy

## Mookxamitosis

by Brendan (Mookx) Hanley

songs from Etta James and I don't know who else or what else she can do. There's hopefully no stopping her... She's ready to go! Look out Blue Meanies... HERE COMES HOLLEY!

## Interview in Bentley "Tarp Mahal"

– All quotes from Holley:

I'm here to bring positive change and I have a hand in the action now. I think CSG is bad because it destroys precious land, water and futures for profit and shareholders. So I make most of my raps, songs and videos to tell people that so they can use their voices to stop it... just like I do.

I've always been interested in activism and singing... all my life... but I decided to go professional when I was around 8. I've been doing my charity foundation, Stardust Entertainment... which I'm the CEO and founder of... since I was about 8... and then that following year, when I was almost 9, I joined Earth Guardians. And that's really when I started getting into all the Activism and CSG. If you wanna join, it's earthguardians.org

Stardust Entertainment is my Charity Foundation to help people and animals in need. I go busking on the streets and 100% of the money I raise I donate to people in need, say the Homeless

Shelter... and animals in need say Seabird Rescue, Rainforest rescue... those are all some current donations I've just done. I busk in Byron Bay... the busking capital of the world!"

One of my most important messages is that all youth have voices... and most of the time the shareholders, the Government, Tony Abbott push other adults out of the way... but the younger and the more passionate the children are the more they will listen. And I say you can start doing this from any age. Raps, speeches, songs... Join an Earth Guardians group... 'cause it's a global youth movement... so Earth Guardians is everywhere... and that's how I first got into it. So yeah... I think youth need to use their voice and join in. It's not too hard and it's fun doing it. Good experience.

I have a Facebook page... Holley Somerville... it tells more about my Stardust Entertainment, Charity and what my current projects are... with regular updates.

One of the most effective things you can possibly do is let your school know about it. Your friends, your teachers... family... because they're adults and youth both mixed in... you can get a lot of experience, expertise, and you can do Community projects. Yeah it's just a great idea.

I just actually filmed a music video for my latest rap hit "CSG No Way". My sister Lilly does some backup for my songs and my mum joins in sometimes too. She knows a lot about music and loves doing it with me. Some of my friends help me sometimes.

Lilly is 8. She mostly writes stories about no CSG... she doesn't really like the spotlight but she definitely likes to get her message out in different ways. And that's just fine for other youth. You don't have to go onstage or anything. There are plenty of other ways to get your message out. Youth just need to use their voice.

On my web page youth can message me... I can message back. Sometimes I request help with current projects I'm working on, donations, tips... social media meetings. I do request a bit from the public and I talk with them... and they request something from me.

Stardust Entertainment. Social Media is very important. One wish. World Peace! Everyone living in harmony... like no more fracking... Everyone united with their hand on their hearts.

Email Holley: [HolleyStardust@mail.com](mailto:HolleyStardust@mail.com)  
[mookx@mookx.com](mailto:mookx@mookx.com)