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CONTRIBUTORS TO THIS ISSUE pictured below left to right **Nicole Bijlsma** is a healthy home expert (building biologist), author of Healthy Home Healthy Family and the founder of the Australian College of Environmental Studies. She has had numerous TV appearances and provides free e-newsletters educating people about the health hazards in the home. **Catreeana** is the founder and director of Creative Peace, a centre and shop in Richmond, Victoria. She is a spiritual healer, psychic and teacher, who works with singing bowls. Her classes include Conscious Awareness of Self teachings and Soul Sound Reading. **Stephen Denham** lives with partner Emma in Sydney's north. His book "A Plate of Eggs" was published in 2011 by Zeus and is dedicated to the mateship of soul. **Helen Ferrara** is first and foremost a parent who is passionate about the world we are bequeathing to our children. Having recently completed a PhD on creativity she is starting CreativeNurture to promote a holistic nurturing of creativity. Helen is also a Chakradance™ facilitator, a practice that supports the awakening of our creative selves. **Melisa Gray-Ward** is a writer and editor focusing on fashion and literature. Originally from Melbourne, she now lives in Berlin. She is a self-confessed reader, daydreamer, tea drinker, shoe hoarder and puppy lover. **Eve Hillary** BHSc. is a best selling author, patient advocate and health professional, and author of Sarah's Last Wish. **Tracey Hogan** is a Sydney naturopath, nutritionist, herbalist and homoeopath with 18 years' experience in the industry. She regularly writes on complementary health topics.

Sol Luckman is a prolific visual artist and critically acclaimed author of fiction and nonfiction. His numerous books include the international bestselling Conscious Healing: Book One on the Regenetics Method and the newly released Potentiate Your DNA: A Practical Guide to Healing & Transformation with the Regenetics Method, from which this article was adapted. **Madonna Melrose**, makeup artist, has been involved with the beauty and fashion industry for over 25 years and has been responsible for some very prestigious campaigns in Australia and overseas, including Panasonic, Schwarzkopf, Reebok, Seafolly, Quicksilver, Bras'n'Things and Optus. Personal clients of Madonna's include Olivia Newton John, Pierce Brosnan, Jeremy Irons, Prince Albert of Monaco and the illustrious Dame Edna Everage.

Alice Ostrowski is an architect working for Paradigm Architects based in Perth who specialises in environmentally sustainable design in urban and regional areas of Western Australia. **A.C. Ping** is an internationally acclaimed author and self-mastery teacher. He has worked with people in Australia, the UK, Africa and America for almost 20 years. His trilogy of personal development books has been translated into 11 languages, and he has also written two business books and numerous magazine and newspaper articles. His writings and presentations explore the junction point between ancient wisdom, philosophy, quantum physics and neuroscience. If you are already successful and are wondering 'What's next?', learn how to move to the next level. **Raym Richards** is a practising shaman who teaches his Crystal Dreaming™ technique to practitioners worldwide. His stories are based on real life experiences. **Rik Schnabel** is an internationally recognised and nationally accredited NLP and coach trainer. Specialising in the wealth mindset, he is a bestselling author and Australia's Number One Brain UnTrainer. He regularly runs free mindset workshops – called, "Journey Beyond Limits" and in-depth NLP training courses. **Stella Woods** is an astrology teacher and consultant based in St Kilda, Melbourne.



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06 Style and sustainability: the changing face of fashion *Melisa-Gray Ward*. Exciting new forms of fashions come in many different packages: sustainable, green, eco, fair-trade, up-cycled, recycled, second-hand, vintage organic, natural, eco-conscious, locally sourced, artisan-made, hand-made and custom design are all forms of fashion we will explore in the future editions of LivingNow.

07 Could ginkgo be the living fossil for your youthfulness? *Tracey Hogan*. Can this ancient botanical offer protective effects against the ravages of modern-day living, while protecting our treasured memory processes and cognitive function?

08 Why 's#t' happens *Catreeana*. All of us know that we live under certain laws – the laws of the government, the laws of gravity, etc. – but few understand that we also live under spiritual laws. These laws are why s#t happens to us.

09 The difference between healing and curing *Sol Luckman*. While we can facilitate healing in another, often with astonishing results, in the end we cannot *make* a person benefit from the transformational energies we offer.

10 Will you be a money tap or a drain in 2012? *Rik Schnabel*. When it comes to money, have you ever noticed how some people tend to be like taps and others like drains? While the taps create money like it's an unlimited resource, the drains never seem to have enough of it.

12 BPA is a dirty word *Nicole Bijlsma*. BPA has been banned in children's products in Canada, France, Denmark, and the European Union because of its association with breast and prostate cancer, infertility, early puberty in girls, type-2 diabetes, obesity and ADHD.

14 Up-cycling threads and turning heads on the catwalk *Melisa-Gray Ward interviews Rachael Cassar*. Inspired by 'anything and everything', Australian eco fashion designer Rachael Cassar creates textural garments using second-hand materials, designed with a customer who has 'a creative spirit and values the different' in mind.

16 Basic instincts for a living house *Alice Ostrowski*. Our time to embrace antipodean climate is well overdue. The style of an Australian living house is unique. It discards styles that are dysfunctional for its local climate, such as the eave-less 'European' houses and suburban 'McMansions' where bigger is better.

18 Making time in a timeless age *Stephen Denham*. We live in a timeless age – not so much in the sense of the realisation of human potential but in the sense that today we literally have no time. To reclaim the timelessness that has marked great cultures and civilisations of the past, and to become creators in our own right, we need to learn how to cultivate inner stillness in the midst of our busy lives.

20 Have you got chronic drama syndrome? *A.C. Ping*. You can tell if you've got it by asking: When good things happen to you, do you find it hard to accept and instead start waiting for something to go wrong? When bad things happen, do you find yourself saying, 'That'd be right!', and getting angry and frustrated, but deep down secretly accepting that as your lot in life?

22 Was the footballer a space cadet? *Raym Richards*. Raym helps a well known footballer discover the source of a career-hampering handicap. He turns out to be much more than the bulky sportsman that he appears to be.

23 Forced medical treatment – how effective is it? *Eve Hillary*. Increasingly treatments are forced onto persons who are mentally sound and competent to make decisions, but who merely prefer a different treatment option or wish to attend a different hospital from the ones their doctors prefer.

24 Unwrapping the gift we are to ourselves *Helen Ferrara*. In getting to know this gift of our self, we are led to what is the natural inclination for the growth and fulfilment of the self, and so we start believing that the self is enough and more than enough, infinitely abundant in fact, for a rich and fulfilling life.

25 Black & White We interview under 30s for their take on life, and we hope their stories will inspire you. Contrasts and paradoxes are part and parcel of life – which therefore seems quite black and white at times.

30-34 QLD, NSW and VIC Calendars and Directories

34 March Stargazer – integrity, passion, rage and lust! *Stella Woods*. During this five-week period of Mars in retrograde, any underlying grievances will become apparent, particularly if you have been ignoring gut feelings and intuition.

38 Natural beauty *Madonna Melrose*. I see it everyday, as a beauty educator, how one's whole being can be transformed with something as little as the correct shade of lipstick. I have always taught that your beauty routine, no matter how elaborate or simple, should be ritualistic and should make you *feel* beautiful first and *look* beautiful second.