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Birth and Beyond

by Kirrah Stewart

How do we really prepare for birth?

There are so many variables in birth. I think it's a good idea to have a general understanding of the process and to know there are many variations on what is 'normal'. For instance, a normal gestation can be anywhere between 37-42 weeks and labour has three stages. There are many factors that can influence how a birth unfolds and it's great to have a 'toolkit' of helpful supportive measures.

It is also really important to know what we, as individuals, need to feel well-supported. For example, are you someone who is comforted by touch and positive words? Would you feel more comfortable labouring at home or in hospital? What has helped you through big life events in the past?



journey or outcome is wildly different to what we were hoping for. Preparation is important, support is essential and surrendering to the moment is key.

Processing when things don't go as hoped

Unfortunately, for many people, their experience of giving birth is not what they imagined or hoped for. Trauma from birth can lead to people having mixed emotions, feeling triggered or envious when hearing others' birth stories, replaying parts of their birth over and over again or worrying about having more children.

Even people who have had seemingly good births can feel upset or saddened by parts of it. It's often not what happened but how they felt during the process,

that is remembered. People may feel they 'should' have done something different or maybe they didn't birth 'right'. It's natural to want to understand the events that lead to a particular outcome.

De-briefing is important. Keeping a journal about your experience and finding a caring friend or professional to share your thoughts and feelings with. This can help you find meaning and understand your story better. It is totally ok to feel sad if your birth was different to how you wanted.

It can be helpful to request a copy of your birth notes and go over them with an experienced midwife, birth professional or counsellor.

You may like to have a ceremony or ritual to help transform your feelings. I offer closing ceremonies to help bring peace and closure.

There's also a great website: www.birthtalk.org that has lots of resources. The founders of Birth Talk have written a book called *How to Heal a Bad Birth* – a gentle guide for women who have experienced a difficult, disappointing or traumatic birth, and want to make sense, make peace and move on.

Please reach out if you need more support.

Kirrah Stewart helps women feel confident about birth and nourished in early motherhood. For more information phone 0429-308-851 or visit: www.doulawisdom.com

Free Birth Prep Class: On Saturday 27th January, I am holding a free online Birthing From Within class to help women feel more confident about birth. Contact Kirrah on the details above.

Expectations vs reality

Through simply being alive, we are exposed to birth stories. You may have witnessed animals birthing. Many people have seen some sort of portrayal of birth through the media. Often television or movies show birth as being quite loud and dramatic. Or the opposite may also be true, where birth has been portrayed as perfectly peaceful and even orgasmic. But where is the middle ground?

Through hearing others stories, viewing media and reading books, we form ideas and hopes for our births. It's great to visualise how we'd like to birth and to work towards making this a reality. However, very rigid plans can set us up for disappointment if the

Chiron, wounded healer

Once upon a mythic time, a long time ago, a little immortal centaur with a horse's head and a male human body was born.

His mother was the nymph Philyra and his father Kronos (the half-brother of Zeus). His mother took one look at the infant and rejected him. This little boy, named Chiron, was taken and cared for and educated by Apollo and Artemis and he grew up wise and with psychic vision.

When he was much older, he was wounded by an arrow dipped in the poison of a hydra fired by Herakles. This wound would not heal and gave him tremendous and inescapable pain. With such came deep compassion for others and healing powers, as well as an exquisite capacity to teach. His pain was so excruciating that Zeus took away his immortality and made him a star in the constellation Sagittarius or Centaurus.

Chiron is known as the wounded healer. I write of him because he experienced rejection and injury and yet became a fine model for healers. Many of us in the healing professions know full well that our own experience of pain gives us the ability to sit, in focused awareness, with the troubles of others and begin a collaborative

process of healing.

We are relational beings that contribute to how we negotiate the greater world and understand ourselves. How we do this originates in our very first relationships and continues throughout life. What was writ in early childhood, though, does not make us who we are now, unless all we have known is the same kind of thing.

Depending on the other later experiences and whether those undo the damage of early infant rejection (as with Chiron), we can generally move on and find some happiness elsewhere. Sometimes however, the old relational patterns are replicated over and over and psychotherapy then becomes a very useful tool in breaking this iterative pattern.

It shouldn't be thought that iterative patterns of internalised belief systems are all negative. In fact, the person with such patterns has learned capacities for dealing with issues that show rather amazing strengths, albeit often out of proportion to the situations at hand.

The human organism knows its vulnerabilities and seeks to protect them. It's when such protective mechanisms prevent interactions that are nourishing.

All of us have unspoken self-protective strategies that guide our experience within relationships, so therapy isn't about destroying those strategies, but loosening our dependence on them as well as introducing new strategies that free up our life experiences in healthier ways.

Patterns of relationships evolve from the primary relationship of infant and primary care giver, as noted above. These are called attachment styles.

The secure bond between caregiver and child is emotionally charged: there is eye contact, touching, proximal seeking, vocalizations (and later linguistic exchange), etc along with an increasing courage and capacity for the child to explore their environment.

So, emotional closeness is paradoxically associated with a growing independence and capacity for curiosity, exploring, experimenting, testing other interests and developing self reliance and independence.

How a person relates is intergenerational, unless some intervention has occurred. Lack of emotional closeness tends to be passed on from generation to generation. It is a significant fact that many of my patients come because of a



by Dr Elizabeth McCardell

lack of a secure sense they experienced in their family of origin. A quick exploration usually shows that this experience was shared down the generations. The wars also contributed to lack of any sense of safety.

Attachment is a basic human process for a close and intimate relationship between infants and their caregivers. Without a secure base, where the primary caregiver is always anxious, the child tends to develop problems with relating to other people, lack of confidence and distrust.

This is not writ in stone and can be transformed and when transformed can become the tools for budding healers and teachers, as the archetype of Chiron shows us.

The work of self awareness, however, is, I believe, necessary for the development of such skills and thus I recommend psychotherapy for healers as well as those we heal.

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

Pre and Postnatal Yoga is back at Birth and Beyond

Pre-Natal Yoga is a wonderful practice in empowerment and preparation for childbirth and motherhood.

A regular yoga practice throughout pregnancy can help ease common ailments such as fluid retention, muscle aches, help support and maintain correct body posture and awareness as your baby grows.

Yoga that incorporates the principles of mindfulness, accentuates experiencing inner stillness, clarity, relaxation and peace. The purpose is to connect with the mind, body and spirit by incorporating awareness of breathe, gentle and flowing asana sequences and guided meditation. There are always plenty of options available depending on the stage of pregnancy and any special needs that may arise.

Taking time out for yourself during pregnancy is vital for emotional, physical and mental balance during this profound time of change. Studies indicate that massage therapy relaxes muscle tension and improves lymphatic and blood circulation. It addresses many common discomforts associated with the skeletal and circulatory changes brought on by hormone shifts during pregnancy.

Massage performed during pregnancy, using mild pressure applied to the muscle groups of the body can reduce anxiety, decrease symptoms of depression, relieve muscle aches and joint pains, and improve labor outcomes and newborn health.

It is recommended that mums wait six weeks after birthing before commencing



a gentle post-natal yoga practice and to check with your health care professional to ensure you're ready for exercise. A post-natal yoga practice includes pelvic floor and abdominal toning, strengthening, stretching, baby massage and centring breath work.

Renee's mums and bubs classes are a fun and interactive outing, which are great for mums' health and a fantastic opportunity to connect with their babies and other mums.

We are blessed to have a new resident with over 20 years experience with

massage and yoga, Renee Willner of Indiyoga Therapies. Renee is pleased to offer the following sessions to the Nimbin Community:

Yoga every Monday

Hatha, Pre-natal, Mums & Bubs. Bookings at Nimbin Community Centre

Massage every Friday

Bookings at the Green Bank. Enquiries: renee@indiyogatherapies.com.au Mobile: 0412-265-580 Website: www.indiyogatherapies.com.au

Natural law



by Helene Collard

Solar New Year Greetings,

A new year symbolises new beginnings, a leaving of the past behind and settings sights on future goals. What often gets overlooked however, is the present. Where am I now? What do I need now?

When we shift our awareness to the 'Now' we increase the likelihood of making healthy, life-giving choices that nourish our Being and flow us toward our higher purpose. This means that sometimes we need to say 'no' and accept the feelings of disappointment from others.

The new frequency is well and truly established, now is the time to tie up loose ends, and enter a preparation phase so you may step forward able and unhindered. Everyone's preparation phase will look different, ask yourself 'where am I now, and, what do I need now?'

Draw upon resources and expertise to support you through your preparation phase. This is not a solo journey. As the Hopi say 'the time for the lone wolf is over'. Self-care is paramount for all, and for many, their preparation phase will focus on exactly that.

Some will embark on new opportunities, whilst others will sense it is time to work

through personal issues that have plagued them for years.

A Healing Heart Attunement uses the same high-frequency energies used in Reiki initiations, for the purpose of healing. This process opens a spiritual door where powerful Reiki energies are able to flow and negative energy and blockages are cleared away. The heart attunement is most effective when people feel stuck in an area of life, and/or to assist with prolonged feelings of depression or sadness.

The heart attunement triggers a 21-day cleansing process (or healing crisis) and during this time, clients receive Reiki once a week. In addition, during the 21-day cleansing process, the client is asked to follow a process of purification (with diet and lifestyle).

Therefore, the healing heart attunement is a 4-week commitment to invite a breakthrough in one's healing journey.

If this sounds like you, I would love to hear from you. Contact Helene on 0405-656-797 or email: yemayacentre@gmail.com

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- ♦ **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:** Feb 10 & 17 (2 Saturdays) – 3 spots left.
- ♦ **Evolve Events – Wednesday 24th January:** 'Crop Circles: tapping into the potential for collective evolution' with Mirek Oprzedek

Complementary therapies at Birth & Beyond consulting rooms

by Tonia Haynes

The clinic I work from in Nimbin is an amazing space that appears to turn negative energy into positive with no effort at all.

Originally, midwives had two consultation rooms on the main street, but sadly, eventually insurance costs became so huge that it was no longer possible for midwives to attend births in an unregistered room without putting themselves in huge legal and financial danger.

Today the consultation rooms are administered by the Nimbin Apothecary, created by Diana Roberts in 1991, and staffed by qualified naturopaths.

All give free consultations on health, herbal medicines, homeopathics, nutritional supplements and beauty creams.

The birthing room is now a clinic that is supported six days a week by well qualified therapists, who, within their own special fields, have a strong desire to assist in removing the physical and emotional pain of others.

On Mondays Chrissy, who is also a Pilates teacher extraordinaire at the Nimbin Gym, does her magic dance of Kahuna massage. Arising from the ancient art of Kahuna Healing from Hawaii, Kahuna massage is a stimulating and deeply healing experience.

On Tuesdays, John and Helen are available for consultation where they share their expertise in Ayurvedic medicine and also give a nurturing two-person massage. Ayurvedic medicine is recognised by the World Health Organisation as the oldest written medicine in the world.

Wednesday and Saturdays are my days. Bowen Therapy, remedial massage, spinal realignment and Pranic Healing are my way of assisting those with back, neck, shoulder and limb stiffness and pain.

On Thursdays, Ingrid does her magic with acupuncture and Chinese massage. Acupuncture is fantastic for

the elimination of tiredness, depression and inflammation. I have received it for all three.

On Fridays, Wendy is available with various kinds of kinesiology. Founded in the 60s, Applied Kinesiology has the potential to clear old, bad memories, realign the body to accept foods that in the past have caused an allergic reaction, increase the ability of the brain to hold information, learn new things more easily, etc. Wendy also does Remedial massage.

I would suggest that if you are feeling under par, you take the time to experience the talents of the therapists who now call the birthing room their clinic.

Tiredness

Tiredness is a common complaint at this time of year.

Often it is understandable, we are just ready for a break. It is important to take time out, slow down, maybe reassess how we are living and plan how to make life a little easier.

Sometimes tiredness seems worse when we do slow down. This is often expected, once we don't have to push through our body lets us know that it's to stop and replenish.

However in some cases the tiredness may not go away easily.

There may be an obvious reason, such as recovery from illness. Or from prolonged long hours of mental or physical work or shift work. At other times it may not be so obvious. Sufferers may not be taken seriously or be suspected of having depression.

In Chinese medicine there are a number of patterns that cause tiredness.

One common pattern is damp. This can be worsened by the humid conditions

seen at the moment. Also often contributing to damp is inappropriate diet, also prevalent at this time of year.

This can be too many rich foods, too much sweet or dairy. Too much raw foods is a problem too. These can tax digestion by taking out the necessary warmth. More qi (digestive energy) will be expended to return this warmth before digestion can take place. Especially in people tending to deficiency, this can result in qi deficiency and damp. Over

consumption of cold sweet drinks will create the same problem.

The pattern of damp causes a characteristic heavy feeling. There will often be digestive symptoms such as poor appetite and indigestion, discomfort in the abdomen and chest, a foggy head, dull headache, and sometimes thrush.

Often this type of tiredness is worse first thing or after resting and improves after some activity.

Straight qi deficiency will cause a more consistent tiredness throughout the day.



by Brigid Beckett

The term qi in this context is referring to the day to day energy gained from digestion and breathing. Sufferers may have frequent colds or easily become breathless. Or, if the spleen (digestive energy) is most affected there will be tiredness after eating and sometimes weak muscles.

This deficiency can be caused by a deficient diet or constitutional factors. It can also be seen after prolonged mental activity or worry.

Students are prone to this type of deficiency after a year of study and exams.

Yin deficiency refers to a deeper type of deficiency. In Chinese medicine the yin's basis is the kidneys. It is constitutional energy which decreases with aging. In Chinese medicine it is said that half the yin will be gone by the age of 40. This is the reserve that will be drawn on with overwork or after a long or severe illness. Because it is this deeper level that is drained the tiredness may be severe. Often there will be an agitation as well as tiredness in this

pattern. Also commonly insomnia which will make everything worse. Sufferers will feel exhausted but not be able to relax or sleep

There will often be signs of heat or dryness. Other manifestations can be a cough, lower back ache, dizziness, tinnitus, cramps and poor appetite.

Another cause of tiredness is liver qi constraint. This is frequently caused by either emotional factors or on-going stress. In this pattern qi does not flow freely affecting all organs. Damp as already described is a common result. Long term qi constraint will also weaken the kidneys.

Tiredness is also a major feature of lingering pathogens, a response to infection or other insult, that has become recurring or persistent.

Once a pattern is recognised acupuncture and herbs are very effective at treating tiredness.

Qi deficiency and qi constraint tend to respond quickly, especially if diet and lifestyle changes are made at the same time.

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

Peacemakers or Peacekeepers?

Ironically Yours

by Dionne May

Nimbin is a town of peacekeepers.

By definition, peacekeepers refrain from creating a disturbance so are constantly trying to keep a lid on conflict, to not rock the boat.

In such a unique village full of black sheep, alternative lifestylers and a black market of green product, this predominance of peacekeepers has shaped and buffed a lot of sharp edges and helped contain the chaos.

Our peacekeepers were not always so easy to discern, coming in many forms from tough-looking Laneway Boys to some of our senior citizens, even young girls, steering mayhem and diffusing explosive situations for peace in Nimbin.

With many locals rejected by society or families, no one is willing to point the finger or call in the authorities that have historically screwed many lives here, preferring to deal with the situation ourselves.

Admirable perhaps, but then hidden cameras and the 'consorting law' was wielded in our town and in 2017 the game plan of Nimbin was irrevocably changed.

With the town sterilised of Laneway Boys and peacekeepers, with our community still wallowing in a great big empty hole since the fire three years ago, the bullies now reign and our once peaceful village is growing in violence. There are literally 'no go' zones for many locals and their families.

Anti-bullying campaigns are all the rage now but seem to only highlight school or cyber bullying, paying little



to no attention to social or family bullying, and the results published in the Australian Covert Bullying Prevalence Study (ACBPS) more than suggest we are failing.

One in four children are still bullied in the schools of Australia with aggression and lies being the two most powerful tools of the bully. In 87% of bullying interactions, peers are present, mostly as onlookers who do nothing to help the victim... that's you and me, folks.

Aussies not sticking up for their mates. A hideous guilt we are then forced to live with and the antithesis of being Australian. Left unresolved, this very issue is destroying the fabric of our society.

Calling out a bully is dangerous, or speaking up for someone being bullied, we all know that. The bully will target you.

Alternatively, trying to please a bully is never-ending because they thrive on instilling fear. Meet one demand and they have another.

Some people even feel like bullying is a normal part of growing up, to learn to deal with adversity or abuse in life.

But just ask anyone who has been bullied, there is nothing good about it and in our small town the lies are lethal and given time, no-one knows who to trust any more.

So just what can a community do, as it seems in our socially-correct world someone forgot about the dirty work, and the bullies are having a field day while we politely step around them, peacekeeping to the max.

Maybe it's time to shift our emphasis from peacekeeping to peacemaking.

If peacekeeping is passive, then peacemaking is the dynamic, creating an action to make peace happen.

Historically, peacemakers are often seen as antagonists because their actions directly disrupt the status quo in their pursuit of the truth and the core issue, despite their personal reputations being tainted and their personal lives disrupted.

Peacemakers such as Aung San Suu Kyi, Nelson Mandela, Martin Luther King, Eddie Mabo and Benazir Bhutto to name a few. Courageous people who dedicated their entire lives to peace. Did they sacrifice everything for nothing?

So as we face 2018 in Nimbin and Australia, a time when peace is needed more than ever on earth, let's hope that we see a rise in courageous peacemakers.

Imagine if every witness and person being bullied simply walked away in united human action, knowing the community and your mates will support you and not listen to the lies or pass them on as gossip. It probably won't fix the problem, but it's a good place to start.

All we black sheep have is this tiny little town and each other. If we don't feel safe here, if we can't start to solve these difficult community issues then Nimbin is lost, the rainbow colour is faded and the bullies win.

The Dark Place



by Alison Holmes

No-one wants to hear a sob story. No. Definitely not.

So... what do you do if you're living one? Do you curl up in a dark place like a sick dog and wait to die? No. Though you may want to. Even for a little while. Especially if it's a familiar place to go. It's comforting there. Away from him, her, them, everyone. You want to be alone. But you're sick of being alone. And you know loneliness and being alone go hand in hand. A feedback loop of hell.

You tell yourself that no one will understand. No-one could possibly know what you're going through. And that's probably true. So... you don't take the risk. Of talking to anyone. Because no one listens. No one has ever listened. Or heard. Or seen. Or responded. The way you wanted. The way you needed them to. Just blah-blah-blah. Go do this. Get a job. That'll fix it. You're okay. Or... I don't know what you're gonna do. But you'd better do something. Life's too short. To not be happy. Right? Or... Get over it. This is life. This is it. Things could be worse...

Could they? Really? This feels pretty fuckin' bad. I can't think. But there are so many thoughts. I can't sleep. But I'm so tired. I can't eat. I reach for food. But I feel sick. My body's limp. My brain is fried. I've failed. Over and over. Everything's gone bad. Again. So you try

to make sense of it. If I'd only done this. That wouldn't have happened. Or... They fucked me over. Cut me off. Cast me aside. Again. I knew they would. Said they would. Seems everybody does. Sooner or later.

So... I can't trust anyone. Not anymore. Not ever again. Better off being alone. Or not at all. Just stay in the dark place. Away from everything. Everyone. Where no one can touch me. I don't want to be touched. Not now. Not ever. Not ever again. By anyone. Anything. It just hurts. And I don't want to hurt anymore. Just want to be quiet. In the silence. In the nothingness...

But then... out of the nothingness... something... The warmth of the sun. A glint of light. A leaf dancing. A gentle breeze. The sweet smell of frangipani. Birdsong. And I see myself. Here. Right now. Breathing. Living. Alive. And I feel something. Something from long ago. When I was small. My sense of wonder. And I wonder. Does anyone else feel this? Is it just me? No. Surely not. Surely everybody knows. Then I call someone. To tell them. Of my dark place. Where I went. And what I found there.

Alison Holmes (GradDipGestaltTherapy, BachEdStudies), is a Psychotherapist/Counsellor/Conscious Living Coach (and ex-Nimbinite of 10 years) who willingly embraces life's creative process as a way in to personal and spiritual growth. She offers 1on1 support for people interested in and awakening to their own personal process. Alison is taking new clients from late January for in-room therapy in Lismore, \$65/1hr session, or offers 1on1 walking therapy, 1on1 café meets and 1on1 Skype sessions by arrangement. Phone: 0427-726-254 or email: creativeprocess@bigpond.com for more details. Website coming soon: www.awakening1on1.com

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Nimbin Trivia Time

by Sue Stock

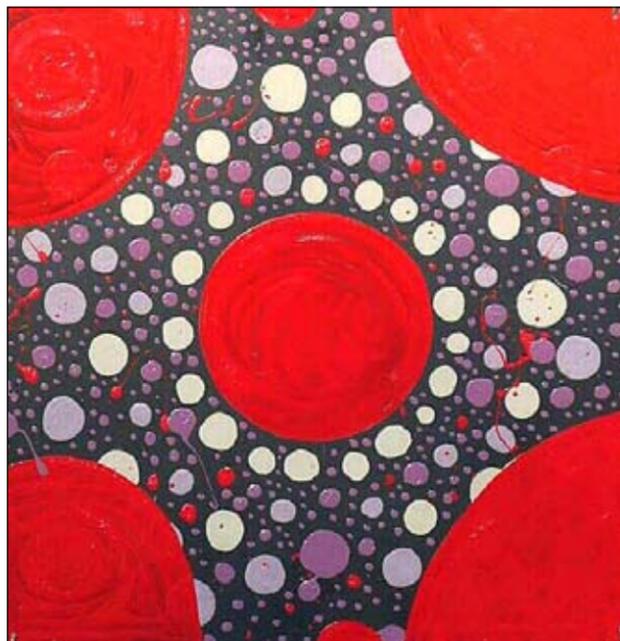
Questions

1. What is the meaning of the trademark name WD-40?
2. What is a Faraday cage?
3. How long is Tuntable Creek?
4. What date is known as Mabo Day?
5. In Aussie slang, what is the meaning of "hard yakka"?
6. What are the three key ingredients of a lamington?
7. What is the tallest waterfall in NSW?
8. When did Captain Cook first land in Australia?
9. Dry ice is a solid form of which gas?
10. When were cane toads first introduced into Australia?

Answers

1. WD-40 is abbreviated from the term 'Water Displacement, 40th formula'. The spray, developed in San Diego in 1958 from various hydrocarbons, was used initially to protect the fuel tanks of missiles.
2. You are safe in a thunderstorm in a car.
3. Tuntable Creek is 19.2km long. It starts above Tuntable Falls and ends near The Channon, merging with Terania Creek.
4. Mabo Day occurs annually on 3rd June, Australia at Possession Island, naming eastern Australia, New South Wales.
5. Australian rural slang for hard work. The term yakka is believed to be from a native Australian language.
6. Chocolate, sponge cake, coconut.
7. Wollomombi Falls, 260 metres. It's in Oxley Park, west of Port Macquarie.
8. April 29, 1770 - Captain James Cook first set foot in New South Wales at Botany Bay. On 22nd August 1770, he claimed the whole of the east coast of Australia at Possession Island, naming eastern Australia, New South Wales.
9. Carbon dioxide.
10. 1935 overturned the legal Court of Australia that 1992 that the High Court recognising the day in Australia, New South Wales.

Soul Gateway



by Marilyn Devlin

January 2018 comes in with some force. A Super Full Moon starts the year on January 2nd... with a Super Full Moon Eclipse finishing the month. These are major times.

January is power loaded... a concentrated acceleration of evolution. The jewel in the crown of this powerfully impactful energy is the joined energies of Eros, Venus and Sun... and Mars with Psyche. Translated - this is surely the time to uncover your passion and soul purpose and activate, propel... put it in motion. This is the time to do your thing.

This year we'll certainly be riding the waves... we need strong legs and be really sure of our footing; and be prepared to deal with sudden reality appearances. 2018 will be a big one.

2017's passage of transition completed a cycle, tying up loose ends. The past is gone - finito, finished; it's no longer here. The old ways won't work anymore. There's never been a time - in our lifetime anyway, that the playing field has been so seismically active. What was has gone... regardless how it looks. A new order has been set in place. And it requires a whole new set of rules.

The time of limitless expansion is over. It's time to sort what's real and what's imagined. All those castles built on sand... remember the Three Little Pigs? It's a time for building solid structures, foundations that won't move and disappear. It's a time to be real, like you never have before. It's a time to come back to Earth... embody your physicality.

It's a time to get serious about which way you're heading... it's time to be honest with yourself about who you are and what you want. It's a time to dig those feet firmly in the earth.

2018 will demand authenticity, clarity and the highest integrity. Old shady ways of deceit and lies will crumble and disappear... right before your eyes. If you've not built your life on

solid foundations wild winds will blow and structures will tumble. Evolution has turned a corner... there's no more 'if's or but's'. It's time to get on with what's true and real.

Success can be yours, in fact Lord of Karma - Saturn - who's commanding this year, loves to reward... if you play by the rules. Liars, cheats and conmen beware... your demise has been noted in the crystal ball. It's a time for mastery - to own who you are... sharing your gifts with a hungry world. It's time for getting back to basics... food, shelter, family and community. Looking out for each other, collaborating, joining forces; we're laying the foundations of this glorious new world... her breath is invigorating.

2018 will be powerful... with huge galactic waves; the end of 2017 gave us a taste. This year holds great promise for those who act with clear intention and faultless integrity. Lord of Time demands we be real... a human being. The days of throwing the dice are finished... reality can bite for sure, if we're not standing solidly in our core. "There's only one way and that's the right way," says Lord Cronos... "One that's solid and real and will pass the test of time."

Yes the bar's been risen... but we all have what it takes; simplifying our world, shaving the excess... keeping clear, focused and awake; living in our body and being aware of the world around us. It's sure to be a ride... hold firm and have fun.

Cronos luv's a good belly laugh... and there's something intrinsically magical about Saturn... he's been around since forever, seems he's really got a handle on that mystical invisible force that animates all matter. He's a great guy to have on your side... and a miserable old bugger to make an enemy of.

Have fun... expand, unite, do your thing. Master your genius... build a solid base for yourself. Make sure you take care of all the essentials. Lotsa Luv.

Revolution of the push bike

by Grimm Culhane

It's not so easy to spot 'every' revolution these days, but there is one slowly simmering in and around the town of Nimbin that is well worth mentioning.

It is a revolution hidden innocently in our sheds at night; a revolution tucked safely under our houses where the rain doesn't quite reach, and it's a revolution which may find some participants defiantly chained to light posts not only on main street Nimbin, but across the entire nation! It is, of course, the revolution of the push bike.

Anything three or more people agree upon deserves question, and the push bike revolution is no exception.

Some may rightly ask, "What kind of lemony fresh revolution can this be, if the push bike has been around since the early 1800s when civil servant Baron Karl von Drais sought an alternative to horses and nailed together some planks and barrel lids making arguably the first two wheeled self-propelled velocipede or draisienne?"

There are no easy answers, especially to long drawn out question such as that one, but questions are well worth asking none the less. The push bike revolution may not have engulfed the entire world yet, but with a little luck, good tyre pressure and a bit of fair weather it won't be far off.

Nimbin is a prime example of a town ready for the inevitable push bike revolution. Although not the predominant vehicle you'll see on town roads presently, push bikes can be easily found in darn near every barn, back porch, shed, garage, old bus, guest house and caravan found nestled within our beautiful part of the world.

Hidden amongst yabby nets, old mattresses and broken lawn furniture, these "tools of the revolution" stand as perfect expressions of freedom and self determination, qualities any successful revolution can really benefit from.

Add to that the myriad of

physical benefits, the peace of mind one achieves and the sheer joy that riding a push bike brings and the goal of the push bike revolution is pretty clear. Get the people on their push bikes and you get the people moving!

Not only you and your neighbour, but the whole world will benefit from this easily implemented, already pretty much in place revolution. Simple initiatives can take large portions of roads away from petrol-centric vehicles and give them to human powered vehicles, thus increasing jobs while decreasing harmful emissions throughout the world.

New developments in gear and derailleur technologies will make deliveries by push bike to places like Mt. Nardi no longer just a dream, but a real, feasible, leg-tiring reality. How about a dedicated push bike path from Nimbin to Lismore free from the danger and pollution of vehicular traffic? To dream in the push bike revolution is to make things happen!

How can one take part in this simple, yet easy revolution you may ask? The answer is clear! Get up! Get up right now and go to your barns, your back porches, your sheds, go to your garages, old buses, guest houses and caravans, get up and go to any place a push bike has been stashed, pull it out and get it up and running! If you can't fix it, find someone who can! (I know a guy.)

During conversations, talk about push bikes freely and as often as you can! Don't wait for the conversation to turn towards push bikes, steer it that way yourself!

Ride a push bike somewhere you haven't been before. Heck, ride a push bike somewhere you go every day! As in life, it doesn't really matter where the push bike revolution takes you; it's really about the journey and not the destination.

Grimm Culhane is a push bike mechanic and push bike enthusiast who likes to partake in the revolution as often as he can.

Nimbin Crossword

2018-01

by 5ynic



Across

1. (And 8 down) Queensland's Folk Music gathering? (8,4,8)
6. See 10 across.
9. Billboards?
10. (and 6 across) Font (letterform) commonly used on-screen
12. Fascist leader 1922-1945
13. Italian city (and sparkling white wine)
15. Put statues, not people, on this!
17. Philately
19. See 10 down.

Down

1. Timber!
2. Sect? Command
3. Buddhist chant
4. Hawaiian welcome garland
5. Vessels travelling beyond the solar system
7. The electorate responsible for Trump 2017
8. See 1 across.
9. 1973 Festival
10. (and 19 across) Byron pop festival (9,2,3,5)
11. African deer
14. In the old days someone actually competed with Australia for these
16. Appropriate (housing)

Solution: Page 33



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

* Mondays & Thursdays Only

2018

The Astrology of 2018: Manifesting a new Reality

2018 starts with a Full Moon in Cancer and Saturn just newly into Capricorn, its home sign that it visits every 29-30 years for a 2½ -3 year period. The year ahead will also introduce Uranus in Taurus and Chiron in Aries. Each time an outer planet changes signs, important shifts take place in the collective as well as in our personal lives. How will these planetary changes influence and inspire us this time around?

Saturn in Capricorn: Time of Restructuring, Austerity and Crisis

December 20, 2017 – March 23, 2020

Probably the most important planetary shift for the next 2½ - 3 years is Saturn's entry into Capricorn, which occurred already on December 20. Then Saturn conjoined the Solstice Sun at 0 degree Capricorn on December 22 at around 3 am AEST, starting a rare Saturn/Sun in Capricorn cycle which last took place in 1929 and before that in 1870. As the mythic 'Lord of Karma' and 'Dweller on the Threshold' Saturn represents 'the shadow'. On a personal level, the 'shadow' relates to long-term suppressed emotions created through fear, lack of trust, ignorance etc or accumulated karmic residue that must be processed and healed before we are free to ascend into the 'new paradigm'. At this stage we collectively and personally must take responsibility for the mess that we have created on this planet. On a collective level it marks a momentous turning point that ultimately alters the course of history through the introduction of fundamental changes. It coincides with times of crisis, austerity and collapses that eventually lead to the emergence of a new reality.

The re-structuring of the world as we know it started already in 2008, when Pluto, the archetypal force of destruction and transformation, entered Capricorn. It coincided with the Global Financial Crisis, because Capricorn rules financial institutions, governments and big business. Pluto, the mystic Lord of the Underworld, is the archetypal force that first destroys and then re-builds whatever it touches. Now, Saturn is transiting the same area which Pluto has done since 2008, re-activating and consolidating Pluto's work of deconstruction with the purpose to get to the true essence of things. Then during 2012 – 2015, seven exact squares between the astrological outer planets and power houses Pluto and Uranus followed. They created the energetic signature and underlying base note of these turbulent times; their long-lasting square formation will remain within 10° of orb until 2020. This influential and prevailing planetary constellation activated 8 – 15 degrees of the cardinal signs, specifically of Capricorn and Aries. Whenever other planets link in and come into this zap zone of energy activation and transformation, we experience another hit of high voltage energy that drives forward our collective evolution. We then are impelled to transform unsustainable and unsatisfying ways of living, working, and relating, as well as the underlying misperceptions which maintain them. We are reminded that we are in the driver's seat, that we have more power than we realize, and that with power comes responsibility.

During the end of March and beginning of April, Saturn will journey through this zap zone in conjunction with Mars, the planet symbolising energy and drive but also competition and conflict. This could be the most difficult and dangerous period of the year, as the Sun will be in fiery Aries,

which is the sign of the warrior and ruled by Mars, while Mercury retrogrades through Aries activating the zap zone three times during the weeks from early March to the beginning of May. During the entire Saturn in Capricorn transit, we have to face reality as it is, without wearing any rose-colored glasses and wiping over fundamental failures in the structures that form our shared reality. Governments have to increasingly face their weaknesses but might compensate with more control and violence, while systems that are out of control need to be brought in line. Areas that are especially affected will be finance and banking, corporate power and big business, aged care etc. Events over the next two years will culminate when Saturn conjoins Pluto in January 2020 at 23 degree Capricorn. Saturn and Pluto together demand that we re-organise our priorities, set realistic goals, prepare carefully, have endurance and curb past excesses. And we will need a lot of patience and discipline to do Saturn's work. Then, on 22 December, 2020, Saturn will enter 0 degree Aquarius and conjoin with Jupiter, planet of vision. This moment in time hopefully marks the final shift into a new epoch. However, until then we have to do a lot of purging, releasing and healing!

Uranus in Taurus: Earth Changes, Economy and a New Reality

May 15, 2018 – November 8, 2025 (back in Aries Nov 7, 2018 – March 6, 2019)

Interestingly, Saturn and Uranus both shift from Fire to Earth, from the world of inspiration and vision down to the realm of manifestation. Uranus takes 84 years to move once around the Sun, remaining about seven years in each sign. Uranus is the god of change and revolution, while Saturn stands for the status quo. Uranus opposes the key Saturn principles of authority and tradition, upsets the rules and breaks the mould. However, their dynamic interplay is an essential part of our personal and collective evolutionary journey. One force challenges and awakens us, drives us forward towards an unknown future (Uranus), while the other one attempts to delay, consolidate and integrate, while building on past experiences (Saturn).

The Uranus principle is associated with freedom and independence as well as technological and scientific breakthroughs and quantum leaps. Uranus disrupts and revolutionises every sign that it enters. This is not an easy quest in Taurus, the sign that thrives on stability and dislikes change (fixed earth). Taurus has rulership over the economy, Mother Earth, the land, food and food production, agriculture and cattle. Taurus is also the sign of money and banks, ruling resources and possessions. The value and meaning of money could alter during this seven year transit dramatically: whatever has been the "norm" of central banks over the past 84 years is vulnerable to revolutionary change. This could also have a huge impact on all currencies and the banking system in general. "The banking rules/laws will change as Uranus will be in Taurus, and especially after Saturn enters Aquarius after March 22, 2020, square to one another. Money could take on a new form, and be used for purposes we cannot conceive of today." – The Merriman Market Analyst.

Besides changes to the banking system we can expect changes to the way food is produced and distributed; Farmers markets will be flourishing even more. The trend towards a sharing economy has already started while Uranus was in Aries and will gain further popularity until it manifests as part of our common culture over the next few years. These kind of changes will affect how we trade services, how we do things on a day-



to-day basis and thus reforms our lives from the inside out.

On another level, strange weather patterns will increase including volcanic activities, tsunamis and earthquakes. Uranus was last in Taurus 1934 -42, the time of the Great depression, the collapse of economies and inflation of currencies, WW2, and the rise of fascism. Australia experienced immigration waves from a divided Europe.

Chiron in Aries: Healing with the Mind

17 Apr 2018 – 14 Apr 2026 (back in Pisces Sep 25, 2018 – Feb 18, 2019)

Science can prove by now that our thoughts and intentions help shape the world around us and that the state of our consciousness affects matter. Chiron's entry in Aries will bring about a shift in the healing paradigm. During Chiron's journey through Pisces (2011 – 2018) the emphasis was on the mind-body connection and the role that emotions play in healing, because body is not separate from soul. With Chiron's entry in Aries, healing modalities will focus more on energetic thought transmission and re-wiring the brain. In medical astrology Aries relates to the head, the psyche-brain connection and the stress response. Making our thoughts conscious through mindfulness training and using intention in a positive way will become more widely promoted as effective healing methods. We will learn about energy healing and clearing blocks in our energy fields in order to bring our lives into balance and maintain health, harmony and vitality.

Aries is the sign of attack and defense and represents the principle of assertive energy on all levels. Many health problems are the result of unexpressed rage or anger because the body's way of adaption to stress is illness. Chiron's transit through this fiery sign will bring back into our consciousness the theme of managing anger and rage in a constructive way. Individuals who have Chiron in Aries in their natal chart (born between April 1968-March 1977) may carry within themselves the image of the wounded warrior. They may not act according to their abilities because they fear the consequences they might have to face. They will experience their Chiron return within the next 8 years (around age 50). Additional issues might be related to dealing with frustration, boundary invasions and abuse.

Mars Retrograde: Energy Re-set

26 June – 27 August

Mars is retrograde for about 9-10 weeks every 2 years. Mars is the principle of action and energy, but when retrograde, it depletes vitality and is frustrating in regards to initiating new projects. Similar to Mercury retrograde, it is a period for reviewing and correcting plans and incentives. However, with Mars we also will review the way we handle anger and conflict in our relationships with others. This is the period when we can get in contact with the Divine Masculine, a transcendence phase of our passions, drive, desire and ambitions. Mars retrogrades from 28 degree Capricorn back to 9 degree Aquarius. This portion in our birth chart is intensified during these 9 weeks. We might want to act on something but the timing is not right. Patience is the key.

Venus Retrograde: Review in Relationships

October 5 – November 16

Venus goes retrograde every 18 months. During the six week retrograde phase we can get in contact with the Divine Feminine, the way we value and take care of ourselves as well as the way we relate to others. Retrograde energy tends to dig up the past in order to end unfinished business. This can definitely be a time where people enter our life for karmic work. We might be forced

dealing with our own shadow. The energy of Venus is two-fold: while she symbolises how we connect with others, each relationship has everything to do with what we value and our projections onto others. While Venus is retrograding back from 10 degree Scorpio to 25 degree Libra we will be dealing with relationship and trust issues. Money and the handling of joint resources might also be under review. Venus retrograde in Scorpio (October 5 – 30) demands that we dig deep and focus on what our true values and desires are, while Venus retrograde through Libra (October 31 – Nov 16) will be a period of re-balancing.

Mercury Retrogrades in Fire signs

The three retrograde periods will be in fire signs after having been in earth during 2016. Fire likes to burn and can cause a lot of damage if it goes wild and out of control. The 1st Mercury retrograde period will be from March 23 – April 15 in Aries, activating the Uranus/Pluto square zap zone from 2012 – 2016 and coinciding with the Mars/Saturn conjunction in Capricorn. This will be a highly unstable time of the year, where events can come to a head. Let's keep this in mind and try not to plan too much activity during this period. There might be no good outcomes, especially when action is based on impulse. The two following Mercury retrograde periods are in Leo, July 26 – Aug 18 and Sagittarius/Scorpio during 17 Nov – Dec 6.

Eclipses

31 Jan: Lunar Total Eclipse at 11 deg 37 Leo/Aqu

15 Feb: Solar Partial Eclipse at 27 Aqu

13 July: Solar Partial Eclipse at 20 Can 41

27 July: Lunar Total Eclipse at 4 deg 45

Aqu/Leo

11 Aug: Solar Partial Eclipse at 18 Leo 42

Eclipses, which are powerful New Moons (solar eclipse) and powerful Full Moons (lunar eclipse), eventuate when there is an alignment between Sun, Moon and Earth, which happens twice a year. The Solar Partial Eclipse on February 15 in the late degrees of Aquarius is the exact opposite of the Solar Total Eclipse which took place last August and was visible in most of the United States. Eclipses are game changers and whatever was started around that time might be finalised now or has another dimension added to it. It is a good idea not to have too many plans while an eclipse is active because important information might be missing or blocked out, leaving us 'in the dark' and unable to make good decisions. We have to wait until things become clearer again. The Solar Partial Eclipse on August 11 in Leo might be the most important eclipse of the year. It passes over Northern Europe, Russia, China and North Korea. This is important to keep in mind, because the paths of eclipses will indicate areas on our planet that will be influenced by the events. The path of the February eclipse goes from Antarctica to South America, indicating that there could be an increased interest in exploring or exploiting this part of the world.

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

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

New Weekly Classes in 2018: 'Astrology for Beginners', Tuesday evenings 5.30pm – 8pm, starts Tuesday February 5 at the Lillifield Community Centre; for bookings and info phone 0457-90-3957 or email: star-loom@hotmail.com

Aries

2018 is a year where thorough planning, patience and persistence with whatever you are doing will be rewarded. Make sure that you are on the right track because you could be tested. Especially those who are born during the end of March and beginning of April need to take extra care to get things right. Opportunities come through shared projects with others. Investment in the right causes will pay out in the long run. The best time for starting a new project is during end of January until mid-March. Nevertheless, the Mercury retrograde period in your Sun sign that follows from March 23 – April 15 could bring challenges that you must deal with. Then again, watch your energy output during June 26 and August 27. This is less a time for action; instead, reflect on your motivations and correct your plans accordingly.

Taurus

Especially Taureans celebrating their birthdays during April 21 – 25 have to expect the unexpected as the Uranus entry into Taurus during mid-May will start revolutionising your life. Change is unavoidable and important adjustments have to be made to allow for new core developments. Embrace the force of chaos because it is ultimately the energy behind creativity and needed for breaking up old patterns! You might find that you need more time for travel or education to fulfill your real purpose. Work on your beliefs and have faith in your personal journey of liberation which will take place over the next 7-8 years. Opportunities will come through your relationships with others. Therefore, keep an open mind and allow yourself to be inspired. June 26 to August 27 is a period suited for reviewing your life direction. This is not a good time to start something new but for clarifying your true ambitions and exploring what you feel passionate about.

Gemini

The Saturn in Capricorn period will pose challenges in regards to your own growth pattern. There is a chance to finally heal ancestral family patterns, such as dealing with trans-generational fears of rejection and domination. Being more sensitive to power imbalances you might find yourself unwilling to compromise. A more disciplined and business-like approach will help with sorting out your personal, financial and professional affairs. You should enjoy good health, especially until November, however, watch your sugar and fat intake. Too much indulgence might have a negative impact on your overall body-mind equilibrium. During June 26 – August 27 you might find yourself on a journey through the past. Use this period for reflecting on what motivates you. Review your beliefs and pay attention to your cultural conditioning. Maintain an open mind for new inspirations.

Cancer

Saturn will be spending almost three years in your relationship sector (December 2017- 2020). Your willingness to commit will be tested and you might be asked to carry more responsibility. If a relationship is not working, this is the time that you could decide to separate. Lessons in appropriate relating will guide you towards reflecting on your own needs and if they find fulfillment. Be careful with projecting your 'stuff' on others. Instead learn to detach and focus on developing your own creativity. New friends might enter your life from mid-May onwards, helping you to transcend your social conditioning and expand your vision of what could be possible if you allow yourself more freedom. You may feel that it is better to be single temporarily than to get trapped in a relationship that is difficult to disengage yourself from.

Leo

The North Lunar Node is in your sun sign until November, providing you with a guiding light to live your purpose. Give yourself the permission to be the person you always wanted to be and ascertain what is truly important for your own individual exploration beyond cultural expectations and conditioning. Especially during June 26 – August 27, you must observe your own projections and inner conflicts because they will be mirrored by those who you are going to attract into your life. Disruptions in your life direction and career path are possible from mid-May onwards, especially if you have not been following your calling. Saturn is travelling through your health sector for the next 2½ - 3 years. Your daily habits will be tested, reminding you of their consequences. Motivate yourself to get in your best shape possible for your age and circumstances. Saturn will help with discipline and determination to replace troublesome patterns with good ones.

Virgo

The next few years mark a period in your life where you are able to turn your hobbies into your new career path. This may require some shadow work to get to your true potential. Especially until August, you might find yourself acting in a more self-centered way and rebelling against your self-imposed role to be of service to others. Too many restrictions and duties are holding you back and you are searching for new impulses. These will enter your life from mid-May onwards. So, strengthen your connection with your intuition and be open for new inspirational ideas. Your best time for starting a new project is from mid-April to mid-May. Health issues might occur or re-occur during mid-May until the end of August. Make sure that you are true to yourself in whatever you are doing because your body might react in a psycho-somatic way. After all, you are meant to have some fun and leisure during this year!

Libra

The Saturn in Capricorn period (Dec 2017 – 2020) directs your focus towards home, family and your deepest inner needs. Are you

happy where you are living? Do you feel like remodeling your house? It is possible that you are thinking of a new future laying ahead of you as you are becoming more conscious of the limitation that you have to deal with in the present moment. If this is the case have a plan, be realistic and less romantic. This is not a good time for getting into debts. Your attitude towards values and those that you share with others is going through a transformation. It is you who is in the position of increasing wealth, while it is less likely to get more financial support from your partner. If you are not happy with your life, start changing it now. Mars makes a prolonged transit through your house of creativity, children and fun, activating your desire to explore your vast creative potential (mid-May until mid-November).

Scorpio

While Saturn in Capricorn is transiting through your Solar third house of communication, the written and spoken word becomes increasingly important (Dec 2017 – 2020). Observe your language and be accurate and respectful in your expression. Avoid words that hurt others. Until November, this is a great year for exploring new parts of your identity and starting a new cycle in your evolutionary journey. However, know your limits, think things through and consider all the repercussions before you take action. On the other hand, your one-to-one relationships are going through significant changes. Don't resist it nor try to control it. You easily could make yourself some enemies where there was friendship or tolerance before. Getting the foundations right will be the most important achievement. During June 26 – August 27 you will become aware of any loopholes and areas that need improvement. Be willing to patiently rework it if need be. This is also a period where you must avoid conflicts with others.

Sagittarius

The second house of money and values is the sector of your chart that Saturn in Capricorn transits from late 2017 – 2020. This cycle is about getting real in regards to forming a solid economic structure in your life that provides you with a feeling of stability. Establish what is most dear to you and then you know what you can and can't accept. Master your innate talents and personal resources to create the abundance in your life which you have been longing for. Near the end of this year, from November 9 until December 3, 2019 Jupiter, your ruling planet and bringer of good fortune will be journeying through your Sun sign. Then a new cycle of growth will begin. So, make 2018 the year where you master the energy of Saturn in Capricorn to your advantage by becoming more realistic and less grandiose, more contained, focused and patient and less restless and expansive. It is a time for spiritual renewal and exploration of the depth where you can rid yourself of detrimental attitudes and heal old fears.

Capricorn

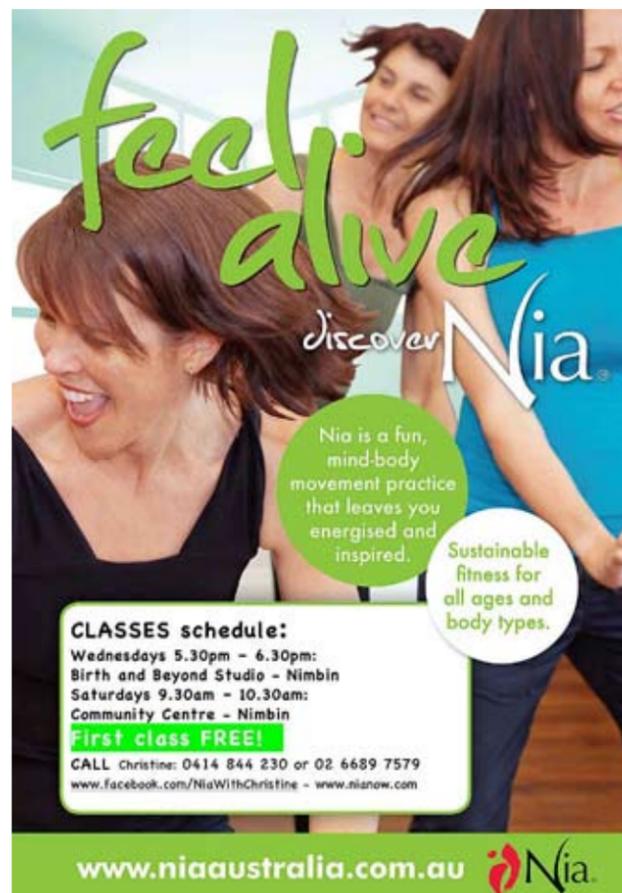
Saturn has arrived in your sign where it remains until 2020. This is huge, because Saturn is your ruling planet. The world is falling to pieces, and yet you have to be the rock others can rely on, when life starts getting stormy. In many ways you will be asked to put on a brave face and persist when things do not go that well. You must take on the responsibility and be prepared to do the hard work. Best not to take on any new projects before having completed what you have already started. Those Capricornians who are born during January 9 - 17 are heading towards the probably most significant and powerful period in their lives over the next 2 years. Therefore, prioritise and focus on what is most important for you to fulfill your purpose. This may demand that you make some changes to align you to your authentic self and not the person you felt you were supposed to be.

Aquarius

This is a significant year for you where you can work towards new goals and when you may reap the rewards of your efforts. Nevertheless, there are extra demands put on you and you must remain realistic about the level of physical energy available to you. You will need more time for yourself to recharge your batteries. From May 17 - August 14 and again from September 12 - November 16, Mars will be in your Sun sign. Normally, this is a great transit for renewed energy and starting new projects. However, Mars will be retrograde from June 26 – August 27, meaning that this phase is for reviewing and re-evaluating anything to do with your source of motivation, ambition and passion. Don't act prematurely, because the timing is not right yet. Patience is the key, otherwise you run in danger of depleting your vitality. Best time for you to start something fresh is when Mars moves direct again (Sept 12). New developments are especially supported after October 9.

Pisces

The Saturn in Capricorn transit (Dec 2017 – 2020) does its restructuring task in your house of friendships, groups and organisations. Some friends might move out of your life as priorities change and shift. On the other hand, the friends that you have attracted mirror your own stage of personal growth and might challenge your self-imposed limitations. Jupiter is in its ruling house for you until November 9 and increases the chances of travelling. This is also a great time for further education or meeting a teacher. Sow the seeds now for harvesting later. Be courageous to venture out and learn something new about yourself; you could enter a new level of depth and potentiality. During mid-May and Mid-August you may feel especially idealistic. These periods are best used for artistic, humanitarian and spiritual projects. However, be aware that your boundaries might be quite blurry and you could be easily deceived. Therefore, during 2018, keep your feet firmly planted on the ground and your head in the clouds!



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star-loom@hotmail.com
nimbin-starloom.com.au