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

Dealing with intergenerational trauma

Suddenly I've realised I've practically forgotten the deadline for May's article. It's after midnight and Friday. *Yikes*. I haven't missed an issue of *The Nimbin GoodTimes* since writing for this paper in March 2009, and I can't start now. So, what to write about?

I've been thinking a lot about intergenerational trauma in recent times as I see the effects frequently among my clients. I have people coming to me with feelings of high anxiety, sleep issues, and accompanying digestive problems that are not easily simply understood from personal histories, per se, but suggest that something more is going on.

Some deep questioning from me often reveals a pattern of anxiety and depression shared by the parents and grandparents of my clients, and often shaped by war experiences and alienation from family at critical times.

I remember working some years ago, with a man with sleep problems and associated weight issues (weight problems is identified in the literature as being associated with long term insomnia) whose mother experienced bombs going off in London as a little child. She couldn't trust enough to sleep properly and was, and remains,

always on edge and anxious. Her cortisol levels must have been through the roof.

Cortisol is a hormone that is released in response to stress and is known as the 'flight or fight hormone'. It is also associated with maintaining blood pressure, and anti-inflammatory and immune processes. Interestingly, cortisol also works in tandem with the hormone insulin to manage constant blood-sugar levels, so it plays a part in digestion. High cortisol levels are associated with diabetes, a condition my client also had.

At an epigenetic level, my client was likely affected by the experiences of his mother nearly three decades before his birth, and not just from the stories that she may, or may not have told her son. Epigenetics is the study of heritable changes in gene function that do not involve changes in the DNA sequence itself. Bodies don't forget, it seems, and they hand down the generations their imbalances created by trauma.

Trauma upsets nervous systems across the board that impact on the whole health of the descendants. It becomes critical that those who seek counselling receive it with reference to trauma therapy



by Dr Elizabeth McCardell
M. Couns., PhD

and not merely symptom control. Good therapy is thus, in my view, a depth psychotherapy that really helps shift those levels of fright-flight-fight reactions to more than manageable levels. Really good therapy frees up the whole self so that the energy previously captured in iterative anxious responses now becomes available for creative output and innovative work and play practices. Clinical hypnotherapy is often useful alongside counselling in this process, but that is the client's choice.

I am always interested in that coming to a place of playfulness from the tensions of hardline panic because then the whole being of the self is softened, loosened, and ready for new experiences. The client can then move on to what really excites and motivates them, and, what's more the memories of

difficulties are practically forgotten.

It's a curious thing, this forgetting, because it is possible to see that there has been fundamental change at a more than cellular level. The whole person is lively, fitter, glowing, and sort of bouncy. What was once a stuck problem story is now recounted with how things once were, with only a little bit of the pain previously experienced.

Remembering the trauma experienced by an antecedent family member or members helps the client recognise that their own symptoms don't necessarily reflect anything they themselves have done, or not done, and this fact often contributes to a freeing up from some aspects of the symptoms of anxiety they have felt.

It shifts the experiences to a sense of something that can be witnessed as opposed to drowned in. So a chance to speak of such things to a therapist is really useful.

Another side effect of doing therapy with a counsellor is that the changes experienced translate into changed family dynamics and even family members realign to more healthy choices. Interesting stuff.



Birth and Beyond

by Kirrah Stewart

Many people feel they didn't get the help they needed during postpartum but on further prompting it becomes clear that they didn't really ask for help either.

We are shifting the paradigm of what it looks like to support families in their postpartum and this does take time. Some tips for asking for help:

- Know that most people actually love to help and it can be a really rewarding experience
- Get clear around what you might like help with and be specific about your needs
- Discuss what role your friends and family may have in helping you
- Give a time frame around when you might like help and for how long
- Be brave and ask directly if they can help you

Here is a list of things you will need help with during the first six weeks after birth: shopping, cleaning, cooking, child minding and laundry. You will probably think of other things depending on your situation. For example; do you have other children that will need to be picked up from school? Do you have pets that need feeding? Do you need help with your business?

There are many benefits of receiving help during your postpartum time. It will give you the time and space to recover fully from growing and birthing a human. Resting as much as possible and being nourished with warming foods will make a significant difference to your healing. In fact, there is a saying in Traditional Chinese Medicine and Ayurvedic philosophy "40 days for 40 years". This highlights the importance of getting help during the first forty days as it will affect your life for the next forty years. It really is that important.

Getting help with household chores means you will have more time to bond with your baby and really get breastfeeding off to a good start. This is a learned skill that takes time and patience and nourishing support.

Let's all work together to bring more reverence to the first forty days so we can help families have the most peaceful postpartum possible. Because, it really does take a village to raise a child.

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

Asking for help

I'm making it my mission to bring more awareness around the transformative postpartum time.

I must admit, as a doula and childbirth educator, I've been guilty of placing a lot of importance on birth preparation. Indeed, there is a strong correlation between a woman's experience of birth and her transition to parenthood.

However, a good birth doesn't necessarily mean a good postpartum, and vice versa. I now encourage all pregnant women to take time to consider what their ideal postnatal time could look like, and to start building their support network before their baby is due.

In traditional cultures there are customs around the care and support of newborn mothers. It seems to be ingrained as a society and there is incredible importance placed on recovery and healing during the first forty days.

I feel a shift is coming in modern societies too. Slowly but surely, people are awakening to the importance of postpartum care. We are evolving in the way we support new families.

One such way is to focus on learning to ask for help and knowing how to help.

A really eye-opening exercise is to explore any blocks you may have about asking for help. For example, you may be afraid to ask for help because:

- You have fear of rejection (they may say no)
- You may fear being a burden (putting someone out or feeling that they have better things to do)
- You may fear losing control (what if they don't do it the way you want them to)
- You may fear seeming weak or needy (you might feel you 'should' be able to do it yourself)

Balance your chakras with essential oils



by Theresa McGowan

I know so many people are into health, wellness and natural cures, so I am doing numerous workshops to help inform locals and their friends of the many uses of pure essential oils that most are unaware of.

Come along to my chakra balancing workshop using pure essential oils at the Nimbin Bush Theatre on Mothers Day, Sunday 13th May, from 11am to 1pm. Learn how to use essential oils for health, illness and to detox your home, and cleanse your body,

Also get your free Bio Scan on your emotions, read from my emotions book your results, you will be amazed how accurate it is. I have been living in this beautiful part of the world Nimbin for three years and love it, and as many that know me know, I love sharing wellness and natural cures. It's my passion and I am really excited about sharing what I have learnt with those who are keen.

Please text or call me on 0415-451-640 if you can make it, or Facebook: Nimbin Waterfall Retreat for more info and contact, as I need to know numbers please. This is a free event.

NATURAL LAW

by Helene Collard

A rebalancing of important energies has occurred and many will have 'dropped anchor' in a new, more solid way. Feeling stronger and clearer on new levels.

Some of us are experiencing varying levels of crisis and turmoil, indicating it's a prime time to surrender and heal. Our dysfunctions are there because we have been harmed in some way, thus punishing ourselves with shame and blame only feeds our hurt, fueling the cycle and damaging our relationship with Self and others.

Being vulnerable however, acknowledging our pain and reaching out to our nearest and dearest takes courage. It immediately connects us with our humanness and creates opportunity for deeper understanding, less judgement, more compassion and greater support. Vulnerability in this sense, is a sign of great strength.

Allowing ourselves to be truly 'seen' is a theme this month. Embracing ourselves as multi-faceted beings in a myriad of interconnected relationships. In some areas of life we are elite, in others, competent. Perhaps in particular areas of life we are in infancy, just starting out, and in others, we feel unskilled, inept and in need of focused tuition and support to learn this area of life and ultimately improve our relationships.

The purpose of our existence is to learn and grow through our relationships. In particular, our experiences in life, are a mirror for our relationship with ourselves. "Be the change you wish to see in the world" – Gandhi Reiki is an energy therapy



that has been clinically shown to reduce pain, improve mood and decrease stress. If you would like to have a session that nurtures and supports you, I'd love to hear from you. Contact Helene 0405-656-797 or email: yemayacentre@gmail.com

Coming up at the Yamaya Centre

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

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

Eco Grants for schools

The NSW Eco Schools Grant Program is now open for applications.

Eighty individual grants of \$3500 are available across NSW this year, and will be offered to student-focused environmental management projects, including litter and waste reduction, water and energy conservation, bush regeneration, habitat improvement and food gardens.

All registered schools in NSW are eligible to apply. Projects working primarily with students with special needs are encouraged.

Greens Education spokesperson Tamara Smith is encouraging local schools to apply.

School projects that have previously been successful at gaining funding include sensory gardens, native beehives in school gardens, food growing gardens, nature playgrounds as a way to stop erosion, yarning circles, and food waste recycling.

Schools can contact the Environmental Trust on (02) 8837-6093, email: info@environmentaltrust.nsw.gov.au or visit the website for more information: www.environment.nsw.gov.au/grants/schools.htm

Compost – magic for your garden

International Compost Awareness Week is all about promoting compost use and knowledge, and inspiring people to get their own composting systems in place and reduce carbon pollution by ensuring compostable items don't end up in landfill.

Lismore City Council and North East Waste are running a free Compost Day at the Lismore Recycling & Recovery Centre on Saturday, 5th May from 9am to 1pm

There will be fun and educational activities for kids, including a giant composting game and potting seedlings to take home; and adults can learn how to have a good composting system at home that transforms fruit and vegetable scraps into nutrient-rich compost, with workshops running at 10am and 12pm. In the home composting workshops, people can find out what can and can't go into a home compost, and the benefits of home composting to breathe life into flower or vegie patches.

As well as selling truck and trailer loads of compost, Lismore City Council recently installed a bagging machine, and they now sell 15kg bags to home gardeners for just \$5, available from the Lismore Revolve Shop.

On Compost Day there is a special deal on compost bags for home gardeners: three bags for the price of two.

For people who don't have time to compost at home, simply put your scraps in your green bin and Lismore City Council will do the rest.

Guided composting tours will be held at 9am and 11am to see how the closed-loop organics system works, and how the Recycling Centre composts fruit and vegetable scraps from kerbside organics bins into compost products that are suitable for home gardeners, orchards and farms.

They will also show people the Materials



Lismore City Council's Barbara Jensen and Christopher Downie with the compost bagging machine.

Recovery Facility (MRF), which sorts and processes recyclables from yellow kerbside bins.

Bookings for the tours and workshops are essential. Go to: <https://compostday.eventbrite.com.au>

The Lismore Recycling & Recovery Centre is at 313 Wyrallah Road, East Lismore. This event is co-ordinated by Lismore City Council and North East Waste on behalf of Ballina Shire, Byron Shire, Richmond Valley and Tweed Shire Councils.

Colds and flu

The cooler weather has been slow coming this year, but no doubt will arrive, along with colds and flu.

There is a lot of speculation on how bad a flu season will be. Maybe the fact of 2018 being 100 year anniversary of the deadly Spanish flu has heightened awareness.

Zheng Jong Jing, of the Hun Dynasty, is supposed to have been inspired to study medicine because of a similar epidemic that wiped out 75% of his clan.

He then went on to write the *Shang Hun Lun*, "The treatise on febrile diseases caused by cold". This is still used today. It analyses how cold can penetrate the body and cause diseases at different levels.

According to this reference, the first level occurs when there is an invasion of wind cold through the channels transversing the neck and upper back. Therefore it is important to keep the neck and upper body protected from the cold, including when sleeping.

This wind cold invading the superficial level causes the familiar symptoms of runny or blocked nose, headache, muscle aches and chills.

With a wind cold invasion it is important to stay warm. If there is no sweating to start with, sweating needs to be induced to open the pores and expel the pathogen. This can be done with herbs or acupuncture.

There are variations on this pattern. Some individuals are prone to phlegm. Often they have an underlying deficiency of lung and spleen weakness. This manifests as the above but with a lot more mucous either in upper respiratory or lungs

Another more severe variation is wind cold with internal heat. This occurs when there is pre-existing heat, this can be from heating foods, alcohol, cigarettes or from emotional patterns that result in heat from constrained qi. It can also be caused from a very strong pathogen, producing a strong defence.

Symptoms will be more flu-like. A high temperature, severe chills and fever, thirst, sore throat and a loud cough. Treatment involves clearing both the heat and wind cold.



by Brigid Beckett

The *Sheng Han Lun* then goes on to describe other levels that the pathogen can get into. One is the Shao Yang level, where pathogens can get locked away for long periods. This is seen in the post acute stage of respiratory infections, as well as other types of infections such as malaria or hepatitis.

It is a common cause of chronic fatigue, and lingering or recurrent illness such as Ross River or Barmah Forest virus or Lyme disease, as well

as other post viral syndromes.

Practically, what steps can we take to avoid wind cold conditions?

The obvious steps are to keep warm and dry, especially protect the neck and upper body, not get over-tired, sleep and eat well. If a wind cold pathogen is contracted, treatment in the early stage with acupuncture or herbs will be most beneficial.

Conversely, wrong treatment at the early stage can prolong the infection. Antibiotics or herbs used inappropriately, paracetamol or even too high doses of Vitamin C can have this effect. Soldiering on with the flu will weaken defensive wei qi and potentially lead to a worse outcome.

If there are recurrent disease patterns

or any on-going imbalances, address these before cold pathogens make them worse.

One example is if there is a predisposition to phlegm. This can be seen in chronic sinus infections, sore throats, ear infections, or in children, glue ear. Chronic phlegm conditions are common in children. The term 'phlegm' in Chinese medicine actually refers to more than mucousy conditions.

Many conditions from digestive problems to insomnia, emotional problems or cysts can have a phlegm component, and clearing phlegm will improve health significantly.

If there has been a pattern of frequent colds or flu there are specific formulas available to strengthen the wei qi or surface immunity. These are very effective and can break the cycle of recurrent infections, as well as treating hayfever type problems.

These formulas are helpful in both adults and children. They are very useful in children who continually pick up infections at school or childcare. Without strengthening wei qi these recurrent infections continue to weaken immunity as well as the lungs and general vitality.

Stay well this winter.

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



Learning to love your taxi driver

by Warwick Fry

In spite of sometimes frenzied behaviour at pick up points (hotels, supermarkets, shopping malls, airports and bus terminals and tourist traps like Guatemala) Salvadoran and Honduran taxi drivers are unremittently honest, and don't charge for mistakes.

This really matters. In Tegucigalpa, the capital of Honduras, street signs are a rarity. You go by local landmarks; 'The street that runs behind the American Embassy'. (Or the name of a hotel. Or even a Church – the driver will almost beg you). A street address and house number is worse than useless. It only confuses the driver in a city that doesn't do street names.

But it was the American Embassy that brought me to grief. In Spanish, 'American' sounds very much like 'Mexican'. My driver patiently combed the streets surrounding the Mexican Embassy for the best part of an hour, stopping to ask security guards and traffic police, and phoning up driver colleagues.

We finally twigged that we were looking for an address near the American Embassy, not the Mexican Embassy. In Honduras the US Embassy is referred to as the 'Gringo' Embassy. He didn't charge extra (they quote a price at the beginning of the trip) but he earned the hefty tip.

Taxi drivers in San Salvador know their way around. At least the veteran drivers do. Don Raul lets us know the trip could take up to an hour if it is at *hora pico* (peak hour). Not that it affects the price. If he doesn't have other commitments he will often wait without charging waiting time. And he never gets lost.

There's always the exception that proves the rule. I was once persuaded to try a new taxi driver under the urging of my partner. "He's a friend of my son. Lives in the same street. He's just starting out (buying his car on hire purchase) and wants to build up his clientele. He'll charge \$5 less than Don Raul."

Don Raul works out of the centre of San Salvador, so the surcharge is fair enough – our suburb is San Salvador's equivalent of Sydney's Fairfield. I told the aspiring apprentice the precise address and how to get to the *Ticabus* terminal. Being of the Facebook generation, he insisted on Googling his mini-tablet with GPS while driving one-handed and one-eyed to the other side of the city.

After three false positives we arrived an hour later two blocks from our destination in the middle of a peak hour nose-to-bumper three-way intersection traffic jam. I got out and walked.

It's a far cry from apocryphal stories I have heard from travellers from other Latin American countries. I met one couple who had just been to Venezuela, many thousands of miles to the south. The airport taxi driver took them to a remote area where he relieved them of all their money and their passports at gun-point. Then, apparently having an attack of conscience he drove them to a cheap hotel and 'lent' them \$20 dollars.

The next morning, he was waiting for them to drive them to the Australian Embassy. Although he was careful to park a block away from the CCTV cameras. Queer fish, these taxi drivers.

Photo: Taxi San Salvador courtesy Kevin Duke Dreamstime.com

Forty-five years of Aquarius

by Roni Star

I guess growing up in a sleepy town and a community that didn't exist 45 years ago is worth a yarn or two. The town of course is Nimbin, now alternative capital of Australia and the community is Siddha Farm on Young Road, 10km away.

The establishment of both town and farm went together. Though 100-fold different in size, the two are alike in that we are a mixed bag of souls who have come together to understand the ways of the bush and of each other. We are here to learn and to meet as the Bundjalung name 'Nimbunj' implies.

It was in 1973 in Armidale, NSW that small groups of university people began to gather around fires to discuss creating a radical change in society. Through the Student Union movement, workshops spouting meditation, deep body therapies and learning via Think Tanks were popping up all over. The Duval Creek Workshop along with Aquarius plans were pretty powerful and pretty mind-blowing for us. Nothing like it had been seen before or since, especially in that conservative establishment of blue-bloods.

That year, 1973, student unrest was very high. Boolimbinbah, the administrative wing of UNE had been stormed by protestors and Alan Oshlak had sued and won his case against UNER as to who owns a student's exam paper. Change was afoot, responsible anarchy demanded attention.

During these ripe times Graham Dunstan, his pregnant partner Vi, my mate and I often used to talk about creating a Festival to epitomise the energy – an Aquarian Festival to herald new times toward the year 2000.

We planned a gathering of students to celebrate the new Labor Government's Educational Smorgasbord and the opening of many opportunities for change. We were convinced that we deserved Aquarius and we got it – spontaneous combustion – profound changes for us all. Uni



students, both from Sydney and UNE were bursting at the seams. In complete readiness the Festivals at Nimbin and Duval Creek began.

Casting back, celebrating the birth and naming of Softly Sigh, Vi and Graham's daughter was a post-festival highlight for me. The Nimbin-style folk culcha was as evident then as now, as we gathered from all corners at Tuntable Creek one magical day. With an innate sense of the pagan long suppressed, we called on winds and spirit to sustain our healthy Aquarian child. Though her path followed elsewhere, she was among the first to start our brave new world.

As time and town went on, hundreds have been born since and still each is a special child, because we are special and Nimbin is a special place. We know it and they know it and that matters.

Eleven years after Aquarius, Siddha Farm came on the market. It didn't take long before 25 of us, Siddha Yoga devotees all, had \$10,000 each and we soon owned 360 acres of what was then known as Far Away Cottage. In 1998, 14 years down the track there were 56 of us doing what was asked, to come from a spiritual centre to protect the environment and children, to obey the totems, disturbing the land as little as possible.

Life went on in tents and on building sites with mud for roads,

lots of rain and little knowledge. Within the first year I had sustained a throw from a horse and the gruelling time it takes to sweat out tick fever. Friends got bitten by snakes, died of cancer and babies were born.

Then a big flood washed our bridge away leaving 30 of us stranded without cars. As I worked daily in Lismore, it was my chore to cross that rickety narrow footbridge over 300 times in all, usually at night loaded with groceries, kids and a torch and at times with cold rushing water over my knees!

Today, Siddha Farm and Nimbin are still intimately interwoven. Many of us are involved in Nimbin culcha through dance, Environment Centre, Permaculture, Writers Group, Yoga, the schools, whatever; we are as dedicated now as we were in the beginning.

The feeling after 45 years is also the same, only now there is a sense of accomplishment over the reality we have created. I am now an Elder; the afro is gone but the rest remains; a life of growth in Nimbin, doing what I believe is Margaret Mead's greatest truism – that it only takes small groups to change the world.

And change it we did, from tents to houses, community and village. May the 45th celebration of the Aquarius Festival begin with a similar commitment to the next 45. May you be so lucky.



by Simon Thomas

I have just enjoyed a one month visit to the Himalayan hamlet of Bir, which is nestled amongst tea fields of exceptional quality, and fringed by rugged, snowy peaks.

While chatting with a local taxi driver, I heard about a very old Hindu holy man who lives in an ashram perched somewhere in the treacherous canyons above the town. Apparently, he is way over 100 years old and

The oldest man in the world?

they say that ritual sitting with the master (*satsang*) should be an excellent blessing for long life.

Luckily, there was still time to make it for the 3pm session, so we squeezed into his rattly old cab and snaked our way into the mountains.

There is a point shortly above Bir where the rolling foothills give sudden way to the precipitous flanks of the Himalayan massif. Too steep for tea plantations, the ridges rising from the river we followed were bedecked with a tangle of native jungle, home to all manner of wild beasts including leopard.

I parted company with the driver at the gate of the modest ashram compound. Dark bluffs rose sheer for hundreds of metres behind the complex, like a 'Lord of the Rings' landscape.

To the left of the front gate, stood a concrete shelter, stacked with shoes of the ashram visitors. I shed my cowhide boots and belt but kept my wallet.

The grounds were deserted and silent, save for the ever pervasive ringing of the sound of

falling water. I panted my way up a walkway which linked the three levels of the ashram, encountering not a soul.

At the top of the complex, in a small open pavilion, I found a group of local people waiting silently for *Babaji* to appear. On my right stood a simple timber armchair with red cushions and a low table in front.

On both sides of the room were long, worn carpets rolled out for the visitors to sit, men to the left and women to the right. I sat cross-legged on the floor behind two rows of men, around 15 in all, observing the palpable silence.

After a few minutes wait, out shuffled the master himself. Able to walk unassisted, he crossed the length of the room and sat down in the chair.

He was certainly very old, no doubt about that, although his skin looked more like a man of 40. His former stature huddled beneath a curved spine, he was dressed head to toe in warm, bright orange garments including a set of hand-knitted booties.

He sat looking around at the visitors, slowly

one after the next with a kindly expression. He had long grey hair and a bushy white beard, and exuded a sense of peace.

Raju, a middle-aged Indian man in civilian dress was tending to the smooth operation of the *satsang*. He invited us up; first men, then women, to prostrate to the old man, and leave some kind of offering, (*dana*.)

Tradition dictates that the master should then offer *prasad* or holy gift. Raju brought a table to the side of the baba's chair laden with stainless steel bowls of fruit, nuts, coconut and puffed rice.

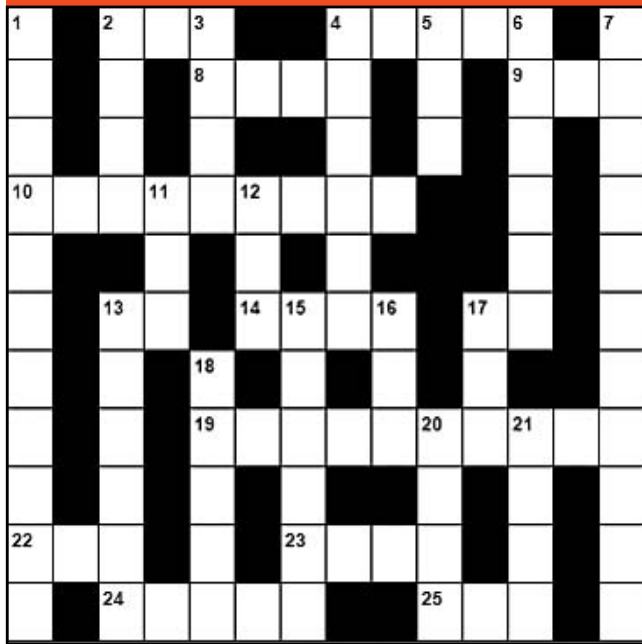
With unsteady hand, the old man prepared a small bowl of food for each visitor, which we ate outside of the main hall.

We offered our respects one more time, then left the hall. I caught Raju outside and asked him the baba's name, he told me it is Swami Vishudha Anand-ji and he was born in 1874. "Eighteen seventy-four?" I asked incredulously.

"1874," he confirmed. "Swami now reaching 144 years old."

Nimbin Crossword

2018-05
by 5ynic



Across

2. Neo-Nazis: _____ Right.
4. Citrus
8. Austen novel
9. Sphere
10. Not very far, by car? (4,5)
13. ___ Tang Clan
14. Conferred by heredity
17. Towards?
19. Lake, between lake Como and lake Maggiore
22. Charity (init?)
23. Capital of Latvia
24. Waves astern?
25. High temperature

3. Move towards?
4. Immature insects
5. Baseball glove
6. Teletubbies vacuum cleaner
7. Not underground
11. The second person
12. Eve was made from one?
13. Opening in a wall
15. New York prison
16. Delivery firm
17. Harbour boat
18. Prevent?
20. US State – between Nevada and Colorado
21. _____ Prop?

Down

1. Aggressive
2. Savoury pears

Solution: Page 41



by Guy Stewart,
Rainbow Power Company

I was settling into a lazy public holiday morning when the phone rang. It was someone calling about their solar power system that wasn't working properly.

They hadn't bought it from RPC, but from another company that wasn't in business any longer, or didn't want to come out to find out what was wrong.

What is the customer supposed to do? These systems aren't generally designed for home owners to perform repairs themselves.

What is RPC supposed to do to help? It isn't our system, it may use gear we don't know, or be set up differently to

What's in a price?

how we do it.

If we go out to help, any other faults down the track will also become our responsibility.

Rainbow Power has a very delicate balance to maintain, and in order to support Nimbin's power supplies, we need Nimbin to support us. So what's in the price? Nearly all companies have access to the same brands and equipment at roughly the same prices.

Our first priority is to stay in business. The company is no good to our employees, our customers or our community if we disappear when the problems start (hundreds have already gone this way).

If you are making a decision about where to buy a solar system from, please consider the long term carefully. Where is the money going? What corners have been cut to get the price so low? Who is going to still be there to pick up the phone?

RPC employs over 20 Nimbin residents and we are training the next generation of local apprentice electricians.

We use local electrical contractors who consistently provide high quality

work and we pay them fair wages so that they can stay in the area, have time to take pride in their work and do the right thing.

Our system designs are time tested and adapted to our local conditions. All the money we make goes back into the business, then the employees, and our base of local shareholders. That means it pretty much all goes back into the Nimbin community, keeping it local. One of the hardest things about living in Nimbin, after finding a decent place to live, is finding a decent place to work.

Many people have to commute to Lismore, Murwillumbah or – gasp – the Gold Coast. We'd love to create more local jobs and give more young people a chance to find their independence, make a livelihood and get some of the highly sought after skills in this industry in their own home town.

We should all be proud of over 30 years of local leadership and innovation in alternative and renewable energy.

Please support your local solar company, so we can continue to love our work, and support you and your systems for generations to come.

Will your website ever rank well in Google?

by Russell Lean,
web2trafficstrategies

Do you own a business website? Seeing competitors' websites ranking number one in Google? Dominating Google Maps as well? Ever wonder how they did it? Why they are #1 in Search and Google Maps?

These are questions I get asked weekly, from local businesses contacting me for support with their online endeavours. It is not rocket science. What it is, is knowing how to set up best practice Search Engine Optimisation on your website. Or getting someone with the expertise to do it for you.

Search Engine Optimisation – or SEO – is optimising each page on a website to be seen by Google, and placed in search results. Also many businesses people are unaware that the fastest way to Page 1 in Google is a FREE Google Maps listing. If done correctly.

The Semantic Web was launched in 2013 and Google required additional code to be added to websites to improve the Search Engine Optimisation of the site, by giving Google more information. This required "microdata" being added to websites helps sets a business apart in search. Conversely,

if no-one in your niche has added this microdata to their website and you do to yours, an immediate positive change happens in your rankings – they move up.

If you are a local business with a physical address, the additional coding of Geo Targeting information into your website pages gives another immediate and positive boost to your rankings. Why? Well this is something I have pondered and researched and asked Google employees (as we are in the Google Partners Training Programme).

The answer seems to lie in the relationship between Google Maps and a website that represents a business at a physical address. The Geo Location data that can be included in the microdata I mentioned before "TALKS" to your Google Maps listing. This conversation (for want of a better word) tells Google Maps a whole lot of additional things about your business that is not in the Maps listing.

In the process your Google Maps position improves and



Practice, added microdata and Geo Targeting information and within one week their overall Visibility in search in Ballina rose to 71%. They also started to rank on page 1 for electrician related searches in Lennox Head and Alstonville.

You can see how this is a very positive upward movement for a business. They get recognised more in the town they operate from, and they get the benefit from the Geo Data info, to rank in a wider area around them. This equals more potential clients – all for a cost of approximately \$700.

We are Search Engine Optimisation specialists with a proven record with our local and metropolitan clients. If you want to dominate Google Search and Google Maps in your industry, call today.

Phone Russell on 0468-382-600, visit our website: www.web2trafficstrategies.com.au or email to: web2trafficstrategies@gmail.com – and the very best of luck with your online marketing.

once your Maps position moves up, your website rankings do the same. In addition, if you have more Google Reviews of a higher score than your competitors, chances are you will go to #1 in Maps.

A good example is an electrician in Ballina we worked with during April. We did a one-off Optimisation job for them. When we started their overall visibility in Google was 31% across Google Search, Google Maps and Google Mobile Search. Their best ranking was #14 (4th on page 2 for Electrician Ballina and related phrases – a very competitive niche).

We did our tasks as outlined above, re-optimised their pages on the website, re-optimised their Google Maps listing to Google Best

Nimbin Trivia Time

by Sue Stock

Questions

1. What is the origin of Kyogle?
2. How many indigenous people in the Kyogle area in the 1820's as estimated by white settlers?
3. When did the railway come to Kyogle?
4. What is the tallest waterfall in Australia?
5. When was the wine cask invented?
6. When was Racecam invented?
7. How old is Mt Warning?
8. What work did Luciano Pavarotti do prior to becoming an opera singer?
9. Can you name the second largest planet in the solar system, first observed by Galileo Galilei in 1610?
10. What is a quandong?



1. Kyogle, is a name Australian, Tom derived from the Bundjalung word, Katoon gal, meaning the place of the brush from the drivers perspective, was developed and introduced by Channel 7 in 1979
2. 600
3. 1910
4. Wallaman Falls,
5. It was invented in 1965 by an Queensland schoolteacher
6. The RaceCam, Angove
7. 23 million years old
8. He was a
9. Saturn
10. A fruit

Answers



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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
		Nimbin – Main St. (Park)	Lismore Transit Centre
		9.00am	9.35am
		12.45pm	1.15pm *
		3.25pm	4.10pm
		6.05pm	6.35pm

* Mondays & Thursdays Only

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

The rewards of volunteering for the Bolguan rebuild



by Mick Watson

No long walks to Bolguan this time. The road from Kathmandu was open, and the Jeep, fully loaded with seven volunteers and provisions, made it.

We set up camp in a terrace-sized millet field as the owner worked around us harvesting the crop. Great to be back in the village on the mountain. That was the plan.

Days followed on house sites five and six. It was a lot of hard work, but fortunately the locals did all the heavy lifting. True work-horses, inspiring to watch as they overcame all obstacles to get it done. They really have become avid builders.

Helen mentioned she felt as useless as an ashtray on a motorbike on the construction site. At times we all did, but you

just helped out where you could.

With a project that requires so much labour to complete, any effort was appreciated not only in construction but to create the materials used, along with transportation. Thankfully we had a sewing machine to stitch up the earthbags.

Overall the locals were happy to have us there, certainly a source of amusement as toddlers to adults, chooks and the occasional stray dog hung around the campsite.

They looked after us with so many acts of kindness, from collecting wood for the fire (even lighting it for us), providing a meal or fresh produce, an invite to a party or ceremony and even an extra blanket for me. It was so cold at night in our tropical beach tents!

Then there were the camp

chores to contend with, like fetching water from the well (when the tap wasn't working), collecting wood for the fire and cooking meals for seven. The toilet was an experience that simply couldn't be avoided.

Still, there was always time for that extra cuppa by the fire or a long lunch in the warm winter sun with a view.

Since visiting a year ago, ten houses have been completed and another two are underway. The locals have been skilled up, inspiring other building work.

Well done, Nimbin.

Donations can be made to the Nepal Relief Fund at Summerland Credit Union BSB: 728728, Account Number: 22305642. For information regarding volunteering, email: helensim7@gmail.com or phone 6689-1417 and leave a message.

ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

Aries

You are approaching a new era regarding your values, possessions, and financial affairs. You are invited to review your relationship with everyday security. Keep an open mind for innovative ideas and new opportunities. Changes in these fields are on the horizon and it serves better to go with the energy and not against it. However, final decisions are best not made before the end of August.

Taurus

The powerful energies of the moment can be felt as very challenging because they are very destabilising and unpredictable. The New Moon (May 15) might be a great moment in time for initiating completely new projects that will require a lot of your vitality and time. Create some space and invite the new energy into your life to avoid disruptions.

Gemini

The weeks prior to the Solar Return are an ideal time for reflecting on the events of your personal year that is about to end. How have you managed the art of living? Acknowledge your achievements and notice those projects or encounters that did not live up to your expectations. Pay particular attention to your dreams.

Cancer

Breakthroughs are possible now especially around the New Moon period (May 15). Prepare the ground for new developments and spend time with like-minded souls. The new energy might particularly come through in group situations. Remember, that the whole is greater than the sum of its parts!

Leo

This is a period where you like to approach life with lots of drive and enthusiasm. Embrace the Unknown. Be willing to change direction and be your own true self. There might be some problems with others who like you to stay the same. The challenge is moving into the heart centre and being authentic, instead of doing what others expect you to do.

Virgo

It is time to question your assumptions and embrace different philosophies or mind-expanding educational experiences. When we shift our perception our experience and sense of reality changes. Hear the calling and embark on a vision quest. Make extra space for your needs of self-exploration and self-fulfilment to re-charge your batteries.

May

When the Sun journeys through the sign Taurus the attention turns towards our connection with nature and the development of a healthy relationship with the material world. Since ancient times this sign has been associated with the fertility and innate riches of planet Earth. Individuals with a major Taurean influence (Sun, Moon or Ascendant) are often great gardeners or farmers and feel very familiar with the concept of self-sufficiency. The cultivation of personal resources is an important theme as they are motivated to be self-reliant and have a natural urge to preserve what they sense as essential for survival. They need a lot of stability; under pressure, they dig their heels in and refuse to budge. As easy-going as they may be most of the time, Taureans do resist change. They dislike moving to different locations, changing homes or even meeting new people. However, this kind of resistance will meet its challenges over the next few years, when Uranus, the archetypal force of change, chaos and rebellion journeys through this most earthy sign of the Zodiac! Those who can quickly keep up with changes will get the benefit of this trend while individuals who resist changes may have a hard time. The New Moon in Taurus on May 15 coincides with the entry of Uranus into the sign of the Bull, the first time after 84 years. This is significant because Uranus will remain in this sign until 2026, except a 5 months period from early November 2018 until March 2019 when the planet of chaos and rebellion retrogrades back through Aries. Taurus is associated with economics, finance and banking. We should expect to see some radical changes not only in the current financial and economic systems (including the property market) but also in our personal relationship with money and values. It is important to remain open and flexible to new opportunities and innovative ideas in these fields. As Uranus enters Taurus in a New Moon period, we are at the onset of a new era! Several planets placed in earth signs at the moment indicate a stronger focus and need to better care for nature, land, animals and agriculture. Even if we achieve various technological advancements, we should keep in mind that it is Mother Earth who feeds us. The Uranus ingress into Taurus symbolises the collective awakening



of a New Earth Consciousness that honours the Divine Feminine as the sustainer of life. Notwithstanding, the number of natural disasters, especially the number of earthquakes, may increase in the coming years. Until early November, when Uranus makes a brief regress into Aries, Saturn in Capricorn forms a harmonious trine with Uranus.

Saturn/Uranus offers new possibilities and constructive solutions for the many challenges of the moment. This is a great period for breaking through old frontiers, walking a different path and developing a more inclusive narrative for old standing issues. If we are open for innovative solutions, we can create incredible changes. On the other side, we cannot deny that there are also forces at work that try to block the great paradigm shift that is occurring. Mars, the archetypal driver and energiser, enters Aquarius on May 16, while setting up a dynamic square aspect with Uranus. Expect the unexpected, because these cosmic energies could play out in a volatile way if we allow ourselves to be pulled into conflict and drama. The Black Moon Lilith, the demonised enemy of patriarchy and voice of those who have felt disempowered but have created a way to stand up for their rights and beliefs, is conjoining Pluto on May 18. Lilith/Pluto activates hidden rage and the fight against injustice. It correlates with the examining of power structures and privileges as well as the breaking of taboos, scandals and shadow revelations. In summary, this 3rd week in May could be quite difficult to handle and is best approached with an open and flexible attitude. The Full Moon in Sagittarius opposite the Gemini Sun on May 30 can lighten our hearts and minds. An inspirational Grand Trine in water between Jupiter in Scorpio, Neptune in Pisces and Venus in Cancer invites us to dream, dance and be creative. It encourages hope, generosity and community spirit.

Navigation by the Stars:

Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns for 2018/19; contact Tina on 0457-903-957, email: star-loom@hotmail.com

Next one-day Workshop:

'A Change in Frequency: Uranus in Taurus and Chiron in Aries' Saturday, May 19, 2018, 10am - 4pm, Lillifield Community Centre; 4505 Kyogle Road, Wadeville 2474; for bookings and info contact 0457-903-957 or email: star-loom@hotmail.com

Libra

The wild woman and the wild man inside you has grown stronger, urging you to stand up for your true beliefs. Give this inner rebel a voice and go for what really makes you happy. What is your civilised ego telling you not to do, feel or think? Be prepared to engage in some deep shadow work to integrate parts of yourself which you have labelled as unacceptable.

Scorpio

Energies run high especially at the home front and it is a good idea to be mindful of your opinions and beliefs. Persuasion might not work, instead try to use your ambition and drive for accomplishing things in cooperation with others. From mid-May onwards you can expect changes in your relationship dynamics. More space and freedom is required in your dealings with others.

Sagittarius

Establish a new balance between things you do for a living and sustaining yourself and time spent on more creative and recreational activities. Both sides are important and essential for maintaining a healthy body-mind equilibrium. However, obligations and responsibilities are part of adult life and we must honour our agreements with others.

Capricorn

Too many restrictions and taboos create rebelliousness and the deep urge of going against the rules. Therefore, make special time for exploring your creative potential and connect with your inner self. Of course this can bring challenges in your personal and/or professional life as you are aiming for more authenticity.

Aquarius

You are in a process of breaking free from too many responsibilities and expectations. Do some soul-searching and reflect on what really matters to you, what really defines you. Realign your inner essence with your outer life. Move on, but avoid acting impulsively, especially around the New Moon period (May 15-16). Self-honesty is the key.

Pisces

Take a fresh look at life and dare to be different. The very essence of your perception is changing; the world you are starting to see now looks very different from what you are trained to see. This is a great time for writing down your ideas and discovering new aspects of yourself.



Laptops for Nepalese schoolkids

Jayavinda with Nepalese teachers

by Jayavinda

Three years ago while trekking in the Langtang region of Nepal, I happened upon an excellent school in the village of Dhunche. I was inspired to help the school in some way.

That night I had a dream in which I was refurbishing laptops for the school using Linux. The next morning I asked the teachers if they would like refurbished laptops for the school, and they were very enthusiastic.

Fortunately, my career was in computing, so the dream was very possible.

The following year I transported 25 refurbished laptops to the Dhunche school and trained the teachers. It

was a great success.

Over the last three years, fifty laptops and computers have been installed in three different schools – Dhunche, Tsoknyi Nunnery and Shechen Monastery. They are being used by 900 students, after the training of 32 teachers. Many Nuns and Monks are also using them at two of the schools.

This June we will be transporting 25 laptops for two more schools near Kathmandu. Many more schools are on the waiting list.

It is such a satisfying project because we are fulfilling a huge need in poor schools in Nepal, simply by recycling unwanted laptops from Australia.

Nepal is one of the poorest



countries and the schools cannot possibly afford to buy laptops.

People can help by passing their unwanted laptops on to me, by donating to the project, or by travelling with me to Nepal to help deliver the laptops to Kathmandu.

We are having a

fundraising day on Sunday 6th May starting at 10am, at 83 Bald Mountain Road Limpinwood, with many workshops, circle dancing, chanting and dancing... in other words, fun and games.

For more information, please contact Jayavinda on 0418-428-112.



by Marilyn Devlin

Compassion: the jewel in the crown of love

Can you feel what's happening in your body? It's surely been a mighty squeeze. Reminded me when I 'went back' and experienced my journey through the birth canal. Remember those few seconds when I doubted my strength to make it through. The momentary consideration to abort the mission.

April 2018 has had a similar flavour. Not that I'd consciously abort... but my mortality's been hovering close. May have lost my fear of death during these early autumn weeks.

I know I'm strong – in my slight and highly sensitive vehicle – my precious body – I know lies a mighty strength. Handed down from those who went before me... went through so much in their own lives.

This inherited clairvoyant, clairaudient, psychic sense... whatever

Celebrating life

it's called or is. It's been a long journey trusting it. Something is stirring inside... my nervous system's been taking the brunt of it. So much huge movement around us... ushering us into a new Age. More changes are on the way.

So much adaption required. Feels like we're changing from the inside out. It's all one energy... no separation between anything, only in our mind. And we're particularly affected by Earth's vibrational frequency and magnetic field... all shifting and changing dramatically, influenced by our galactic neighbours. Huge shifts in process.

Which means? When energies shift, the physical follows. Self care more important than ever at present... our incredible bodies are dealing with a lot. Treat her with the highest, gentlest care. It all begins and ends inside of us.

I'm not an easy person to 'diagnose'... being as I am. Modern medicine doesn't understand me. Thank the Goddess I have a powerful belief in the Healing Power that lies within us. We're all unique – similar yes, as a human being... but also uniquely created.

New ways are needed, new ways are birthing... new ways will manifest. Nothing can stop this... 'they' can try, but they won't succeed. They don't hold that power... although some might think they do.

What's important is what will become the focus. Back to basics. Our unconscious ways have brought us to the edge; the power of Life, the power of Love will succeed. But we all need to wake up and align with goodness, align with Life... make our commitment.

The tide's in and dissolving all the

castles made of sand. When changes start, they'll move quickly... affecting us all. We need to be prepared... open and willing to change. Let go of our greed for more.

Life is Love – I have no doubt. That we are meant to live and love and enjoy... have copious gratitude for the precious time we have on this Sacred Earth.

I had a dream, so life-like and visceral. I was central in the dream. There was something significantly different about me. I was fighting – I understood I'd been fighting all my life. But this was different – the whole energy and vibration around me was different. I was fighting for my strength, I was fighting for me. It felt like a total transformation.

I sense that at the other side of this challenge I will be completely transformed, I will have embodied me. Something major is occurring... and although at times it's not for the faint of heart, it offers much. If we can be brave, and believe... what we know and who we are.

We can try. It's important. I remember back in the seventies 'seeing' that what was unfolding had never happened before in our human history and would never happen again. Something was seeded back then... it's been building strength., with the years since 2012 being super-charged.

We have a choice – what do we give ourselves to? Everything we focus on multiplies... we hold that power. What's important? Make that your vision and purpose.

Celebrating Nimbin Aquarius Festival 2018 – I was there in 1973.

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Nia

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