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# Herbal treatments for parasitic infections

**B**lastocystis hominis might sound like the name of a medicinal herb, but as most readers probably know, it is a potentially nasty bowel parasite. It's a very commonly occurring bug in the Northern Rivers. It's vexing because for years there has been a debate amongst both the medical and naturopathic communities as to whether it is in fact a pathogenic (harmful, infection-causing) bacteria, or whether it might be considered part of the normal intestinal microbiome given how common it is. I'm afraid I can't give a simple answer to that debate. Recent research suggests some types of *blastocystis hominis* might be more troublesome than others. It can also exist in different forms so that it might be in a cyst form, or amoeboid form and some forms may cause more inflammation. Further research is needed.

Researchers who have investigated blastocystis at length are reluctant to classify it as an infection that needs treatment. From a medical viewpoint it's somewhat understandable because it mostly doesn't respond to even heavy doses, and sometimes multiple courses, of antibiotics. Also because many people have it without any uncomfortable symptoms. For example, research shows 56% of the population of Ireland test positive to it.

Symptoms, when they do occur, can include bloating, abdominal pain, and frequent loose bowel motions and fatigue. There

are however other conditions that can cause these same symptoms. It can be puzzling to try to ascertain whether someone, even with a positive blastocystis test and symptoms, has symptoms caused by the parasitic infection, or whether something else is going on and the blastocystis just happens to be there too. This is a real dilemma, especially if antibiotics are given, because they also kill off healthy gut bacteria that help to control the bad bugs. And, because some people get diarrhea from the antibiotics, how do we know whether it's the blastocystis persisting, or the antibiotics now causing symptoms? It is also a dilemma because herbal treatment can take several months of intensive treatment, which we don't want to undertake if the symptoms are caused by something else.

Testing for blastocystis can be difficult as well. Currently the preferred test is a stool sample that is examined for DNA fragments of the blastocystis. It's called a PCR test. Because it doesn't differentiate between dead and live DNA, a test done soon after a treatment can be positive but we can't be sure whether the bugs are still alive. It can take about eight weeks to clear from the bowel if they have been killed off by the treatment.

My preferred approach, taking into account the latest research, is to firstly look for other possible causes of symptoms. Often people make an appointment at my clinic after they have



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

had medical investigations, which can be very helpful in eliminating other possible causes, eg. diverticulosis, gluten or lactose intolerance, etc. In either case, I will often advise a patient to do a trial on a FODMAPS diet. This stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols. These are food constituents that some people do not tolerate well, and can cause excessive fermentation in the lower bowel, causing symptoms of Irritable Bowel Syndrome.

If the symptoms resolve on a FODMAPS diet, there is no real need to treat blastocystis even if present. Instead, I usually recommend a course of powders to repair and heal the intestinal lining, plus probiotics. If the symptoms don't resolve, and aren't explained by any other diagnosis, then it makes sense to treat the blastocystis directly. I work out a treatment protocol for each person, depending on their symptoms, history and sensitivities. For example, some of the herbal

antimicrobials contain essential oils such as oregano, which can be too harsh for some people. Just like prescription antibiotics, the herbal antimicrobials can be “indiscriminate killers”, meaning they can kill off healthy gut bacteria as well. For this reason, the blastocystis protocols are done on a pulsing basis, with gaps in between to replace the healthy gut bacteria and soothe inflammation in the gut. I also like to rotate the herbs, using a different combination on each round. This is to target the different forms of the parasite.

Herbs that I may include in the protocol include myrrh (now available in a high potency tablet form – fortunately, as it tastes terrible), sweet wormwood, goldenseal, cloves, and black walnut. A tincture of pomegranate hulls can safely be used throughout as it selectively acts against the parasite but does not harm the gut microbiota. The probiotics are also rotated to firstly knock back pathogens, and then to repopulate the gut flora. Good results can usually be obtained but it does require perseverance and careful monitoring to adjust the protocols depending on responses.

*Trish has been practising for more than 30 years and conducts her own clinic practice in Lismore. For consultations by appointment call 0452-219-502 or email: [trishclough@internode.net.au](mailto:trishclough@internode.net.au) This information is meant for general interest only and should not be considered as medical advice.*

# Exploring the richness of the unconscious

**W**hile considering what to write on for this month's article, I came across some notes I made on hypnosis and dream work in depth psychology some years ago and thought this was the beginning of a worthy something or other. I remember having the beginnings of a thought then about how both hypnosis and dream work share a very rich interior landscape. Such musings led me then to adding qualifications in clinical hypnotherapy to my counselling and psychotherapeutic training and practice.

I first came into contact with depth psychology when I was 19, and began a ten-year study immersion in the field of Jungian Analytical Psychology in both Australia and Switzerland. Since then I've trained in several other modalities, but I continue to mull about the unconscious and wonder, as I work, on its flexibility and capacity for fundamentally changing ordinary lives when properly nurtured and tapped into.

The unconscious mind is a strange place of figures, and feelings, and sliding doors of perceptions that throw up, in the cracks of our existence, meanings that eluded us previously. Here is a kind of trancescape that is really interesting not only theoretically but also experientially. This I know from my own inner work, as well as academic study. Here is the space where a richness of half known things are found to be much greater than originally thought.

It's sort of like a TARDIS, where the interior is vastly bigger than what appears on the outside.

I remember when I was a child playing a game that involved only traversing the cracks in the pavement on the street where I lived. This often required leaping around gazelle-like to avoid the plain old pavement with no cracks. It required focus, agility, and at the same time, something of a relaxed stance. This focused-relaxed attitude is likewise what is required to be engaged in, by both therapist and client alike, in dream work and hypnosis. In order to move beyond the obvious, we have to connect gently to the subtle in order to know better the landscape of our minds. Hypnosis provides a useful training for that, as does the work done in a counselling psychotherapy. Both take the natural aptitude most of us have for entering this focused/relaxed state and enhances it so that fundamental change can take place.

None of this is magical nor out of the ordinary; indeed most, if not all of us already know what it feels like. We watch movies, we read books, we write, we listen and play music, we paint or gaze at an art work, we run, cycle, swim, or just wander around gardens or streets and shops in a present, and yet drifting away type of state.



by Dr Elizabeth McCardell

We do not lose control, just as we do not lose control with hypnosis nor exploring our inner life in therapy, and no one can do things to us that we do not want. We can move in and out of this state at will.

In therapy and hypnosis there is safety in the meeting of minds, a rapport, and it is this mutuality that builds not only trust but a deepening of shared therapeutic experience where change happens.

I particularly like working with people who, till now, have felt stuck in repetitive habits, negative ways of thinking, and bogged down with worry, anxiety, and a sense of unfulfillment. The artist, the writer, the musician facing the perpetual blank canvas or page, or unliberating musical silence are perfect candidates for hypnosis and/or the depth psychology of dream work. I know this not only from working with such people, but through my own experiences facing similar sorts of things. There is a great beauty in the release of such blockages and the making of art, the release of iterative habit, and repetitive thought processes. This, by the way, is felt as much by me as my clients.

I enjoy my work and I bow my head humbly to the courage of those who journey with me.

# World Breastfeeding Week

by Kirrah Stewart  
Doula Wisdom

For many women, breastfeeding is initially challenging and it can take a little while to feel comfortable. It's not only the mother learning, the newborn baby is learning how to feed too!

In honour of World Breastfeeding Week, I want to share some tips and tricks to help on your breastfeeding journey.

*"A newborn baby has only three demands. They are warmth in the arms of its mother, food from her breasts, and security in the knowledge of her presence. Breastfeeding satisfies all three."* – Grantly Dick-Read

## Useful foods and herbs for boosting milk supply

- Barley, boiled and eaten like rice or made into a soup is an excellent milk promoter;
- Fennel and a pinch of kelp for iodine can be added too;
- Brewers yeast supplies a natural balance of protein, zinc and the B vitamin complex. It is especially useful as a quick pick-up when milk is scanty in the late afternoon;
- Nettle tea is rich in minerals and stimulates lactation and strengthens the adrenals;
- Placenta capsules have been shown to increase milk supply.

## Placenta capsules

Research has shown placenta capsules can help increase the quantity of milk. They found that the placenta contains high levels of the hormones necessary for milk production especially prolactin, oestrogen and oxytocin.

Research has also shown that infant growth was enhanced when breastfeeding mothers ingested desiccated (dried) placenta.



## Cinnamon Spice Booby Biscuit Recipe

1 cup coconut oil (or butter)  
1 cup of brown rice flour  
1/2 cup of tapioca flour  
1/2 cup of coconut flour (or maize flour)  
1 tsp of baking powder  
1 tsp of xanthum gum  
1 tsp of ground cinnamon  
1/2 tsp of ground cardamon  
1 tsp of ground ginger  
1/4 tsp of ground cloves  
1/2 cup of coconut sugar  
Brazil nuts to decorate (optional)

Preheat oven to 180C. Grease two cookie trays. Cream the coconut oil or butter. In a large bowl mix all the dry ingredients (except the brazil nuts). Fold in the coconut oil or butter until it forms a soft dough. Roll into 20-24 balls. Press the balls down lightly onto the trays. Top each with a brazil nut and bake for 15-20mins. Coconut oil will cook faster than butter. Enjoy each time you sit down to breastfeed!

## Nipple care

- Find a nice nipple balm or you can use coconut oil to help keep your nipples soft and moisturised. This will help your nipples feel soothed and will help avoid cracking.
- Did you know rubbing breast-milk into your nipples and letting them air dry can be very helpful for sore nipples?

## Set up a breastfeeding station

- You'll get thirsty when breastfeeding so it's a good idea to have a glass of water or grab your water bottle before sitting down;
- Have an easy snack on hand (see the booby biscuit recipe above);
- Use a pillow under your baby to make it easier to feed (this can save your shoulders too).

## Ways to help boost your milk let-down

- Try to find a relaxed place to feed;
- Try feeding after having a shower or bath as warmth helps let-down;
- Gently massage your breasts and nipples;
- Focus on your baby.

## We are lucky to have a fantastic resource – the ABA

If you have any questions, the Australian Breastfeeding Association has a hotline 1800-686-268. There are also local meet-ups happening in Lismore. Join other mums and have your questions answered by a trained breastfeeding counsellor 10am – 12noon on the second Friday each month in the downstairs meeting room of the Lismore Library at 110 Magellan Street, Lismore.

More info 0429-308-851 or visit: [www.traditionalwisdom.com.au](http://www.traditionalwisdom.com.au)

# Awareness of the feet

The feet are one of the most amazing parts of anatomy. No other part of the body touches the earth throughout the day like the feet do.

One of the most sensitive parts of the body, our feet are not only designed to support us from the ground up, but also to speak to us through the voice of sensation to help us move safely, comfortably and efficiently.

Your feet deserve time and attention, love and respect. How often, if ever, do you work out for your feet to condition and strengthen them? How often do you even think of your feet? Do you ever consciously use your feet? Do you like your feet? Get to know them, and you can have a healthy relationship with them for a lifetime.

Feet create a foundation for your whole body. When your feet are healthy, you have a base you can count on to do everything you want to do. With a solid base beneath you, you can relax, let loose and move and live more fully.

Think about this:  
• Your foot is a masterful network of approximately 35 joints and 28 bones, held together by 120 ligaments and activated by at least 20 muscles;

- Today you will take about 18,000 steps;
- By age 70, your feet will have logged 70,000 miles;
- More than 7,000 nerve endings in each foot constantly send messages throughout your body.

At Nia, one of the most common questions we get asked is, "Why don't we wear shoes in Nia class?"

For starters, our feet are platforms upon which we spread the stresses of standing and moving. To be steady and reliable, our feet must be pliable, strong and



by Christine Chouquet

resilient enough to provide us with both stability and mobility. Shoes box feet in, constrict their circulation and hinder the mobility of their joints, and thus the full strengthening of our foot muscles.

Working out in bare feet gives our feet a chance to breathe, stretch and become more flexible. Without shoes, we can begin to strengthen our feet and ankles, increase the foot's circulation and dexterity, decrease foot cramping, and even heighten the arches of our feet.

Feet never lie. They're wonderfully forthright and let us know instantly if something is wrong. Through direct contact with the floor, our feet send us spontaneous, accurate readouts on the efficiency and safety of our movements.

If you're a long time aerobics/exercise student, you may hesitate to take off your shoes. Not to worry.

At Nia, movements themselves are your protection. Unless you have structural foot problems, your bare feet will become a positive addition to any workout, helping you move the way your body is designed to move: from the ground up.

In the beginning, if you develop blisters, take this as a gentle cue from your body

that you may be dragging your feet rather than purposefully placing them.

Exercising in bare feet can help you:

- Monitor your body's alignment and positioning;
- Increase foot and ankle flexibility and dexterity;
- Strengthen the relationship between your feet and ankles;
- Increase foot and ankle mobility and circulation;
- Decrease foot cramping;
- Improve your feet's sensory IQ;
- Develop the ability to read and interpret what your feet are communicating to you.

## Tips

If you're wearing shoes, take them off for at least half an hour a day. The better you get to know your feet, the safer your workouts, body and life will be.

When you move, think about stepping lightly. Imagine a magnetic force pulling you up and naturally directing the crown of your head toward the ceiling.

## Classes

Nia is a fun, expressive sensory based movement practice that invites you to come home to your body via awareness and sensation.

Classes are held at the Dance Studio, Nimbin Community Centre, 81 Cullen St from 11am to 12pm every Saturday.

Everybody is welcome, no experience necessary, no need to book, no requirement other than comfortable clothes and a bottle of water.

For more information, contact Christine Chouquet on (02) 6689-7579, or go to: [www.facebook.com/NiaWithChristine](http://www.facebook.com/NiaWithChristine) or: [www.nianow.com](http://www.nianow.com) or: [www.niaaustralia.com.au](http://www.niaaustralia.com.au)

# The outer reflects the inner

People may wonder on how a diagnosis is reached in Chinese Medicine, the way the pulse feels or the tongue looks may seem a strange way to assess someone's health. The theory is that the outer reflects the inner – in Chinese Medicine the outer appearance and signs reflect inner disharmonies.

The diagnosis is made very differently to that of Western medicine, which relies on looking at very specific aspects of the inner, using blood tests, radiology and endoscopies.

There is also a correspondence between small parts and the whole. For example, the pulse felt in the artery near the wrist in three small sections reflects the organs.

To reach a diagnosis in Chinese medicine there is a process that involves five things. These are: to look, to ask, to touch, to hear and to smell.

One thing looked at is the shape, colour and coat of the tongue which shows the state of the organs and possible disharmonies. Too pale indicates deficiency of blood or yang. Too red shows heat. If small and red there is deficient heat, large and red a full heat condition. Purplish colouring

indicates stagnation while bluish shows a cold condition. Tooth marks indicate damp, quivering shows a spleen qi deficiency. Generally, there should be a small amount of white coat, a thick coat indicates damp or phlegm. Cracks in the tongue usually show a deficiency, the type depending on the position of the cracks.

Also sometimes helpful is looking for the general appearance in terms of body types.

For example, a large barrel chest indicates a stomach excess. Large thighs are from spleen deficiency. Thin emaciated individuals will have a deficiency of blood and yin. Obesity is from spleen deficiency and damp. Cold conditions usually produce slowness while heat is associated with fast movements, with fidgeting due to empty heat. Hair condition is dependent on blood and essence.

Information gained from asking is obviously a very important part of the diagnosis. Some questions asked will seem obvious, others may seem obscure. Time of day when symptoms are worse, whether better for rest or movement, better or worse for eating, better or worse with heat or cold

all give clues to the underlying disharmony. As a general pattern is being looked for questions not directly related to the original problem may be asked, such as questions on sleep patterns, diet and emotions.

Touching will in the first instance involve taking the radial pulse on the wrist. It is a snapshot of the current situation and subject to short term influences, compared to tongue diagnosis. The tongue appearance is more stable and slower to change. It is also less straight forward and objective than tongue observation. But the strength and nature of this pulse can be very useful. It distinguishes between full and empty conditions and indicates the state of qi and blood.

Another way touch is useful is in feeling temperature. The temperature of hands and feet are useful in getting an overall picture of qi, blood and yin. Also finding an area of tightness, for example in the abdomen, is



by Brigid Beckett

helpful in diagnosis and treatment.

In regards to hearing, the nature of the voice is revealing. A loud coarse voice indicates an excess condition while a weak voice indicates deficiency. A weak voice and reluctance to speak is most often due to a lung deficiency. Incessant talking indicates a heat pattern. A sudden loss of voice is mostly due to a wind invasion.

Smells may also aid diagnosis. Strong unpleasant smells indicate toxic heat or damp heat. A more subtle smell can indicate the meridians and organs involved. For example, rancid for wood (liver/gall bladder), scorched or fire (heart/small intestine) sweetish for earth (spleen/stomach).

This is a very brief overview of diagnosis in Chinese medicine, but I hope it may start to give an explanation to aspects of acupuncture treatments.

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

# Rebuild to recommence after monsoon

## Don't Forget Nepal

by Helen Simpson (auspiced by Nimbin Health and Welfare Association)

The Bolgaun rebuild will recommence after the monsoon, mid to late October. This gives time for road repairs and the Dashain Festival. Depending on the time of the full moon and for two weeks – this year the festival falls at the end of September to early October – little work gets done and it's hard to get about.

This is the most important festival for Hindus and Buddhists, and it celebrates the triumph of good over evil. A wonderful, colourful time to be in Nepal, getting covered in red powder or water, with family gatherings, sumptuous feasts, music, and dancing, but alas not for the rebuild. Tools are not to be used in that period.

Eight volunteers (seven women and one man) are going from here in late October and then

more in late November. We're looking for more males, as there is some heavyish work with the foundations. Also the earthbags can get quite heavy when full and the longer bags are hard to manoeuvre, so height is an advantage. The local people are learning the techniques, and loving their houses – four to date.

For volunteers, we have an earthbag supervisor and there is plenty to do (always bags to fill or sew). Anyone interested email me at: [helensim7@gmail.com](mailto:helensim7@gmail.com) or ring me on (02) 6689-1417. Leave a message and I will get back to you.

Nimbin Goes Classic is organising a concert on Sunday 27th August, 2pm at Nimbin Town Hall, \$15 head, with all proceeds to the village of Bolgaun. Performers include: Peter Warne, Melanie Gersbach, Tony Gibson, Millie Simpson and Bob Oort.

To donate to the Nimbin Nepal Relief Fund: Summerland Credit Union BSB 728728, Account No.22305642.



## ASTRO FORECASTS

by Tina Mews

## WHAT'S HAPPENING IN THE HEAVENS?

### Aries

Be creative and have fun! Enjoy special time with your children or grandchildren. Think with your heart and feel with your head! Your 'divine inner child' is making contact.... Use the Mercury retrograde period for re-scheduling work commitments and fine tune the balance between body, soul and spirit.

### Taurus

Become aware of what your inner self is yearning for. What are the things that nurture you and which habits are better phased out and replaced with more helpful ones? It is okay to spend quality time at home and less time away from it. Use the Mercury retrograde period for re-discovering your 'playful inner child'.

### Gemini

Be mindful of your thoughts. Remind yourself of the power of words and gestures. There is so much to say, so much to communicate if you can speak from the heart. Don't forget to breathe in... and out again. Use the Mercury retrograde period for cleaning out stagnant energy and re-ordering your home.

### Cancer

Trust the universe that it always will provide you with everything you really need. Clarify your values and beliefs, pamper your soul with kindness and surround yourself with beauty. Use the Mercury retrograde period to give away those things that you do not need anymore and make space for the fresh energy to manifest.

### Leo

This is a fantastic period to confidently shine in your own light. Are you doing what you are meant to do? Get in contact with your 'inner warrior' and take charge of your life. You are on a threshold where old doors are closing and new ones are opening. Use the Mercury retrograde period to clear your thoughts and say what you must say.

### Virgo

How to shine without having to step onto the centre stage? This is more a time for exploring the universe within. As your consciousness expands, you increasingly recognise the divine in everything, including yourself. Use the Mercury retrograde period for emptying out stagnant energy.

## August

The most interesting and influential phase of this year started with the New Moon in Leo (July 23) leading up to a Lunar Eclipse on August 8, followed by a second New Moon in Leo that also happens to be a Solar Total Eclipse on August 22. Personal and collective events that take place around eclipses are of increased importance and highly transformative. There is a special intensity in the atmosphere, when eclipse energy is combined with Leo energy. Leo is a fire sign and signifies passion, the expression of our personal truth, generosity and creativity. As an archetype it represents our desire to shine as brightly as the Sun and follow our own destiny. This 'double' Leo/eclipse period offers a fantastic opportunity for re-connecting with our own essential being, our heart's desire and exploring what is truly important to us. On the other hand, this can be a very emotionally charged and heated period during which it is essential to find creative outlets for this extra portion of fiery energy.

Rebel planet Uranus, the great liberator and destroyer of old forms, enters its retrograde phase on August 3 (until January 2, 2018). During this five month period we are asked to challenge the status quo and break with patterns that hinder us from living authentically. August 5 sees the last of three Jupiter/Pluto squares, that is meant to challenge and transform rigid beliefs about what is fair and just; it coincides with a tendency towards increased governmental control that ultimately reduces our personal liberties. Uranus is the agent of rebellion and opposes this plutocratic agenda. Laws that are introduced now will be reflected upon and revisited, once Uranus reaches the same position again by the end of April 2018. Various underlying social, political, and economic problems that are currently exposed will require more justified and sustainable policies.



assist the furthering of our collective evolution.

How can I shine my light and contribute to my community, society or humanity as a whole? On the other hand, we cannot compromise our truth for the sake of being accepted by the group.

Those who have their birthday around this time (or around February 5), or have important horoscope factors at or near 15 degree Leo/Aquarius are more influenced by the vibes of the eclipse. Expect some changes to home and relationships. Utilise the eclipse to powerfully refocus and turn shadows into light. Be aware that you might experience some blind spots or lack important information for making significant decisions.

The Solar Eclipse on August 22 is visible in the USA, but not in Australia. The path of an eclipse is where its effects are most intense. This is especially important for political leaders and their position of power, which can abruptly change where a Solar eclipse is active. This a very 'hot' eclipse with a Grand Trine in Fire signs involving the Sun/Mars conjunction in Leo in trine with Uranus in Aries and Saturn in Sagittarius. It is an invitation to clear out stagnant areas in our personal lives and make space for new initiatives. Those who are born around August 21/22 (plus/minus 5 days) or have important placements in their chart at 28 degree Leo are getting a special cosmic boost. New doors could open with major life changing opportunities. On a collective level, we have reached the point where we are asked to give our gifts to the world. Humanity needs our passion, love and energy (Leo). What we think, feel and do does matter!

This eclipse season coincides with a Mercury retrograde phase in Virgo (August 13 – September 5). The cosmic messenger brings out its shadow side; we can expect that anything concerning communication, transport and travel will not work out as planned. When retrograde, Mercury functions more like a guide to the inner worlds and can turn our lives upside down. Listening to our intuition becomes more important. Nevertheless, Mercury retrograde in Virgo can guide us through this interesting and highly inspirational period, assisting us with recognising what needs to be let go off, cleaned out, released and healed so that a new space can open where renewal is possible.

### Navigation by the Stars:

Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead; Plans, Directions, Concerns for 2017/18; contact Tina on 6689-7413 or 0457-903-957, email: [star-loom@hotmail.com](mailto:star-loom@hotmail.com)

### Next 1-day Workshops:

- 'Aspects and Aspect Patterns: Communication between Planetary Energies'; August 19, 10am – 4pm; Lillifield Community Centre;
- 'Medical Astrology and Emotional Well-Being'; August 26, 10am – 4pm; Living Yoga Sangha Centre, Mullumbimby.

For more information, contact Tina as above.

### Libra

This is a period where you love to find like-minded souls with whom you can share your ideas and ideals. Expand your network of friends by moving beyond old limitations. Use the Mercury retrograde period by finding time for introspection and solitude. Align with your heart energy, which is all-inclusive.

### Scorpio

Thinking about the future and your place in the world might bring up doubts concerning the true path to follow. You must take your projects to the next level or change directions. Reflect on your beliefs and how you might want to change and /or expand your perception of what feels right or wrong.

### Sagittarius

Are you ready for a journey into the unknown? It is time to go on a quest again and find your own essence, your spiritual purpose, within the nitty-gritty of everyday living. What applied before might not be true now. Use the Mercury retrograde period to re-write your philosophy of life or add a new chapter.

### Capricorn

Pay extra attention to the truth and what your heart is telling you, not the mind! Face your own fears and call back your projections. Pause for a moment, be willing to share and cooperate. Use the Mercury retrograde period to clear old beliefs and assumptions.

### Aquarius

Partnerships are emphasised during this period. Independence and having control of your own life must to be aligned with closeness and feelings of belonging. Renegotiate contracts and roles that are outgrown. Be the partner that you are looking for! Use the Mercury retrograde period to sort out joint resources.

### Pisces

Your heart needs to be in your work, otherwise why bother? Nevertheless, try to find a balance between work and play. All work and no play weighs heavy on your nervous system. This is an important period to look after your physical health and emotional well-being. Use the Mercury retrograde period for establishing clear boundaries with others.

# Nimbin Trivia Time

## with the Quiz Twins

### Questions

1. Who is Reginald Kenneth Dwight?
2. What is the speed limit in Nutbush City?
3. What does it mean to be sent to Coventry?
4. Alan Freed coined a phrase in popular use in the '50s. What was it?
5. Who was born Robert Alan Zimmerman?
6. What word meaning join together is an antonym of itself.
7. Where is the town of Gallipoli?
8. Which 60s band was sampled by Public Enemy in the song *He Got Game*?
9. Which veteran of the Crimean War (1853-1856) died in 2004?
10. What are Deimos and Phobos?

10. The moons of Mars.  
Sevastopol.  
at the first siege of  
mascot of HMS Queen  
which was the ship's  
9. Timothy, a tortoise  
2. 25 MPH.  
3. To be ostracised.  
4. Rock n' Roll.  
5. Bob Dylan.  
6. Cleave.

### Answers

7. On the heel of Italy.  
8. Buffalo Springfield.  
1. Elton John.

The *Nimbin GoodTimes* would like to acknowledge the contribution of Martin Gill, who originated our Trivia column in August 2011, and supplied an entertaining quiz every month since, until his untimely death last month. His commitment, wit, humour and seemingly encyclopaedic knowledge will be sorely missed.

Condolences from all of us at NGT to his widow, Sophie and his extended families. *Requiescat in pace.* (See obit p.9)



by Marilyn Devlin

The most important connection is the one you have with yourself. That core stability and strength keeps you safe from anything threatening to knock you off course.

So much opportunity abounds during this sacred time of our golden Sun. Lion roars... his regal place upon the throne; no one dares to doubt his rule. August is Eclipse season – showering some mighty regal blessings.

Do we have the courage to stand before those thousands of eyes... arms outstretched ready to receive the magnanimous awards? If you listen carefully you can hear the thunderous applause.

You've waited long for this time... it's filled many of your dreams. As you took the steps, accepted the work, refused lingering doubts; kept climbing up that rocky ledge. Giving up was never an option... you knew and you believed.

The summit's in view... your face aglow. You know your worth, you know who you are. You know what you're here to do. You bow your head in thanks... to all who've walked beside you, blessed you with their kindness and wisdom.

That connection to your core... the unbreakable chords woven from distant stars and galaxies; our family members from far away. The depth of knowing that has no floor, no ceiling and no walls... travels on forever. We are part of the whole – connected to everything that exists.

We need to nurture our strength, hold it safe... protect it from prying eyes. Many will be drawn, attracted to your light and warmth – your mighty spirit; a life on fire attracts many suitors. Keep yourself safe, protect that precious connection... the one you have with yourself.

Our golden Sun glows... shines through our skin; taking us by the hand... walking us onto the stage. This is no time for fear or doubt, second guessing or walking away. It's a time for head to head, heart to heart... facing directly; do not be

afraid of your power... it's lighting the way for you.

Stand and begin... preparation time has been long. We've walked many miles; we've now arrived, our destination near. Waiting time is over, now's the time to begin... your plan, your dream, your secret idea; knocking loudly, it's spilling out. No more strength to contain... the force is way too great.

Your heart wants to shine; your love wants to encompass all. Your soul want to merge, your body wants to celebrate. 'Time is now'... Lion roars, waiting time is over. Time to step onto the stage; Life's been patient... but no more procrastinating. No more fear of failure... no denying your greatness.

Our connection to everything can feel expansive, unlimited, cosmic and eternal... it can also feel tender and vulnerable. Lion roars his command... his flowing mane; his muscular body ripples control, his proud head held high; his knowledge of his place. His lack of fear and doubt... no confusion as to his role.

During this powerful time of creativity – this current Leo eclipse season, you're being called to perform, enact your uniqueness. To be brave, stand tall... knowing your place and accepting the applause. This is no time to dither or doubt or scatter your energies before the four winds. It's time to be solid, direct and focused... intent on the greatest – you know in your heart you were born to experience.

Connect to your specialness – let it shine, share it with all. Like the massive vibrating ball of fire that slips over the horizon each and every day, bringing life to us all here on Earth; our global circle of community, all life forms included, lights up when we stand up, step up and perform our role. We all have such an important role to play. And it's time to accept this graciously.

Don't second guess or doubt, grasp these blessings with open arms. Leo's bestowing his royal blessings... we're all kings and queens; time to polish our crown.

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# Nimbin Crossword

2017-08  
by 5ynic



### Across

1. Heavenly body
4. Traditional heating fuel
7. Third rock from the sun
8. Candle core?
10. Unattractive
12. Architectural feature (first four letters)
13. For example (init.)
15. Trad Aussie meals?
18. Music as colour, light as sound?
21. Life partner? (init.)
23. Moist
27. Simple
28. Afrikaner
30. Brazilian footballer (the greatest ever?)
31. Jostle
32. Execute
33. Viking letter

### Down

2. Tori?
3. Fishing mechanism
4. Egyptian king
5. First letter
6. Everest guides
8. Missile payload?
9. Beware? Rocky shelter
11. The (obsolete)
14. Carbon as a hexagonal 2D lattice (Bucky sheets!)
16. Brain cell?
17. MDMA tablets
19. Leading on (sexually)?
20. Alien
22. Northern Isles of Scotland
24. (And 25 down) Brazilian F1 driver (the greatest ever?) (6,5)
25. See 24 across.
26. Pellet gun
29. 6 cricket balls

Solution: Page 33