

# HEMPSEED NUTRITION

Only Australia and New Zealand continue to ban hempseed for human consumption.

## HEMPSEED: Basis of proteins and the vegetable default model

The nutritional advantage of hempseed over other sources of food is the balance of basic nutrients.

Hemp protein consists of two globular proteins, albumin (33%) and edestine (67%), with a structure very similar to proteins in our blood plasma, the fluid portion of blood that supplies nutrients to body tissues. Globulins perform many enzymatic functions within the plasma itself. More importantly, they are responsible for both the natural and acquired immunity a person has against invading organisms. The body uses globulin proteins to make antibodies which attack infecting agents (antigens) that invade the body. Globulins like gamma globulin are absolutely essential to maintain a healthy immune system.

**Globulins: Neutralize alien micro organisms and toxins** Albumin, a globular protein, and edestin, a legumin, are the two main proteins in hempseed and both are rich in the amino acids that are essential to human health. A comparison of protein amino acid profiles from egg white, hempseed and soy bean shows that hempseed protein is very similar. As an industrial source of vegetable nutrition, both hempseed and hempseed meals are rich sources of protein and polyunsaturated oils, in addition to vitamins and minerals.

**Edestine: The most digestible of all protein types** Relatively unknown, hempseed protein is the model. When scientists developed the base vegetable protein model they called it "edestine". They used hempseed to find it. Hempseed is the basis of the edestine model of vegetable protein.

## EFA: ESSENTIAL FATTY ACID

**Linoleic acid (LA) and Linolenic acid (LNA) are the most important fatty acids in human nutrition and health.**

They are involved in producing life energy from food and the movement of that energy throughout the body. EFAs govern growth, vitality and state of mind.

LA, LNA and the highly unsaturated fatty acids the body makes from them, are necessary in the most active energy and electron exchanging and oxygen requiring tissues; especially the brain, retina, inner ear, adrenal and testicular tissues.

They carry the high energy required by the most active tissues, and ensure very high oxygen availability to them. Life force travels through the body via the essential fatty acids and their derivatives. Plants have created the perfect container to safely store the EFAs and protect them from light and oxygen damage. It is the seed. And as long as we get our essential fatty acids by eating whole seeds the life force within us is charged with vitality. Hempseed contain the perfect balance of the essential fatty acids required by the human body. Hempseed oil is indeed the oil of life.

**Worldwide starvation has become a fact of life since the cannabis plant was banned.**

Widespread use of hempseed protein could feed the starving millions. The protein in hemp is more digestible than soy protein. Hempseed contains all the essential amino acids in ideal proportions for human nutrition.

Hempseed provides the necessary types and amounts of amino acids our bodies need to make serum albumin and serum globulins, such as the immune enhancing gamma globulin anti bodies, our immune system first line of defence.

Hempseed protein is 65 percent globulin edestin that is easily digestible and similar to our own blood plasma.

Edestin is an adequate sole protein for the health and well being of animals. Hemp butter puts peanut butter to shame for nutritional value.

Only minute traces of delta-9 tetrahydrocannabinol (THC), measured in parts per million, are detected in hemp seed.

**Lack of EFAs can contribute to:**

Eczema-like skin eruptions, Loss of hair, Liver degeneration, Behavioural disturbances, Kidney degeneration, Excessive water loss through the skin accompanied by thirst, Drying up of glands, Susceptibility of infections, Failure of wound healing, Sterility in males, Miscarriage in females, Arthritis-like conditions, Heart and circulatory problems, Growth retardation - Prolonged absence of omega-6 hormone from the diet is fatal. All of the deficiency symptoms (except death) can be reversed by adding omega-6 back to the diet. Weakness, Impairment of vision and learning ability, Motor incoordination, Tingling sensations in arms and legs, Behavioural changes, High triglycerides, High Blood Pressure, Sticky Platelets, Tissue Inflammation, Eczema, Dry Skin, Mental Deterioration, Some kinds of immune dysfunction.

A 1999 workshop by the U.S. National Institute of Health demonstrated the impressive benefits of a balanced omega-6/omega-3 ratio in our diet: reduced risk of atherosclerosis, sudden cardiac death and certain types of cancers, decrease in the symptoms of rheumatoid arthritis, mood improvement in bipolar disorders and optimized development in infants. In clinical studies, these benefits are often achieved using omega-3-rich fish and flax oil supplements.

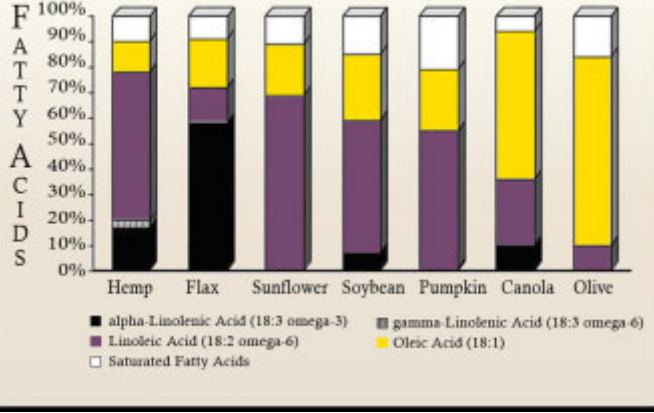


**Subjective concerns over THC in hemp foods are NOT supported by scientific evidence.**

## SHELVED LIVING

The Essential Fatty Acids in food are sacrificed along with the B vitamins and the naturally occurring enzymes to enable extended shelf life for supermarket foods. This is a major problem since EFAs are the building blocks for a healthy immune system, healthy cell structure, proper human growth, proper immune response, healthy hair, scalp and hair retention, healthy liver function, healthy reproductive function, healthy heart, healthy circulation and more.

**EDESTIN 67  
ALBUMIN 33**



**Overall, hemp's main nutritional advantage over other seeds lies in the composition of its oil, i.e. its fatty acid profile, and in its protein which contains all of the essential amino acids in nutritionally significant amounts and in a desirable ratio.**

## FATTY FACTS

A nutritionally optimal ratio of two parts linoleic acid to one part linolenic acid (2:1) has also been noted in hemp seed oil, and the "ideal 3:1 ratio" is cited for oils to be used in the long-term. The body transforms linolenic acid into gamma-linolenic acid (GLA) by means of an enzyme (delta-6-desaturase). But many factors in our diet can impair this ability, including alcohol, processed vegetable oils, excess cholesterol, trans-fatty acids, and oils heated for cooking. Linolenic acid lowers cholesterol, and improves conditions such as arthritis, hypertension, diabetes, cancer, gastrointestinal disorders, ulcers, chronic fatigue syndrome, lupus, and others.

## DYSFUNCTIONAL

Lack of proper EFAs in the diet can contribute to: eczema, loss of hair, liver degeneration, behavioural disturbances, kidney degeneration, excessive water loss through the skin accompanied by thirst, drying up of glands, susceptibility of infections, failure of wound healing, sterility in males, miscarriage in females, arthritis-like conditions, heart and circulatory problems, growth retardation, weakness, impairment of vision and learning ability, motor incoordination, tingling sensations in arms and legs, behavioural changes, high triglycerides, high blood pressure, sticky platelets, tissue inflammation, dry skin, mental deterioration and immune dysfunction.

| Typical nutritional content of hempseed (%) | E-hempseed <sup>2</sup> |           |
|---|-------------------------|-----------|
|   | Whole seed              | Seed meal |
| Oil (%)                                     | 35.5                    | 11.1      |
| Protein                                     | 24.8                    | 33.5      |
| Carbohydrates                               | 27.6                    | 42.6      |
| Moisture                                    | 6.5                     | 5.6       |
| Ash   | 5.6                     | 7.2       |
| Energy (kJ/100 g)                           | 2200                    | 1700      |
| Total dietary fibre (%)                     | 27.6                    | 42.6      |
| Digestible fibre                            | 5.4                     | 16.4      |
| Non-digestible fibre                        | 22.2                    | 26.2      |

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The Spangled Drongo Restaurant

## Primary Food Source

Hempseed contains protein, carbohydrate, dietary fibre, vitamins and minerals and contains about 30% fat

The extracted vegetable oil can be used for culinary and fuel oil, as high viscosity lubricating oil, in shampoos, hair creams and gels, skin creams, ointments, massage oils, moisturisers and so on. Hempseed oil is among the lowest in saturated fats at about 8% of the total oil volume. Hempseed oil ranges from about 50 to 62 percent Linoleic acid (LA, or omega-6) and from about 19 to 25 percent alpha-Linolenic acid (ALA, or omega-3). Hemp oil has the highest percentage of these essential fatty acids (EFAs) compared with any other seed. EFAs are required for the strength of our immune system that protects against disease and viral infections.

One of the common arguments against hemp is that soy has a much higher total protein count than hemp seeds. But hemp seed protein is free of the trypsin inhibitors which block protein absorption that is found in abundance in soy. Hemp protein is also free of oligosaccharides found in soy, which cause stomach upset and gas.

Hempseed complete protein contains all 20 known amino acids including the 8 essential and 2 semi-essential amino acids our bodies cannot produce. This makes hemp seeds perfect for vegans, vegetarians or anyone who is looking to reduce the meat content of their diet. Hempseed protein can supply all of the protein requirements without the bad fats in meat and without the stomach upset from soy. This makes hemp seed the perfect high protein food. With a complete collection of amino acids, with ultimately the best detestability of any vegetable protein, with the added bonus of Essential Fatty Acids, hemp is truly the perfect vegetable source for a high protein food.

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# MEDICINAL CANNABIS

**8500 BC:** Chinese history proves Cannabis or hemp was used for oil, fibre and as medicine.

**3727 BC:** Cannabis called a "superior" herb in the world's first medical text from China, Shen Nung's Pen Ts'ao.

## QI PILLS

### Boiled, Fried & Rolled

One of the more interesting recipes in the Pen T'sao Kang Mu is found with the self explanatory title of "Formula to Build Up an Age-Enduring Supply of Beneficial Qi" (Nai Lao Yi Qi).

Taken to assuage hunger for long periods, the formula consisted of hemp seed (2 litres) and soybeans (1 litre) boiled together and then fried slowly "until they become a dried powder."

The powder was rolled in honey as a binder and made into pills to be taken twice a day.

## THC & other Cannabinoids

Most scientific research on Cannabis over the last 40 years has focused on the putative toxicity of tetrahydrocannabinol (THC) and, to a lesser extent, other cannabinoids. Ironically, this effort has resulted in the identification of new medicines. THC and other cannabinoids are potent lipophilic antioxidants, which may explain some of the historic therapeutic potential associated with Cannabis.

**Cannabis extracts** block a key chemical needed for tumours to sprout blood vessels – a process called angiogenesis. Cannabinoids impede this chemical in people with the most aggressive form of brain cancer - glioblastoma multiforme.

Cannabis extracts shrink brain tumours and other cancers by blocking the growth of the blood vessels which feed them.



## MARIJUANA & MONOPOLY MANIPULATION

In the 1930's Hemp was thrust aside in the rush to embrace the emerging synthetics industry. With the desire to overtake the hemp industry altogether, they threw out the baby with the bath water in a deluge of negative publicity. The rising temperance movement was targeted with this publicity, and after the failed experiment in alcohol prohibition, the movement was left with the prohibition of

other drugs as a consolation prize, which just happened to allow a small group of pharmaceutical companies to gain a monopoly on medical drug production and pricing. Hemp has been demonised by industrial competitors and venal politicians for their own advantage, depriving humanity of a very useful plant, which, in the drug context, is far less harmful than alcohol, heroin, amphetamines, cocaine, or even antidepressants.

## SWISS SURVEY SEES SOCIAL POSITIVES

A study of more than 5,000 youngsters in Switzerland has found those who smoked marijuana do as well or better in some areas as those who don't. But the same was not true for those who used tobacco with marijuana, who tended to be heavier smokers. The study did not confirm the hypothesis that those who abstained from marijuana and tobacco functioned better overall.

In fact, those who used only marijuana were "more socially driven ... significantly more likely to practice sports and they have a better relationship with their peers" than abstainers. Moreover, even though they are more likely to skip class, they have the same level of good grades; and although they have a worse relationship with their parents, they are more likely to be happy than abstainers.

## NO EXPLANATION FOR THE APPARENT EFFECT.

The study, published in the November issue of the Archives of Paediatrics & Adolescent Medicine, was based on a 2002 survey of 5,263 Swiss students age 16 to 20, of whom 455 smoked marijuana only, 1,703 who used both marijuana and tobacco and 3,105 who abstained from both.

Marijuana use has declined among U.S. adolescents, it has increased in recent years among the same age group in Switzerland and other European countries.

While one theory holds that consuming legal drugs like nicotine and alcohol opens the door to marijuana and other illegal drug use, recent research also has found marijuana may come first and it may reinforce cigarette smoking or lead to nicotine addiction.

In the study, about half of the tobacco and marijuana group had consumed marijuana 10 times or more in the previous month. That compared to 56 percent in the marijuana-only group who had consumed marijuana only once or twice in the same time period. These findings agree with previous research indicating that (tobacco) smokers were significantly more likely to be heavy cannabis consumers than non-smokers.

In addition, those who use only marijuana were less likely to have started using that drug before the age of 15 compared to tobacco smokers, and the tobacco-marijuana group was more likely to have abused alcohol.

## AT PEACE WITH CANNABIS

Cannabis, the third most popular recreational drug after alcohol and tobacco, could win a new role as the aspirin of the 21st century, with growing evidence that its compounds may protect the brain against the damaging effects of ageing. Although the drug distorts perception and affects short-term memory, it may also help prevent degenerative diseases such as Alzheimer's, Parkinson's, Huntington's and motor neurone diseases.

Scientists at the Institute of Neurology in Queens Square, London, say the "huge potential" of cannabis compounds is emerging, as understanding of its biological and pharmacological properties improves. Professor Alan Thompson and his colleagues wrote in Lancet Neurology: "Basic research is discovering interesting members of this family of compounds that have previously unknown qualities, the most notable of which is the capacity for Neuro protection."

The results of two trials in patients with multiple sclerosis are expected this summer and the first cannabis-based medicines are being considered for licensing. None of them

will have the psychoactive properties of the raw drug when smoked or ingested. Professor Thompson's team says: "Even if the results of these studies are not as positive as many expect them to be, that we are only just beginning to appreciate the huge therapeutic potential of this family of compounds is clear."

Cannabis was thought to affect the cells like alcohol by seeping through the cell membrane. But in 1990 the first cannabinoid receptor was found, which revolutionised the study of cannabinoid biology. The discovery revealed an endogenous system of cannabinoid receptors, similar to the opioid system, to which the drug bound when it was ingested. Just as endorphins are the body's natural equivalent of heroin, a fatty acid called anandamide (Sanskrit for "inner bliss") is the natural equivalent of cannabis. The natural system of cannabinoid receptors plays a role in maintaining the balance of chemicals in the brain which regulate the rate at which neurons fire. By altering this system, scientists believe it may be possible to slow or prevent the process of brain decay.



David Baker, lead author of the Lancet review and senior lecturer at the Institute of Neurology, said: "Alzheimer's disease is the result of very slow degeneration caused by the death of nerve cells. We probably don't see symptoms until 30 to 40 per cent of the nerve cells have died. Something regulates this decay and if we could slow it by even a small fraction we might delay by a decade the point where someone loses their memory."

"It may be possible to develop drugs that allow selective targeting of different areas of the brain and spinal cord and there may be a way of limiting the negative effects," Dr Baker also said.

A study by Dr Baker and colleagues, in which the natural system of cannabinoid receptors was removed in mice, showed that the rate of nerve loss was increased, indicating its role in preserving brain function. The study, which has been accepted for publication in a medical journal, "really clinches the argument", Dr Baker said. He added: "Cannabis has gone from the drawing board into trials in record time, largely because of patient pressure. Hopefully it will work and be acceptably safe."

**Californian Cannabis**, put in your card and fingerprint for Medicinal Cannabis available now on prescription for registered patients.

## BONG ADVICE

**WARNING:** Smoking cannabis through a bong is one of the most harmful methods of using cannabis. Although water cools the smoke, the water in a bong absorbs a large amount of THC (psycho-stimulant part) and tar. Therefore you need to inhale more smoke to get the desired amount of THC, but you also get more carcinogenic tar and other toxins.

### Types of Bongs

Converted plastic bottles contain harmful carcinogenic toxins. Ceramic, brass or glass are safer and easier to clean.

**Clean Shared Mouth Pieces** Virus (Hepatitis A&B and meningococcal), bacteria and other diseases can be spread from person to person in saliva and by unclean hands.

### Change water regularly

Dirty bong water can contain and harbour harmful bacteria and toxins.

### Mouth Pieces

The mouthpiece needs to be 20cm or more from water to decrease the amount of water vapour and water drops entering the lungs.

### Cover mouthpiece

Use a rag or tissue to cover mouthpiece when sharing, especially if someone has a cold.

### Use small shallow breaths

Studies show that 95% of THC is absorbed in the first few seconds of inhaling. Holding smoke in longer and inhaling deeply allows more tar and other noxious chemicals to be absorbed by lungs.

### Avoid mixing with tobacco

Mixing your cannabis with tobacco only makes it look like your stash lasts longer. Tobacco has more toxic compounds and is highly addictive.

### Researching THC

"These findings that cannabinoids work both to prevent inflammation and to protect the brain may set the stage for their use as a therapeutic approach for Alzheimer's disease.", said Dr Maria de Ceballos.



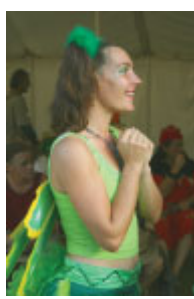
## 2008 NIMBIN PERFORMANCE POETRY WORLD CUP

The sixth annual event in August is again sponsored by the Nimbin community. Performers have 8 minutes to perform one or more original poems, not previously performed at the NPPWC. HEATS are held within the village of Nimbin from 11am on Saturday 2nd August 2008. SEMI-FINALS are conducted on Sunday 3rd August from 11am, at the OASIS Cafe. GRAND FINAL & After Party are held at the Nimbin School of Arts TOWN HALL on Sunday 3rd August at 7.30pm.

Entries Close: Monday 28th July 2008. Judges will select, from 8 finalists, ONE prize winner of \$2000 & the World Cup. 7 Runners Up: \$300 each. Peoples Choice Award: \$500. Incentive Awards of \$50 and \$25 during the heats. Peace & Love from Nimbin Nimbin is a small village, with a huge heart, and the people who continually support and encourage the Arts within the community are precious gems. I thank them all. Gail M. Clarke Phone: 02 66897424 [www.nimbinpoetry.com](http://www.nimbinpoetry.com)



# GANJA FAERIES



**I'm a believer. When I was a kid I found Faeries at the bottom of my garden.** They were mucking around in the spinach, wore dresses of sky blue and spinach green and were busy, noisy, and chattering. They were Faeries with attitude. Faeries are like that.

Nimbin has its own transmogrified tribe of women who share the Faerie dreaming. They're the Ganja Faeries. At the first Mardi Grass parade in 1993 they were there as individual Faerie spirits. In 1994 they had gathered into a Faerie Federation and were in the parade on a Faerie float, awash in green, sparkles, wings, junior Faeries and the beautiful green Ganja Faerie. They were here to stay and it was going to be fun. Cannabis Law Reform and celebrating the female spirit of the Sacred Herb Cannabis is the green sparkly tie that binds them. They love having fun and dancing, are spirited, independent and sometimes noisy. Faeries are like that.

## FAERIE BUTTER

**Ingredients:**  
100 Grams of Ganja  
500 Grams of Butter  
5 Cups of Water  
2 Tbsp of Sugar

**Instructions:**  
Mix all ingredients together and bring to boil. Reduce heat to minimum, simmer for 4 hours. Allow mixture to cool slightly and then strain through muslin thereby extracting all the vegetable matter. Allow the butter and water to cool, skim off the butter and use as normal in recipes.

The Faeries find the butter works particularly well in chocolate-based products, (cookies, chocs, etc) but you can substitute mull butter in most any recipe as a butter substitute. Try it on your toast or in cakes, biscuits, chocolates or anything else you can think of.

**BE WARNED:** Cannabis can be potent when eaten. Only eat a small amount at a time. Leave at least an hour for effects to become obvious before eating any more.

They magically appear during Mardi Grass. You might see them dancing on a float or in the parade, performing a stage show in the Opening or Closing Ceremonies, flitting into Mardi Grass events or resting their feet and drinking coffee. The Ganja Faeries gather before Mardi Grass to Workshop Themes, Choreography, Music, Costumes and performances.

They might decide to perform a fabulous Dancing Stage Production or simply slip into their tutus, glitter up and have a quick dance step rehearsal 10 minutes before the parade begins. It all depends on Faerie energy. If they decide to do a stage performance, rehearsals can begin up to two months before Mardi Grass.

From the Ganja Faeries their own Chaos Theory emerges with exciting, colourful, innovative and fun performances. We've seen the Marching Faeries, The Darling Buds of May, The Prohibition Faeries and the Winning Buds.

The Ganja Faeries weave two traditions into their performances. The ceremonial hookah is combined into performance and smoked on stage. What funsters those Faeries are!

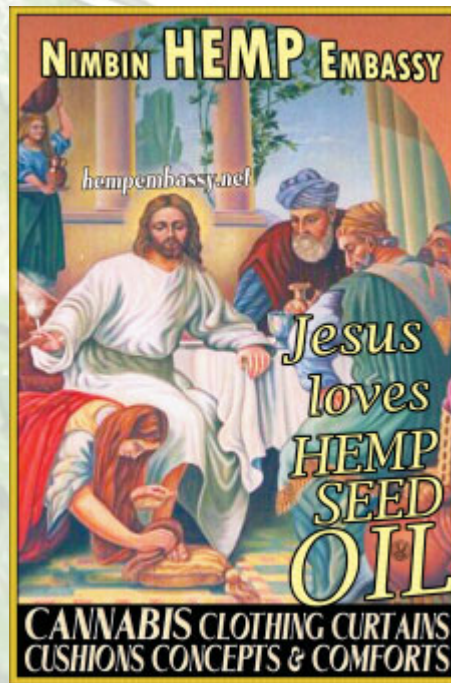
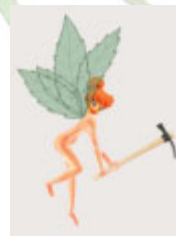
By a miracle a very pregnant Faerie appears before Mardi Grass and becomes the honoured fertility symbol – The Ganja Faerie Queen. There have been the magnificent pregnant, dancing, decorated bellies of Jenny, Biskit, Gorji and the other radiant Queens. Pregnancy needs to begin in August so pop it in your diary!

Ganja Faerie costumes are a "joint" effort. They have a magic supply of Faerie bits and green tutus. The costume supply grows every year and there's always busy Faerie fingers sewing green ruffles at the last minute.

There's no upper or lower age limit in the Ganja Faeries. It's a state of mind, not body. So, if you like rehearsals, dancing (often bare footed in the mud, wearing a green tutu and glitter, being on show, facing the international press and having a great time; maybe you'd like to be a Ganja Faerie.

Thanks to all the women who have been Ganja Faeries and those who still slop on a tutu. They are part of the Nimbin institute that is the Ganja Faeries. Faeries are like that – bless them. **Jane Treasure**

## 2007 Ganja Faerie Queen



## IT'S THE NIGHT BEFORE MARDIGRASS.

And all through the land not a creature is stirring except for the ganja faerie band who are still all awaking with the last touches of fine frippery are still frantically making acres of green to gleam and glitter with sparkle and moonbeam whimsy, frill and flitter sequin and flounce, braid and bead that object of infinite adornment that ultimate attainment of fairy frivolity the all important Nimbin MardiGrass parade ganja fairy costume folly

All through the year she toils in her patch praying she can grow her beautiful sister with no catch dancing in sunbeams and washed by the rains showers she is skyclad in her beauty like her gentle growing flowers but for her sturdy fairy boots and her magic stripey socks to protect her and her sister from the darkest powers plots those dastardly dance those fiendish foxes those brothers of pork, in the flying squad the minions of power the grey men in boxes who would burn her sisters in the name of a war so she hides in the hills and lets her dreams soar when she can lay down tool and take up her fairy liberation and dance the dance for green emancipation the great annual Nimbin MardiGrass for hemp liberation

She checks her list which is colourful and convoluted all important factors that must be constituted this sacred list of ganja fairy lore first make the costume then choreography then score. The costume must personify the flower that bears its name an infinite sea of pungent vigorous green splashed with colourful crystals of heady potency each separate flower a beautiful thread of endless genetic fancy and poetry

There's no such thing as over the top is the fairies costume battle cry no flounce or bow to be returned on fashion, fancies questioned way no bead or sequinned frippery be spurned or bits pipped in green dye no frill or flounce or scone unruffled a midnight candles burn aching eyes dry in the quest for the ultimate ganja fairy thing in top, belt, skirt, headwear, bustle and bling. A fairy has no hustle who has no bustle it's a well known fairy costume maintenance thing. This icon of fairy ingenuity and engineering will give power and prestige to the bottom it is steering like the gentle flower that grows on the tree so should a fairy get a bustle behind the lack of bustle could lead to aerodynamic instability and may upset the formation of choreography.

Deep in the smoking corridors of ancient fairy wisdom is whispered a deep and disturbing fact that can make a fairy anxious to workout and clean up the art and she may not be told because of fairy sister tact for if she's careless and gets in a bind and munchies blobs out too much she will sadly find that in fluoro green lycra there is nowhere left to hide All these important fact are dutifully turn so at last 1st is the crowing of the dawn she ruffled her last, checked the list, its ready to be worn as bleary eyes and sore fingers are born and measures her dash for the final strip its time for the choreography trip

What steps do we choreography, in a one session dash that gunna make us all look incredibly flash that would look, graceful and strong and sassy and true cheeky an sexy, but not too blue that can be learned by all in one rehearsal flat ably a left footed, arrhythmic, addle' patted brat

after much tea, laughter and green inspiration we think we've made it, what do you think, yeah, dunno, it'll do it time for the final destination here comes the parade after the may weekend festivation.

Hustle bustle, chitter-chat, glitter flitter, frippery flap a flutter of eyelashes a flurry of flouncy flogreen finery is on the loose a sumptuous snarl of ganja faeries hits the parade warning, all obstacles must step aside as a snickering snaggle of weed witches bless us as the drum beats our stride in a massed expression of green pride A mischief of goblins intent on a score throw us all out of sequence, oh what a bore some ones changed the rhythm and sergeant major roars but fortunately not out of sequins and order is soon restored we are the ganja faeries and its our time to dance our faeries dance and join the drumming tribe for the people of fragment flowers stand shinning in the light to claim for one day a year that which is ours by right with all the others in the MardiGrass parade.

A demonstration of peoples will against government might for a stupid law a stand against is made.

If you want to spot a true faerie in the MardiGrass melee they say there's only one sure way as sure as knowing head from leaf or a shovel from a spade or night from day there's one sure way to spot a ganja faerie maid in the Nimbin MardiGrass parade for underneath, so it said, her razzle, dazzle her bouncing bustle her fearless stride, her glittering apparel are the little reminders of her naked garden struts hers sturdy boots, her stripey socks and her pouch full of wacky baccy bud. **Biskit**

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# GATEWAY HOLYWEED



## Holy hemp has been smoked by Goddess worshippers since before history, and was first banned by those who sought to subjugate feminine spirituality.

In most ancient hunter-gatherer societies, women balanced the male's supply of game with their collected harvest from the surrounding wilderness. Women therefore became the first to learn the secrets of plants and how they propagated themselves. This knowledge led to the development of agriculture and the evolution from the animal totems of the hunter-gatherers to images of the Great Mother, who with proper worship produced her abundant harvest in the same way that women produced children. Cannabis is among humanity's oldest and most useful cultivated crops, and so it is not surprising to find that cannabis in all its forms has been intricately associated with Goddess worship in many cultures, throughout history.

### MEDIEVAL SECTS

In early Christian times, the holy cannabis oil was ingested and used by many Gnostic Christian sects, in honour of the Queen of Heaven. With the rise of anti-female Christian sects in Rome, and the subsequent development of the Roman Catholic Church, such minority groups were forced out of existence, along with most pagan religions and the cult of the Great Mother. The new Church of Rome followed their Judaic predecessors in naming Eve (the representative of all women) the Mother of Sin" as well as demonizing magical plants. Their violent purges of Goddess worship and magical plant use persisted into medieval times. It has been estimated that over a million female practitioners of the older Goddess religions were burned as "witches" for utilizing cannabis, mandrake, belladonna and other plants in their "flying ointments". Even medieval French heroine Joan of Arc was accused of using cannabis, mandrake and other plants in order to hear the voices which guided her spirit, and this eventually led the church to commit her to the flames.

"Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his religion or belief and freedom, either alone or in community with others and in public or private, to manifest his religion or belief, in worship, teaching, practice and observance."

### EVE: CULTURAL HERO

Among her other titles, Ashera was known as "the Goddess of the Tree of Life", "the Divine Lady of Eden" and "the Lady of the Serpent". Ashera was often depicted as a woman holding one or more serpents in her hands. It was Ashera's serpent who advised Eve to disobey the male gods command not to partake of the sacred tree.

The historical record shows that the Old Testament version of the myth of Eve, the serpent and the sacred tree was concocted as propaganda against pre-existing Goddess cults. Originally, the outcome of the Eden myth was not tragic, but triumphant. The serpent brought wisdom, and after the magic fruit was eaten, Adam himself became a god. What was originally involved was probably a psychedelic sacrament, like the Elusian festival in Athens, in which the worshipper ate certain hallucinogenic foods and became one with the Mother Goddess. The rites associated with her worship were designed to induce a consciousness open to the revelation of divine or mystical truths. In these rites cannabis and other magical plants were used, and women officiated as priestesses.

### RIGHT RITES WRITTEN

Cannabis when used properly is good for the human body, mind and spirit. Cannabis is very safe when consumed with an understanding of its benefits. When the law upholds sacramental cannabis use, prohibition is dead. All laws drafted regarding sacred Cannabis contravene international human rights. Both the UN Declaration and EU Convention on Human Rights carry the same paragraph in regard to freedom of religion.

**HOLYSMOKE**

ChurchoftheHolySmoke.net

### YAHWEHAHOO

A small group of us smoked some cannabis outside a 70's music hall, and then went inside. I was surprised to find that the seating was all deck chairs, but we made our way to our seats and sat down.

An experience followed that contradicted my view of the world. I found myself in a completely different place. The floor was all black and white checks with white stone columns and roman arches atop extending in rows away from where I stood. There was no roof. Looking for the limit to the rows, I saw a direction where the columns seemed to end, and set out in that direction.

### ONE REAL TRIP

As soon as I got near the edge, and saw the void beyond, I got an information deposit in my brain, a god dropping. I assume this is what religious people mean by "received knowledge" or "illumination", except I was being handed something unusable, something you couldn't repeat without being laughed at. Ironically I also knew that was part of the lesson involved. I "knew" that the checkered floor and columned area were

Full story at:-

<http://www.nimbinmardiGrass.com/yahwehahoo.html>

"agreed reality", while the void represented all other possible realities beyond that, and I had the opportunity, in that moment, to jump, and in that jump to experience a singular reality, to take a one in infinity trip. There was no suggestion of anything being on the other side of the void. I saw the void as an abyss. Was that really where I was going, and what I wanted to do?

### WONDER WHO TOO

This was the central focus of the lesson, but it was the collateral information that made it laughable in the retelling. It was made quite clear to me that this opportunity/information was brought to me by one "Yahwehahoo, a marijuana spirit, somehow related to mushrooms, but not really", that looked like a grinning refugee from Sherwood Forest, or a full sized sprite or elf. The name made the experience rather difficult to retell to anyone sane, knowing they should immediately suspect me of the opposite. While I could not deny the event to myself, no one else could be expected to believe it. I was left wondering whether to venerate the apparition or denigrate it.

## Persecution - the unfair or cruel treatment of someone over a long time based on race, religion, gender, lifestyle or political beliefs.

When will the proponents of illegal drug laws back up their position with facts? If drugs were re-legalized, in what ways would the social situation worsen? If drugs were re-legalized just five of the major positive outcomes for the community that outweigh any negative outcomes are:

- 1) Ends the major source of income to organized crime and Taliban
- 2) Ends the major source of corruption in the police force
- 3) Ends 80 percent of break & entry and mugging crime.
- 4) Frees up billions of dollars and countless police hours for criminal work.
- 5) Strengthens democracy

Democracy is majority rule with minority rights.

When the majority suppress a civil right the suppressing of which has a more detrimental effect on the individual than any benefit to society it is persecution. Persecution poisons democracy. The problem is not drug use, but drug

abuse. Alcoholism is considered a health problem. Alcoholics are treated like patients.

Heroin addiction is not worse for the individual or community than alcohol addiction. It's illegal heroin that causes the crime and prostitution. So why are heroin addicts treated as criminals? Taking mind-altering drugs is genetic because the behaviour is universal not cultural. Humans everywhere self-medicate with performance enhancing stimulants. Psychodynamically, based on duration and intensity, not pleasure, caffeine milligram for milligram is a stronger white powder than cocaine. Yet we culturally embrace caffeine but criminalize cocaine.

Coffee is the world's second most traded commodity. Throughout South America coca leaf is taken daily with no problems. Alcohol per 100,000 intoxications produces far more violence than cathinone or

### THE AUSTRALIAN CONSTITUTION

106. The Constitution of each State of the Commonwealth shall, subject to this Constitution, continue as at the establishment of the Commonwealth, or as at the admission or establishment of the State, as the case may be, until altered in accordance with the Constitution of the State.

109. When a law of a State is inconsistent with a law of the Commonwealth, the latter shall prevail, and the former shall, to the extent of the inconsistency, be invalid.

116. The Commonwealth shall not make any law for establishing any religion, or for imposing any religious observance, or for prohibiting the free exercise of any religion, and no religious test shall be required as a qualification for any office or public trust under the Commonwealth.

### THE BOBS SAY

Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.

"Time is the moving image of eternity"

"Memory is responsible for the illusion of time"

"Time is the etching of entropy"

"The light of consciousness equals the consciousness of light"

### INTERESTING CONCEPT

American Ad to get you to join a Pot Smoking Religion

Your enjoyment of cannabis IS legal, IF..

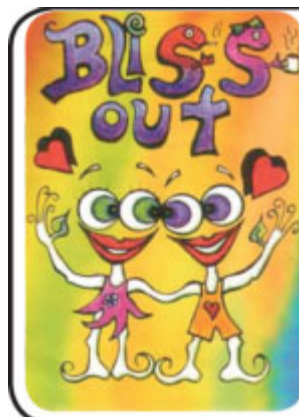
- a. You are a sincere spiritual cannabis 'practitioner', who is legitimate,
- b. You have a mandate to use cannabis, spiritually,
- c. You grow and use in private - at home or church, and
- d. You are not 'in commerce' or selling cannabis.

To begin to enjoy equal protection under the law based on your religious rights, all you have to do is go to <http://the-ministry.org/> and join. Joining our ministry is FREE and you'll be creating the documentation to prove your legitimate, spiritual use of the Sacred Herb in case you ever need to show it to a police officer or in a court of law.

Our membership list is kept safely off-shore to protect your privacy. We win our court cases and, often, the matter is resolved without even going to trial. After you've joined the THC Ministry, visit both our forums at: <http://www.the-ministry.org> (Hawaii, USA) and <http://www.the-ministry.net> (Amsterdam, Europe) have a happy day, THC Ministry [info@the-ministry.net](mailto:info@the-ministry.net)

The Nimbin Hemp Embassy does not endorse this site, but is included as an example of another potential path to cannabis law reform.

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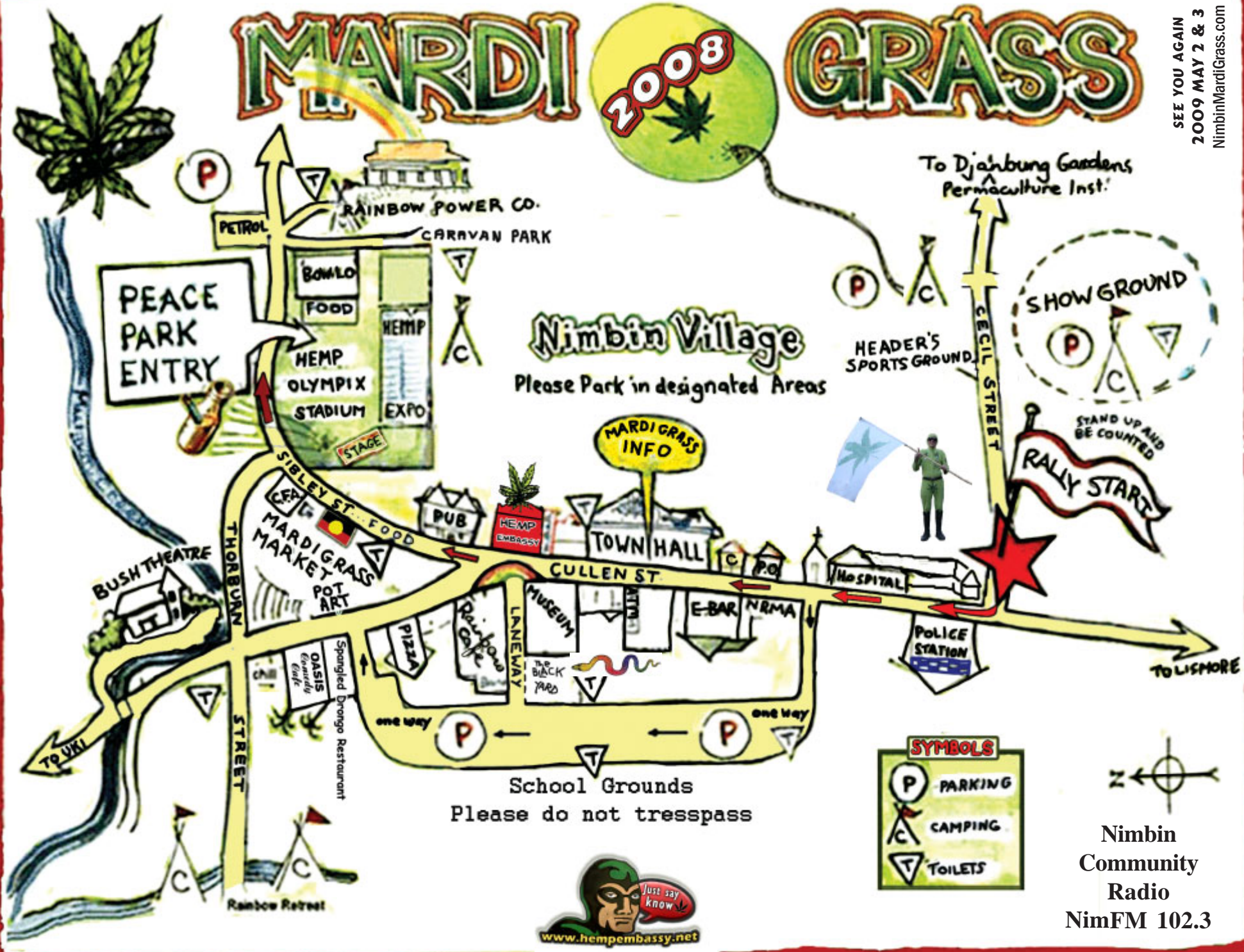
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# MARDI GRASS 2008

SEE YOU AGAIN  
2009 MAY 2 & 3  
NimbinMardiGrass.com



Nimbin  
Community  
Radio  
NimFM 102.3

## PROCLAMATION

All self recognised Knights Hemplar and Dharma Farmers are called on a Religious Crusade to Nimbin, home of the Church of the Holy Smoke, to all meet there on the First Weekend in May, in the Year Sixteen of our MardiGrass, to participate in all the Sacred Ceremonies of the Holy Smoke, and smoke the Pipes of Peace.

It is Thirty Nine Years since the Death of Hippie in San Francisco; followed by the Resurrection of his Spirit in a thousand smiling faces. That Smile spread through the Sandstone Nations in a Decade of Optimism. Since then the

Fog of Mammon has spread. Still we perform the Ceremonies and remember the Martyrs imprisoned for their private observances.

Make your way past the gathering Orcs. Come to the Aquarian Shrine. Celebrate with Herb and Friends. Pay Homage to the Bountiful Seed. Debate, Discuss, Learn and Socialise. Compete in the Hemp Olympix or Nimbin Cannabis Cup. March in the Anti Prohibition Procession. Be peacefully free. Make your mark in the Book of MardiGrass.

Of course, we expect exhemplary behaviour from our pilgrims. Good heart to you all.

The Jungle Patrol is here to help you. Ask them if you need help. Help them if they ask you.



## WINNEBAGO WARNING



## WELCOME TO NIMBIN

And have a good time! Please respect the village and its locals.

Entry into **PEACE PARK** and the **TOWN HALL** where MardiGrass events are held costs \$30 for a weekend pass, or \$20 for a one day pass. Armbands are available at entries and also at the **Nimbin HEMP Embassy**.

**4 hours and 20 minutes** volunteering earns a weekend pass (Register at the Embassy)

## PARKING

Please park as directed and keep driveways clear.

**Cullen St is a no-parking Zone.**

Visitors parking will be appropriately sign posted on the Northern, Southern and Eastern entrances. RTA approved road traffic control will be in place during MardiGrass.

Cullen Street will operate as a one-way street, if needed, regulated by traffic controllers between 8.00am - 6.00pm Saturday and 10am - 3pm Sunday. Sibley Street will be **closed** from 4.20 pm on Friday.

## CAMPING

Please camp in designated camping areas, all accessed from Cecil Street opposite the police station. Be super careful with rubbish, recycling is happening, look for the stations.

The Nimbin streets are **glass-free** zones during MardiGrass. Remember it is a cannabis harvest festival not a beerfest but **JUNGLE PATROL** will provide breathalyser checks for drivers anyway.

## WARNING

Be careful with your drug consumption. Especially cookies! They can be a bigger trip than you expect. It is wise to eat half then wait an hour or so before you eat any more. Don't mix with alcohol.

If you feel woozy or have an injury or need help ask the **JUNGLE PATROL** at the Town Hall Info Booth or Dutchies Café in Peace Park. The main **Chill-Out Zone** is in the Town Hall garden.

No loud drumming or amplified music after midnight and no dogs please!

## KEEP NIMBIN NEARLY NORMAL

Police 66891244 or 000.  
(Nim-Fm 102.3) 6689 0277

**Nimbin HEMP Embassy**  
66891842 or 66890326.  
[www.nimbinmardigrass.com](http://www.nimbinmardigrass.com)  
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email – [hemp@nrg.com.au](mailto:hemp@nrg.com.au)



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**Natural Event** "changing the world from the bottom up" - is proud to support The Hemp Embassy and Nimbin MardiGrass in bringing great music culture and sustainability to a beautiful part of the world.  
[www.naturalevent.com.au](http://www.naturalevent.com.au)

