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# Birth and Beyond

by Kirrah Stewart

## Breathing for birth

Women all around the world use their breath to help them with the sensations of labour. Breath awareness helps us to get out of our 'thinking minds' and into our body.

Your mind influences the perception of pain. If we start to believe a negative story, for example; "This is too hard" or "I can't do this," then we enter the realm of suffering. The more we can quiet the negative mental chatter the better we can cope with strong sensations.

Breath awareness helps us do this. With dedication, focus and patience you can learn to still the mental chatter and quieten the mind by focussing on your breath.



next outward breath. Soften and release with each exhalation.

How did you go? The more you practice quietening your mind, the easier it will become.

It's very natural to seek pleasure and avoid pain. In everyday life, feeling pain is a signal that something needs to change. It is essential to our survival to fix pain that is life-threatening.

However, in normal labour, strong sensations are to be expected and don't necessarily need to be 'fixed' or numbed.

In fact, there are advantages to feeling the sensations. Women having an unmedicated birth instinctively move into better positions for themselves and their babies. Being upright and mobile can help shorten the length of labour and significantly reduce pain.

Endorphins are 'nature's pain relief' that the body releases in response to pain. They help people to feel calm and blissful. The labouring woman may lose track of time and look like she is drunk or stoned or in a dream-like state. We

can enhance the release of endorphins by helping the woman feel safe and not talking too much.

Other environmental factors that can help the mother to get in-the-zone include helping her feel safe and private, making sure the space is warm and dark or dimly lit. This enhances the effect of her hormones, thus making labour safer and more enjoyable.

## Free Birth Prep Class

The best way to learn about these breathing techniques is to actually try them out. On Saturday February 24th, Kirrah is holding a FREE online antenatal class so you can practice techniques that will help contractions feel shorter and easier. Contact Kirrah to save your spot.

*Kirrah Stewart helps women feel confident about birth and nourished in early motherhood.*

*For information, phone 0429-308-851 or visit: [www.doulawisdom.com](http://www.doulawisdom.com)*

## Breath awareness for birth

In Birthing From Within classes, we use ice cubes to simulate an uncomfortable sensation. This allows you to understand which techniques will be most effective for you. We are all so unique and it's fun to discover which practices work best. Some people are more visual and others like to have verbal guidance or use movement to assist.

## Foundational breathing exercise

Grab a bowl of ice and a timer. Before picking up your ice, notice how you're breathing today, in this moment. Bring your attention to your out-breath. Try to relax your body as you exhale.

Now, set the timer for 60 seconds and pick up a handful of ice. Continue breathing. Try to focus on each exhalation and if your mind wanders, just bring your attention back to your

# Charcot and me

When I have any dental treatment, I have nitrous oxide. I have had so much extensive dental work over my life time that now I cannot bear to have fingers and instruments in my mouth at all while in ordinary consciousness. And thus I receive nitrous oxide, otherwise known as laughing gas.

I am not amused, by the way, more really interested in the kind of consciousness I experience. In fact I use the experience to examine the levels of awareness: of having a sense of being in a particular place, of body sensations, of what is going on between my dentist and his assistant, of his accounts of travels through India or scuba diving trips and the way in which he speaks of these things, of my own feelings and thoughts, as well as my discursive processes, and my detachment from all of these. I am intrigued that I am able to follow everything that is said and remember it, even though much of the time I am in an altered state of consciousness.

It is these layers of awareness that interest me and is a primary reason I

am motivated to work in my profession. I like exploring the edges of consciousness and noticing how each level and kind of awareness has the capacity to affect change in myself and others.

Naturally I do not use nitrous oxide in my work, I am a mere psychotherapist with no access to the stuff, but the space of therapy itself is anyway a thick and rich one where focus and comfort (*cum forte*, Latin for "with strength") are both employed to create a healing place. I am reminded here of Erv Polster's comment that therapy occurs in the spaces between a light hypnotic trance and a deep one (*From the Radical Centre*, 1999).

Some have spoken of it as a crucible and the work an alchemy, some see it as a play with reverie, but I am keen to view it as a really valuable place where consciousness is not only explored but used to bring very particular awareness of lives as lived. There is in here an acute feistiness that may be effectively nurtured. And I'm speaking here of a normal counselling session that may, or may not, also employ hypnosis.

I do hypnosis when specifically requested to by

my clients (it costs a bit more than a psychotherapeutic/counselling session mainly because it is intentionally more focused, much like a psychic lathe). Hypnosis is a state that deliberately explores the levels of consciousness as a particular tool.

It should be noted here that not all personal health and relational issues are particularly helped by hypnosis but when it is useful, both the client and the therapist have a unique access to both our personal and collective unconscious so that problem behaviours, iterative thoughts, sleeplessness, and so on may disappear, or be reduced.

So why the title, 'Charcot and Me'? I came to be thinking about such things while re-reading *Charcot, the Clinician: The Tuesday Lessons: Excerpts from Nine Case Presentations on General Neurology Deivered at the Salpetriere Hospital in 1887-88* (translated and published in 1987), which explored levels of awareness in relation to psychopathology and being intrigued yet again that present at these lectures were the luminaries of Babinski, Gilles de la Tourette, Pierre Janet, Freud and William James, among others: all



by Dr Elizabeth McCardell

thinkers and clinicians that literally shaped neurology, psychology and body-mind philosophy into what we know today.

Reading this material is kind of like attending a gathering of family and friends. Old ideas are chewed over and the good bits relished, while the bad spat out (politely, under a neatly placed napkin).

The business of consciousness and the exploration of levels of awareness is as much part of my life as it was theirs. Last year, when I bought this book on Charcot's Tuesday lectures, I took a photograph of myself holding it up, calling my photo: 'Charcot and me', for it is as much a source of useful knowledge as connection with my intellectual genealogy and I have a certain fondness for the man.

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**Beyond the Rainbow**  
New issue available now at Perceptio & Nimbin Enviro Centre

# Natural effects of forests

by Dailan Pugh

You know that exercise is good for you, though did you know its health benefits are greatly magnified if undertaken in a forest? Just standing in a forest taking in the view can improve your mood and cognitive function. Even sitting in a chair looking at a photo of the view is good for you.



And it is not just seeing nature that is beneficial, hearing it helps and smelling it is a form of aromatherapy that has been attributed with improving vascular health, regulating hormones, strengthening immunity, fighting cancer and reducing blood sugars.

Natural settings also provide opportunities for spiritual experiences, enhancing self-esteem, facilitating socialisation and encouraging optimal development in children.

A walk in the bush is not a cure-all, but it is good for you in many ways.

Throughout most of human evolution, we have lived within natural environments and thus had an intimate relationship with nature, making people physiologically and psychologically adapted to nature. Most people are now separated from the natural world on a daily basis. It is argued that people have a biologically based need to affiliate with and feel connected to the natural world. The term 'biophilia' is used to describe "the connections that human beings subconsciously seek with the rest of life" (Wilson 1984).

There is a belief that our divorce from nature may be having adverse

effects on our well-being, and there is increasing evidence that interactions with nature for recreation and enjoyment do have a multitude of beneficial effects.

A review was undertaken of 116 scientific papers investigating the effects that nature has on people. They provide abundant evidence that exposure to natural environments reduces most people's psychological and physiological (i.e. pulse rate, blood pressure, cortisol, salivary amylase, adrenaline) indicators of stress, while improving their mood and happiness. The experience can overcome mental fatigue and restore cognitive function.

To varying extents, significant effects have been found to result from a trek through a wilderness, a walk in the park, looking at views, looking at paintings or photographs, and even from the anticipation of a visit to a forest. Views of trees from hospital windows have been found to foster faster recovery from surgery, though it is a walk in a forest that has the greatest health benefits.

A walk through a forest influences people's well-being through our senses of sight, hearing, and smell. Organic particles suspended in the air appear to be particularly influential. Trees remove human pollutants and contribute beneficial bacteria, negatively-charged ions and phytoncides to the air we breathe. Phytoncides are organic compounds that plants produce to communicate between themselves and with other organisms.

Japanese studies of 'forest air-bathing' (Shinrin-yoku) show that as we walk among the trees we breathe in phytoncides, taking in their health benefits as a form of natural aromatherapy. There is growing evidence that, as well as contributing to stress reduction, various phytoncides can affect our health by improving our cardiovascular system, strengthening our endocrine and immune systems, enhancing anti-cancer proteins and reducing blood sugars.

Nature experiences can invoke wonder and awe, whether it is encountering a massive ancient tree, an unusual encounter

with an animal, seeing a spectacular scene, or being immersed in a wilderness remote from civilisation. Such experiences can create deep emotional and spiritual experiences – a momentary loss of sense-of-self, immersion in the present moment, a sense of harmony with the world – which sometimes can be life-changing.

The natural environment can provide many physical challenges, from a child climbing a tree to an adult scaling a mountain. Overcoming the risk, fear and uncertainty associated with particularly challenging activities in nature can have significant and long-lasting effects on self-esteem.

Natural environments have been found to encourage more altruistic and co-operative behaviour, whether from watching a video, a walk in the park or a hike through wilderness. In America adventure recreation in wilderness areas has long been used to foster greater self esteem, a sense of community and long-term cooperative behaviours, particularly for troubled youths.

Whether we subconsciously seek connections with the natural world is a moot point, as there is abundant evidence that experiencing nature is beneficial to our health and wellbeing. A walk in a forest makes you feel better, improves your health and is likely to be doing far more good than you realise.

Find a forest, breathe deeply, relax and let nature help heal your body and mind.

The full report is available at: [www.nefa.org.au/recreational\\_use](http://www.nefa.org.au/recreational_use)

# NATURAL LAW

Welcome to February!

First I want to confirm and reassure you that the energetic landscape of late has been extraordinary. On 31st January (and for the first days of February), we experience the energy of January's second full moon (or Blue Moon), which hasn't happened since 2015.

This signifies a double opportunity to express gratitude for your blessings, and to release anything that no longer serves you. In addition, this full moon is our fourth consecutive Supermoon, meaning the moon is at its closest point to the Earth and may appear larger.

We will likely feel the energies more intensely – emotional, excited, sleep disturbance, heightened intuition – take extra care of yourself, and plan accordingly, over these few days.

The Divine Feminine is undergoing significant healing and transformation, and this will continue. This is happening on personal and collective levels and involves everyone, regardless of gender identity.

A return to ancient wisdom, with a contemporary twist – the qualities of deep listening, contemplation, intuition, deep stillness, creative expression and a philosophy of truly 'seeing' each person, will transform and bring much peace and empowerment into our ways of relating.

Begin a daily practice, starting with five minutes of silence and quiet awareness. If we are to deeply listen to others, we must first deeply listen to ourselves.

Reiki is an energy healing system that settles the nervous system, leaving you feeling centred and calm. If you find it difficult to meditate or sit in quiet awareness, then a Reiki session can be a great reset to your system. If this sounds like you, I would love to hear from you.

And, if you're looking for a well-kept healing/wellbeing space in the heart of Lismore, for regular or one-



by Helene Collard

*We are all self-governing. Let us call upon our ancestors and teachers – past and present – to guide us in the way of the Heart. You are all my relations. All is One.*

off uses, the Yemaya Centre could be the place for you. Tidiness, reliability and clear communication are valued highly. Contact Helene on 0405-656-797 or email: [yemayacentre@gmail.com](mailto:yemayacentre@gmail.com)

## Coming up at the Yamaya Centre

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- **Reiki courses Level 1:** Feb 10 & 17 (2 Saturdays). Level 2: Sept 22 & 29 (2 Saturdays). Reiki master by appointment. Visit [www.yemayacentre.com.au](http://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. She offers regular courses and circles, and enjoys making a range of wellbeing topics accessible to the community through Evolve Events. For information, enquiries and bookings visit: [www.yemayacentre.com.au](http://www.yemayacentre.com.au) or phone 0405-656-797*

# The Year of the Dog

Happy Chinese New Year as the Year of the Dog begins on February 16. In contrast to last year, the Year of the Rooster, associated with challenges and turmoil, the Dog Year's predictions are probably more reassuring. The Year of the Dog is associated with loyalty and generosity, protection, ethical and idealistic energy, social awareness and change. There may be large adjustments as parts of the world demand fairness, the year may not be without conflict in this regard. The year is specifically associated with the earth sign of the mountain dog, which can guard and block the way, but when the obstacle is overcome "you will see the wide open road".

The dog is associated with the 9th lunar month, which is autumn. The organ of association with this part of the cycle is the pericardium. A healthy pericardium enables us to see the beauty and simultaneous transience of all things, typified in autumn colours. Pathology of the pericardium

can result in either the non-acceptance of impermanence, or conversely an obsession with death.

The pericardium is the heart protector, and also the heart opener. Trust is needed for the surrender that allows joy and love. A history of abuse or too frequent falling in or out of love can make this opening impossible. Or sometimes the pericardium has been damaged when care givers or important others have been cold towards us, or we have been cold towards and hurt them. The pericardium also protects the heart against harmful influences. These can be external, as in the imagery of a guarding dog that can see through peoples' bad intentions. Or it can guard the heart from damage from harmful emotions, such as excessive anger, grief or fear. The dog's qualities are also playfulness, comfort, loyalty and trust; the pericardium allows the heart to open to sensuality in relationships and also a wider connection to the cosmos.

The pericardium channel has important functions. As well as emotional importance, it also is important in moving qi and blood. Points on the channel are used for feelings of oppression of the chest and palpitations. Pericardium 6, neiguan or "inner gate", is a good example of the importance and function of the channel. The name "inner gate" signifies a boundary between the inner and outer world. If the gate is jammed shut we are isolated and alone; if too open we are defenceless and vulnerable. Functioning well, it allows safety and security. Neiguan is a calming point and useful for insomnia. It is often used to move stagnant liver qi, as well as calming rebellious stomach qi. It is a useful point to use, often in conjunction with liver points, to treat bloating or other digestive disturbances that are influenced by emotions. As well it is used for nausea and rebellious stomach qi more generally. This is the point that sea bands put pressure on to assist with motion sickness. Because of



by Brigid Beckett

the pericardium's connection to the liver channels and its blood moving function, pericardium points including pericardium 6 are also useful in menstrual disorders and premenstrual tension.

The pericardium channel assists in moving qi and blood; conversely strong emotions affecting the pericardium can stagnate qi and blood. Symptoms of this stagnation include heat, insomnia, mouth ulcers, tightness, heat or other discomfort in the chest. More severe stagnation can even lead to toxic heat in the blood and mental illness.

This part of the cosmic cycle has many interesting and important implications in terms of individuals and the wider cosmos, the microcosm reflecting the macrocosm. I hope the year of the Dog lives up to its potential.

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

# Collaborative Scrabble

by Francis Duffy

It developed slowly, crystallised suddenly. Betti Wille and I discovered that we both enjoyed the game of Scrabble, but neither of us really enjoyed playing with people who were intensely into 'winning'. We didn't particularly like playing 'against' anyone, so neither of us had played all that often.

I spoke of favourite partners from the past – how we had tweaked the rules to maximise fun, rather than points. We played with a theme. Theme words would score double. It gave extra challenge and interest, and caused many friendly 'discussions'.

We also played differently at the end of a game, just kept going when all the letters were out. We had no concept of a sudden end and a subtraction of points from a 'loser'. It was at this loosening end of the game that the joy of collaboration first began to show.

The last letters amount to a few points, which often don't affect the outcome, so both players would look for places for whatever letters were left. Betti had an interesting rule tweak I had not come across – that you can swap a played blank from the board, if you had the letter it was representing. I liked this tweak immensely. We both enjoyed our games very much and established a regular Sunday game after a walk, playing over brunch at a local cafe.

The huge leap into the full collaborative form occurred due to the nature of the set we started playing with. Ciska gave me a Travel Set, which I had never used. This is a tiny set, in a plastic wallet, with a magnetic board. It is highly portable and doesn't need a big table. The seven letters are supposed to be put on to small folding magnetic cards.

This turned out to be impossibly fiddly. It was not easy to move letters around

as you can on the shelves provided with the standard game. Betti – in a bold stroke which basically created the new form of the game – put her seven letters down on the table instead. I quickly did the same. LO! one of the keys of competition was smashed...

Secrecy was destroyed. Collaborative Scrabble was born.

Basically, with letters out in the open, both players can

against ourselves, and against the game. We get better and better at the game, because now there is a reason to make points, and to develop and practise strategies, that does not involve beating someone else.

Far and away the best difference between the two forms of the game is what happens when one person gets a magnificent word in a prime position and scores something

massive – like 172 points – we both celebrate and share that celebration fully! In the ordinary game, one person scoring 172 points would be devastating for the other player. It would kill any joy remaining in that game.

When we achieved 172 points, it was Betti who spotted the word 'reverend',

using all seven of my letters and stretching across two triple word scores. I hadn't seen it – my mind was elsewhere on the board. The celebration we had was intense. It wasn't a theme word – the theme was kitchen words – which would have scored us 344 points! – but it gave us an idea for a new theme: spiritual/religious words.

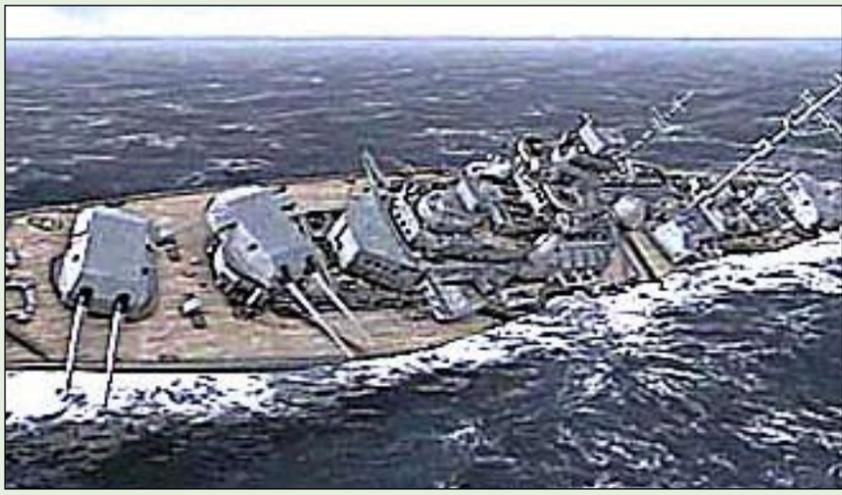
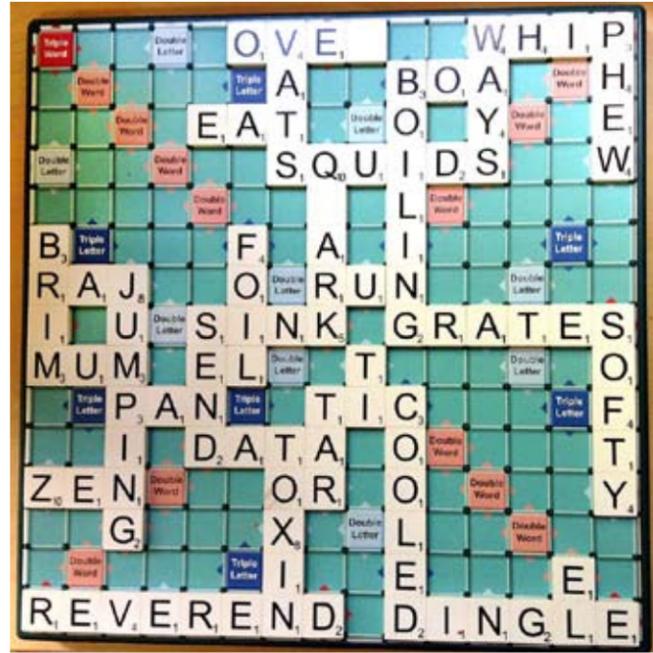
Playing together, collaborating, celebrating high-scores and super-cool moves together, raises the energy of the game, generating a wonderful space of happiness and satisfaction. Sometimes you would think there was a football match going on and that a goal had been scored! How often do you get to whoop and cheer in a normal scrabble game?

If you fancy trying a game of collaborative Scrabble, you are welcome to join us. We meet at 10-ish on Sunday mornings at the Blue Knob Cafe. If Sunday 10-12 doesn't suit, phone Francis on 0490-864-276 to arrange another time and place. Happy collaborating!

look for words, and both can find places to put them. This is actually great! Both players are playing all the time, if they want to. There is none of that thumb-twiddling, waiting for the other to take their go, which can make a Scrabble game seem so slow and boring. It removes that nasty pressure upon a player to "hurry up and have your go". There is no anxiety or tension while you wait, in case the other 'spoils' your plans by using a space you wanted to use – you can share your plans. Your go is still your go, your letters are still your letters, you are still the boss – the other is watching you play upside-down, supporting, assisting, suggesting – but you always have the final say on what happens with your go.

Then the board turns, and you change roles.

So in effect, there are two teams of two, you play on both teams. You work together to get the most total points. We also aim to get the maximum number of theme words. This means there are still goals that hone our competitive skills but we are playing only



# BATTLESHIP DOWN

**Ironically Yours**

by Dionne May

Old soldiers of cannabis law reform lay down your weapons, the war is lost. The once great and proud battleship of Nimbin has hit the rocks and the battlefield is empty.

Some old embittered warriors stalk restlessly, cannabis buyers roam around in disbelief unable to find any buds, and the new locals continue to sip polite lattes in quiet cafes.

Meanwhile a little further down the road the cannabis medicinal forum is packed to the rafters and a little further up the road, in Casino, there are plans for a huge medical cannabis growing facility.

As Australia and the world gear up for the phenomenon of medicinal cannabis and business tycoons rub their hands in lucrative delight, that great cannon ball of commerce has smashed the keel of Nimbin and gutted her crew.

There was no great final battle. Those days seem far removed now in our modern world of secret surveillance cameras and strategical police tactics.

No, it's been a long and exhaustive process of cleaning up our town, like watching a great chess battle. The first to be sacrificed were the pawns, the hippies, then the knights were taken out, the Lane Way Boys, and as Nimbin floundered, we were all left to ponder the strategies of the Bishops and Queens, always silently moves ahead.

Silent committees, silent undercover operations, silent land and business sales... and the infinite silence of the fire that removed the heart of town.

Who made deals? Who profited? Who were the sacrificial lambs, the scapegoats.... certainly recreational cannabis lovers. The war is indeed lost when our once passionate, ethical, alternative and inclusive town is stripped of life and cannabis smokers and buyers are marginalised and criminalised here

like everywhere else in Australia.

It is no longer acceptable, and even downright dangerous, to smoke or buy cannabis in Nimbin in 2018. Genuine sellers have disappeared or been arrested, runners are profiteering (\$100 for a quarter) and with few genuine cookie ladies around and demand at an all-time high (pardon the pun), more and more unscrupulous players have entered the game.

NSW police certainly prefer the new politically correct Nimbin, as do some locals who never really understood cannabis culture and certainly never realised the deeper connections, values and ethics that are entwined with a choice of cannabis and an alternative lifestyle over the acceptance of consumer-driven lives and socially acceptable alcohol and pharmaceutical drugs.

In the eerie silence of the new Cullen Street, cannabis lovers shake their heads in disbelief in the empty war zone. With no shade, no public seating and no Mary Jane, tourists, visitors and locals are all staying away in droves, while the new medicinal cannabis crowd are arriving in droves... some kind of paradox that has left most locals out in the cold.

Instead of Nimbin being the harbour in the storm of drug laws and environmentally destroying lives, it became the battlefield itself.

So what is Nimbin's future? What will define this new community when it is so separated and divided, when there is nowhere to collectively interact except sterilised cafes or expensive community events? Is Nimbin Hook Ups the new Nimbin... cyber-active communities?

By choosing Nimbin's alternative or cannabis culture, one chose to be immersed in her colour, and by the very nature of immersion, learn more about yourself and each other on deeper levels.

What many old locals do know is that there is no going back, and that the vibrant alternative community of Nimbin may never recover.

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# Nimbin Trivia Time

by Sue Stock

## Questions

1. When was the first solar cell developed?
2. How many days can a human survive without water?
3. How old are the Nimbin Rocks?
4. Who named Cape Byron?
5. In what year did Nimbin GoodTimes start?
6. When did plastic Lego begin?
7. What is February named after?
8. Who was barefoot on the cover of Abbey Road?
9. How many countries are larger than Australia?
10. Which band has received an Australian of the Year award?



- Answers**
1. The first workable photovoltaic cell was developed in 1883 by Charles Fritts.
  2. The maximum time an individual can go without water is about a week. Depends on the weather.
  3. It has been estimated that they are between 20-23 million years old and are remnant volcanic dykes.
  4. Captain James Cook named Cape Byron after Vice-Admiral John Byron, who was the grandfather of the English poet, Lord Byron. Prior to that, the sixth largest country: Russia, Canada, China, USA, Brazil).
  5. 1997.
  6. Manufacturing of plastic Lego bricks began in Denmark in 1947.
  7. The Roman month Februarius was named after the Latin term februum, which means purification, via the purification ritual Februa held on February 15 (full moon) in the old lunar Roman calendar.
  - 8 Paul McCartney.
  9. Five (Australia is the named Cape Byron after Vice-Admiral John Byron, who was the grandfather of the English poet, Lord Byron. Prior to that, the sixth largest country: Russia, Canada, China, USA, Brazil).
  10. The Seekers.

# Pleasure

by Marilyn Devlin

How important is pleasure in your life? How directly does it impact your physical health and well-being; your success and enjoyment?

Looking at our history, our social structures and conditioning... influencing all areas of our life, we see the domination of patriarchal rule. "Patriarchy is a social system in which males hold primary power and predominate in roles of political leadership, moral authority, social privilege and control of property..." - Wikipedia

This long period of time based primarily on patriarchal rule - so deeply engrained in our body and mind... is completing and coming to an end. All change involves a process and takes the time required. The cycle of Life continues - Birth, Death and Rebirth.

The Feminine or Matriarchal influence - what does that mean? It's the presence of flow, of receptivity, organic growth, nature's cycles, love and nurturing, instinct, feeling... birthing and caring. It's one half of the whole... the great circle of Yin and Yang.

When combined, these energies - Yin and Yang, Feminine and Masculine - create the wholeness, the complete, the One... perfect synchronization of Life's two primal energy sources. Only together and combined in their natural symmetry can true magick manifest.

Our current systems have grown further and further away from this integrated natural source of true creative power. The time for this Feminine/Yin energy is now... it has birthed. We'll witness her presence grow stronger, her influence more

evident... as it expands more and more, influencing our collective lives. We've shifted tracks... we've changed direction; slowly this new reality will make its presence felt in our physical world.

Our amazing Body - so much a part of this Sacred Feminine energy - is a creation of genius; so finely tuned and sophisticated, with such superior intelligence. I've studied and worked in the area of 'Healing' for some time... and I'm still surprised, amazed and awed by the body's masterful brilliance.

Within our body exists an overlay of energy centres referred to by some as Chakras. These Chakras align with our endocrine system ~ whose function is to produce hormones which regulate the activity of all our cells and organs. It regulates the body's growth, metabolism and sexual development and function. It's a pretty important system.

The Chakra/endocrine area specifically related to pleasure is the second Chakra called the Sacral... the area of the body that houses our sexual organs, bowel and lower intestine. Through the time of patriarchy and the suppression and denial of Feminine energy, sickness and disease has multiplied... due in part to the blockage of this critical area.

The word "sex" still creates titters of embarrassment... rarely do people speak of it. A bit like money (and yes they're connected). The word "sex" has become dirty and degraded. Yet this powerful union of Yin and Yang creates a new life form. But that's not its only function. The function of the Sacral Energy centre is to create a balanced and healthy flow of



emotion and pleasure. Yes, PLEASURE.

Who would have thought that it held the secret to vital health, success and well-being. Yes we've been conned. But the news is out and it's spreading like wildfire. My experience as a student of Tantric Healing Practices is that the Sacral and Heart Chakras are intimately connected. In fact, Heart Love is the doorway into this Sacred Cave.

Who would have known that such vitality existed... such exuberance and erotic pleasure. The true meaning

of erotic is transformation and alchemy. As we gently release generations of bound, blocked and twisted energy stored in our body... we create space for Vital Prana to circulate its life giving energy revitalizing all our systems.

We were created to experience the most amazing feeling and sensations. We were created to shine, share, succeed, flow and radiate... be joyous. We were created to experience peak health and wellness. We were created to enjoy this sensational life we've been given. So much awaits our discovery.

# Nimbin Crossword

2018-02

by 5ynic



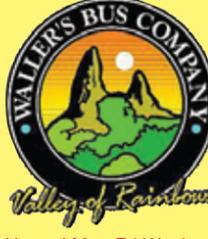
## Across

1. Father
3. Central American pre-Columbian culture
7. Rwandan ethnic group
8. Bow?
10. Green energy
13. 2,4,6,8...
15. Convex structure
18. 12pm
20. Irregular combatant
22. Cut?
23. 0
25. Dukes
26. Spanish cry

## Down

1. Daybreak
2. South Asian boat
3. Islamic
4. Culture
5. Vietnam wind-talkers (native Americans)
6. (and 9 down) Date tracking tool valid for many years (9,9)
11. 14th letter
12. Increase?
14. Break free
16. Bodyparts? Instruments
17. Day before
18. Not a single clue (init.)
19. Bum? Raise
21. Opening part of a newspaper article
- 24 Behold!

Solution: Page 33



## LISMORE - NIMBIN NIMBIN - LISMORE BUS SERVICE

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Normal Mon-Fri Week		School Holidays	
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	Leaving	Arriving
Nimbin - Main St. (Park)	Lismore Transit Centre	Nimbin - Main St. (Park)	Lismore Transit Centre
7.52am	8.50am	9.00am	9.35am
9.00am	9.35am	12.45pm	1.15pm *
12.45pm	1.15pm *	3.25pm	4.10pm
3.25pm	4.10pm	6.05pm	6.35pm
4.30pm	5.15pm		
6.05pm	6.35pm		

\* Mondays & Thursdays Only

**No Public Holiday Service**  
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Some buses connect in Nimbin for operators to Murwillumbah

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- ✓ prevents soft ground build up and soil subsidence
- ✓ provides a strong ground reinforcement
- ✓ no more muddy areas . . . how simple is that !

**Aries**

Mars in Sagittarius encourages your love for adventure and the exploration of different cultures, philosophies and ways of living. This is a good moment in time for starting a new project especially from February 19 onwards. Share your ideas with like-minded souls and be prepared to let go of old beliefs that hinder you from moving forward.

**Taurus**

A shift in perception will clear the way for healing old wounds and entrenched beliefs about what is right or wrong. Make use of the liberating energies of the moment and sense where your soul's path is leading you next. Contemplate on what is blocking your progress.

**Gemini**

This is a time where learning something new will help with shifting your perception to a different, more inclusive level. Encounters with others could motivate you to explore your habitual thinking pattern and how the mind influences the affairs of your daily life. For magic to happen you have to believe in it first!

**Cancer**

There are things that need to be brought to an end and now the time has arrived when you can do this more easily. There is support by the cosmos to suddenly see old attachments that do not belong to you anymore. Take charge of your life and dare to move beyond your usual comfort zone. If necessary change the role play in your relationship(s).

**Leo**

Relationships with others are more challenging during this period. Entrenched behaviour patterns stemming from the past are triggered so that you can become conscious of them. Where do you need to break free and release fixed opinions or old feelings of resentment? How much you love and value yourself will be reflected in the words and actions of the partner(s) or friend(s) that you attract.

**Virgo**

Issues of work, service and health are emphasised during this period. A job might end or a new one may begin. Whatever the case, there is a need for re-organising your daily life and routines. Listen to the messages coming from your deeper self as they might help with improving the energetic flow between body, soul and mind

# February

We have entered the first eclipse season of the year, the time when life speeds up and important changes are made. In general, eclipses take place twice a year when there is an alignment between Sun, Moon and Earth. Solar eclipses can only occur on New Moons, while lunar eclipses can only occur on Full Moons.

Currently, eclipses take place in the signs of Leo and Aquarius meaning that change is necessary in the area within our natal charts that are associated with these signs. Aquarius energy is revolutionary, egalitarian, and intuitive but can also be aloof and emotionally disconnected.

The latter is important because Aquarius, being an air sign, tries to gain an objective view of a situation to then form their own opinion about something or someone. In general, Aquarians are progressive thinkers who can make brave, optimistic choices in a spirit of community motivated by a vision of a better and fairer world.

On the downside they might live too much in the head and are too detached from 'normal' reality. This is why Aquarius needs the heart-felt passion and warmth from the opposite sign Leo. Leo is the sign of leadership and helps to ground Aquarian ideas by generating sufficient emotional energy for earthing a worthwhile cause.

The Lunar Total Eclipse in Leo on January 31/February 1 (0.26 am AEST) is visible over all Australia. It is followed by a Solar Partial Eclipse two weeks later on February 15/16 in the late degrees of Aquarius. The ultimate message of these eclipses on the Leo/Aquarius axis is to unite head and heart. We could be flooded with new ideas, but need to tune into our heart space to find the guidance for manifesting spontaneous insights.

Leo carries a message about shining our own light, following our own calling, while the message of Aquarius as an archetype is about being a team player and part of a greater whole. Those who have their birthday around the 1st or 16th of February or have important horoscope factors at or near the 12th or 27th degree Leo/Aquarius are more influenced by the vibes of these eclipses and might find themselves in a process of transformation.

The mid-Feb Solar Eclipse is the exact opposite of the powerful Solar Total Eclipse in Leo which took place last August. Eclipses are game changers and whatever was started around that time might be finalised now or has another



dimension added to it. It is essential to keep in mind that while eclipses are active important information might be missing or blocked out, leaving us 'in the dark' and unable to make good decisions. We have to wait a few days until things become clearer again. The current Solar eclipse forms a square with Jupiter in Scorpio. Jupiter adds extra emotional intensity and depth that is needed for changing entrenched patterns, healing old wounds and walking in a new direction.

On a different level, what has been in the dark might surface more strongly during this period. Uranus, the planetary force of awakening and modern ruler of Aquarius is positively enhancing the liberating frequency of this eclipse encouraging us to go with the new insights and holding an intent of manifesting positive outcomes. All planets are in direct motion until March 8, suggesting a period where progress can be made. After all, Saturn is in the earthy and serious sign Capricorn until 2020, which marks a 2½ year period of focusing on our own inner laws and building a new reality from the inside out.

Mars, the cosmic energiser, is in Sagittarius during the entire month, adding zest for adventure, expansion of our mental and physical horizons as well as the exploration of unknown territory. Mars is approaching a square with Neptune (exact Feb 17), while Venus in Pisces is approaching a conjunction with the planet of dreams (exact Feb 22), adding creative potency and a desire for fusion and inclusiveness in our social encounters and relationships.

Compassionate sensitivity and imagination (Pisces) have to be balanced with a search for truth and a broader understanding of different models and frameworks of perception (Sagittarius).

**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, email: star-loom@hotmail.com*

**New Weekly Classes in 2018:**

*'Astrology for Beginners', Tuesday evenings 5.30 – 8pm, starts Tuesday February 6 at the Lillifield Community Centre.*

**The Astrology of 2018:**

*Manifesting a New Reality, February 10, 10am - 4pm; The Living Yoga Sanga, 63 Stuart Street, Mullumbimby; costs: \$80, conc \$70 bring your natal chart or contact me for a print-out.*

**Planetary Cycles and Transits:**

*Staying Attuned to an Ever-changing Reality, February 24, 10am – 4pm, Lillifield Community Centre, 4505 Kyogle Rd please bring your chart along or contact me for a print-out.*

*For bookings and info on all of the above, contact 0457-903-957 or email: star-loom@hotmail.com*

**Libra**

The area in your life concerned with creativity, hobbies and children is going through a transformation. This is why it is important to feel inside yourself and reflect on your true values. It is a time where you have to draw more from your own resources. Invest in your creative path by establishing a balance between personal freedom and commitment to others.

**Scorpio**

Your home-life is going through an important process of transformation. There might be something important that you need to let go of, something that you have been too emotionally attached to or mentally fixated on. Whatever it might be, let go and make space for new developments.

**Sagittarius**

Mars in your sun sign until March 18 provides you with extra energy and enthusiasm. This is a great time for starting a new project, especially from February 19 onwards. Nevertheless, reflect on your beliefs and mental concepts and ascertain that they are still aligned with your current reality. It is never too late to learn something new!

**Capricorn**

This is a good time for examining your personal values, talents and resources, as the current process of transformation can bring spontaneous insights of what really matters to you. Prioritise and focus on what is most important and allow new ideas to fall on fertile ground. Listening to others and incorporating their values will help with achieving successful outcomes.

**Aquarius**

The February eclipses may bring important changes to your life, as you receive a cosmic push towards expressing your individual needs and identity more clearly. Take charge of your life and your dreams but also allow the process of transformation to change your relationship with the world around you. You will be seen in a new light once this process has ended.

**Pisces**

This is the end and beginning of your yearly solar cycle. So, use the energy to complete unfinished projects and take stock of the last 12 months. On the other hand, your ambition and desire to be recognised for your accomplishments is activated and it might be the right time for a move into a new direction.

# Houses 9 & 10 underway in Bolgaun



Foundations for house 8

by Jane Foundling

Traditions echo around the spectacular Himalayan mountainscape and nestle into the intricate man-made terraces.

The remote Nepali village of Bolgaun defies all that mother nature throws at it, but remains steadfast as a community that stands together.

Cloaked in age-old practices, the tenacious villagers, stooped and bent with hard work, accustomed to life's unpredictabilities, demonstrate the resilience needed to survive in this

earthquake-prone region.

Life and death hung by a fragile thread after the 2015 earthquake. Lives were lost and most of the homes were destroyed. It was a scene of utter devastation: the one and only road was closed, help unable to reach them for weeks, no water, no supplies, and very few houses still intact.

However, because of the incredible generosity of the people of Nimbin through the Nimbin Relief Fund, and the support of the Good Earth Nepal organisation that fragile thread has become a tight-knit strong

rope that joins the villagers and the Nimbin community together.

Through her tireless efforts in organising volunteers to go to Nepal, raising money to pay for houses, liaising with Good Earth Nepal, Helen Simpson has created a superb network of aid for this wonderful village.

However, there are more houses to be built, more money to be raised, more equipment needed for this project. The earthquakes won't stop, the monsoon will happen every year, the road to the village will constantly need to be kept open. The

villages will still require as much help as possible.

So please help by donating money to the Nimbin Relief fund, support any of the fundraising events, and if possible think about becoming a volunteer and see for yourself this most amazing country and the remarkable people that live here.

Donations can be through the Nimbin Nepal Relief Fund at Summerland Credit Union BSB 728728 A/C 22305642. All money goes directly into the houses.

Contact Helen Simpson (02) 6689-1417 for more info.

# The San Salvador to Tegucigalpa run



Story and photos by Warwick Fry

The plan was to do the San Salvador to Tegucigalpa run in time for Honduras' election day, but my Salvadoran partner persuaded me to leave it for a day or two. (She can be very persuasive). By Monday it was clear that a political crisis was in the making; allegations of blatant fraud generating massive popular outrage. I had to be there.

Long distance luxury bus lines have the air conditioning, TV, Wi-Fi, reclining padded chairs, complimentary drinks and they deal with the migration officials at the border crossings; the only way to travel in Central America. Phone calls. Sorry – the Honduras President had declared a dusk to dawn curfew. Service cancelled until further notice.

That left Ticabus, a sixty-year old family business that is a by-word for budget travellers, from Mexico to Panama. It left with plenty of time to beat the curfew in Honduras if not the leg room the next day.

I jumped out of a traffic-jammed taxi and walked the remaining three blocks. A short lived moment of joy. The Ticabus office was filled with disconsolate clients being told that a general strike and road blocks in Honduras had stopped the hitherto unstoppable Ticabus transport artery. That left the Eastern Bus Terminal and *The San Miguel – Santa Rosa Super Especial* (sometimes with air conditioning, sometimes not, at one tenth the price) to the Honduras border and walk through migration. I was taking a chance. Five foreign journalists, half a dozen human rights observers, and a protest rock band had been turned back at the airport; but I had no intention of flaunting my journalist credentials. I had a letter from a Nicaraguan NGO to show that I was on my way there. Honduras migration office seemed to be full of enthusiastic young people instead of the usual bored middle aged men looking for bribes. No problems.

A few miles down the road were the first signs of a revolution in the making. A makeshift barricade with burning tyres and a score of teenagers shouting slogans, blowing horns and trumpets and conducting a mock bullfight using a LIBRE party banner as a rosette. Lots of JOH must Go! banners. (President Juan Orlando Hernandez) Through the smoke haze I could see scores of vehicles backed up, including the long distance heavy trailers that do the Panamerican highway run. (California to Panama).

I thought of spending the night with them but the cursing driver of the shuttle bus with my luggage aboard was impatient to do his run down the side road to a nearby tourist village. I would spend the night in comfort. But first a wander around the town. At 9.00pm no one seemed to be concerned about the curfew. The park was full of kids

using the free Wi-Fi to do Facebook and whatever else they do with their tablets and phones. But just around the corner people had pulled out chairs to watch the flat screen TV set up in front of the open air street stall selling coffee and fast food.

I stopped to watch and my mouth dropped open. Could that be a bevy of Honduran journalists up close and talking with the Cobras? The Cobras, a specially formed anti-riot squad normally beats the shit out of journalists if they get too close. That's if they aren't hurling tear gas canisters with a baton charge.

Like Humpty Dumpty this was one more of the 'impossible' things that were happening in Honduras that month. (The first was JOH's "statistically impossible" lead in the elections after the computers came back on line).

It seemed that the riot police felt uncomfortable shooting live ammunition at their protesting countrymen, and besides, JOH wasn't technically their commander-in-chief until the electoral tribunal had officially declared him President elect. And besides, they hadn't been paid their Christmas bonuses, promised pay rises, or the overtime they were due for maintaining the curfew; a curfew the citizens of Honduras seemed set on defying for weeks to come.

This was quickly corrected by JOH with a \$2 million cash infusion and a rearrangement of the upper echelons of the armed forces with family, friends, and cronies. It took over a week though. Meanwhile the kids were still Face-booking in the park when I took to my bed to catch the curfew-defying 4.00 am micro-bus to the capital next morning.

Tegucigalpa was more hard line; hard work, and (at my age) hard marching. Tens of thousands of people walking ten or more kilometres for half a day straight, ending at the US Embassy. Press conferences at the main human rights' office (COFADEH), where I hooked up with old journalist colleagues and long term activists, checked the latest list of casualties of police shootings (up to about 40 so far) and beatings. Plans for the next march discussed. They do a lot of marches. More planned to the end of January and beyond.



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