

# LivingNow

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DEAR FELLOW TRAVELLERS

BY NICKY BIRCH

There's a certain magic about an antique pocket watch. It's a small, intricate piece of machinery that has survived for centuries, often in the most unlikely of places. It's a reminder of a time when time was measured in a different way, and when the world was a much smaller place. In this article, we explore the history of the pocket watch, from its origins in the 15th century to its decline in the 20th century. We also look at some of the most beautiful pocket watches ever made, and how they have become a symbol of luxury and elegance. If you're a collector or simply someone who appreciates fine craftsmanship, a pocket watch is a wonderful addition to your collection. It's a piece of art that can be passed down through generations, and it's a reminder of the beauty and complexity of the world we live in.

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CONTENTS

Living Now 1300 730 528

DEAR FELLOW TRAVELLERS

THE NEW FASHION - THE NEW BLACK

COULD GINKGO BE THE LIVING FOSSIL FOR YOUR YOUTHFULNESS?

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GREEN FASHION - THE NEW BLACK

ethical, eco, fair trade, green, sustainable

by Melba Gray-Hard

UNUSUAL FASHION DESIGNER Rachael Cassar is a true pioneer in the world of sustainable fashion. Her designs are not only beautiful but also environmentally friendly. She uses upcycled fabrics and ethical sourcing to create pieces that are both stylish and responsible. In this article, we explore the world of green fashion and how it is changing the way we think about clothing. We look at some of the most innovative designers in the field and how they are making a difference in the fashion industry. If you're looking for a way to express your style while also caring for the planet, green fashion is the answer. It's a movement that is growing rapidly, and it's one that we can all get behind.

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COULD GINKGO BE the living fossil for your youthfulness?

by Tracy Hogan

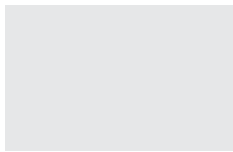
Ginkgo biloba is a unique plant that has survived for over 200 million years. It's often referred to as a 'living fossil' because it's the only species of its kind that has remained unchanged since the time of the dinosaurs. In this article, we explore the benefits of ginkgo biloba for your health and vitality. It's a natural remedy that has been used for centuries to improve memory, focus, and overall well-being. If you're looking for a way to stay youthful and healthy, ginkgo biloba might be the answer. It's a powerful natural supplement that can help you live a longer, healthier life.



### PASSIVE SOLAR DESIGN

by Alice Ottensmeyer

**WHAT IS PASSIVE SOLAR DESIGN?** Passive solar design is a building design approach that uses the sun's energy to heat and cool a building. It involves the strategic placement of windows, doors, and walls to maximize the building's ability to absorb, store, and distribute solar energy. This approach can significantly reduce a building's energy consumption and carbon footprint.



### THE IMPACT OF your thoughts, feelings and emotions

by Catherine

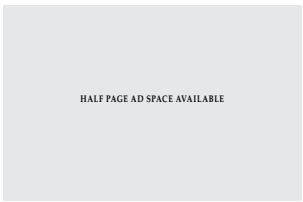
**YOUR PROVISIONS CAN** have a profound impact on your health and well-being. The food you eat, the thoughts you think, and the emotions you feel all play a role in determining your overall state of mind and body. Understanding this connection is the first step towards making positive changes in your life.



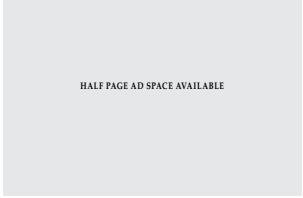
### HEALTHY EATING with holistic food story

by TBA

**WHAT DOES IT MEAN TO EAT HOLISTICALLY?** It's about more than just the food on your plate. It's about the story behind the food. Where it came from, how it was grown, and the people who grew it. Eating holistically means choosing food that is not only nutritious but also ethically and environmentally sound.



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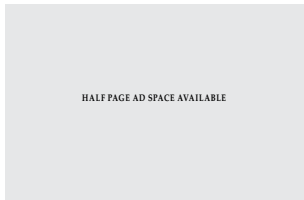
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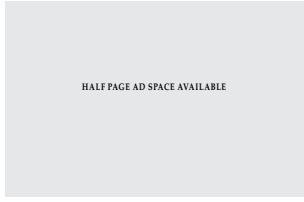
### UPCYCLING THREADS AND TURNING HEADS ON THE CATWALK

by Melissa Gray Wood

**WHAT IS UPCYCLING?** It's the process of taking waste materials and turning them into new products. In the fashion industry, this means using old clothes, fabric scraps, and other textile waste to create new, unique pieces of clothing. This practice is not only eco-friendly but also allows designers to express their creativity in new ways.



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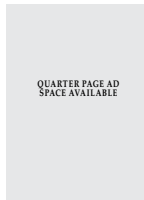
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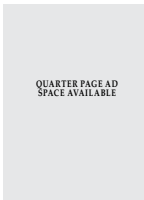
### BPA (BISPHENOL A) IS A DIRTY WORD — and it's possible in your food packaging

by Nicole Blyman

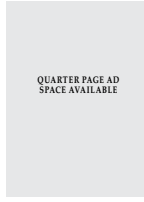
**WHAT IS BPA?** Bisphenol A (BPA) is a chemical used in the production of polycarbonate plastics and epoxy resins. It is found in many everyday items, including water bottles, food containers, and food packaging. While it was once considered safe, recent research has shown that BPA can act as an endocrine disruptor, potentially affecting human health.



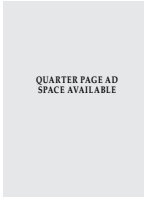
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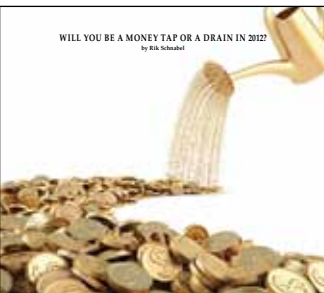
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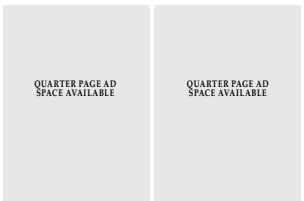
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### WILL YOU BE A MONEY TAP OR A DRAIN IN 2012?

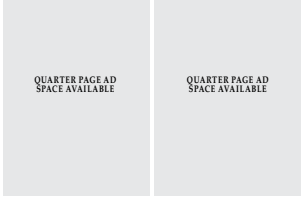
by Rich Schmalzer

**WHAT IS A MONEY TAP?** It's someone who constantly drains your wallet. They are the people who always seem to need more money, whether it's for a new car, a vacation, or a fancy dinner. Being a money tap can be frustrating and stressful, so it's important to recognize these people and set boundaries.



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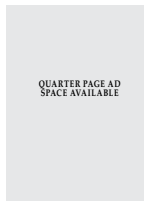


### TIN HERO EXPLIUS MAXIMOD ITAQUI

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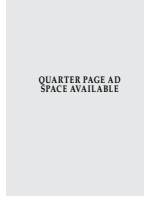
by Dorian Pollock

**WHAT IS THE HERO'S JOURNEY?** It's a narrative structure that is common to many stories. It follows a specific path: the hero is called to adventure, goes through a series of trials and tribulations, and eventually returns home with a newfound wisdom or power. This structure is used in everything from ancient myths to modern movies.



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### MAKING TIME IN A TIMELESS AGE

by Stephen Duckson

THE 1990s WERE CALLED the Age of Aquarius, and the 2000s were called the Age of Aries. But what about the 2010s? Are we living in a timeless age? Stephen Duckson explores the concept of timelessness in a modern world.

Time is a complex and often elusive concept. In a world where technology allows us to travel across continents in hours, time seems to flow differently. Yet, in the quiet moments of our lives, we often feel a sense of timelessness, as if we are connected to something greater than ourselves.

Throughout history, various cultures and philosophies have sought to understand the nature of time. Some have viewed it as a linear progression, while others have seen it as a cyclical process. In the 20th century, the advent of relativity and quantum mechanics challenged our traditional understanding of time, suggesting that it is not a constant, but rather a flexible and interconnected part of the universe.

In the 21st century, we are living in an age of rapid technological advancement. The digital revolution has transformed the way we live, work, and play. Yet, amidst the constant stream of information and the pressure of a fast-paced world, many of us feel a sense of disconnection and a loss of time. We are constantly being pulled in different directions, and it can be difficult to find moments of stillness and reflection.

However, there are ways to reclaim a sense of timelessness in our modern lives. One approach is to focus on the present moment, a practice known as mindfulness. By being fully present and engaged in our current experiences, we can transcend the constraints of time and connect with a deeper sense of self and the world around us.

Another way to experience timelessness is through nature. Spending time outdoors, whether it's walking in a park, hiking in a forest, or simply sitting on a beach, can help us feel a sense of connection to the natural world. Nature has a way of reminding us of the vastness of time and the smallness of our individual lives, which can be a humbling and enlightening experience.

Ultimately, the key to making time in a timeless age is to find a balance between the demands of the modern world and the need for inner peace and connection. By embracing the present moment and seeking out moments of stillness and reflection, we can transcend the limitations of time and experience a sense of timelessness that enriches our lives.

### HIS HAPPINESS: THE DALAI LAMA visits the Sunshine Coast Hinterland in Queensland

by Terry Bishop



The Dalai Lama, the 14th and current spiritual leader of the Tibetan Buddhist community, visited the Sunshine Coast Hinterland in Queensland, Australia, for a series of events. His visit was a significant moment for the region, drawing thousands of devotees and tourists alike.

The Dalai Lama's visit to the Sunshine Coast Hinterland was a highly anticipated event. He arrived in the region in late 2014, where he participated in a series of religious and cultural activities. His presence was a source of inspiration and joy for many people, particularly those who are devoted to Tibetan Buddhism.

During his visit, the Dalai Lama held several public appearances, including a large gathering at the Sunshine Coast Convention Centre. He addressed the audience, sharing his insights on peace, compassion, and the importance of maintaining a harmonious relationship between different cultures and religions.

The Dalai Lama's visit to the Sunshine Coast Hinterland was not just a religious event, but also a cultural one. It provided an opportunity for people from different backgrounds to come together and appreciate the rich traditions and teachings of Tibetan Buddhism. The visit also highlighted the region's natural beauty and its potential as a destination for spiritual and cultural tourism.

The Dalai Lama's visit to the Sunshine Coast Hinterland was a testament to the power of peace and compassion. His teachings remind us that we are all interconnected and that our actions have a profound impact on the world around us. His visit was a source of inspiration and a reminder of the importance of maintaining a harmonious and peaceful world.



Three small images showing different scenes related to the Dalai Lama's visit, including a person in a red hat, a landscape, and another person in a red hat.



### SALT THERAPY an ancient healing method rediscovered

by Martin O'Hara



SALT IS AN ELEMENTAL part of our lives, and it has been used for centuries as a natural preservative and seasoning. But did you know it can also be used as a powerful natural remedy? Salt therapy, also known as halotherapy, is an ancient healing method that has been rediscovered in modern times.

Salt therapy involves breathing in the natural salt particles found in the air of a salt cave or a salt chamber. The salt particles are believed to have a variety of health benefits, including reducing inflammation, improving respiratory health, and boosting the immune system. Salt therapy is particularly beneficial for people with asthma, allergies, and chronic bronchitis.

The benefits of salt therapy are based on the natural properties of salt. Salt is a natural antiseptic and has been used for centuries to treat various ailments. In a salt cave, the salt particles are suspended in the air, and when inhaled, they can help to break up mucus, reduce inflammation, and improve the overall health of the respiratory system.

Salt therapy is also believed to have a variety of other health benefits, including reducing stress, improving skin health, and boosting energy levels. The natural salt particles in a salt cave are believed to have a calming effect on the mind and body, helping to reduce stress and anxiety. Salt therapy is also believed to improve skin health by exfoliating the skin and reducing the appearance of wrinkles and fine lines.

Boosting energy levels is another benefit of salt therapy. The natural salt particles in a salt cave are believed to have a stimulating effect on the body, helping to increase energy levels and improve overall health. Salt therapy is particularly beneficial for people who are feeling tired or exhausted, as it can help to restore energy and vitality.

The rediscovery of salt therapy has opened up a new world of natural remedies for a variety of health conditions. Salt therapy is a simple and effective way to improve your health and well-being, and it's a natural remedy that has been used for centuries. If you're looking for a natural way to improve your health, salt therapy might be just what you need.



### PORNOGRAPHY OR THE REAL THING?

by Dorian Pugh



QUALITY OVER QUANTITY... Pornography is a complex and often controversial topic. It's a subject that has sparked debate and discussion for centuries. But what is the real difference between pornography and the real thing? Dorian Pugh explores the boundaries between the two.

Pornography is a form of media that depicts sexual acts in a way that is intended to arouse sexual desire. It has been a part of human culture for as long as there has been sex. However, the definition of pornography has changed over time, and it's often difficult to distinguish between pornography and the real thing.

The real thing, of course, is sex. It's a natural and essential part of human life. Sex is a way of connecting with others, of expressing our emotions, and of experiencing pleasure. It's a complex and multifaceted experience that can be both beautiful and challenging.

The line between pornography and the real thing is often blurry. Pornography can be a way of exploring our sexual desires and fantasies, but it can also be a way of objectifying people and reducing them to mere objects of sexual desire. It's important to be aware of the potential risks of pornography and to use it responsibly.

Ultimately, the difference between pornography and the real thing lies in the intent and the context. Pornography is often created with the intent to arouse sexual desire, while the real thing is a natural and essential part of human life. It's important to be aware of the potential risks of pornography and to use it responsibly.

### UNWRAPPING THE GIFT WE ARE TO OURSELVES

by Helen Jones



WE'VE ALL HEARD IT before: "You are your own best friend." It's a phrase that's become a cliché, but it's also a powerful truth. We are the most important people in our lives, and it's up to us to take care of ourselves and to unwrap the gift we are to ourselves.

Self-care is a practice that involves taking time for yourself and doing things that make you feel good. It's a way of honoring yourself and your needs, and it's a key to living a healthy and happy life. Self-care can take many forms, from taking a long bath to going for a walk in nature. The important thing is to find what works for you and to make it a priority.

One of the most important aspects of self-care is taking time for yourself. In a world that is constantly demanding of our attention, it's easy to get caught up in the busyness of life and to forget to take care of ourselves. But taking time for yourself is essential for our well-being. It allows us to recharge, to reflect, and to connect with ourselves on a deeper level.

Another important aspect of self-care is doing things that make you feel good. This could be anything from reading a book to going for a walk. The important thing is to find what makes you feel good and to do it regularly. Self-care is a practice that should be a part of our daily lives, and it's a key to living a healthy and happy life.

### FOOTBALLER A SPACE CADET?

by Peter Collins



IT'S A COMMON sight: a footballer in a white kit, kicking a ball into the air. The ball is in the air, and the player is looking up at it. It's a moment of pure concentration and skill. But what if the player is also a space cadet? Peter Collins explores the challenges of being a footballer in a world that is constantly changing.

Football is a sport that has become a global phenomenon. It's a sport that has captured the hearts of millions of people around the world. But being a footballer is not just about playing the game. It's also about dealing with the pressures of fame, the demands of a professional career, and the challenges of a constantly changing world.

One of the biggest challenges of being a footballer is dealing with the pressures of fame. Footballers are often in the spotlight, and they are constantly being scrutinized by the media and the public. This can be a source of stress and anxiety, and it can make it difficult to live a normal life.

Another challenge of being a footballer is the demands of a professional career. Footballers are often required to travel around the world, and they have to maintain a strict diet and exercise routine. This can be a demanding and stressful lifestyle, and it can take a toll on a player's health and well-being.

Finally, footballers are also facing the challenges of a constantly changing world. The game of football is evolving, and players are being required to have different skills and attributes than in the past. This can be a source of pressure and stress, and it can make it difficult for players to stay competitive.

### THE OTHER STD - SENSORY TOUCH DEPRIVATION

by Steve Cook



WE'VE HEARD OF STDs like HIV, syphilis, and gonorrhea. But what about sensory touch deprivation? Steve Cook explores the hidden dangers of this often-overlooked condition.

Sensory touch deprivation is a condition that occurs when a person is deprived of physical touch for a prolonged period. It's a condition that is often overlooked, but it can have serious consequences for a person's mental and physical health.

One of the most common causes of sensory touch deprivation is isolation. People who are isolated for long periods of time, whether it's in a prison or in a remote location, often experience sensory touch deprivation. This can lead to a variety of symptoms, including depression, anxiety, and a loss of self-awareness.

Another cause of sensory touch deprivation is the loss of a loved one. When a person loses a loved one, they often experience a sense of loss and a lack of physical touch. This can lead to sensory touch deprivation, which can have a profound impact on a person's mental and physical health.

Sensory touch deprivation is a condition that is often overlooked, but it's important to be aware of its potential consequences. If you or someone you know is experiencing symptoms of sensory touch deprivation, it's important to seek help and support.

### BLACK & WHITE



Three small images showing people in black and white, likely related to the 'Black & White' section.

**GEMMA AMEERA**  
April 25  
Olympic champion, professional triathlete, and author of the book 'The Power of Now'.

Gemma Ameera is a professional triathlete and Olympic champion. She is also an author and a speaker. She has written several books, including 'The Power of Now', which is a best-selling self-help book. She is a motivational speaker and has given many talks around the world. She is a role model for many people, particularly women, and she is an inspiration to many young athletes.

AND THE REST OF THE MAGAZINE FOLLOWS >>>  
including more stories, reviews, write-ups, directories, calendars & astrology pages