

Gnostic

ISSUE 8 2011

# LIVING

MAGAZINE

NATURAL LIFESTYLE ON THE CENTRAL COAST

Rock your world

new

TRADITIONS

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The theme of this issue of the Gnostic Corner Magazine is 'Traditions'. The term conjures up memories of simpler times, in stark contrast with the complexities of modern life. I recall a saying I learned a while back, that 'a culture grows on the vine of tradition'. However, it strikes me how diverse people's view of Traditions might be – we have many vines today, stemming from our multi-cultural roots.



By definition, Traditions are the handing down of statements, beliefs, legends, customs, and information, from generation to generation, such as a story that has come down to us through our family or society. They may be described as rituals that cultivate connectedness and promote unity, giving us a sense of security and closeness. This often seems to be forgotten, especially with the advancement of technologies that can seem to pull us further away from each other. It's an unfortunate reality that we often seem to be more plugged in and connected to electronic gadgets than our own families. Our time with each other is way too short and precious to let the pace of modern living get in the way of basic values and time-honoured traditions. Perhaps we would serve ourselves best by finding ways of weaving simple family and cultural traditions not just into how we celebrate our holidays, but into our daily lives as well. 🌱



*Love and light this summer season*

Lana

Editor, Issue Eight

## INSIDE:

Focus your Energy.....	5
A new tradition for a new arrival .....	6
Rock your World .....	8
Superfood from the Sea .....	9
Nourishing traditions.....	12
The Compounding Apothecary – Part 2.....	15
Hello Sunshine .....	18
Bring back the Garden .....	21
Art@Mana .....	23
Faery Lore .....	26
Why Meditate?.....	28
Ego is not a psychic word .....	30
Astrology .....	31
Getting your Intentions .....	33
Reviews.....	34
Gnostic Readers.....	35



ON OUR COVER:

*Rock your world! See Saimone's article on page 8.*

Advertising enquiries to Mary at: [gnosticlivingmag@gnosticcorner.com.au](mailto:gnosticlivingmag@gnosticcorner.com.au)

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# Gnostic School of Higher Learning

## MONDAY 7PM:

### Introduction to Philosophy

A ten week course discussing spirituality and quantum theories. How science and spirituality might have common factors.

Contact Gary 0408 206 164

## TUESDAY

### Drumbala Ladies

Beginners: 9.30–10.30am

Advanced: 11am–12 noon

Come along and have some fun being uplifted while awakening and expanding your inner rhythm.

Contact Katy 4342 1112

## TUESDAY 1.30pm:

### Energy Current Meditation

Experience the flow of energy running through your body, feel the light dimension and the spiritual realm while meditating within a current of energy.

Contact Oscar 0431 636 586

## TUESDAY 7pm:

### Life Mastery with Earth Heart

A casual group integrating the spirit and everyday life, with practical tools to expand the mind and energy body. Creating mental and emotional mastery.

Contact Savitri 0413 343 879

## WEDNESDAY 10am:

### Free Talk

An informal but informative talk is given on various topics by a variety of speakers including authors and practitioners. Gold coin donation.

## WEDNESDAY 1.30pm:

### Philosophy

Practical course of 10 weeks for thinking adults. Blending eastern and western philosophies.

Contact Gary 0408 206 164

## WEDNESDAY 7pm:

### Meditation

Meditation is a tool to help clear the mind and develop relaxation. Also intended to strengthen the power of discrimination for Philosophy students. Suitable for beginners to advanced.

Contact Gary 0408 206 164

## THURSDAY 1pm:

### Meditation

Escape the heat of the day for an hour of relaxation and stillness. Experience a range of meditation styles which clear the mind and allow your wisdom to surface.

Contact Julie 0432 566 584

## THURSDAY 7pm:

### Energy Current Meditation

Oscar offers the energy current meditation in an evening class.

Contact Oscar 0431 636 586

## SATURDAY 11am:

### Energy Current Meditation

Energy Current on the weekend to help rebalance after a busy week.

Contact Oscar 0431 636 586

## SATURDAY 2pm:

### Intuitive Development

Our experienced teacher Loretta will lead this weekly drop in group to help you further your intuitive abilities.

Contact Loretta 0401 416 934

## SUNDAY 10am:

1st Sunday of each month

### Family history group

Create an accurate record for future generations to help them understand their heritage and better understand themselves.

Contact [kerry@whothellami.com.au](mailto:kerry@whothellami.com.au)

For more information about classes please call into Gnostic Forest.

*It is our intention to offer space for the distribution of knowledge. Each facilitator shares their opinions and students receive through their own interpretation taking full responsibility to discern their own gnosis.*

# FOCUS YOUR ENERGY



**T**he situation on this planet is certainly changing – even those who are unaware of things not related to the physical world are commenting. It's a time of accelerated change and we all need to be prepared for an uncertain future.

Some of us are fortunate and welcome change while others resist and try desperately to hold on to the past. Comfort can be taken by realising that it's only when things are changing that they can improve.

The movement of the planets ensures that things will change as the energies entering the earth's atmosphere effect the potential of our experiences.

While we do as humans have free will – it appears that this free will is limited to our level of consciousness.

The more conscious we are they more we can comprehend reality, and use our free will to explore it. So how do we raise our consciousness? One effective way to raise your consciousness is to conserve your energy each day. I'm not suggesting you sit on the couch all day, but be very aware of what you give your attention to. *Where attention goes energy flows.*

Consider that each day you have a certain amount of energy – this varies from day to day and is influenced by things like your physical and emotional health. As the day goes on lots of things appear to take our attention and energy

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BY MARY HOLSTEIN

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Many men go fishing  
all of their lives without  
knowing that it is not  
fish they are after.

— Henry David Thoreau

away from you, every thought or opinion you have robs you of some of this precious energy. When its time to be conscious and make a decision or manifest something you desire, your consciousness is limited to how much energy you have left...

We all waste so much of our time and energy having opinions about things that are not our business. We pass on stories half heard as though they are a truth and then often waste more energy arguing or trying to convince the next person about this *opinion we call truth*. Then when it comes to our own business we have little energy left to give and end up with a result we are less than satisfied with.

A Gnostic response would be to become more aware of both our mental and physical behaviour, and then we can conserve our energy which in turn raises our consciousness giving us greater free will. This free will can then be used to deliberately influence the inevitable changes that are happening. 🌱



Mary Holstein working on the motto "do less, achieve more".



# A NEW TRADITION FOR A NEW ARRIVAL

**P**icture a dimly lit room. Fresh flowers and a ring of rose quartz surround a large white candle in the centre of the room. The delicate scent of incense fills the air.

Friends arrive. Women; mums, sisters, cousins and companions.

All familiar, trusted and loved.

This was the wonderful scene that greeted me recently as I prepared for the birth of my 5th child, my daughter Isobel.

What I was about to experience was a baby shower of sorts, but not as most of us know it. Many are familiar with the present fest that surrounds a typical baby shower. Mum is lavished with gifts for her impending arrival by friends and family. Sometimes fun guessing games and a bite to eat compliment the festivities.

My experience however was to be that of a Mother Blessing. Based on the old Navajo (Native American) ceremony known as a *Blessingway*.

The Mother Blessing is all about nurturing the mother-to-be and assisting her in her preparation for the impending birth. Traditionally a ceremony for women, those closest to the expectant mother, gather to share stories and rituals as preparation and support for the journey that is birthing.

My beautiful sister (who has experienced this sort of

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BY GABRIELLE BOWLES

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tradition a few times before) arranged the ceremony and rituals in order to help me feel empowered and loved by the special women in my life and ready to birth, free from anxiety or apprehension.

Once gathered in the power of a circle, each person took turns to state who they were and where they had come from; daughter of, sister of, mother of, granddaughter of – a recognition of the women who came before us or because of us.


Then, each member of the circle presented a small gift, a charm or trinket that had special meaning. Each was collected and as the evening continued, was weaved into the web of a dream catcher. Symbols of love and peace, strength and memories all collected to create a keep sake for the new arrival. Guests also presented a piece of fabric, some heirlooms, some with handmade prints, others chosen specifically, to be stitched together as a blanket for the new bubs.

After much laughing and a bite to eat, the evening was concluded with the binding of wrists. A red twine was passed around and everyone wrapped it twice around their wrist before passing it on to the next. While connected, everyone took a moment to focus on the birth that lay ahead. Wishes for a safe and speedy birth for mum and bubs filled the circle. The twine was cut and tied around each wrist, to be worn until news came that labour had begun. A symbol of encouraging the labour to progress, a candle was also given to each guest, to be lit when the wrist band was cut, energetic signs of support for the labouring mother.

When some weeks later, my labour did begin, the message was sent out to those that had shared the beautiful evening with me. Within minutes pictures began to appear on Facebook of lit candles and cut

wrist bands... signs that my 'sisters' were thinking of me and strength to help carry me through my daughters birth.

Needless to say, the birth was quick and peaceful. My beautiful Isobel was born, without fuss or intervention. And while my husband and I (and our midwife) were the only ones in the room, we knew we did not birth her alone. All of the love and energy of those wonderful women was there with us and I truly believe it helped make the experience even more special.

I hope to have the opportunity down the track to see this beautiful ceremony, derived from Navajo tradition, become a new tradition, to help prepare those that I love for the joys of becoming a mother. A new tradition, for a new arrival. 



Gabby is a partner of Gnostic Mana who works from home while raising her (growing!) family .



PHOTOS BY JASART PHOTOGRAPHIC ART

# ROCK YOUR WORLD



**C**rystals are said to be gifts from the divine, holding specific vibrations for each different type. The vibration and the colour are used to balance, clear and cleanse our *chakra* system. A chakra is an energy centre – we have 7 major centres which run from the tip of our head right down our body. Each centre has its own vibration and specific colour. By laying a crystal on each chakra we can bring physical and emotion body back into balance.

Since ancient times, healers have believed in the therapeutic benefits of carrying crystals. They were used in all aspects of life. In times of battle, red calcite was said to give extra physical strength. Chialstolite was said to ward off evil and curses. Malachite was famous for its ability to help during childbirth.

To heal and tune the Chakras I suggest you consider the use of these crystals:

**BASE:** the need for grounding and security – red crystals. I love to use Red Jasper, the earth energy of nurturing.

**SACRAL:** Orange Calite or Carnelian to get the creative ideas flowing. Orange Calite is also great for tummy upset. My 12 year old loves to take one with him when he is away from home.

**SOLAR PLEXUS:** Yellow is the power colour – so Citrine is the crystal I would use to help boost this power centre. Citrine is the crystal of abundance of health, wealth and happiness.

**HEART:** the heart centre is easily balanced with pinks and

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BY SAIMONE BAKKER

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*The earliest records of healing with crystals come from ancient Egypt. The famous Ebers Papyrus refers to the medicinal uses of many different gems. Crystals also appear in India's Ayurvedic records and in Chinese medicine over three thousand years ago.*

green. Rose quartz is all about love for self first.

Fushcite is the other crystal I like to use for heart chakra. The ancient Egyptians also crushed this beautiful green crystal to make eye shadow.

**THROAT:** Blue is the colour for communication, expression and divine connection – Lapis or Sodalite helps us to speak our truth.

**THIRD EYE:** Amethyst is the third eye crystal which helps with psychic connection and spiritual power. Laying an amethyst crystal on your brow will help to open your third eye and bring through your gifts. Visually, sensing or hearing your guides.

**CROWN:** The crown chakra is like a huge funnel where ancient wisdom can be received. Clear quartz is a great crystal to clear and balance this chakra.

It is also one that can be programmed with intention. Sit with it and clear your mind. Ask the crystal to work with you on an issue that seems to be coming up for you all the time. 🌱



# SUPERFOOD from the Sea



**H**aving worked in the health industry for a few years now, I have come across many nutritional supplements, but none that ticks as many boxes as the marine microalgae (i.e.; phytoplankton) *Dunaliella salina*. This is a true superfood from the sea. Organically farmed in remote large shallow lakes on mud flats in Karratha, near the north western tip of Western Australia, where the high UV sunlight and low rainfall provide a perfect environment for its growth, *Dunaliella salina* may be the most nutrient dense food on earth with minimal indigestible structures in contrast to higher plants or animals, which typically have less than half their dry weight being nutritionally useful. Comparison with other cell foods such as spirulina and chlorella show that *Dunaliella* has far more to offer. As an example, on a gram per gram basis, *Dunaliella salina* capsules can have more than twice the chlorophyll of spirulina, 25 times the magnesium content and 10 – 10,000 times the antioxidant content. Further, *Dunaliella* has a soft cell wall

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**BY BIRGIT STECH**

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structure rather than a hard cell wall that makes it far more easily digestible by the human gut compared to other algae.

## **Nature's richest source of dietary beta-carotene**

*Dunaliella* is a primitive organism belonging to a division of eukaryotes that evolved over 1.5 billion million years ago to live in extreme environmental conditions and has adapted to very high UV radiation. To protect itself in these conditions, *Dunaliella* naturally produces high levels of carotenoids and antioxidant molecules. These carotenoids include beta-carotene, alpha-carotene, lutein, zeaxanthin and cryptoxanthin. Carotenoids have been shown to help protect against oxidative cell damage responsible for premature ageing, cardiovascular disease, cancer and other chronic diseases.

## **Health promoting properties**

### ***Detoxification***

*Dunaliella salina* helps to stimulate the immune system's natural defences and its response to infection. Beta-

carotene stimulates thymus gland and immune function. Being converted by the body to Vitamin A, it assists in viral illness, enhances white blood cell function and antibody response and stimulates anti-tumour activity.

### ***Cardiovascular disease***

Dunaliella salina contains antioxidant nutrients that inhibit damage to cholesterol and help to protect against cardiovascular disease. Studies show that high intake of beta-carotene may reduce the risk of cardiovascular events in patients with coronary artery disease. Also, the essential fatty acids in Dunaliella reduce blood lipid levels and inflammation and thus help prevent heart disease.

### ***Protection against radiation damage***

An evaluation was undertaken of 709 children exposed to long-term doses of radiation during and after the Chernobyl accident. Children were given a 40mg mixture of beta-carotene powder from Dunaliella twice a day for 3 months. After supplementation the children showed reduced serum markers for oxidation: beta-carotene acted as a lipophilic antioxidant and in radioprotection.

### ***Skin and vision***

Natural beta-carotene from Dunaliella salina has been shown to double the skin's protections against sunburn when 24mg was taken for more than 10 weeks.


Beta-carotene within the skin acts as a cellular screen against sunlight-induced free-radical damage and is used in the treatment of skin rashes caused by the sun. It promotes healthy skin and vision and may help to prevent skin conditions and cataracts.

### ***Energy and vitality***

Dunaliella salina is high in magnesium which is particularly important for healthy cellular metabolism, energy production and nerve and muscle function plus it is rich in other macronutrients required by our bodies to synthesise hormones, enzymes and neurotransmitters.

### ***Natural versus synthetic beta-carotene***

Not all beta-carotene is the same. It comes in different forms; natural and synthetic beta-carotene. The synthetic form used in many multi-vitamin and nutritional formulations is not derived from natural sources and has very little anti-oxidant activity, whereas natural beta-carotene (ie; derived from Dunaliella salina) contains powerful anti-oxidants, as well as providing a safe source of vitamin A for the body.

Dunaliella salina is a "natural medicine" in the true sense of the words and I wouldn't miss it for the world! For the practitioner it also complements any detox treatment. 



Birgit Stech is the owner of Gnostic Organics. She enjoys researching and sharing the new findings!

Australian Whole dried *Dunaliella salina*

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# Nourishing Traditions



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BY LIZ MACNAMARA


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Recently I was lucky enough to be invited to a traditional family dinner to celebrate Rosh Hashanah – the Jewish New Year. We sat down to a circle of plates containing small portions of a strange variety of foods including dates, beans, pomegranates, chives, spinach, quinces and a single fish head. My friends, an elderly couple, presided at the head of the table with a stateliness I had not observed in them before. The meal began with a toast to the sweetness of the New Year. Then a blessing was spoken over a specially plaited sweet bread which our host broke into generous pieces, dipping them in sugar before the basket was passed around. With some ceremony the plates of food circled the table. Each food had its own significance in the ceremony and short blessings were said before we ate. For instance the prayer for the pomegranates was that our merits increase in the following year, while the chives symbolized cutting the consequences of the acts of our enemies. There was much merriment when it came to the fish head, which signified the head of the New Year. My hostess explained that when she was a child a sheep's head was used and everyone received a portion of the brains. I could only imagine what an astounding centrepiece that must have made!

I know that this family gather every Friday night for a less elaborate dinner and their year

is studded with these larger gatherings, each with its own ceremony. I could not help but reflect on my own life and compare it with this rich cultural heritage.

Like the dinner for Rosh Hashanah most of my own traditions centre around a meal: Christmas dinner, an Australia Day barbeque, morning tea and cake for someone's birthday and a meal out to celebrate. I looked for ceremonies in these traditions and found raising of glasses and clinking them for a toast, bonbons and party hats, singing and blowing out the candles to make a wish for birthdays. Whilst there may be no lack of feeling in these moments, I could not help but see that the ceremonies themselves are pale by comparison.

I have made up for this lack by my own ceremonies: the formal pose of meditation in the morning, walking into the sunset along the bay, the bowl of water refilled every night and offered to something I cannot define. Of course there are days when I wonder why I bother, but something in me senses these moment matter: if I cannot make the effort to light a candle for myself, who will spark the flame? 



Liz Macnamara is the owner of The Clearing on Gnostic Corner and is creating a space for things to happen.

# Friday Night Poets & ☾ THE Half-Written Book Club

## SOLSTICE DREAMING

watching my first dawn over water in who cares how long  
a stranger to the shore but not of this hour  
today the sun heaves to and reverses in the black vacuum up there  
its inverted exclamation mark reflecting on the bay  
marking my 25 years in the great south land

retreating from a greasy bed four night showers a squeaking fan  
and waves of kamikaze mosquitoes  
to watch two gulls trawling through both tide lines  
and the bonus of a pod of dolphins I willed to appear

Koori men sat here cutting fish spears I imagine  
women made fires here opened shellfish cooked kelp  
at night all feet stamping loose and wild

I turn past the community hall and the prospects of morning bingo games  
and line dancing with Matty O'Brien and His Country Cousins

alarmed by a plastic Santa and fake snow in the entrance  
it gets no easier

to call Australia home

— *John Blackhawk*

### Acrostic:

Give abundantly when your harvest  
ripens. Tides flow, tides  
ebb. Seasons change as  
earth spins: know yours. It is against  
nature to make hay in winter.

© *Kelly Blaney-Murphy 2011*



FRIDAY NIGHT POETS are happily sponsored by The Clearing on Gnostic Corner – a space for things to happen. Peer support groups for writers of most genres are available. New members welcome. Call Liz on 4341 0464.



# The Clearing on Gnostic Corner

*a space for things to happen*

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## *Weekly Classes*

### **TUESDAY**

10-11.30 am

#### **Healing Meditation**

Connect to the divine; heal body, mind, emotions and soul with Savitri Eartheart.

### **THURSDAY**

7-8.00 pm

#### **New Body Wisdom**

Weight release program group support meetings.

### **FRIDAY**

6.30-8.00 pm

#### **Writing Groups**

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# MEDICINAL HERBS - A LONG TRADITION

**H**erbal medicine is the oldest form of healthcare known to mankind and has been an integral part of the development of modern civilisation. Although there is no record to establish when plants were first used for medicinal purposes, over time through emulating the behaviour of fauna a medicinal knowledge base developed and was passed on between generations. As tribal culture specialised specific castes, Shamans and Apothecaries performed the 'niche occupation' of healing.

The use of plants as medicines pre-dates written human history. A 60 000-year-old Neanderthal burial site, in northern Iraq has yielded large amounts of pollen from eight plant species, seven of which are used now as herbal remedies.

In 2735 B.C., the Chinese emperor Shen Nong wrote an authoritative treatise on herbs that is still in use today. Shen Nong recommended the use of Ma Huang (known as ephedra in the Western world), for example, against respiratory distress. Ephedrine, extracted from ephedra, is widely used as a decongestant. It can be found in its synthetic form, pseudoephedrine, in many allergy, sinus, and cold-relief medications produced by large pharmaceutical companies.




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BY LANA AITKEN-JONES

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The uses of plants for medicine and other purposes changed little in early medieval Europe. Many Greek and Roman writings on medicine, as on other subjects, were preserved by hand copying of manuscripts in monasteries. The monasteries thus tended to become local centres of medical knowledge, and their herb gardens provided the raw materials for simple treatment of common disorders. At the same time, folk medicine in the home and village continued uninterrupted, supporting numerous wandering and settled herbalists. Among these were the "wise-women", who prescribed herbal remedies often along with spells and enchantments.

The fifteenth, sixteenth, and seventeenth centuries were the great age of herbals, many of them available for the first time in English and other languages rather than Latin or Greek. In 1649, Nicholas Culpeper wrote *A Physical Directory*, and a few years later produced *The English Physician*. This respected herbal pharmacopoeia was one of the first manuals that

the layperson could use for health care, and it is still widely referred to and quoted today.

In 1673 the Society of Apothecaries of London founded the Chelsea Physic Garden, one of the oldest botanical gardens in Europe. The 16,000 square metre gardens became the richest collection of medicinal plants in all of Europe.

Botany and medicine came down the ages hand in hand until the late seventeenth century; then as arts became scientific, their ways parted, and no new herbals were compiled. The botanical books ignored the medicinal properties of plants and the medical books contained no plant lore. Culpeper's popular herbal was discredited in the scientific community because it was considered too astrological.


As Western medicine evolved in the nineteenth century, information that had at one time been widely available became the domain of comparatively few. Once scientific methods were developed to extract and synthesise the active ingredients in plants, pharmaceutical laboratories took over from providers of medicinal herbs as the producers of drugs. The use of herbs, which for most of history had been mainstream medical practice, began to be considered unscientific, or at least unconventional, and to fall into relative obscurity.

Today however, the World Health Organisation (WHO) estimates that 80 percent of the world's population uses herbal medicine for some aspect of primary health care. Phar-



**Hawthorn has been used to treat heart problems for centuries.**

maceuticals are prohibitively expensive for much of the world's population, whereas in comparison, herbal medicines can be grown from seed or gathered from nature for little or no cost.

Research into the use of herbs for medicinal purposes is still in its pioneering stage and much research is still required to appreciate the diversity and complexity of their action. Undisputedly however the history of herbology is intertwined with that of modern medicine. The pharmaceutical industry was founded on the likes of willow bark (the active ingredient in aspirin), foxglove (the prime component in digitalis), and opium poppy (the key ingredient in codeine) and the standard against which new synthetic pain relief is measured, we should ask ourselves why we have come to be so heavily reliant on processed medicines? For thousands of years people cured many common ailments with natural remedies literally grown in their own back yards. 



Lana is a naturopath and co-owner of the new Gnostic Healing Centre. She is also passionate about longevity and anti-aging medicine.

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It's never too late to be what you might have been - George Elliot

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# 2012 LUNAR

& SEASONAL DIARY

Stacey Demarco

Judge from the Channel 7  
series "The ONE"



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-After flowering, many plants will produce lots of seed to either share with friends or to help with the following years planting.

**Increase your area of food growing space** with veggies, herbs, fruit trees etc. If you end up with an excess, organise a local food swap or preserve and bottle your own produce.

**Utilize worm farms, compost heaps, leaf litter and lawn clippings and create your own mulch.** Plant nitrogen fixing vegetables such as legumes and rotate them with nitrogen feeding plants to reduce fertilizing costs.

## **Keep chickens, Keep Bees.**

Build your own hothouse and use it to grow seeds and propagate more plants.

**Prune your fruit trees** to encourage strong healthy growth and maximum yields.

**Plant house shading trees** or build a pergola to help lower the temperature and reduce cooling costs over summer.

**Go 100% organic** by eliminating chemical use in and around the garden. Plant nectar plants



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**BY RICHARD HARVEY**


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to encourage birds and bees to visit. Plant dense shrubs. This will help reduce weeds and the temperature of the surrounding areas.

**Plumb a rainwater tank** to use for your garden. Make your paving permeable by using gravel, saw dust or mulch.

**Install a pond for frogs, birds and other wildlife** and always try and use sustainable garden materials where possible.

You could also consider sharing your garden space with neighbors, creating a community garden of sorts.

You don't have to re-landscape your whole yard but by just changing a few small things you could be on your way to creating a more sustainable and animal friendly, eco garden of yesteryear. 



Richie is an industrial hemp advocate and a qualified horticulturist. He wants to plant trees – lots of trees.

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## Strangeness of the Familiar; Assemblage Dolls by Peter Baka

Each doll assemblage represents a different thought process and a different set of emotions. Their physical form gives expression to psychological states such as anxiety, melancholy, desire and confusion. They draw upon the concerns of identity, sexuality, religious belief and questions of a meaningful existence. They are bodies that hold time worn objects discarded by unknown people. Each assemblage is infused with the textures and substance of an elusive, concealed world.

In my love of fabricating appearances, the aesthetic qualities of wood, paint, image and incidental phrases of text, serve as another layer of inquiry. Wandering suburbia, picking up discarded things on throwaway piles, in opportunity shops and second hand book shops, I fill my studio with the clutter and disarray of thousands of objects. This is the raw material for a more playful and spontaneous approach. The synchronicity of a found object or utterance will augment and enliven the assemblage. The collecting and gathering of objects that have been held, worn, fondled and read, weaves the richness of history into the surface of the present. A 'creative assembly' of interests and fascinations is held within the constructed interior of each assemblage doll.



## Robert Weatherburn

Rob has been a regular contributor to *Australian Photography*, and exhibitions of his work have been hung in the UK, France, Malta, and Brazil. His photos have been published in travel and inflight magazines worldwide. Writing for *Swissair*, Rob was the last person to interview Jacques Cousteau, and covered Sir Ranulph Fiennes' discovery of the lost city of Ubar in Arabia Felix.

On Malta, for the Australian High Commission, his shows have been to mark Australia Week – the last of which was entitled 'The Eye of the Leica.' For that he chose to use images taken with a 1929 Leica I – an historic fixed lens camera fitted with the famous 50mm f3.5 Elmar lens. This lens is uncoated and yet is capable of

clear and subtle colour rendition. Other favourites: a Pentax Spotmatic with the fabulous Takumar lens, and a deliberately distressed 50mm Nikkor f1.4 lens on a beaten-up Nikkormat body.

Rob is also a pianist, composer and painter.





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## Melanie Lee

I am primarily a self taught artist. I enjoy the freedom that this gives me to explore several different mediums and styles and mix them together as I please.

Life and its array of experiences both good and bad, the world around me, my relationships with family, my partner, friends, lovers and adversaries have all ultimately been my greatest and most influential teachers.

I find inspiration comes and goes and when it arrives, life is bliss and I get easily and happily lost in amongst my own creativity, ideas and passion. Inspiration has often snuck up and surprised me when I wasn't even looking for or expecting it.

Often it has come via some of life's most painful experiences, and when I have been able to draw from those times creatively my life and my spirit have been enriched through that journey. It has been my experience that art in which ever form I choose to create or find myself gives depth and meaning to my life.



## art@mana

Every month at Gnostic Mana cafe, we are proud to exhibit artworks from some of the Central Coast's leading artists.

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You might even end up taking some home!





# THE Fae

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BY JULITA WARDLEY

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**F**aeries are spirit or supernatural beings found in the folklore and mythology of many different cultures throughout the world. They are said to have supernatural abilities such as flying, casting spells and also foreseeing the future. They are sometimes depicted as *enchanted* humans, casting illusions to alter emotions and perceptions, to make themselves at times alluring.

The word faery is derived from the latin word *fata* – Fate, referring to the mythical fates; three women who spin and control the threads of life.

**Morgan le Fay** from the Isle of Avalon and the Arthurian legends was known as Morgan the faery. In Europe the religion associated with Faeries was called the “Goddess” religion.

The most popular pastimes of faeries are music and dancing. At night they would rise from their homes and come out to dance away the hours of darkness. They especially love to dance in the evening of the full moon. When the morning sun begins to rise they vanish.

Faery music is more melodious than human music and there are many European folk songs and tunes which

are said to have originated from the faeries.

Faeries are able to use magic to disguise their appearance – like the **Butterfly Faery** (Moss people) which originated in Switzerland and Germany. These lovely creatures have butterfly wings attached to their bodies, and are male or female forms. They are tall and slender and human-like. They are very shy. Humans rarely see these as they are more woodland and often disappear; they are experts at hiding and like to hide in mossy dark areas. These butterfly faeries are often mistaken for the Monarch Butterfly.

**Attracting Faeries to your Garden.** There are several ways to attract the wee folk to your home. Decide which type of faery you would like to attract. If you would like to attract flower and garden faeries you need to have some of their favourite plants around. Some of these are: **Foxgloves** – Faeries like to make their clothing from this plant. The name Foxglove came from the words “folk’s glove.” Folks referred to little people or faeries. One legend

# ry LORE



says that faeries gave the blossoms to foxes to wear as gloves, so they would not get caught raiding the chicken coop. According to another legend if you picked foxglove you could offend them. In some stories foxglove appears as a faery's hat. Foxglove can sometimes heal and sometimes hurt. It can be used as medicine to treat heart disease. **Ferns** – these make nice soft beds for them. Faery Fae often inhabit **Apple** and or **Oak trees**. The Oak is held sacred by many. **Tulips** are liked to use the bloom to put their babies to bed. Some others they like are **Rosemary**, **Forget-Me-Nots**, and **Bluebells**. Faeries are summoned to their midnight dances by the ringing of these tiny flowers. **Primroses** are one key into faeryland.

## **Making a Faery House.**

When at all possible use all parts from nature. You can make the house from wood or stone and as big or small as you like. Look for pebbles, acorns, pinecones, dried grasses, leaves, sticks, twigs, moss – anything that would look nice in building and decorating your faery home. Wrap your sticks and twigs together with green stems or long leaves. Be sure

to leave a door opening for the faery to enter. Do not use paint on the house. The house should look so natural that they are almost hidden and in a location close to the ground is best.

It is said that Faeries communicate with each other using a high pitched and rapid speech. They interact with all things – trees, flowers, rocks, animals, water and humans. They see the interaction of all living things as ONE. Faeries understand there is no loss or gain, as mere mortals think of. They are not aware of the separateness of one thing from another, and have grown to understand how precious life is and strive to share this gift of happiness.

Is this why children are often the ones to say they have seen a faery? They can be more open to mystery and freer from scepticism.

I think it's easy to lose our sense of mysticism as life becomes more busy, causing us to rush around instead of taking time to smell the roses, or acknowledge the "little things." 🌿



Julita is owner of Gnostic Enchantments – a space to find the inner child within each of us.



# Why Meditate?

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BY JULIE WALL

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**W**e meditate to unlock that part of ourselves which has answers waiting. A clear and peaceful mind is able to receive the guidance we are after – what the right choices are, what our next step might be, the perfect solution to a problem. When the mind chatter stops, when we switch off, the wisdom comes through.

How often do we get our answers when we are engrossed in the mundane? Hanging the washing, gardening, cleaning the car? It is a similar thing.

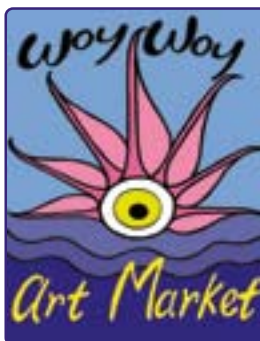
Meditation can be a very easy practice. It can be as simple as sitting in silence and following the breath in and out for 10-15 minutes. If a thought pops into your head, just let it go and take your attention back to the breath. Although it is easy, discipline is the key to rewarding progress.

There are physical benefits as well in spending time in stillness. Focussing on the breath allows energy to flow beautifully throughout the body. Long term meditators never look their age!

So if you have never tried it before, why not give it a go? You've got nothing to lose and everything to gain. It's never too late to meditate. 🌱

“Meditation brings wisdom; lack of mediation leaves ignorance. Know well what leads you forward and what hold you back, and choose the path that leads to wisdom.”

– Gautama Siddharta



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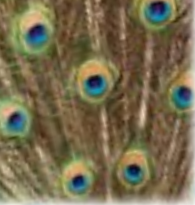
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 journey began in 2001. Several  
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a 100 seat indoor and outdoor cafe catering for all dietary  
 needs and focused on healthy food and drinks. The original  
 intention of serving food prepared in a mindful way has  
 successfully translated into the current format. Quite an  
 achievement for a young family group who even now after  
 7 years are all still under 30 years of age!





# Ego is not a Psychic word!

**H**aving a psychic reading can and should be an empowering experience at the time of your choice...

Through my 14 or so years working in the new-age/spiritual field I have occasionally experienced receiving 'messages' from those who are stretching their 'psychic muscle'.

At times, people pass on messages that they feel a spirit wants you to know – even though you haven't asked.

It is always important and sometimes difficult for the inexperienced psychic to discern the difference between messages from the spirit world and mutterings of an over-active mind.

A queer friend was once told she was pregnant by a well-meaning lady with apparent intuitive abilities. Not meaning to insult her – knowing full well she was wrong – we tried to give her a few 'outs' in the conversation. She just kept digging the hole deeper and it was all we could do to stifle our giggles. In the end she just looked silly and we still laugh about it.

When psychic abilities or messages are pushed on to you – uninvited – ask yourself what's to be gained? Uninvited messages seem (to me) to be based in Ego. "You *need* to know this and I *will* tell you..."

Trial and error can help hone skills but I would think it's best to explore your abilities with willing friends and relatives

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BY EMILY HOLSTEIN

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rather than strangers on the street or new friends – no matter how well intentioned you might be. It would also be wise, perhaps, to look at your reasons for needing to 'share'. Does your ego need confirmation? Are you being a 'rescuer'? Looking for confirmation on something might just be trouble making in another's life. It is not ethical to use someone else's life to 'test-drive' your abilities as a psychic.

There is also the question of interfering in another person's life lessons – what right does anyone have to interrupt another's experience?

The objective of a good professional reading is to give the seeker a snap shot of their current situation, help them understand how past actions have brought them to this point, and explore the potential outcomes.

This is the world of free will and the best way to experience it is to strengthen yours and treat everyday as an empowered personal adventure, keeping other's opinions in their rightful place. 



---

Emily is a co-owner of Gnostic Forest Spiritual Shop in Woy Woy and feels blessed to work with our talented, tactful and truthful readers and psychics everyday!



# ASTROLOGY

*Planetary Influences for December 2011...  
January 2012...February 2012...*

*As the year moves on the earth continues its orbit around the sun, this natural progression changes our position in relation to the other planets and the following influences occur.*

## DECEMBER :

A challenging time, making many choices and using wisdom from past experiences is important. Be aware not to “alienate” yourself from those who care, as you may feel you don’t have the strength to go in the direction you have chosen. Adjustments to your social life and work responsibilities are important; perception is the key in order for you to take your course of action.

Full Moon...Lunar Eclipse.

11th December 2011...1.31am...18° 10’ Gemini...

## JANUARY

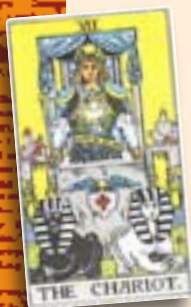
You will have a sense of purpose with high energy and tremendous drive for success. To achieve this success you will work long and hard restoring, rebuilding or even repairing parts of your life with great confidence. Having compassion for those in need will also be a priority as you feel a new cycle of growth where new opportunities are offered. Be very careful not to be too demanding... you get out of life what you put into your life.

## FEBRUARY:

This month is a time of learning, teaching and having the control and motivation to change and improve conditions that surround you. Leading others and a chance to straighten out different areas of your life is important as your honour and integrity in your social life is there for all to see. You may want to plan a holiday abroad, have social gatherings or just relax in your own time. Although be very careful you don’t eat or drink too much, this is a time of feeling one with the world.

---

Jennifer has been an Astrologer for 21 years. FFA credited.



## EXPLORING THE TAROT THE CHARIOT

A need to balance before moving forward.

A unity between emotions and willpower is necessary to succeed in this situation.

Doing so will allow the mind to focus with more clarity.

---

Loretta is a psychic reader at Gnostic Forest.

# ON THE CORNER



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# GETTING YOUR INTENTIONS!

## 1 Take the time to know what you really want...

Most of us know what we don't want in our lives because it pains us! We tend to know what we don't want – yet not actually knowing what we would *like* to experience.

Delving deeply into exploring what we **REALLY** want is so worthwhile. This is not what is expected of us, what our parents want, what our friends have, but what we, in our deepest heart of hearts, desire for ourselves.

Take some time to write down what you want. (A good tip is to write down what you don't want and reverse it!) Do this well in advance of a full moon or special night like New Years Eve so you go into that evening armed with well-considered intentions to release to The Universe.

## 2 Ride the natural cycles of the moon

Why not take a leaf out of the witches book and go with the natural cycles and energies rather than against them? For new beginnings and starts of projects set your intention on new moons especially those in Spring and Summer. For reducing obstacles and anxiety, set these intentions on a waning moon cycle (moon getting smaller in the sky). Anything that you want to move towards, like attracting a new



partner or better health, state that clearly on a waxing cycle (moon getting larger in the sky), and full moon is wonderful for asking for fulfillment of 'big' intentions, legal solutions and gratitude.

## 3 Know your obstacles

We all have them: those nagging doubts, those anxieties, those fears that stop us from living our ideal life, but they seem more ominous, nasty and damaging if we really don't take a good look at them. It's my experience that if I see, really see, a fear or obstacle it loses a lot of its power. The obstacle boogiemanager is never as scary as I think it is. If I examine it I can find a way to lessen, or even remove it. Autumn, Winter, Dark Moons and the equinoxes are extra powerful times to leave your obstacles and fears behind. Simply light a candle, write down your obstacles and burn the paper stating: "BANISH!" 



Stacey Demarco is the author of the 2012 *Lunar & Seasonal Diary*, internationally respected spiritual practitioner and Witch who has recently appeared as the judge on the CH7 Series *The One*.


## Anastasia

AUTHOR: Vladimir Megré PUBLISHER: Ringing Cedars

*Set in 1995 in the Siberian wilderness...*

Anastasia is the unique story of a Russian businessman who meets a young girl living in the forest in total co-operation with the animals and nature. Her story is inspiring and very apt for the current times we are in. Her message that we should all return to a natural lifestyle and abandon western ways may be more important than we realise.

The book is translated from Russian and is not necessarily the best written book you will ever read, but I recommend it for the encouragement the messages bring. In her uncomplicated way Anastasia tells myths and legends encouraging the reader to have faith in the possibility of a return to a world of co-operation. She gives practical tips on how to plant an organic garden using the soils ability to interpret toxins from the human feet and balance the nutrition given to the plants accordingly.

There are 9 books in the series and each one adds another facet to her inspiring message. – Mary H. 




## Renaissance of Life

ARTIST: Alex Chudnovsky LABEL: Foghorn Records

Listening to classical guitarist Alex Chudnovsky you cannot help being moved by his evocative, lyrical playing. The compelling personal journey that led this Russian born musician all the way to Australia informs the songs and leaves the listener with an insight to the extraordinary events that led to the making of Alex Chudnovsky as a classical guitarist.

Now based in Melbourne, Alex spent some years composing and writing music for his debut album – *The Journey*. “I write purely on emotion.” says Alex. “I try to express what I feel through my instrument. If my compositions can impart a pleasant emotional impact on you, then I feel that my purpose has been fulfilled”.

His latest offering is second album *Renaissance of Life* which follows on from *The Journey* with a more stable theme of being in the one place and time.

Both album's feature the beautiful melodic sounds of the nylon string classical guitar Alex has carried all over the world with him and one of the key aspects of his work is that the pieces are still accessible. You will find yourself tapping your feet and humming along to his well crafted tunes many a time. It is this very honest and humble approach that has resulted in *The Journey* and the newly released album *Renaissance of Life*, which together comprise a collection of inspiring and moving pieces that will surely find a welcome home in many a record collection around the world. – Richie H. 



# READERS

*Gnostic Forest offers readings daily from 10am – 4pm. Phone for an appointment on 4342 4466. Phone readings also available.*

## **Morgain** – *Sunday, Monday*

Empowering life guidance using tarot, numerology, astrology, crystals and spirit guide communication. Also past life sessions to relate information on karmic lessons, fears, gifts and talents.

## **Loretta** – *Tuesday*

With her many years experience teaching psychic development, Loretta uses psychic tarot and incorporates messages from guides to help clarify situations.

## **Savitri** – *Wednesday*

Savitri uses the Devine Crystal Matrix to intuit cosmic wisdom. Soul & Akashic records give guidance. A crystal ball, cards or other tools may be used, providing accurate guidance with discernment.

## **Oscar** – *Tuesday, Thursday and Sunday*

Psychic medium. Offering genuine advice from your spirit guides and higher self. As your higher self has access to the universal mind, Oscar brings clear knowledge to help direct you on your path.

## **Jane** – *Thursday*

Using her intuitive/clairvoyant skills and her deep knowledge of subconscious symbolism Jane can help give clarity to your current situation as well as guidance for the future.

## **Jennifer** – *Friday*

Jennifer has a very unique talent, combining the arts of the Tarot, Palm & Astrology to give the enquirer a close look at their current situation and future possibilities. Understanding the timing and influences of the planets can be valuable in times of challenge.

## **Franchesca** – *Saturday, Wednesday*

Clairvoyant. By reading your aura and the tarot cards Franchesca can help empower your decisions. Palm readings and medical intuitive services also add further guidance.

## **Christian** – *Saturday*

Psychic Medium. Connecting you with past over loved ones and bringing through their messages of love and support. Christian also uses his Clairvoyant psychic skills through Psychometry and oracle Tarot to give you positive guidance NOW for future possibilities.

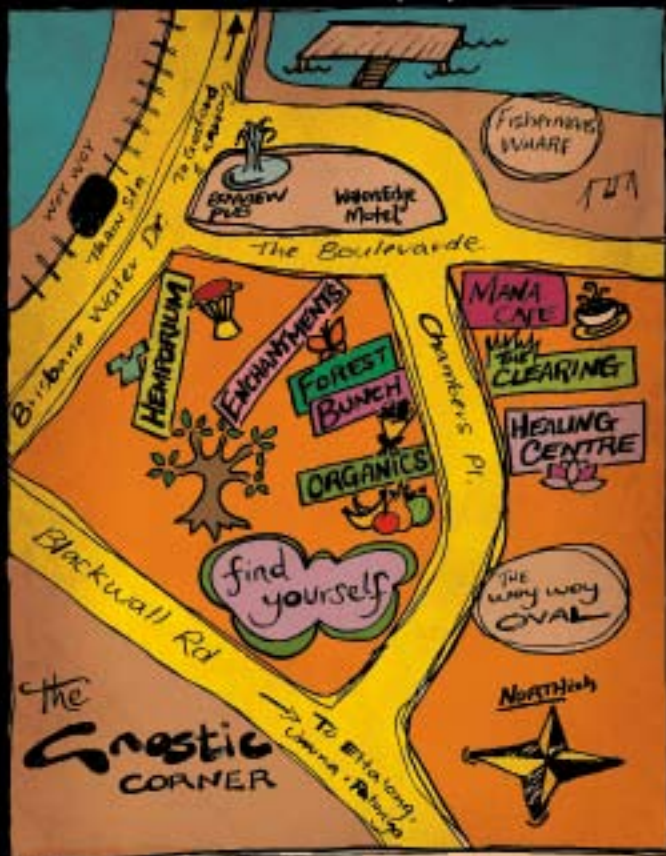


Readers offer their interpretations of the situation and possible outcomes. As this is the world of free will you always have the power to change outcomes and determine your own future.



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