



by Kirrah Holborn,  
'Traditional Wisdom'

Transitioning from Maiden to Mother

Ooooh... look at that big belly! Mamas know about the extra attention they get when pregnant. After the birth however, attention shifts dramatically from the glowing mother to the newborn.

Birth is an incredible, amazing and intense journey into the unknown and back again. Women work hard to bring their babies earthside, and no woman returns from this journey unchanged. It is a big deal and some cultures 'do it better than others' when it comes to honouring and helping a new mother feel valued.

There are many beautiful ways to help honour this transition and help the new mother to feel loved and supported.

**WARMING** Giving birth is cooling for the body. For proper postpartum healing, the mother needs to be warmed. This can be achieved by eating warm soups, drinking warm teas, being massaged with warm oils and being wrapped in warmth. Warm baths and heat packs feel very nurturing and aid the mother

Birth and Beyond

in restoring balance. **CLOSING** Giving birth is all about opening; physically, mentally and emotionally. After the work of labour, women can feel raw and open. It makes sense that a

ceremony or process that helps 'close' the mother again, is very beneficial for her healing.

A beautiful closing ritual that helps to nurture and celebrate the new mother is a ceremonial bath. This can be made even more beautiful with flowers, aromatherapy and healing herbs. It helps the new mother to heal quicker and honours her for the amazing work she did to birth her baby!

Another closing ceremony that can add to the experience is a sacred 'tuck in' using scarves. The mother lies down and is wrapped with heat packs and the scarves are tied to give a feeling of being held in a warm embrace.

**BINDING** Another amazing way to help the new mother feel enveloped with love is to bind her belly. Used in combination with a special herbal paste, it helps firm, tone and strengthen the internal abdominal muscles and the external abdominal skin. This is something I can do for you, so let me know if you're interested!

**MASSAGE** Who doesn't love a massage? It is nurturing and relieves aches, pains and stresses. Be sure to use warm oil. It can

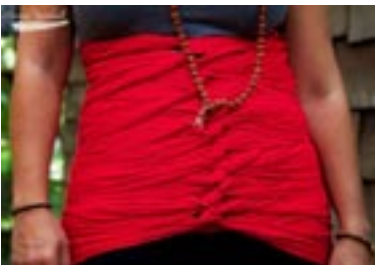
help realign ligaments and tissues and uterine massage can help relieve after-pains.

**TEAS** Making the new mother a cup of something herbal that aids breastmilk supply is a win-win. Try a blend of: nettle, caraway, fennel and fenugreek. There are many nice teas (check out the local Tea Medica range), find one you like and sit down with a nice cuppa!

**SITZ BATHS** There are some incredibly useful herbs that help a new mother to physically heal. I have a 'Mama Bliss Herbal Bath Mix' that is soothing, healing and reduces pain and inflammation. It contains Comfrey, Lavender, Calendula, Sage, Yarrow, Rose petals and epsom salts and is available for purchase. Infuse the herbs, strain and add to a sitz bath for amazing relief!

**PLACENTA ENCAPSULATION** The not-so-new magic pill that helps a new mother cope beautifully with postpartum. A mother's placenta is a rich source of hormones and nutrients and can help ease her transition to parenthood!

Consuming your own placenta can help with reducing or eliminating the 'baby blues' and helping prevent post-partum depression, increasing breast milk production, mother/baby bonding, decreasing iron deficiency, helping the mother feel calmer and more balanced and increasing



energy levels. See? Magic! I have a purpose-built commercial kitchen that I can safely encapsulate your placenta and return it to you in pill form (making it very easy to take).

So, as you can see, closing the birth journey is crucial for so many reasons. Energetically it helps bring closure, physically it helps the body to heal and mentally/emotionally it helps the mother to transition from maiden to mother.

Something as simple as taking the time to warm and honour the mother can help in ways beyond belief!

Birth & Beyond schedule

Now Fridays 10am-11am  
11th July: Breathing for birth  
18th July: What do I need to know about tests/screening?  
25th July: Natural remedies for pregnancy  
1st August: Not on

*Nimbin Birth & Beyond meets every Friday from 10am-11am. Sessions are run by donation. For more info (or to hold a session): Phone 0429-308-851 or email: kirrah@traditionalwisdom.com.au To be added to the mailing list just send an email or text. The schedule can be found online at: www.traditionalwisdom.com.au*

HEMP HEADLINES

Marijuana: The illegal medicine [Sunday Night on 7]

A former drug squad detective has spoken out about acquiring marijuana for his terminally ill son and fighting the government to legalise the drug. Lou Haslam's son Dan is using medical cannabis to manage his nausea, vomiting and poor appetite from chemotherapy, but more recently has also used cannabis oil in a bid to halt the progression of his disease. "I ran the drug unit in the north west of the state, Tamworth through the Queensland border involved in many, many drug operations and many, many arrests of people using cannabis and growing cannabis," Lou told Sunday Night reporter Helen Kapalos. "I have never felt like I am breaking the law... If I am trying to save my son from the hell he goes through every fortnight then it's completely the right thing to do." The Haslam family has started a petition on [Change.org.au](http://Change.org.au) which already has 180,000 signatures.

The rising use of cannabis extract medicine in Australia [Medical Jane]

In Australia, a girl named Tara O'Connell was diagnosed with Dravet syndrome and suffered throughout most of her life, having as many as 20,000 seizures a year. After a year on cannabis tincture, Tara is now seizure free and showing other signs of improvement, including mobility. Her doctor remarked that Tara's improvement was "nothing short of miraculous." Dozens of other children are also using tincture with positive results throughout Australia.

Study: Habitual marijuana smoking not associated with increased risk of lung cancer [NORML]

Subjects who regularly inhale cannabis smoke possess no greater risk of contracting lung cancer than do those who consume it occasionally or not at all, according to data published online ahead of print in the International Journal of Cancer: <http://onlinelibrary.wiley.com/doi/10.1002/ijc.29036/abstract>. An international team of investigators analysed data and concluded, "Results from our pooled analyses provide little evidence for an increased risk of lung cancer among habitual or long-term cannabis smokers."

MCUA: Medical Cannabis Users Association of Australia [Facebook]

This Association has been set up specifically to give Medical Cannabis users a collective voice when it comes to lobbying the powers that be. It is a place to add your support to the efforts going on or ideas aimed at eventually achieving the full repeal of Cannabis prohibition.

Nimbin Hospital Info

Women's Health Nursing Service

Every 3rd Thursday of the month. Confidential Pap smears, breast checks, contraceptive advice, post natal checks, general health information. Next Clinic 17th July. For appointments phone 6688-1401.

Early childhood nurse

Every Tuesday. Phone 6620-7687 to make an appointment. (Lismore Community Centre.)

Child Immunisation clinic

For 0-5 year olds. Held second Tuesday of every month. Next Clinic: 8th July. For appointments phone 6620-7687 (Lismore Community Health)

Nimbin community nurses

Monday to Friday 8am to 4.30pm. For assessments, wound care, referrals, advocacy. Provision of Palliative Care in the home. Provide and coordinate Aged Care Packages.

Free Respiratory Clinic

With Specialist Respiratory Nurse and a Nurse Practitioner. Second Thursday of the month. Next Clinic 10th July. For appointment phone 6688-1401.

Free Diabetic Clinic

Every 3rd Thursday of the month. Next clinic: 17th July. For appointment phone Leanne Boothe 6630-0488.

Free Health Checks

In front of the Neighbourhood Centre, every second Friday. Run by a Nurse Practitioner and an RN. Risk assessments, including general health assessment, random cholesterol and random blood sugar tests. All welcome.

Nimbin Hospital Auxiliary

Meetings are held on the second Friday of each month in the hospital conference room at 10am. Next meeting: 11th July.



Bowen Therapy and time

I am told by them that know that time is an illusion. In actual fact there really is, only the 'now'.

Recently I had a car accident and I have to admit that while the car was careening towards disaster, I was very much in the now. Fully present, I made the instant decision to steer the car into the bushes, rather than the tree beside them. Fortunately the decision was a correct one. Hence I am writing this article today.

It was only after the event that I realised that the bushes concealed a high bank, but their abundant foliage had stopped my small car from sailing uncaringly into the creek below. Whew! I elicited a late sigh of relief, which was encouraged by the illusion of time.

The illusion of time further reared its tricky head, when I needed to get the car out of its bushy nest and have it fixed. Arranging tow trucks and repairs and the associated worry, about how long it was all going to take and how much it was going to cost, took hours and days of thought and action.

But apparently, the

enlightened beings of this mortal coil would have had no problem at all in deciding such meagre outcomes. They'd have been internalising the beauty of their surroundings, while sipping a carrot juice on the verandah, knowing full well that all is perfect, right now. Probably, because they have staff and unlimited access to dosh!

Time is a most important essence when one visits a therapist for healing. It is likely, unless one has full co-operative communication with the winged no body dudes of the etheric planes that a shoulder, back, neck, or limb, which has been groaning with pain for some months or years, is going to take more than one treatment before the pain and discomfort fully disappears.

Many things happen when we are in pain. The chemical messages of good health and well being go into disarray and the physical body, emotions and thoughts are affected accordingly.

Humans are complicated beasts, in that as well as the behavioural habits we collect through the experiences

of life, our bodies are also inclined to form a habitual way of being. When we decide to let go of a behavioural habit, because it no longer serves us, it takes time before our minds fully come to the party with the new us. And so it is with the body.

A body that has become used to a chronic condition, albeit uncomfortable, will still take its time to move back to painless, good health and there are many variables as to how fast or slow that return to comfort will be.

So, if after two treatments from a therapist, no matter the modality, one is not feeling any difference and the difference may be as small as once again having a comfortable sleep, perhaps one is on the wrong track and it is time to find another modality that will benefit your desire to return to a quality life.

Conversely, after one or two treatments, if you feel there is now hope at the end of that dark tunnel of pain and stiffness you have been experiencing for so long, I would suggest you continue treatment for as long as your



by Tonia Haynes

Dip Bowen Therapy, Cert Remedial Massage, Advanced Pranic Healer

therapist thinks. Because, they assuredly know what they're doing, within the modality they practice. And hopefully, assisting you back to wellness again as quickly as possible, is their first priority.

It may well be that my modalities, which are a mix of Bowen Therapy, Remedial Massage, Spinal Realignment and some gentle emotional release techniques, are what you need in order to return to muscular and skeletal health.

Love, Light and Laughter  
*I am in clinic in Nimbin on Wednesdays and Saturdays. For an appointment. Phone: 02 6689-0240, Mobile: 0439-794-420*

# Dying to dreams. What then?

by Dr Elizabeth McCardell  
M Counselling, PhD

Death comes in many forms. We live and we die. All organic things do. We lose loved ones, human, animal and even plants. This is life. We also lose dreams, hopes and expectations. This also, is part of life, but what do we do then, when we, still very much alive, lose things we'd pinned our hopes on that just don't come to pass? Sometimes life can be not merely a disappointment, but a desert of despair. What then?

Desire to die through suicide is very common these days, and much of this desire comes from this empty landscape of despair. Where do I belong, who am I, where is my place? These are some of the questions asked. If I do not die, what then? What happens afterwards?

The old crone rides a crow in a charnel yard and then, inexplicitly, goes up in smoke. She personifies disappointment, loss, and despair and around her is frenetic activity, anxiety, and a desire to get away as far as possible from what is feared: a horrific implosion of nothingness. The Hindus give her the name, the Goddess Dhumavati. She is shunned, denounced, avoided, like the widows and other outcasts of India and here in our own streets: here in the faces of the mad, the alcoholic and drug addicted, here is the torment of those in extreme pain. This is the face of damage. This is literally the deathscape of cosmic collapse.

What then? Here is the extremely uncomfortable call to consciousness. Here is the real reason ours is a call to conscious awareness. Dhumavati has within her transformative powers to unleash awareness that cannot be attained in gentler ways. Here is awareness that many spiritual ideas and practices do not touch.

I am very moved by Dhumavati and her crow and sometimes evoke and explore what she means with certain clients because she illustrates so profoundly what most of us are terrified of and will avoid at all costs. I have a crow figurine that I use as a symbolic bird to explore grief, loss, and the death of dreams. Together we journey into the Shadow realm to bring consciousness to what we do not yet understand. Riding on the back of the bird we symbolically fly to the very edge of existence itself.

I often do this work using the magic of clinical hypnotherapy, a modality of focussed relaxation and a bringer of profound insight. My clients are well supported by me in this journey. It is work we undertake together.

Without attempting to go to this silent heart centre we are too readily whipped around by the high winds of elation and despair, too ready to pin our hopes on the promises and whims of other people who are just as confused as ourselves, too willing to seek comfort from unsafe sex, obsessive hoarding, indulgence in excessive food, alcohol and drugs,

and then, of course, there is the attraction of suicide, annihilation and obliteration, but what then? The call to the silent centre is a hard one to obey. It requires staring into the black eyes of this old crone who carries our dreams in bags on her back, requires noticing how these dreams dissolve into nothingness like tracing our fingers in ash, and requires staying present



with despair, until that too disappears.  
dr\_mccardell@yahoo.com

## Tuck into this tasty drama



*Food*, the delicious play by Steve Rodgers, comes to NORPA next month following sell-out seasons in Sydney, Brisbane and Melbourne.

A co-production between Force Majeure and Belvoir, *Food* combines elements of drama, comedy, dance and cookery in an erotic mix of words and movement.

Rodgers, the playwright and co-director, said that food and sensuality were central themes in the play, which draws closely on his own personal experiences and observations.

"*Food*, as the title suggests, is a play about food and cooking," he said. "But it's also very much about sex, and how our relationship with both can define us."

Rodgers co-directs *Food* with acclaimed choreographer Kate Champion, artistic director of Force Majeure. Together they have crafted a communion between audience and characters around the dining table.

A play called *Food* would not be complete without the real thing, and at each performance selected members of the audience will be served supper.

*Food* will be performed on Friday 11th and Saturday 12th July, 7.30pm at Lismore City Hall, \$20-\$47. For tickets, call 1300-066-772 from 9am-2pm Monday to Friday, or visit: <http://norpa.org.au>

## Winter patterns

by Brigid Beckett

We are now definitely into the winter season. Winter has many consequences for our health and well being and is often the most challenging time healthwise. The time around solstice often feels like a low point with energy down and colds and flu common.

In traditional Chinese medicine the organ and meridian of the kidney is associated with winter. This is the most important energy affecting our overall health status. This energy is referred to as the root of life. It has its roots in our constitutional essence received from our parents, but is also influenced by events on our life journey. The kidneys govern the life cycles: 7 years in women, 8 years in men.

The kidney energy governs growth, reproduction and aging, so is important in all our life stages. The kidneys are involved in hormonal changes. Organs and structures directly dependent on this energy to function include brain, bones and bone marrow, lungs, ears and hair, as well as bladder and kidneys.

This is why a wide range of disorders – age-associated skeletal problems, some lung disorders, developmental or aging problems as well as urinary dysfunction – are all caused by low kidney energy.

Examples include slow development in children, dementia, arthritis, asthma,

osteoporosis, back-ache, deafness, tinnitus, urinary incontinence, recurrent bladder infections, hair loss, infertility.

The aspect of mind residing in the kidneys is the zhi. A strong zhi confers willpower, motivation, strength and skill, as well as providing stability in the face of adversity. While it allows us to work well, overwork, particularly working at night, weakens this energy. A disharmony can also turn people into workaholics.

A weak zhi will cause fear and anxiety, despondency and a lack of drive or will to change. It may cause bed wetting in children and insomnia in adults. Often sufferers will have tell-tale dark rings under their eyes. In terms of dreams, a weak zhi can cause dreams of being immersed in water or fear filled dreams.

Kidney deficiency can be classified as yin or yang deficiency. Yin-deficient patients tend to night sweats, hot feet, weight loss, and insomnia while yang-deficient patients tend to be oedematous, weak and cold.

Our kidney energy will determine our basic constitution. This is affected by our parents' age and health at the time of conception – our pre-heaven qi. But



also throughout our life it can be diminished or strengthened. Overwork, insufficient sleep, fearful situations or serious health challenges will drain this energy. To strengthen the kidneys, good sleep is essential – sleeping between 11pm and 2am is especially replenishing. Diet-wise, sufficient protein is important, as well as foods that are easily digested, so that qi is produced efficiently from food.

Dark-coloured foods are good for kidneys, eg kidney beans, black beans, black sesame, dark leafy vegetables. Eggs and seafood such as mussels and oysters are beneficial as part of a balanced diet.

There is a difference depending on whether kidney yin or yang deficiency predominates. For yang deficiency, raw foods should not be eaten at all and warming herbs such as cinnamon, ginger, cloves or fennel seed benefit. For yin deficiency, hot spicy food and coffee need to be avoided.

There are specific Chinese herbal formulas to benefit kidneys, and many of the most important acupuncture points tonify kidney energy. The kidneys do not like cold and dry, so throughout winter it is important to protect and replenish this basic energy.

Brigid is a qualified Chinese Medicine practitioner who can be contacted through Lismore Community Acupuncture on 0431-702-560.



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# Herbs of the month – Chervil and Sweet Cicely

by Thom Culpeper



*Anthriscus cerefolium*: Chervil  
*Myrrhis odorata*: Sweet Cicely

Chervil, Syn. French Parsley, Cerfeuil, Var: Brussel's winter, 'Cerfeuil Frise', Vertissimo. Sweet Cicely, Syn. Chartreuse.

Both of these herbs find general use in French cuisine, their mild anise flavour being a requirement of some regional cooking. Chervil is the prime ingredient in the true mixture known as 'Fine Herbes', the others being Parsley, Chives and Tarragon.

When 'Pluches de Cerfeuil' is called for, leaves of Chervil is what is meant. Sauce 'Bearnaise' owes its distinct flavour to Chervil. Mixed with Crème Fraiche or softened butter it's used as a seasoning with steamed root vegetables, grilled meats and fish.

A delightful 'pesto' is

made and used on snack crackers and pasta and it is chopped and stirred through chopped-egg salads. Blended with mayonnaise and Dijon mustard, the mix is a baste for grilled chicken and grilled turkey and squab.

Chervil (left) is more delicate in flavour than Sweet Cicely, the later being used in baking and grilled sea food, Provence style.

Chervil in most case is added at the end of cooking; the mild sweet anise being fugitive if cooked at high temperature, Cicely being the choice in these cases. Fresh chopped chervil is added to salad mixes such as the true mesclums, being a mix of a sweet, cicely, a piquante, arugula, a sour, French sorrel, a bitter, cicoria and a green or red leaf of choice.

Chervil is an annual that loathes summer or heat, preferring semi-shade and a cool moist location; it grows well in pots and shaded baskets. A numeral pH 6.0-7.0 allows a good yield, planting into spring is useful. In Nimbin, seed does well

out of summer to autumn. Seeding direct is preferred, as Chervil does not do well if it is transplanted or suffers root disturbance.

The small white flower umbels develop a dark seed 1cm long, oblong-ovoid with a small beak. As the plant matures, it takes on a bronze hue. Harvest from the outer leaves as you would Parsley and it will yield over an extended period.

Why this lovely herb is not generally available domestically puzzles the writer. The general impoverishment of fine cuisine may hold the answer, the retail interface being in general free of real food knowledge. Every kitchen in France, Germany, Europe and on to Russia has a plethora of garden herbs. When have Australian cooks last seen fresh horseradish, dandelion, neap tops, salsify, scorzoria or the beautiful tiny turnips that kids can eat raw?

All towns should have a dedicated, fully serviced marketplace allowing the citizen cook and the citizen grower to exchange

information and the opportunity for the meal-makers to 'harvest' a wider range of useful ingredients. The 'Big Food' industry is allowing the populous to fatten on corporate 'rubbish', thereby limiting the range of fresh foods.

Humanity today is the outcome of a massive time and adjustment to environmental 'offerings', we are that food history, genetically! A wag once said a profound truth: "What you eat today, walks and talks tomorrow."

Should you wish to engage further on these matters, I'm now found at Nimbin Farmers Market on Wednesday pm and Blue Knob Saturday am. Culpeper's Kimchees and fruit sauces (soon), are found together with the preserves of Nimbin Delicious. Culpeper's email: thewholeearthveg@gardener.com Please order by email if need be, for market pick-up.

Culpeper has begun to make a range of 'Kimchees' and citrus sauces. He's at Blue

Knob Farmers Market and: thewholeearthveg@gardener.com



by Bob Tissot

**OK** It's late-ish afternoon and the sun is quietly sliding down the sky like a golden drop of condensation on Gai's icy beer glass, and preparing itself for when it does that trick of disappearing behind the little tropical island in a blazing exaltation of crimson.

Diana is lost somewhere inside an exaltation of red herself, although in her case it's a red hammock gently swinging in the shade about one metre from the quiet lapping of possibly the most benign piece of ocean imaginable. Warm, crystal clear, and with a slightly elevated salt level that makes floating absolutely effortless, it's been an ever-present susurrant in our subconscious for the past week. A mighty fine change from the general high-decibel hubbub of your average SE Asian city.

We're on Otres Beach in Southern Cambodia (well to be specific, we're on Otres 2 as opposed to Otres 1), which is about 15-20kms away from the madness that is Sihanoukville. To be honest,

we never really experienced too much of that madness because our pre-arranged tuk tuk whisked us away from the bus station and straight to Otres over pot-holed dirt roads that almost made me homesick.

And here is one of the last enclaves of laidback beach living. Once this little spot succumbs to the tourism monster (and eventually it will, you can see the beast lurking just around the headland), the only quiet spots will be island based. But right now the basic crudely-thatched hut on the beach feels pretty nice. After five weeks of tight itineraries, our schedule has devolved to wandering down the beach and deciding which of various little beach-side eateries we should fall into, before resuming the long beach stroll, and as it's about 5-6kms from Otres 2 down to Otres 1, strolling can take a good part of the day. Naturally the water temperature is at

a level where one can stay indefinitely semi-submerged, and so a day can slide away into the next... as the previous day did...

It's now post-breakfast and we're soaking up the morning rays and waiting for the first massage lady to approach; today is going to be her lucky day. Even in paradise the flesh can fail, and my back is a little out of sorts, probably the result of walking 10 or more kms every day on an inclined beach, but nothing that a

rich, earthy, almost fecund aroma permeates the en-suites and occasional blasts of gas bubble up through the dunny (which actually happened once when I was "enthroned", giving me quite a start). The water in the shower smells like the creek at home after a few months of dry, so naturally we're feeling right at home.

The family and guests all share the general living area, which can mean finding the youngest sitting on the old pool table to keep him out of trouble (he can't climb off) or coming back at night and finding all the couches have someone asleep on them. However this also meant that there was always someone about to whip up another Mango Lassi.

This morning the high tide was lapping only a few cms from the flat bit of beach that all the huts are built on. It's pretty obvious that the big high tides and minor storm surges wash through here. The huts are all about 30cm off the ground, but it doesn't take Einstein to figure out that with only a minimal sea level rise, this whole stretch of beach will be gone. Perhaps that knowledge is all that's keeping the really big development at bay.

...Bloody hell, another time warp and now the sun's setting again...

OK, so as I crawl out of this hammock and amble 20ft (the things one has to do) to order our dinner, I'm reflecting on how in a couple of days we'll be back home and actually expected to shop, cook and feed ourselves! Now THAT'S a scary thought, best drowned with a sundowner.

Cheers.



good massage can't fix.

**T**here are probably about 20 small beachside establishments at O2, and our place, "Castaways", is possibly the oldest, and by definition most weathered, place on the beach. It's also the only place on the beach, possibly in all of Sihanoukville, fully owned and run by a Khmer family; Mr. Ox and his wife and five kids (No. 6 due in April).

He has nine "beach bungalows", three with "en-suite" and the rest sharing a single toilet and cold shower. However it's always swings and roundabouts in SE Asia, which means an "en-suite" translates as "backing on to a waste disposal system you'd rather not know about". A

# Natural Law

by Helene Collard

## Timeless greetings...

Here in the Southern Hemisphere we are well into Winter, and in the Northern Hemisphere, Summer is in full swing. Wherever you are, we are collectively approaching the end of another Mayan moon year (on July 24), and getting ready to welcome in another (on July 26). Thus July is a perfect time to tie up loose ends and bring certain tasks or situations to completion, in order to begin the new year afresh. Create a clean slate.

A major theme for this Chinese year (31st Jan 2014 – 18th Feb 2015) is empowerment. At a very simplistic level, this is about giving appropriate space (to yourself and others), to make decisions, and then act upon them.

As well as investing confidence and trust, which builds connection, this process creates clear accountability and thus importantly, a sense of self-sovereignty, or self-governance. This is empowerment. So consider the relationships and situations where you can give more space, whilst remaining connected and supportive.

Remember to regard people as highly intelligent and therefore fully able to navigate through their own situations, in their own time.



And speaking of time... during July, free yourself of time restraints – physically and/or conceptually. Break through your self-imposed and societal restrictions regarding time and experience a new level of freedom and opportunity. This isn't about aimlessly abandoning your routine/plans, but rather about being aware of how things are actually panning out and working together with that, rather than against it.

If you often feel anxious about time, use July to transcend time and meditate or be silent. Understand there is a higher order to what goes on and everything that needs to happen - will... in its own time. Stop using the illusion of 'time' to harass yourself and others!

Here is an excerpt from "Be Still" (author unknown):

*Be still, wait, do not rush things.*

*Let life happen by itself.*

*Work with it, trust in the spirituality and wisdom that is around you.*

*'Right time', gentle time, don't rush.*

*Sometimes waiting is painful.*

*Sometimes it's a struggle.*

*But,*

*Circle is always turning.*

*'Right time' will come.*

*Be patient.*

*Be still.*

*Listen.*

Listening is the key. When we listen with a quiet and deep awareness, we know what to do, (or what not to do!) and there is a trust in that knowing. So sit in silence, be present and listen. This is empowerment. With Timeless Love, Helen.

*Helene Collard has a Bachelor of Trauma & Healing (SCU). Through workshops and presentations she supports human services organisations and employees, in the area of Secondary Trauma and Self-care. Helene is also a Reiki Master-Teacher and the founder of a Reiki Healing Circle in Lismore.*

## Feeling crook

This month's rave is dedicated to anyone out there who's feeling crook.

I know how you feel. Been a bit that way myself lately. It seems to be part of getting old. It's a standard societal joke... old people getting together and talking about their operations. It seems to happen.

Depending on how well you take care of yourself, bits start to break down, freak out or fall off as you get more ancient. Doesn't matter if you're a star or planet, a continent, a tree, a building, a car, plane or fire hydrant, an Empire, an animal or a person. Age crumbles you.

Like the rest of my peer group, I started off pretty badly with teenage boozing and smoking and bad-for-me food and beverages (you all know what I'm talking about). It continued for years. My smoking was the first to go. One day in a recording studio, an environment where coffee, booze and cigarettes have claimed quite a few of my mates, I realised what I was doing to my body and just quit. I admit I had a few OPs at parties etc over the next few months, but basically that was it.

Then life put me in a relationship with a woman who was into healthy lifestyle generally and nutrition and diet specifically. For many decades we roamed together through all kinds of cleansing and healing regimes... long fasts, weekly fasts, macrobiotics,



## Mookxamitosis

by Brendan (Mookx) Hanley

vegetarianism, raw food (for years), sprouts and wheat-grass, herbs, vitamins and minerals, cell salts, naturopathy and kinesiology sessions, homoeopathy, bowel cleanses (smartest move I ever made), liver cleanses, parasite cleanses, coffee enemas, Bach and Bush remedies, massage, crystal and sound healing, acupuncture and Chinese herbs, full-on exercise, Tai Chi and breathing techniques... you name it, we did it.

Years off the booze and bad food, smoking a bit of ganja... but no bad stuff. I got skinny and fit slashing lantana wherever we ended up living. Later back in Byron, I got back into drinking wine with meals and the odd, mainly weekend beer... and the food standards slipped a tad also... no longer even veggo.

My tonsil operation at age four is the only time I've ever been hospitalised. I stayed home "sick" on most of the compulsory school vaccination days. I'm a total



doctor and hospital wimp! Imagine my surprise when I recently found myself in the Emergency Ward at Lismore Base Hospital in total agony, having spent the previous night pacing in pain because I couldn't pee. Then catheters, Urologists, suspected cancer, almost two hours of continuous exposure to x-rays in CAT scans with veins full of injected iodine or radioactive fluid. Choice of gruesome options and procedures discussed. Alert bells going off. Draconian diet and herb and supplement attack to cleanse and restore balance down below. Side effect starting to move kidney stones... an extremely painful occurrence. Teas and potions and pills and powders and herbs and minerals and painkillers! Life becomes dedicated to survival within one's own terms. None of this shit happens if you drink LOTS of water!

You know what you can handle and you take it on... or not. There have been several days lately after sleepless pain-filled nights where I couldn't really care all that much whether I live or die. Pain will do that.

If you're reading this and know what I mean... take heart... somehow it all passes and the light of day returns to dissipate the blanket of pain-fog. I guess if it doesn't... just close your eyes and let go. In my case there's still a lot to live for and a beautiful... albeit threatened... world to do it in.

By the way, all this is taking place while I'm being simultaneously told I'm going blind with glaucoma and cataracts (family stuff... if it's in your family, go have an eye check. The sooner the better!)

Not whingeing here... just ranting so that anyone who's crook will identify with the situation, (albeit different symptoms and ailments)... and take heart at the fact that we are all in this together ... and as crook as you reckon you are... there's always some other bugger who's worse off. In fact there's squillions of 'em... WAY worse off!

But everybody hurts sometime. When you see someone hurting, send 'em some love one way or the other.

Love heals.

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