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Relationships and the matter of grief

The stages of grief a person goes through after the death of someone known to them are typically described as: Denial, Anger, Bargaining, Depression, and Acceptance, or DABDA. This is the formula taught to medical students and grief counsellors the world over, since it was first described in 1969 by Elisabeth Kübler-Ross in her book *On Death and Dying*.

DABDA advanced our understanding of the grief process, for sure, and did much to illuminate what had become an embarrassing situation for dying patients and their families alike. Death in our society, after all, is often felt as a somewhat awkward life event, treated in subdued tones behind closed doors. With the advent of research and the institution of counselling sessions for those who have suffered the death of a friend, spouse, parent or child, the five stages of grieving became the bench-mark for not merely understanding the emotional process of facing death, but practically prescribing how it will be.

Non-DABDA responses to death such as relief and

or even joyfulness came to be "read" by some as not facing facts, thus practically pathologising what might be a right response for that person according to the quality of relationship they had with the person who died.

There really isn't a "right" way to grieve and we need to recognize this. Loss can be liberating, it can engender sadness and happiness at the same time, it can be felt as desperately sad, it can be felt as not much at all. The rubric of DABDA doesn't recognize the complexity of relationships, and thus the multiple possibilities of feelings and expressions of loss. This matters because we are often quick to judge those who do not express feelings of loss, as being hard hearted, unsympathetic, robotic – and sometimes impute, wrongly, an intent that may be utterly fanciful (the person wanted the other dead, or maybe they did it, or some such).

May not a relationship fluctuate between love and hate? May not a person die in stages and that a final cessation of being be greeted with relief and not grief? May not the dead person have already been absent



by Dr Elizabeth McCardell
M. Couns., PhD

for many years ("dead" to family and friends) before their actual passing? Maybe one's spouse died suddenly after a violent argument, or maybe they died just before divorce. One may indeed have felt deep love once, but the release from a profoundly difficult situation may well have elicited plain relief rather than grief. Loss is not always simple and grief may not be always present.

There is considerable social pressure put upon those who experience relief, rather than grief – such is the pressure of the social expectations encapsulated in the DABDA concept – so that they may go on to wonder about the authenticity of their own

responses. Perhaps there is something wrong with them, perhaps they ought to feel pain, why don't they feel pain, they might think.

Those looking on may wonder at this silence of a response and suggest it hides inner turmoil, denial, even depression perhaps, and yet who is to say that there is conflict there at all? The pressure brought to bear from within oneself and from family, friends, and counsellors, can hinder an honest, authentic statement about what is really felt. Maybe, the very act of getting real with a client or friend about death could liberate actual feelings in the pair of them. The listener can do well to provide that space for deep listening. We really do have to listen to what is actually said and not be too quick to suggest that a response is lacking in some way. Maybe until we do that our judgement is clouded by our own discomfort.

There are no rules to how grief is to be done; there are only responses to the quality of the relationship a person had with the one who has passed. That is what is important here; that is what matters.

Natural remedies for postpartum

Birth and Beyond

by Kirrah Stewart

Preparing for the postpartum time is just as important as preparing for the birth. There are remarkable changes happening in the mind and body of the new mother. I encourage you to take time to think about the post-natal period before you are experiencing it. It can give you time to organise some helpful remedies or solutions and hopefully you can ease into motherhood a little easier.

Some common postpartum challenges include: perineal soreness, after pains and postpartum mood changes.

Perineum care

After giving birth, many women experience soreness in their vagina, vulva and perineal area. Often, urinating can elicit some stinging. This can be helped or alleviated by using a perineal bottle whilst going to the toilet. A spray bottle with herbs can provide great relief too. Some women prefer to urinate in a sitz bath for those first few days.

My favourite healing herbs for perineal care are: lavender, calendula, rose, comfrey, sage, yarrow and Himalayan salt. These can be made up like a strong tea and then put into a spray bottle for cleansing after visiting the toilet. They are very soothing and healing. Witch hazel is another fantastic remedy. It can be used on pads to provide relief.

It's also important to rest as much as possible to help reduce pain and inflammation.

After pains

During the postpartum time, the uterus contracts around 1cm per day to shrink back to its pre-pregnant size.



This can cause discomfort for many women and can be worse for women after subsequent pregnancies. It can hurt more while breastfeeding because oxytocin is released which encourages the uterus to contract.

Often a heat pack can help alleviate some discomfort. Homeopathic arnica can be great, as is the tissue salt mag phos. It may be very soothing to have warm oils massaged into your belly and use essential oils like chamomile, lavender or ginger.

Useful herbs include: blue and black cohosh, cramp bark, black haw, raspberry, motherwort and St. Johns wort. See a naturopath or herbalist to have a tincture made up.

Postpartum moods

You may experience a wide range of emotions during and following the birth of your baby. In fact 'baby blues' can affect up to 80% of new mothers. Signs of the baby blues include being teary, irritable, overly sensitive in interactions with others and moodiness. The baby blues usually clear up within a week with no other treatment except support and understanding.

If you find the baby blues just aren't lifting, it may be a sign of something more serious, like depression or anxiety. If you have been feeling like this for a while and it's starting to affect your life, it's time to seek help. Beyond Blue offers support by phone: 1300 22-46-36 or online at: www.beyondblue.org.au

Some natural suggestions that help with mental wellness:

- Have a healthy diet including fresh fruit and vegetables
- Exercise, even a gentle walk in fresh air can help so much
- Get enough sleep; try sleeping when the baby sleeps
- Ask for help with housework, cleaning and meal preparation
- Try to be social like joining a mothers group
- Take time to do things you like; for example reading a book or taking a bath
- Spend time with your partner to nurture your relationship
- Meditation and deep breathing
- Discuss your feelings and try to come up with solutions
- Research and gather information about what helps with PND
- B-group vitamins, calcium, magnesium and fish oil.
- Placenta capsules have been reported to help
- Take things one step at a time

Kirrah Stewart is a doula with 10+ years experience helping women feel confident about birth and nourished in early motherhood. She holds a free postpartum planning class at the Lismore Birth House each month where you can learn how to build your village and feel prepared for after your baby arrives. For more information phone/text 0429-308-851 or visit: www.doulawisdom.com

Generation X...into the slippery 50s

If you are in your 40s and 50s, yes both male and female, and it seems as though the colour and purpose of life has left you? You may be feeling climatic conditions are either too hot and clammy or suddenly chilly and clammy, alternating every 20 minutes or so.

You may be throwing off and on bed covers several times a night and constantly on and off with cardigans, having to change and wash more than once in a day... and do you ask: "Is this climate change I am feeling?" No, you may be going through 'the change'... our rite of passage into the later part of life.

This is called menopause for women and andropause for men. It is not a pathology but part of the transition into phases of life like, birthing, teething, puberty, pregnancy and death. These transitions fortify us for the challenges of our future roles.

Perimenopause is the term used when women are feeling the symptoms of menopause but have not yet stopped monthly bleeding for one year. Estrogen levels plummet as women stop their monthly ovulation. Similarly, men's testosterone levels can also plummet at this age.

Common menopausal symptoms include: menstrual irregularities, aches and pains, bloating, headaches, hot flushes, tiredness, night sweats, sore breasts, urinary problems, vaginal dryness and fragility, wakefulness, weight gain



and change of body shape, difficulty concentrating and sleeping, anxiety and irritability, forgetfulness, PMS, osteoporosis, lowered interest in sex and lowered mood and mood swings.

Common andropausal symptoms include: hot flushes, low energy, depression or sadness, decreased motivation, loss of self-confidence, difficult concentrating, insomnia, increased body fat and change of body shape, reduced muscle mass and feelings of physical weakness, development of breasts, decreased

immune system to abort damaged cells that could easily turn into cancers.

So, old emotional issues and stored toxins such as heavy metals, are mobilised and put into circulation in order to be moved out of the body permanently. It is a crucial time to provide your body with the nutrients, foods and natural medicines needed so more damage is not caused by the reabsorption of these toxins leaving you vulnerable to contracting cancers and infections. Fevers can

behavior, without provoking a string of disastrous symptoms such as: mood swings, bloating, more cravings for bad food and drinks, pelvic pain and central weight gain along with worse anxiety attacks.

Gentle exercise and eating from the garden and being at one with nature, is the best thing to do at this transition stage, finding new lifestyle habits that will sustain you in your later years. Wholistic treatment from a Naturopath is a good idea during 'the changing years', so you do not feel isolated during the challenge and strain. Along with lifestyle and dietary advice, emotional, mental, physical and spiritual matters can be addressed with homeopathics, flower essences, herbal medicine, nutraceuticals and body treatments.

Probably the single most important issue of menopause and andropause is your mental health. It can take over a year of perimenopausal symptoms before you can admit to yourself that your youth and reproductive years have come to an end and that you need to face your mortality. A review of what you have and have not achieved in your life so far is unavoidable. That is why the 50's are so slippery for individuals, and we know lately in Nimbin we have lost many of our colourful characters at their own hand.

For women, the change can bring a sense of relief and empowerment. She may see through behaviours that made her a servant and whipping board to her men and children. Unfortunately, men can often assert tyrannical behaviour that takes advantage of women's compliance in aid of their families.

For generation X, women are guilty of subscribing to the notions of their own worth and acceptability being intrinsically wound into the possibility or impossibility of motherhood. No longer are you shackled to your crazy hormones, dependant on your clan to support you as you have babies and all the needs it brings. There is freedom



by Leanndrah

from being a sex object and being dependent on a family that may be abusive and controlling. Growing past your 'use by date' is liberating.

For men, the slippery 50s can bring a softening of their hardened emotional wall. No longer is their self-worth measured by their ability to dominate and control (bully). They are finally able to see the madness of their testosterone driven years. They are now free to understand that their worth is measured in the ability to empathise with and nurture the people they love, including themselves. They are able to be 'present' in a way that they have avoided from fear of exposing vulnerabilities.

It is important that generation X now takes on the leadership roles in society. Elders, being free from the drive to 'prove themselves', are responsible for nurturing and guiding their communities at large. We are the examples of compassion and sustainability.

Be proud and strong of whom you have become. There is still a lot of work we can do... Love and protect your Mother Earth and support her to continue nurturing and sustaining all of us with her gifts.

Leanndrah (Lee-Anne Young) is a Naturopath with 15 years experience in private practice. She now works from Wiangaree with a medicine garden, naturopathic clinic and colour healing studio at The Turquoise House. Phone Leanndrah for appointments on 0439-198-977.



bone density, erectile dysfunction, reduced libido and infertility.

Now, the symptoms of fever and weight loss can be that of cancer... so if you are experiencing these symptoms, please go and get a check up with the doctor for a confirmation.

The hot flushes and sweats of menopause and andropause are a safeguard against the development of cancer in the later years. Increased body heat burns off chronic infections, especially insidious candida and fungal conditions that have been bothering you. The increased central and peripheral blood flow cleans up the debris and toxins in the connective tissue and cells, increases the lymphatic flow and boosts the

overheat the brain causing damage to its tissue, forgetfulness, loss of memory and irritability.

Changing your wardrobe into clothing that has less cover, more absorption, and that is open around the chest and head can help ventilate whilst having a flush. Also, cold applications and drinks, handheld fans and access to airconditioners, showers and washing machines too can help mop up the sweat and keep you comfortable in these sweaty times.

Be careful of comfort eating and the physical inactivity from depression and anxiety you may be feeling. It may take you awhile to understand that you can no longer binge on chocolate and alcohol or put up with other's disrespectful

A natural decline of the kidney essence

Aging is frequently denied, feared or medicalised. Chinese medicine sees aging as the natural decline of the kidney essence, the inherent energy that we are born with.

It declines with age, but more rapidly if abused by overwork, lack of sleep etc, or less rapidly if health is cared for with good diet, sleep, appropriate exercise and care of heart and mind. But the truth is, whatever we do or don't do, aging is inevitable.

Menopause and its accompanying symptoms are one common problem caused by this decline. From kidney essence kidney yin and yang arise. Symptoms of aging, including menopausal symptoms, depend on the relative decline of either yin or yang. As yin usually predominates in females the kidney yin deficiency symptoms are often to the fore. Yin is the cooling, grounding energy, associated with night, sleep and moisture. Deficiency symptoms are therefore those of heat, dryness, insomnia, anxiety, weight loss, and night sweats.

Acupuncture and specific herbal formulas are very effective at tonifying yin and relieving these symptoms as the body finds a new balance. Although yin deficiency frequently is the predominant pattern, yin deficiency can occur at the same time, as both kidney yin and yang decline together. Therefore sometimes a formula tonifying both is required. The hormone oestrogen in yin, while progesterone is yang.



by Brigid Beckett

A common pattern that often contributes to menopausal symptoms is liver qi constraint. Caused by stress and emotional turmoil, this can make symptoms much worse.

Constrained qi resulting from emotional/mental states causes heat which dries yin energy. The decline in kidney yin may be gradual and not particularly problematic, until a stressful situation disrupts the smooth flow of qi, creating internal heat and burning up cooling yin energy. In this case, acupuncture treatment and herbs concentrate on moving qi.

The heart is often involved as well. The heart relies on the kidney energy to cool, as the kidney relies on heart fire for warmth. If this axis is disrupted, which can occur with aging, problems such as anxiety, poor memory and cognitive problems can arise, also heart palpitations, dizziness or nightmares.

The kidney itself is important in mental and emotional states. Strong kidney essence provides will power and motivation. Weak essence can give rise to fear and phobias. Strong will power can be important as we age to enable new plans or to renew motivation.

Men have the same decline in essence, with often yang energy being most obviously in decline. The hormonal component is often less obvious. This is because there

is more fine tuning in women due to the monthly cycle, therefore hormonal changes are more significant. It is the change in hormone levels that cause symptoms, and in men there is more often a slow decline in levels.

However, the aging changes caused by declining essence are in the long term the same. Declining yang, which is often the more obvious element in men, will cause poor circulation, fatigue, cold intolerance, impotence, weak back and legs and urinary disturbances. Although again as yin is also decline the above yin deficiency signs such as insomnia, dryness and heat can also occur.

More positively, the changing yang yin balance can be a change for the better. Women may have a new found energy and will power, and men may find an increase in reflectiveness and patience.

It is often noted that our society is youth focused and not appreciative on the qualities and wisdom of old age, probably made worse by the focus on new technologies. But if a life has been lived well and the mind kept open and flexible, there is a wealth of wisdom acquired by a lifetime of experience, practice and observation. The basics in life do not change between generations. In each of our lives the passing decades can result in increased wisdom and happiness.

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

NATURAL LAW

by Helene Collard

In the Southern Hemisphere, we transition into Autumn. The time leading into the equinox was intense for many, with myriad elements combining together to expose what is out of balance.

This awareness materialised for two reasons – to guide us to make inner changes that break through old patterns, and to motivate us to stand firmly in what we know in our communication with others. On an individual level, the result is the birthing of fresh internal power, that like a fire, cleanses and transforms.

This strong process creates the potential to experience a profound sense of divine union – a meeting of mind, heart and soul. This happens within (i.e. a deeper union with Self) and may also occur with another in any level of relationship.

Many of us have heard about plasticity of the brain (think Norman Doidge and others). The altering of neural pathways is essential to moving out of stress and into more adaptive and sustainable ways of Being.

This month, think about your brain as a super-computer that's loaded with software – wired on your unique life experience. Some of the software runs quite well, however some areas contain a few 'bugs' that cause you to 'glitch' at times. By bringing awareness to these 'glitches' and understanding a little more about how the brain works in response to stress, we can make small additions into our life, that will go a long way.

Generally, incorporating mindfulness into your day increases self-awareness and improves your capacity to make positive decisions. Reiki is a gentle,



yet powerful tool that creates a sense of peace and connection within the recipient. If you're feeling like a Reiki 'reset', I'd love to hear from you. Contact Helene 0405-656-797 or email: yemayacentre@gmail.com

Coming up at the Yamaya Centre

- **Yogalates** Fridays 9am
 - **Finding Your Core** Fridays 11am
 - **Holistic Healing Treatments:** Reiki-Aura Treatments, Healing Heart Attunements, Craniosacral Energetics, Reflexology, Life Alignment, Shiatsu.
 - **Reiki Courses** Level 1: April 28-29; Level 2: Sept 22 & 29 (2 Saturdays). Reiki Master by appointment.
 - **Level 1 Chakra Course** 16 & 23 June
 - **Room Rental Enquiries:** Helene 0405-656-797
- Visit: www.yemayacentre.com.au for more information.

Helene has a Bachelor of Trauma & Healing (Law & Justice), is a Reiki Master and the Founder of the Yemaya Centre and Evolve Events in Lismore. Helene's approach to wellbeing is focused in personal growth. Helene offers regular Courses and Circles, and enjoys making a range of wellbeing topics accessible to the community through Evolve Events. Helene has been writing Natural Law and delivering wellbeing workshops since 2008.

Yogic wisdom and neuroscience at Billen Cliffs

by Sam Woolstra, Yoga teacher, mindfulness and meditation guide

IRest Yoga Nidra is based on an ancient yogic explorations and modern neuroscience. It was the American yoga teacher and clinical psychologist Richard Miller who started practising Yoga Nidra as a yoga student in the early seventies, and over time developed it to fit the needs of modern times.

He did a lot of research on the effect of Yoga Nidra on the brain by using scans and adapted the traditional Yoga Nidra with what he learned from neuroscience and modern psychology. The result was a 10 step meditation technique and he started teaching this to students as they comfortably laid down.

As Miller studied the effects of his Yoga Nidra approach on his students he found that the practice made them relax and helped them with stress, anxiety, trauma, depression, insomnia and substance abuse. The US army was interested in the results of Miller's study on the effect of Yoga Nidra on PTSD. They invited Miller for a trial, but under the condition that he changed the name Yoga Nidra into IRest, as the mention of yoga was too airy fairy for the military. The trail was a success and IRest is still used in US army hospitals.



The IRest Institute, set up by Richard Miller, now trains teachers worldwide to share IRest with many different groups in community centres, yoga studios, hospitals, rehab clinics, jails and homeless shelters. (For more information, see: irest.us)

An IRest guided meditation is a journey of approximately 40 minutes that starts with settling in and making yourself comfortable on your mat, under a blanket, head on a soft pillow and with an eye bag or black sock over your eyes.

The first part of the journey is a coming home to your body and breath. You are invited to welcome sounds, tastes, smells, sight, touch and sensations in the body just as they are in the present moment. As the body and mind start to settle, you set an intention for your practice and have a listen to your heart.

You then explore your Inner Resource, a place in you that always feels safe and comfortable. A rotation of your attention to the sensations in different parts of the body and a focus on the breath triggers a relaxation response that balances the nervous system and changes your brain waves from Beta to Alpha, a slower restorative brain wave activity.

After fully welcoming the body sensations and the activities of the mind, there can be a profound stillness. You are here and you are not here. You are in deep sleep and there is something that is awake. It is like the movie of your mind has stopped and you now see the screen it was projected on, a spaciousness that is timeless and without lacking but full of possibility.

Before you are guided back to a fully awake and aware state, you go over the journey you have just taken and you are reminded of your Inner Resource, and how you can take what you have experienced back into your day-to-day life.

I am a certified IRest Yoga Nidra teacher, and love to share this beautiful meditation technique with the communities of the Rainbow Region.

I invite you to experience IRest at Billen Cliffs Community Hall, 265 Martin Road, Larnook on Wednesdays 11th and 25th April, 2nd May, 5.30–6.45pm.

Each session begins with an explanation and ends with an opportunity to share or ask questions. You will get a recording of the session via email to practise at home. Cost is \$20 per session (\$15 concession), \$60 for all four sessions.

Book your place at: connect@ilovemymself.com.au More information at: www.ilovemymself.com.au

Arm and shoulder issues and Bowen Therapy

If you cannot lift your arm to full range, or are suffering sharp pain in your upper or mid-back... and it can be excruciating... you may have one, or more ribs which are out of position.

The ribs move every time we breathe, bend, or move our arms. And if they are not absolutely in place, the pain can be most uncomfortable, because ribs do not need to be cracked or broken in order to cause discomfort.

Lifting something too heavy, a fall, excessive coughing, or a vertebrae that is also out of position can create rib issues, and treatment needs to be administered by a therapist who knows about ribs.

Unfortunately, not all therapists have been taught



by Tonia Haynes

the idiosyncrasies of ribs, even though they may be very good at what they do. And one may become disillusioned about the benefits of body work, if one has not seen the right therapist.

I personally was never

taught about ribs. And it has taken some years of research and being exposed to my own rib issues that have given me some insight as to the techniques needed to persuade the ribs to once again, behave properly.

Sue Jenssen-Clare, an osteopath who has clinics in Murwillumbah and Lismore is excellent with ribs.

So if the mix of massage, spinal realignment and Bowen Therapy, which I practise in Nimbin, are not your thing, Sue can surely help you.



Love, light and good medicine laughter.
Phone Tonia on 0439-794-420

Smoking Big Tobacco investment out of super funds

by Suvi Mahonen

Radiation oncologist Dr Bronwyn King is all too familiar with the human cost of tobacco.

As a clinician, she has stood at the bedside witnessing the pain of teenage children saying goodbye to their 43-year-old mother who was dying of lung cancer.

The numbers are profound. According to the World Health Organisation, more than seven million people worldwide die from using tobacco each year. And in Australia, lung cancer cuts short the lives of more than 160 people every week.

"Imagine if this was Ebola," King said. "Look at the global efforts to contain it whenever there's an outbreak. And yet the Ebola virus has killed less than 12,000 people. You can't even compare that number to how many people tobacco kills. More

people than that die from tobacco every day."

"The tobacco industry talks about "replacement customers" because so many of their existing customers die," said 43-year old King, who works at the Peter MacCallum Cancer Centre and Epworth Hospital in Melbourne.

Figures from the Australian Bureau of Statistics show that one in seven Australian adults were smokers in 2015, compared with one in four 20 years ago; however, this downward trend may be plateauing.

"There has been no significant drop in the smoking rate from 2013 to 2016," Associate Professor Colin Mendelsohn, of the University of New South Wales School of Public Health and Community Medicine, said. "This is the first time there has not been a decline in smoking rates for decades."

King has two small boys herself, and finds her biggest motivation to create

change comes from the realisation that we are leaving behind a health crisis for our youngest generation.

"When I think about the long term, tobacco is set to be a catastrophic burden, both economically and socially," she said. "The annual number of tobacco-related deaths has not yet peaked, so we still have a very long way to go."

King has been lobbying hard to hit tobacco companies where it hurts most: the profit margin. It all began in 2010 when she discovered that her superannuation fund, Health Super, was – despite its name – investing money in big tobacco companies such as Phillip Morris and British American Tobacco.

King went into immediate action, calling on the fund's executives and investment team to renounce tobacco.

It was the start of a two-year process involving multiple meetings and

discussions that culminated in the first of many victories for King.

The fund, which was acquired by First State Super during the negotiations, became the first superannuation fund in Australia to divest its \$200 million worth of shares in tobacco.

King founded the not-for-profit organisation Tobacco Free Portfolios and spent what little free time she had on her phone and on her laptop, spreading her message. At last count, her organisation has convinced 41 out of the 344 non-self-managed super funds in Australia to divest in tobacco.

In 2016, the world's third largest insurer, France's AXA Group, announced it would relinquish its 1.8 billion euros worth of tobacco stock, following six years of campaigning by King.

In December 2017, The BT Financial group went tobacco free.

Australian Super, Telstra Super and OP Trust, a large Canadian pension fund, have all dropped tobacco, as has BNP Paribas, the world's seventh largest bank.

On a global level, King says the most important thing countries should do is to implement the provisions of the UN Tobacco Treaty, which aims to limit tobacco use by encouraging countries to adopt stricter tobacco regulations.

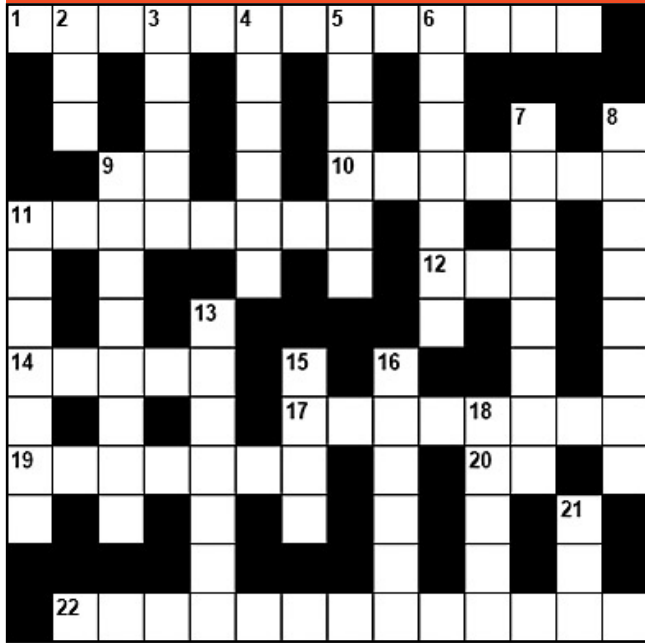
Closer to home, she urges all of us to be good role models for our children.

"Keep the communication channels open and talk about the dangers of smoking," she said. "And try and get your children involved in sport, because I think that kids who are committed to a sport become focussed on health and strength and fitness."

More information about Tobacco Free Portfolios can be found at: www.tobaccofreeportfolios.org

Nimbin Crossword

2018-04
by Sync



Across

- Tree loss
- Therefore
- ADHD drug
- Soak with liquid
- Heartbeat display (init.)
- Himalayan republic
- Atop car seats
- Dictionary double?
- Fatal drug dose?
- (6,3,4) bunny's chocolate trail

- Non-speaking roles
- There is
- Jogged (horse)
- Got down
- Checks
- Violently stepping
- In a shortish amount of time
- Woven bedding
- Expression of surprise (2,2)
- Walking in deep water
- Cockie
- Chassis #

Down

- Trees sick with Dutch disease
- Good _____ (2,3)

Solution: Page 37

RPC committed to apprenticeships

by Rebecca Ryall,
Rainbow Power Company

So you thought Rainbow Power Company was only interested in solar customers?

While we had our beginnings, and our passion remains, in the alternative energy market, the company has been spreading its wings of late.

Whilst continuing our commitment to bringing alternative power, skills and education to communities less fortunate than ours, all around the world, RPC continues to look for ways to enrich our own community.

To this end, we have recently engaged two new young apprentices. We are happy to welcome aboard Kahn Hunter and Rowan Ashby, young locals undertaking their second year as electrical apprentices.

Identifying a need to provide training across the board for these new apprentices, RPC is expanding our business to encompass the full range of household wiring and electrical services.

We now offer our services to those with households connected to mains power, and are certified to offer electrical safety testing of household and commercial appliances.

Speaking to local sparkies of late, we hear that they are all run off their feet, and customers report having to wait for service, so we are confident that there is plenty of work going around and our entry into this market will certainly



New electrical apprentice Kahn Hunter alongside trainer/contractor Martin Mader and office staff Dennis Houlihan and Csilla Foriata

enhance the local area.

RPC is happy to announce that the winner of the inaugural Terry McGovern scholarship, announced at the end of 2017, is Jaxon Levy.

Jaxon grew up in Nimbin and would like to pursue further studies in the electrical industry, and Rainbow Power Company is happy to assist him on this journey.

Congratulations Jaxon, we look forward to watching your skills develop. We encourage other young people to keep an eye on local media later in the

year, if they wish to apply for the next round of this annual program, named in honour of the late Terry McGovern.

The scholarship is intended to further the advancement of a local young person wishing to gain skills and employment in the energy sector.

To engage one of our electrical contractors, or to join the solar revolution, check out our website at: www.rpc.com.au, give us a call on 6689-1430 or drop in and chat to the friendly staff in the showroom at 1 Alternative Way, Nimbin.

Open House Country Trails start up

When selling properties in and around Nimbin, organising Open Houses has not proven to be popular in this area, with private inspections being the marketing tool of choice.

But the times are a-changin' indeed, and the Open House has increased in popularity in line with the rapid rise of the Nimbin region's market.

At Nimbin Hills Real Estate, the demand for Open Houses escalated at the same time as the office began operating seven days a week, so the idea of multiple Open Houses on a weekend was born.

The first Open House Country Trail was held in early March, with four homes in the Jiggi/Georgica area advertised as Opens within a two-hour period, as a trial for the concept.

The success was simply overwhelming. As one happy vendor said, "I couldn't believe it! It was a rainy day, and Nimbin Hills staff had to provide traffic control to aid the large volume of cars coming and going from our

driveway."

A second vendor was suitably excited when her home became 'Under Offer' following her Open House.

After the unexpected success of the experiment, the team followed up with a second round of the Open House Country Trail later in March.

Again, the inclement weather again did not deter clients from attending, even though one property had to be withdrawn due to access issues in the rain.

So by popular demand, the Open House Country Trail will become a regular feature in Nimbin's social and business calendar.

Watch out for the signboards outside the Nimbin Hills office in Cullen Street for the next Trail, and join in the activity.

In true Nimbin community spirit the team at Nimbin Hills welcomes all with any interest in Real Estate including those just curious about our local market... and a chat, a cuppa and a scone or muffin will likely be at hand.



Jacqui Smith, Klaus Walter and John Wilcox with office mascot "Norma Jean"

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Leaving	Arriving	Leaving	Arriving
Lismore Transit Centre	Nimbin – Main St. (Park)	Lismore Transit Centre	Nimbin – Main St. (Park)
7.00am	7.30am	8.00am	8.30am
8.00am	8.45am	12.00pm	12.35pm *
12.00pm	12.35pm *	2.35pm	3.10pm
2.35pm	3.10pm	5.30pm	6.00pm
3.20pm	4.15pm		
5.30pm	6.00pm		
		Leaving	Arriving
		Nimbin – Main St. (Park)	Lismore Transit Centre
		9.00am	9.35am
		12.45pm	1.15pm *
		3.25pm	4.10pm
		6.05pm	6.35pm

* Mondays & Thursdays Only

No Public Holiday Service
Wheelchair access available
Some buses connect in Nimbin for operators to Murwillumbah

Nimbin Trivia Time

by Sue Stock

Questions

- What is the origin of the word 'helicopter'?
- Are fruit bats marsupials?
- In what part of the world other than Australia are some of the oldest eucalypt fossils found?
- What is the origin of the word avocado?
- What were the Commonwealth Games originally called?
- When were the Gold Coast Titans first incorporated into the NRL?
- What was blackbirding?
- What was the first newspaper to be published in Australia?
- When was Nimbin first sub-divided?
- Which acid is found in a lead-acid battery such as a car battery?

- Answers**
6. 2007.
- The two parts to the word "helicopter" are not "hel" and "copter" but "helico" meaning spiral, and "pter" meaning one with wings, like pterodactyl.
 - No. Bats are placental mammals; their babies are born fully developed and are nourished on their mother's milk.
 - Their oldest fossils have been found in Patagonia, South America, dating back 52 million years.
 - Avocado comes from an Aztec word 'ahuacatl' meaning testicle. This was considered to have aphrodisiacal properties.
 - The British Empire consists of 30 to 50% sulphuric acid in water.
 - 1903.
 - Australian in 1824.
 - launched The William Wentworth censorship until time of government in the colony in a was the only publication published in 1803 and Advertiser. It was first and New South Wales and the Sydney Gazette.
 - The Solomon Islands were from Vanuatu and were from Vanuatu and force or trickery. Most sugar plantations in Australia to work on were taken to of Pacific Islanders tens of thousands 7. Starting in the 1860s,
 6. 2007.

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Rebuilding Bolgaun: House number 11 is underway

by Helen Simpson

In the earthquake of 2015, the village of Bolgaun in central Nepal was decimated, many people died and the village was cut off by landslides until December 2016.

It now has 10 new houses fully completed using Nimbin funds. House 11 is underway and the locals skilled in the techniques.

Our collaboration with Good Earth Nepal (now Good Earth Global) specialising in Earthquake resistant earthbags (using local materials: earth, gravel and rubble) has been invaluable and we could not have done it without them.

However, we hope now to be able to support the village independently. The

supervisor and support from Good Earth Nepal should not be required now, except in an advisory capacity.

This project seemed insurmountable 14 months ago, and to have 10 houses completed is awesome. A big thank you to the Nimbin community for your support, every cent donated has gone into the houses. We will continue to monitor future construction and volunteers will still be able to go to the village to help out and to maybe even paint the Nimbin houses.

Next stage of the project is encouraging the local village people to continue on independently with small donations from the Nimbin Nepal Relief Fund for materials like earthbags, pipe, paint and shadecloth.



Workers on house 6 with Olivier Adaie, from Nimbin

Helping rebuilding Bolgaun has been good on so many levels: houses for earthquake casualties, locals learning the skills and teaching others, our local volunteers experiencing remote Nepal and learning the skills and village

ways, the cross cultural appreciation and the friendships made. And that all funds have gone directly to the village and the houses.

Volunteers have found the experience quite life-changing and touched them in various ways... from the



Ella Wood playing with the children

majestic Himalayas to the children.

We will be continuing to fund raise, all donations to the Nepal Relief Fund at Summerland Credit Union BSB: 728728, Account Number: 22305642 and

any information regarding volunteering email: helensim7@gmail.com or phone 6689-1417 and leave a message.

The project is auspiced by the Nimbin Health and Welfare Association.

ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

Aries

Chiron's entry into your Sun sign and subsequent journey through Aries until 2026 might correlate with significant revelations regarding your own vulnerabilities. Acknowledging and accepting your "darker" side might bring healing followed by a new phase in your life.

Taurus

Changes are on the horizon; create space for new insights and start preparing the ground for innovative developments; tune in! Venus in your Sun sign until April 24 can be helpful in forming new (business) partnerships. Finding a working balance between commitment and freedom is the key.

Gemini

This is a period, during which you need to be aware of your own values. Are they in alignment or in conflict with others? There are no planets in air signs until April 25th, when Venus enters Gemini making it difficult to communicate with ease or spread your ideas. Besides Mercury is retrograde until April 16. Be aware that you feel easily misunderstood.

Cancer

This is a period of possible tensions and conflicts that also offers opportunities for working through unresolved relationship or career issues in a creative way. Finding a working balance between commitment and freedom in all relationships, personal or business, is essential. Stay grounded in your own power and prioritise.

Leo

This is a period where you like to approach life with lots of drive and enthusiasm. However, be mindful of your energy level and investigate your motivations. Find a way to align your intentions with your intuition and remain focused on what is best for everybody including yourself.

Virgo

The current period of review is helpful in distinguishing between what is important and what is not. You are filled with creative ideas but how to find the time to follow through with the one or the other is an issue. Therefore make extra space for your

April

The Sun entered the sign Aries at the last Equinox (March 21) marking a change in season with shorter days and nights that are slowly getting longer until the midwinter solstice in June (Southern Hemisphere). Aries energy stands for emergence and new beginnings. It symbolises the energy of initiation, of breaking new ground and birthing new forms. The Aries quest is to develop courage and start the journey into the unknown. It drives the will to separate from the past in search for a new identity, new adventures or a new form of self-expression.

The current Mercury retrograde period in Aries (until April 16) coincides with difficult planetary aspects. Being mindful is the key, because we can expect various disruptions and challenges. It is essential to know what is possible to change, and when to step back, accept and let go. When Mercury is retrograde we experience a period of review, allowing what doesn't work to break away and manage what is worth keeping. On April 1st Mercury retrograde unites with the Sun while forming a tense square aspect with the Mars/Saturn conjunction in Capricorn. These are no easy energies to channel into positive expression, especially while Mercury is retrograde in fiery Aries and ready to enter an argument any time. Nevertheless, issues that pressure for some kind of resolution need to be addressed with focus and honesty. Mars in alignment with Saturn in the sign of the Mountain goat can give us a lot of determination for following through with our goals. On a different level, feelings of frustration resulting from inner or outer blockages may come to the surface. The task is to balance action with caution and stay grounded in the here-and-now.

The New Moon in Aries on April 16 is conjunct electrifying Uranus while Mercury is direct again initiating a time of new growth and possibilities. We can open up to fresh information, reach new levels of meaning and can make new connections, especially if we have done our soul-searching and reviewing work during the Mercury retrograde phase. We will have assessed the strengths and weaknesses in our initiatives by now and are better equipped to deal with setbacks. Mars forms a conjunction with the rebellious Black Moon Lilith, exact April 19, and then with Pluto, Lord



of the Underworld, during April 24 – 29. We can feel empowered to tackle authority issues, or take on a project that requires a lot of dynamism and vigour. In any case, we need to deal with these energies carefully by channeling them into a worthwhile cause.

On April 17, Chiron, the mystic-wounded healer and teacher, enters the sign Aries.

Chiron's 8-year transit through this sign will mark changes in the healing paradigm. Radical new therapies and cures will enter our consciousness such as different forms of energy healing or healing through thought transmission. Themes concerning the right way of dealing with anger as a core energy and the expression of our life force have to be addressed during the coming years. On the negative, feelings of rage are easily activated, which more often than not are anchored in feelings of inferiority, old hurts and experiences of humiliation and shame. Chiron's message is to rise above these old pains by searching for new meaning and understanding. **The Scorpio Full Moon on April 30** opposes the Sun in Taurus while squaring the Lunar Nodes and marks an important turning point of our collective evolutionary journey. **The North Node in Leo is conjunct Ceres**, the goddess of grain and fertility reminding us of the undisputable necessity to take good care of the Earth, the soil we grow our food in, and all natural resources. What is out of balance needs to be brought back into alignment, which requires our deepest commitment, passion and determination.

Navigation by the Stars:

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

Weekly Classes in 2018:

'Astrology for Beginners', Tuesday evenings 5.30pm – 8pm at the Lillifield Community Centre. For bookings and info contact 0457-903-957 or email: star-loom@hotmail.com

One-day Workshops

'The Lunar Nodes: the Evolutionary Dynamics of the Natal Chart': Saturday April 21, 10am – 4 pm, Lillifield Community Centre

'Guiding Themes of Shadow and Light: Exploring the Dynamics of the Natal Chart': Saturday, April 28, 10am – 4pm, Living Yoga Sanga, 63 Stuart Street, Mullumbimby

For info & bookings: 0457-903-957 or email: star-loom@hotmail.com

needs of self-expression and self-fulfilment to re-charge your batteries and clearing "stuff" out of the system.

Libra

This is a time of great activity around the home, when you feel driven to get things done. Conflicts may arise when you feel overwhelmed by the demands of others. Anchor your energy through building something constructive and have the determination to work towards a positive outcome.

Scorpio

Be mindful of your opinions and beliefs while taking a constructive approach in your communication with others. Avoid bickering over minor details, instead focus on the grand vision. Use your ambition and drive for accomplishing things in cooperation with others.

Sagittarius

This is a period where you need to be practical and considerate with the use of your personal resources. Keep your vision simple and achievable. Establish a working balance between things you do for a living and for sustaining yourself and time spent on more creative and recreational activities.

Capricorn

You can achieve a lot with willpower and determination during this period. Nevertheless, be considerate in your actions and determine where best to invest your energy. Find a balance between your need for independence and the needs of those close to you, even though you might feel the urge to break free from restrictions.

Aquarius

This is not an easy time because your sense of personal power is somehow weakened and boundaries are not clear. Do some soul-searching and reflect on what is really important for you. There are many levels of reality. Know what is fact and what is fiction in your dealings with the world around you.

Pisces

This is a good time for making new friends or joining a new group because you have changed and grown beyond your old form. Nevertheless, your idealistic vision could be out of touch with what is needed in the moment.

I am currently visiting Bir, a hamlet of Tibetan refugees in India, nestled before a stunning panorama of snow-capped peaks.

This village is famous not only for Buddhist teachers, but as the landing site for a world class paragliding jump.

Last time I was here, I visited the launch pad, wondering if a tandem jump would be a wise choice in India. After a bone-shattering switchback ride in a tiny taxi, I arrived at a grassy plain called Billing, which terminated in a precipitous drop, the very edge of the great Himalayan massif.

The site was bustling with an international crew, kitting themselves out ready to leap off the escarpment. The first was a fit, rugged-looking American, who smacked of experience and know-how. He tested the wind, decided it was unsafe to fly, and packed his gear back up. If I assumed that his less competent colleagues might follow suit, I was deeply mistaken.

Two surprisingly young local guys appeared to be hiring out parachutes to tourists. Their first customer was Indian in his mid-twenties, army guy by the look. He stood with the chute outstretched, attached to his back via a rucksack. He clearly had no idea how to even buckle himself up, and stood there fumbling with various belts like the tentacles of a jellyfish.



Avoiding the void

by Simon Thomas

One of the ground crew noticed the man's difficulties, and instead of advising him to keep his two feet firmly on the ground, deftly attended to him. In no time at all, he was buckled up, checked for "safety" and ready to plunge off the edge of a 1000 metre cliff.

I had to admire the soldier's foolhardy courage as he stood there, back to the abyss, jaw firm with determination to attempt the launch, even though his eyes and trembling hands betrayed sheer, mortal terror.

He stood with his back to the cliff watching the assistant hold his chute aloft, trying to catch some wind. Suddenly, a sharp snarl of mountain air caught the colourful fabric, filling it to bursting point and sending it jerking erratically into the

air above the pilot.

"Up!" shouted the groundsman. The hapless soldier tugged frantically at various straps as he was dragged backwards towards the abyss. Just as he was about to plunge scrambling into the chasm, a stiff column of air rising vertically up the mountain face battered his parachute back towards the launch area. The chute veered towards the jabbering crowd which had gathered to enjoy the show, dragging its pilot along the turf as it went.

"Down, down, down!" came the cry from the guide. The soldier deflated his chute with a pull of a chord, and fell flailing into a tangle of strings on the soft, grassy earth. Humiliation and fear jostled for supremacy on his face as he picked himself up and brushed off the mess.

His groundsman rushed over to offer some much-needed advice.

It was but a few minutes later when he stood back in the launch position, by now almost overcome with dread. On the second attempt, the chute filled smoothly and floated over his head towards the precipice. He staggered backwards, this time pulling more confidently with the correct controls. At the last possible moment, he jumped gamely off the edge, spinning clumsily into the right position as he soared off into the void.

A few seconds later, he was hanging like a toddler on a swing, hundreds of metres above the jagged floor of the alpine valley.

I watched aghast as he floated briskly away into the round, empty belly the massive valley. Bon voyage!

What is being brought to your attention? What are the signs – the images and sounds? What's your heart longing for? What are the flashes of insight, visions and thoughts... memorabilia; people and places from your past?

Your mind wanders – through the fields of yesterday. Mars and buddy Saturn insisting on some serious motivation. Aries time – adventure calls, places to explore. Clean out your space, eliminate the clutter... make a clear path from here to there. Allow your heart to pave the way.

Energies are insistent – a lot you're feeling. Time to get on with the creation... starting with the foundation. Needs to be authentic and true... step by step your vision takes form.

Memories float, visions call, body murmurs – reminds to move at her pace. We do live on Earth – not in air, where everything happens 'now' – in your mind. A short delay to bring it into structured form.

Things might feel tense – lotsa sorting going on. But it's all for a purpose, need to move with the flow. Been resisting enough... let go, let fly.

Yes, old things stir – feelings, emotions, memories – how could they not when they're a part of you? Hold them close, love them... include them. Don't be afraid of dark faces and empty places... life's journey is long, longer than one.

Loving yourself – without reason or condition. We've probably heard how important this is... but do we truly understand the power it gives?

We all have bits we try to run away from. (How crazy is that!) We all would prefer to be different in some way. It's



Loving

by Marilyn Devlin

hard to accept our self as we are... with all the imperfections. Now that's another crazy obsession – perfection, know it well as a Virgo.

So here we sit at another new beginning – a new month and second quarter of the year... and a couple of weeks into the new Astrological year. Voices are loud, feelings are strong... something is pulling, insisting we get on with it. Everything we're putting off 'til god knows when... He probably doesn't – tries to keep a wide berth from our crazy heads.

March was a big time of healing and completion... lots arising to be seen, loved and let go; or assimilated, reunited back into our self. Integrating all our parts – inviting them all in – to sit at the table in our heart.

All the lost and forgotten, feared and neglected parts of our self... so important to acknowledge and invite them to our hearth – our sacred centre. We are who we are – and what's happened in our life has... there's no need to hide, to run away or be afraid.

I've learnt a lot living by the river, hearing the moods of the ocean as I

wake... watching the rhythm and flow of life. How constant it is. It comes in, it goes out... it rises and falls. It gives so much pleasure to so many. It's a feast for your eyes... and there's something about the ocean that speaks to your soul.

Each place has its own unique energy, its own vibration and its own purpose. Nature is highly intelligent... and so giving. It took me a while to assimilate the changes after leaving my sacred space in the hills... the magick that poured and gave so generously. But life never deserts us, we're held and cradled in such a loving presence.

Life keeps moving... it grows, it transforms, it unites and it glows. Talking of glowing, our lovely Goddess of Love and Beauty Venus has slipped into Taurus... comfy, earthy, sensual, pleasure seeking. That could be fun. And Taurus and Venus are both a wiz with money... attracting the good stuff.

The cosmos keeps rocking and rolling, shifting and spiralling. Things keep moving, nothing stays still... we have a window of time to be here, and create what we can. We're pretty fortunate really.

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