

2015

Hyper-rhoids

JUNE/JULY

PARAPHRENALIA

AND OTHER TRINKETS
YOU HIDE FROM YOUR
MUMMUM

THE ONE YEAR
ANNIVERSARY
EDITION

ANNUS

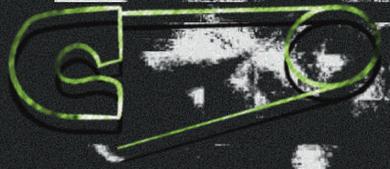
PUNK ZINE



PARAPHERNALIA

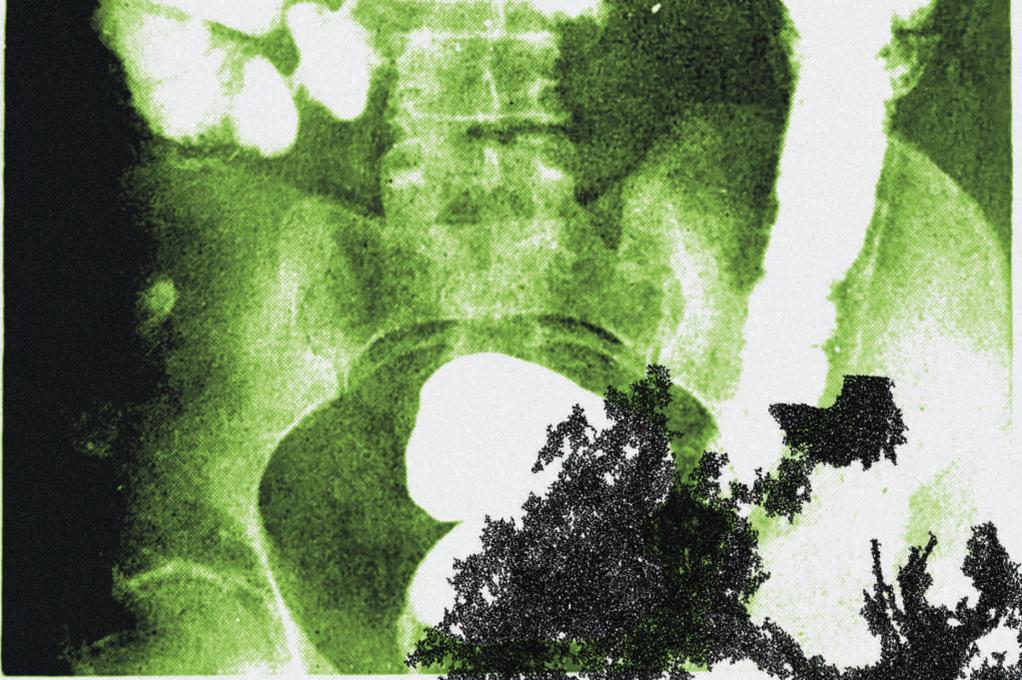
AND OTHER
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YOU HIDE
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MOM





PARAPHERNALIA

A PLACE FOR ART, MUSIC, MISFITS AND MADNESS. FALL IN LOVE WITH LIVING AND DYING. A PUNK ZINE REIMAGINED AND AN ART ZINE CONTORTED, PARAPHERNALIA IS THE OUTCAST LOVE CHILD OF SOCIETY. ALWAYS OPEN FOR CONTRIBUTIONS AND CONVERSATIONS.



Special edition

This edition of the zine is slightly different. It's been a year and a lot has changed. When I first started thinking about this project I was an eighteen year old art student living in a mouldy bedroom in a shared house in Leeds. I was consumed with the need to hold onto my own angst. Now I've just turned twenty, I've bought a house and I work in a library. I've mellowed to the untrained eye. However, I don't think I'll ever lose my anger, beliefs or spirit and this zine is my physical representation for that. I wanted to thank everyone who is so lovely and supportive about Paraphernalia. There have been times when a nice message or sweet review has stopped me from giving it up. It is a lot of work but so fucking worth it.

Anyway, to commemorate the past year of Paraphernalia I wanted to do something special. Something to revel in the fact that we are independent, we are an incarnation of a punk zine, we can do what we want. And so I present to you ANNUS.

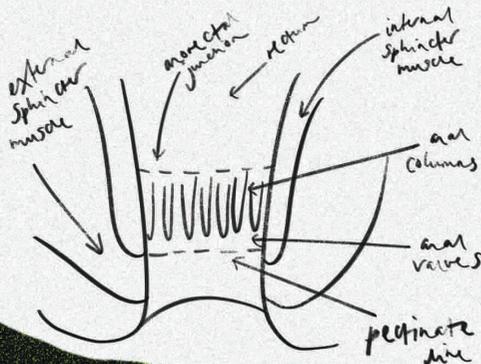
Don't take it too seriously. Please enjoy.



The SPLICE Of An Anus

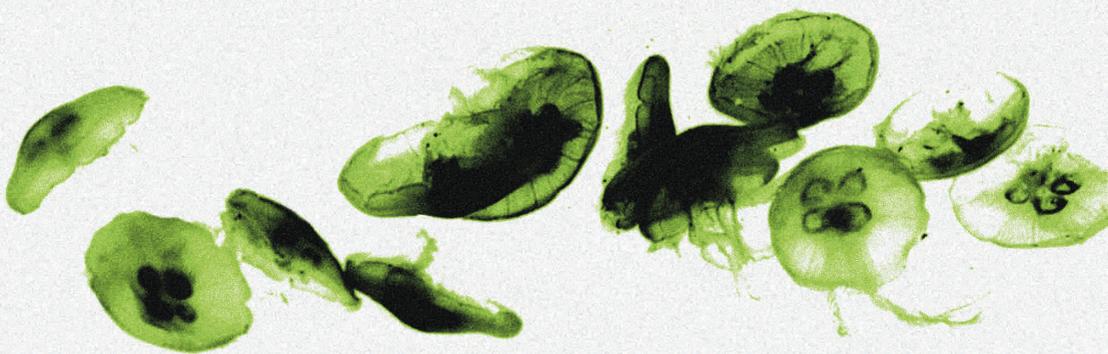
I REALLY HOPE
THIS MAKES SENSE

The anus is at the end of the digestive tract. Because of this our anus basically means we can hold in our poop. (Also this is off topic but I always thought rats didn't have bladders and they were just constantly weeing, turns out they do have a bladder but just choose to wee everywhere). In order to keep our magic backdoor shut the anus is made up of two anal sphincters, the interior and exterior. The inner sphincter is involuntary (but still remains contracted most of the time so we don't leak) and the outer one is voluntary, so we have a lot to thank it for. Both these sphincters must relax for use to be able to defecate.



Above the anal canal is the rectum. At this join there is a muscular ring called the anorectal ring. The top of the anal canal and the rectum are basically made out of the same stuff (columnar epithelium). But in the anal canal the mucosa is organised into anal columns which are longitudinal folds. These are joined together at the end closest to our anus by anal valves, and just above these valves are our anal sinuses which secrete mucus.

The anal canal is split into two halves. The top part has these anal columns and the bottom half doesn't. This halfway point (the pectinate line) is made up of the ring of these anal valves. Below the pectinate line is made out of a different kind of skin to the upper anal canal and rectum. This is called anal pecten and then it links to our normal bumhole skin.



Most of us may have been born out of a vagina, but we all formed from an anus.

By this I mean that human beings are deuterostomes. All animals are basically either deuterostomes or protostomes. The word deuterostomes comes from the Greek for 'second mouth', and means that as an embryo the first orifice formed is our anus. Right, let's make the shitty joke: at first we were all assholes, literally. I feel like my biology teacher would be proud.

When we form, we start out as a zygote, which is a cell with a combination of our parents DNA. This develops into blastula, which is a hollow ball of cells where the middle is filled with fluid. For us, radial cleavage occurs, where the cells split parallel or perpendicular to the polar axis of this ball. Whereas protostomes, which usually form the mouth first, have spiral cleavage.

Eventually this means that in deuterostomes we form a little opening (the blastopore) that first forms, becomes our anus. After this opening forms, our mouth develops at the opposite end of the embryo and then the digestive tract connects the two.

Some animals never form two holes and just have one, like a jellyfish.

THE ANAL TRIANGLE



The anal triangle may be more mysterious to straight men as the Bermuda. Straight, white finance bros are probably more familiar with Bermuda than their own behind. The haven in which the anus is situated may not be the perfect place to base an insurance company, and it also may not sink ships and warp compasses, but it is an orifice one could get lost in. Don't worry, it won't turn you gay.

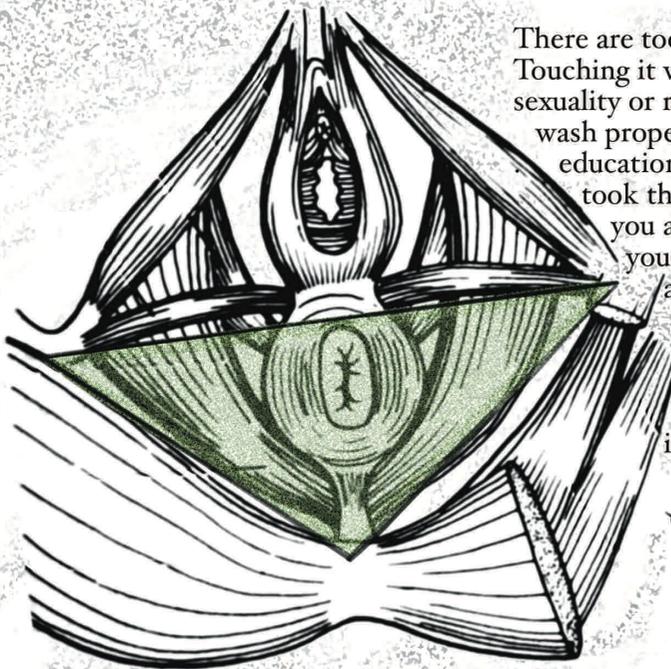
Where has our societal fear of the anus come from? Is it deep rooted misogyny, racism and homophobia, or is it simply a fear of our own bodies.

We've all heard that straight white men don't wash their bumholes (if you haven't then reread the first paragraph, I literally joke about it). This is obviously a very strong overgeneralization in order to poke fun at the excessive macho personality that men sometimes feel the need to avoid the fear of someone questioning their superiority. And I guess a lack of basic hygiene falls into this. A man's behind is the victim of toxic masculinity.

Why is basic hygiene seen as feminine? Men not only have a fear of washing their anus but often take pride in their lack of self care. Has this come from the misogyny so deep rooted in our society? Do men take pride in not moisturising as they see it as a 'woman thing' and to be seen as similar to a girl would be outrageous. Nowadays we consistently see 'manly' versions of normal products being released. Men can't have a raspberry scented shampoo, that's for girls (it's pink duh), but they can have a tobacco and sandalwood one (which admittedly does smell really good), so maybe the solution to this lack of anal cleanliness is: capitalism! Everyone's favourite. I'm suggesting a man-only butcrack soap, we could go all out and make it black (because anything bright and fun is obviously too frivolously feminine), it can smell like Old Spice and be packaged in brown paper and use a typewriter font. Thank me later when you're eating ass and it smells like your grandad (trust me, it's better than shit).

Are arseholes gay? Now, men seem to just have an issue with their bums in general (except gym lads, they definitely take pride in them and rightly so). Men should get friendly with their prostate, at the end of the day that kind of pleasure is a positive. Straight men seem to think that activity there will make them gay. I'm not suggesting that every straight man wants to get pegged but at the end of the day this reluctance to explore this hole comes from fear and homophobia. The fear of physical pain needs to be overcome, especially if they expect women to do anal. But then the fear of being seen as gay is so harmful as not only does it limit their own pleasure but it perpetuates this idea that being gay is bad. Like have we not got over that already. Now, if straight men could get over this homophobic fear of being seen as gay I bet they'd wash their bums, why wouldn't they. Maybe if they were just really lazy and kind of gross?

Does a dirty anus signify cultural superiority? I think this is changing a little right now but as silly as it sounds people are walking around with dirty azzholes. You can thank Kerouac for that insight in his novel *Big Sur*. And it's true, all these white straight men walk around like they rule the world (which sadly they pretty much do), but they don't wash properly. The racism found within white society is profoundly embedded. Most cultures are often looked down upon by white people, and a huge part of this is white people viewing other cultures as dirty, and therefore are completely unable to realise that a lot of our own practices are simply gross. Washing your anus after taking a shit is totally expected in other cultures yet they are seen as unhygienic? However, now I feel that many upper class white members of society are taking to these 'radial' ideas of anal hygiene due to the fast development of countries like Japan and South Korea which implement this washing system in a wonderfully consumeristic way: smart toilets. Put smart in front of anything and tec bros lose their shit (and they might even clean it up this time). These highly developed Asian countries have successfully managed to bring aspects of their culture and make them more palatable for white western markets as they play into the consumerist ideas of wealth.



There are too many fears around the anus. Touching it won't change your gender, sexuality or race. Please, I'm begging you, just wash properly. I watched a rather slow 1970 educational film for boys hygiene and they took the tactic of basically saying: men, you are a big, fast car, washing yourself is like giving it a service, and also emphasising that ladies love a man that does smell gross. If you are a straight man afraid of his arsehole, just think of yourself as a car, does that make it easier?

← the actual war triangle

burn hole reading

note: checking your arms
can actually help
find signs of cancer early

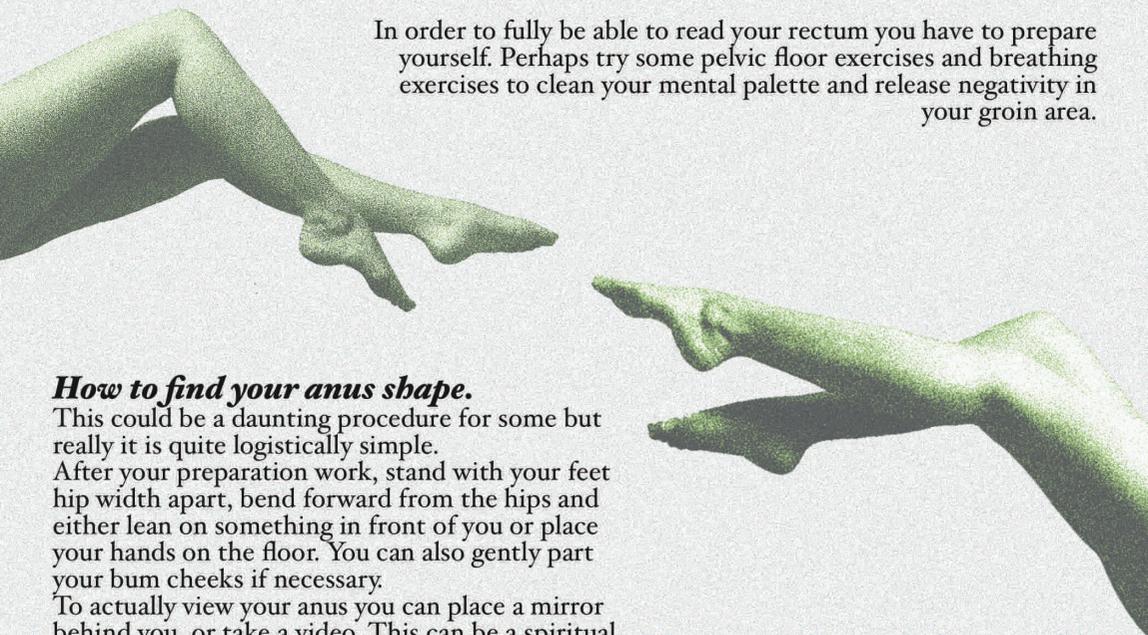
checking your
own body is
not 'dirty'
have some fun
with it!

PHOTOGRAPH BY [unreadable]

Palm reading is a common practice for understanding your future and life path, but this artform isn't the purest form of wrinkle reading you could be practising. Our life forms from the anus, therefore the most sincere and untainted energy is stored there.

Between our cheeks is a wealth of information about ourselves. Here is a simple guide to help you on the path to enlightenment about yourself. Please wash thoroughly.

In order to fully be able to read your rectum you have to prepare yourself. Perhaps try some pelvic floor exercises and breathing exercises to clean your mental palette and release negativity in your groin area.



How to find your anus shape.

This could be a daunting procedure for some but really it is quite logistically simple.

After your preparation work, stand with your feet hip width apart, bend forward from the hips and either lean on something in front of you or place your hands on the floor. You can also gently part your bum cheeks if necessary.

To actually view your anus you can place a mirror behind you, or take a video. This can be a spiritual method to get to know yourself and the area which you grew from. Or you can take a less literal interpretation. You can lightly finger your anus to find the lines which you're about to read.

However, this could also be a wonderful bonding activity. Instead of using a mirror your partner could describe the shape to you, or even produce a beautiful diagram which you could read from, but also keep as a memento of such a close and intimate bonding experience. I will give a serious warning that this may forever bond you to whoever you choose to do this with as it is such a powerful experience.

The main shape of your hole will probably fall into one of these three main families.

Typically people within the same family will be more compatible but the star family and the cross family are sister families, almost like in-laws, so don't worry if you and your partner are like this but you might have to work on your communication skills a little bit more.

Remember you are an individual, these profiles are a guide but none will exactly fit your anus. We are too complex to be categorised so perfectly. In general the length of lines show emotional intensity. Look out for any splits or joins in your creases as these could show a hidden hope for growth and change.

the rectal runes



The Solitary Hole

- If this is the state of your anus you might want to work on your head to hold connection. You're obviously suppressing some of your emotions. Perhaps reach out to friends and family about how they actively work on and acknowledge their emotional anal retention.

The Star - this is a very common family and is the more extroverted sister to the Cross family. Usually profiles under this family are very appealing to others, as well as having a natural intelligence.



Jesus

The closer your hole is to this perfect cross, the more strong your feelings of empathy are. The stem from which to have formed is a clear representation of your emotional state over the course of your life. Here you demonstrate a balance. Perhaps work on imparting this knowledge to others.



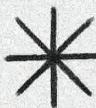
Train Signal

This shape is showing an imbalance in your life, perhaps a dragging force that may be lulling you into more negative mindsets. To work on this you could take up healthier hobbies and focus on conscious mindfulness and meditation.



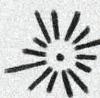
Pitchfork

You have a lot of angst in your life, of which you feel the need to share with others. This can be a powerful tool for change but be careful. Your weighting is far forward so you often move without second thought. Don't be afraid to slow down.



Octopus

You are incredibly well balanced and emotionally intelligent. The longer your creases the more intensely you feel, this is neither good nor bad but could be a good indication about understanding your own emotions in comparison to other people's.



Firework

Something is disjointed in your life. Perhaps you've been repressing something from your past. But this shape shows good progress, especially if you're getting closer to having those emotional lines join your sacred entrance dot.



Flower

Your energy is an organic amalgamation of many different intensities and identities. This might feel overwhelming at times but remember to centre yourself. You've got this, you are a unique individual with a unique anal profile.

The Cross - this family shows a more introverted nature, but usually encompasses caring and loyal personalities.



Pond Skimmer

You're a very cautious person. Feel free to have fun and dive deeper. Don't be scared of moving forward, time is not your enemy, use it to your advantage and put your plans into motion.



Cross

A grounded and balanced person. But perhaps you need to get more in touch with your feminine self or inner child. Also remember that your emotions are entirely valid, you are allowed to feel things. Maybe you should spend time with those in the Flower profile to help free your soul a little.



Bonfire

You're very similar to those in the Cross profile but you have such a strong focus on the future. This is good as you are decisive and follow through with plans, but sometimes you need to take a minute. Perhaps incorporate some anal yoga into your daily routine to help loosen up.



Devil

You have a simplistic yet materialistic approach to life. I will say this now as you might need to hear it: life is not a game to be won, let alone bought. You also might be struggling to find your own identity, but it will become easier in time so don't worry too much.



Algebraic Cross

This is a transitional stage in between a Cross profile and a Flower profile. Jumps between profiles are very much possible under training but this change is across families and so this in-between stage is required. You're doing so well though, well done for taking control of your emotional anal health.

The Line - this family has a different mindset to others. These profiles belong to those who are very logical and may think about things differently to others.



Chevron

You have a lot of energy and ideas but you can never focus on one idea and so find it difficult to get tasks done on time. Implement more emotionally conscious organisation and design into your daily life.



Stitches

You may have a need to hold onto many little things rather than letting go. Remember that you don't need clutter in your life, release anything that isn't serving you at this moment.



Caterpillar

You have a bubbly personality but always feel as though you are not quite there. Socialising and having fun is so wonderful but if it's causing you sadness in the long run it's not worth it. Consider taking a few hours a day to recentre yourself.

THE WASP FACTORY

JAN BANKS

I hated this book. I don't normally out and out say that, but to my core I am a hater. If you were to snap my soul like Blackpool rock it would read 'I hate The Wasp Factory' or maybe something a little more interesting, but it's a strong possibility. It also isn't really to do with anuses (except for the fact it sucks ass).

The protagonist is a teenager that has killed two children and now just seems to like torturing animals, to put it mildly he's a fucking asshole. Now, I'm not a person that believes that characters have to be likeable in order to be good, I'm very much a Holden Caulfield lover and so I feel like I can safely say I'm not opposed to an imperfect main character. But my god, this was taken too far. The only substance to this boy was his hatred of women and his bizarre hobbies. He wasn't fleshed out and any emotion he might have shown was just overshadowed by the author's need to force in overly grotesque imagery about his activities. I find it very difficult to have any semblance of interest in a book when the person you're following is of no emotional consequence to you at all.

The other characters in the book weren't much better. I can only really remember that his friend was very short (not really an excuse for a personality now is it), and his dad was really good at smelling farts. Aside from this, I will say I did really like the way his brother's change from good boy to mad man is described and fed to us. I wish there was a larger focus on this in the novel as it seemed to be the only part of the story that could evoke any sort of connection (not that I set dogs on fire or anything), and it also seemed like the only part of the story grounded in reality. I could clearly picture a young lad struggling as a doctor, like that's so normal, understandable and relatable. Why can't we just have a story about Eric?

AN A R E V I E W

However, one part of Eric's story

I will not ever get over is the horrific incident that caused his madness. I know I am easily disgusted by things, but holy fuck. Not what I want to read. I think you have to have something wrong with you in order to take pleasure in reading that. So overly graphic. I had to skip over a good few paragraphs and even then the thought of it clung to me for the rest of my day. The same can be said for a lot of the necessary violent scenes in general. I don't mean that the scenes were unnecessarily violent, they were just entirely unnecessary, they provided neither entertainment nor understanding. It seemed like Banks just got a twisted kick out of dead rabbits.

In fact the majority of this book felt like an excuse to just write torture porn, which is definitely not my thing. The base plot was so feeble. So the majority of the book was just following Frank's day to day life, which could be interesting and emotive if done properly, but it wasn't. Considering that there is a 'major twist' in the novel I think Banks easily could have played around with so much more foreshadowing and emotional exploration. The protagonist has been brought up under such strange conditions... Explore this! It could be really interesting! Stop describing dead animals to me instead!

You may have noticed I put 'major twist' in quotation marks, because I don't believe it can be called that with an honest soul. The twist in this book was a gentle meander into the unbelievable and unprepared. This was simultaneously expected and underdeveloped. The only foreshadowing or indications that this twist was coming were so clumsy and unmissable that you knew it was going to happen, yet so few and far between that it felt rushed and unplanned. Almost as if the author wrote the book, realised fuck all happened and then thought 'what can I add to make this scary? Gender fluidity!' Safe to say I'm not a fan. A cheap way to play upon the well established societal rules of gender and sex that was not thoughtful, progressive or believable.

However, I did quite like the dad character. I felt like his absence of strong personality beautifully showed the relationship many teenagers have with their parents. And also he knows farts really well, what a dreamboat.

Butt plugs have been around for a really long time. Jade butt plugs from 2000 years ago have been found in ancient burials in China. The Han dynasty believed jade possessed magical properties that could renew vital essences and so ward off decay and protect the body from evil. Because of this many rich members of the Han dynasty were buried in Jade suits made of small squares sewn together with silk or gold wire. However, as well as these suits they plugged their orifices with jade. But it doesn't look like this was the only time jade butt plugs were used, as they have found penis shaped butt plugs buried with men (not in them).

It is also known that in Ancient Egypt butt plugs were used almost ritualistically. They referred to their anus as The Eye of Horus, which needed to be 'blinded' (filled) once a day. The consequence for failing this action was that night would never come as the sun wouldn't set and the world would be left in a constant heat. In fact King Tutenkhamen made it mandatory for all Egyptians to use butt plugs.

In modern history we first see butt plugs appearing as medical devices in the late 19th century. Dr Young's Rectal Dilators were the first modern representation of butt plugs that we can evidence. They look very similar to modern butt plugs but weren't used recreationally (at least they weren't sold for that), they were meant to be used as a painkiller for headaches. However, the money hungry scammer has always been around and so in the 1940s these were seized for false advertising as they claimed they could cure bad breath, acne, anaemia, insomnia, anorexia, headaches, diarrhoea, haemorrhoids, indigestion, nervousness, irritability, cold extremities among other things. It was also deemed that they could be dangerous with excessive use.

BUTT PLUGS

The sex toy industry started with the sexual revolution of the 60s as well as materials like rubber becoming cheaper. However, these devices were quite underground until the pronography boom of the 90s which introduced them to wider audiences and now they are commonplace (though I know that will shock my mother).

Butt Plugs

As mentioned previously, in the 1940s these 'medical' butt plugs were deemed dangerous with excessive use. Times have changed, along with the shape and material they're usually made out of, but I think, as with most things, to use in moderation is best.

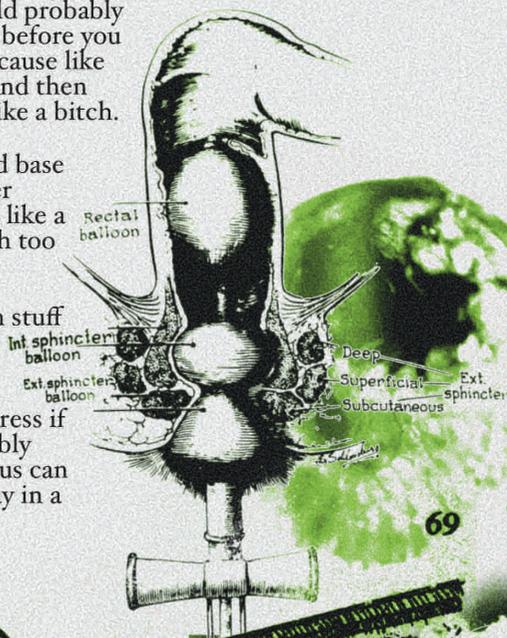
First off, if there's something medically wrong with your anus, now is probably not the time to shove something up there. So avoid this if you have hemorrhoids or any anal fissures, or a prostate condition.

And then you have to properly prepare everything needs to be clean and sanitary (and you should probably go to the bathroom AND have a quick wash before you start). Don't share sex toys with randoms, because like having sex with people, it can spread STIs. And then you're going to need to lube up, or it'll hurt like a bitch.

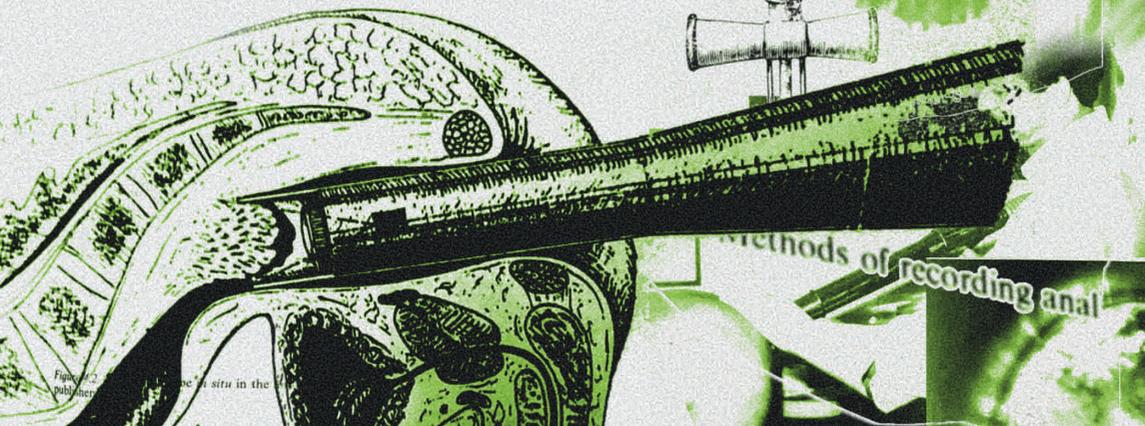
Butt plugs won't get stuck. They have a flared base so that they won't get lost up there. But other things definitely could. Your arse doesn't end like a vagina does, it just keeps going, so if you push too far you'll literally end up in your intestines.

This is not encouraging you to shove random stuff up your bum.

Don't push yourself. Nobody wants a leaky bumhole so don't damage your own. Don't stress if afterwards you're 'gaping' (though this probably won't happen), a temporary stretch of the anus can sometimes leave it 'open' but this will go away in a couple of hours.



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The Anal You Don't See.

It's Always Sunny and Downton Abbey: A New Era

I just saw the new Downton after watching a single episode and it's pretty good, but really badly shot. There are too many camera cuts (I counted 24 in a minute) and weird choices made by the director. A character says 'what a view' with the camera on her for 5 seconds before we see the view. And there are four separate cuts of a dog running. But I'm actually writing to talk about anal to commemorate the 1 year anniversary of Paraphernalia.

Downton has a gay character who does some gay stuff (as a gay man does) and the audience around me was wowed and I heard many 'awws' from the audience. One lady who also answered the phone during the film did say 'I never liked him' but I think that was a comment on his hair rather than his tendency to suck a dick every now and then. But it got me thinking, the actual moment wasn't impactful to me in this period drama because I didn't know the man. I hadn't seen his character grow and seen his struggles, I just see a man being gay and that's it. Of course you don't see the anal, with him or Maggie Smith. But even if we did, it wouldn't be a moment of gayness that did much for me.

This lackluster anal adjacent scene got me thinking whether it was the scene itself that didn't hit me or the fact I didn't have a connection to him. But then I thought about Always Sunny. This is a comedy show where Mac 'I will be pro or against abortion depending on which side has the hotter activists' McDonald comes out after we've seen his exercise bike rigged with a dildo. This is a show that has no right to be compared to the beauty of a period drama, but it does. Because of the most beautiful scene I've ever seen.

To summarize, Mac goes to his dad in jail with Danny DeVito (who has tampons up his nose and two black eyes) to come out to him because he doesn't feel like he can accept himself until his dad knows. This would have been the perfect opportunity for a gay joke like his dad not understanding and Mac explaining gay sex, but the show goes bolder. Mac stands up in front of an audience of prisoners and says loudly 'I'm gay' and the screen goes black. Mac and a woman then proceed to do the most beautifully choreographed interpretive dance while rain pours on them and Mac repeatedly throws the woman away while she comes for him and ends with Mac resting on her chest in the rain crying while the woman whispers 'it's okay'. Mac's dad walks away during this but DeVito is shown in awe and at the end says 'I get it'.

This moment is beautiful, a man trying to reject his femininity and who he is, being confused and lost and unhappy until he finally accepts who he truly is. All the confusion, the feeling of doubt, the rejection of his true self all come flooding through without a word. This is all from a comedy show whose third episode was about two people getting addicted to crack so they can get benefits. But it feels so deserved, comedy comes from the unexpected and so the ultimate comedy in a comedy is to not be comic at all.

To stop gushing and start actually reviewing, this is filmmaking. Using visuals to show that being gay isn't all about anal and not even all about love, a major part of it for Mac is internal. Now I don't like interpretive dance, me and the creator of Paraphernalia went to see some by accident and she was quite annoyed that I said 'don't get it'. But this scene was so clear and mesmerising (and Mac is ripped as FUCK) that I was forced into receiving emotions. Anyone would be. It shows what a big deal it is to come out.

Back to Downton, no visuals are used. I get it. It's a period drama. You can't have them go into the rafters and interpretive dance a blowjob. But the fact that this is just two men constantly being cut between talking about their potential boyfriending isn't impactful on its own. There was no visual aspect. No light touches or lingering glances, not even cupping each other's balls. This moment was purely audio, it might as well have been a radio play and then I would say the subtlety was quite good.

It is a waste for a film to purely be talking, there are so many things that can come through only on the screen (sorry blind people) and this gay scene wasn't gay enough. It didn't show the journey this guy had been on or the joy that I assume him finally finding someone would have brought. Just two characters talking for a couple of minutes. This is supposed to make us think they're going to go have anal? After Mac does his dance I think anyone would think 'this guy fucks men and I will be one of them', but after Downton's gayest scene all I can think is 'oh that's a plot point. Ok.'

Sorry to insult Downton, it was a good story and stuff just the directing annoyed me xo



Note from the editor:

I was not annoyed that you said 'don't get it', I was annoyed because you uttered these words mid-performance in a silent, and super fancy opera theatre. I need to keep up appearances!

Gym Gym Gym "glute day"

This is a workout routine specifically targeting your glutes. I don't have this as a day in my gym plan as I'm not actually focused on my glutes and I prefer less targeted days. However, if this is a big priority for you here's a useful routine that you can do with just a kettlebell. You might also want to try some of the other exercises to incorporate into a fuller and more diverse routine.

First, we need to warm up. As a general rule before exercising you want to be doing dynamic stretches and then afterwards you want to be doing static stretches, but the best routine is what works for you.

For a glute focused day we really want to stretch out and prepare our lower back and hips.

So to warm up I'd start with some leg swings to open up the hips, some deep walking lunges and then some really deep yogi squats (possibly with some added twists). And then I'd do some walking side squats and possibly some kickbacks before working into our first exercise. As a starting point for most exercises it's good to be doing around 3 sets of 10 repetitions.

Squats.

For these squats we're going to be doing the most simple ones possible. Grab your kettlebell and hold it up to your chest. Have your feet under hips or slightly wider (whatever feels comfortable) and then lower your arse down. You want to be keeping your core engaged and your back in a neutral position. Push your knees out and make sure your feet are firmly planted. Push back up through your feet and repeat.

Split Squats.

These are a different version of squats. For this we target one leg at a time. You want to stand with your feet under your hips and then lunge forward a little, place all your weight onto this front leg and then lower so you're squatting with all the weight on that leg. It is also really good if you put your back leg on an elevated surface. Add weight with your kettlebell if you want to.

Romanian Deadlifts.

You will probably mess this up the first time. It's quite a complex movement. Basically you stand with a slight bend in the knee and reach down to pick up your kettlebell with your hips pushed back. As you lift it, keep your back strong and in neutral (not arched), keeping your core engaged. You're wanting to hinge from the hip. Lift to the top and then as you lower (again keeping everything strong) push your hips back and repeat.

Glute Bridge.

For this, lie down and bring your feet in so when your arms are down you can touch your heels with your fingers. Then drive your arse into the air, keeping your core engaged and your pelvis slightly tucked. Drop it back down to the floor and repeat.

To cool down it can be good to do some more walking lunges or other less strenuous movements before stretching out.

For stretches I would focus on some seated twists, as well as yoga positions like runner's lunge or frog pose, to help stretch out those hips.



Other exercises you could do:

Pull throughs, kettlebell swings, reverse lunges, step ups, good mornings, leg press, hip thrusts, cable kickbacks, hip abductors, glute ham raises, sumo deadlifts

I'm guessing most of you have heard of kegels. These exercises were developed in the 1940s and massively help with pelvic floor strength. Most people perform them by lying down on their backs with their feet on the floor and knees bent. Then repeatedly tightening the anal and pelvic floor muscles. These are a wonderful exercise to incorporate into daily routines and downtime as they aren't very time consuming, won't make you work up a sweat and you don't need any special equipment.

However, the Ashwini mudra is basically an older form of this action. The same contracting motion is used but it is incorporated into breath work. You can be in almost any position but it is recommended that hips or buttocks aren't overly stretched, so opt for lying down or in a simple seated position. Then tense and release your anal sphincter muscles in the rhythm of your breath. If you already practice existing breath work then you can use this as an extra element. Work out a rhythm that focuses on the drawing of your energy up and then the release back down.

This exercise is a preparation for Moola Bandha, which is our root lock, a sustained contraction of a smaller area in order to hold our energy in this area.

This has benefits of strengthening your pelvic muscles, which is important as we get older and are more susceptible to incontinence. Also it increases blood supply to the anus, so it can stay healthy. If you're really into yoga then this will help your kundalini energy.

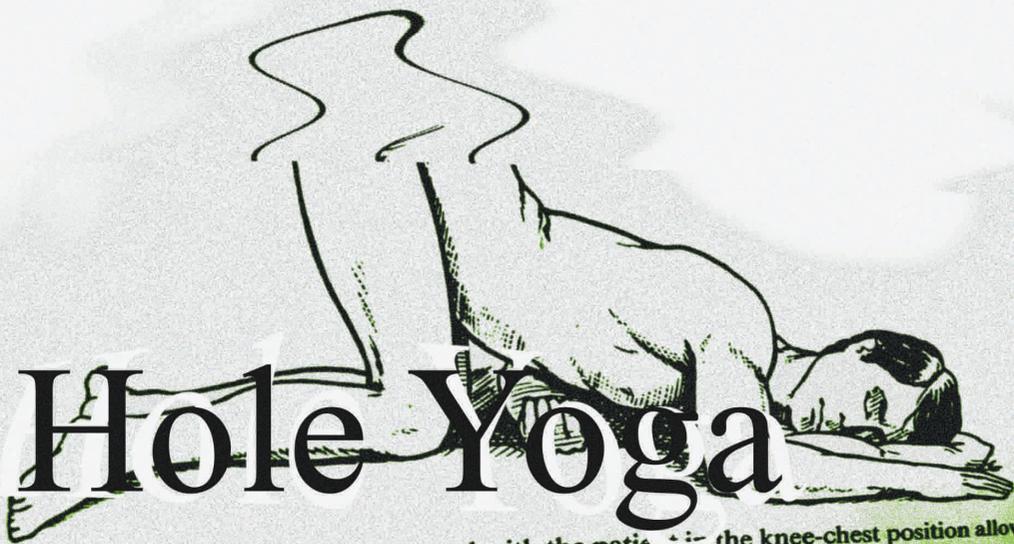


Fig. 8. Rectal examination performed with the patient in the knee-chest position. This position allows an accurate examination of the rectum and a search for the pararectal metastatic nodes in cases of carcinoma of the rectum. The back hollowed, the knees are pulled up to the chest, and the feet are tucked under the buttocks.



Crossword

QUESTIONS

ACROSS

- 1) ARTIST TO MOON MICHEAL JACKSON'S PERFORMANCE AT THE BRITS (6,6)
- 2) SONG ON THE ARCTIC MONKEYS' DEBUT ALBUM (5,3)
- 3) BOOK FROM WHICH THE QUOTE: 'MAY GIVE YOU A PIECE OF ADVICE? DON'T FEEL SORRY FOR YOURSELF, ONLY ARSEHOLES DO THAT' CAN BE FOUND (ALSO FEATURED IN THE LAST EDITION OF PARAPHERNALIA) (9,4)
- 4) BAND FRONTED BY COURTNEY LOVE (4)
- 6) FILM FEATURING LEONARDO DICAPRIO WITH A LIT CANDLE IN HIS ANUS (3,4,2,4,6)
- 7) ARTIST WHO CREATED THE 'BAR RECTUM' SCULPTURE IN VIENNA (7,3,8)
- 8) BRITISH COMPANY THAT MAKE ANUS SHAPED CHOCOLATES AS WELL AS 'ANUS ALE' (6,4)
- 9) BAND WITH SONG TITLED 'BOTTOM' OFTEN CALLED OUT FOR BEING VERY SIMILAR TO BAND IN CLUE 12 ACROSS (10)
- 11) ALFRED HITCHCOCK FILM ABOUT PHOTOGRAPHER SPYING ON HIS NEIGHBOURS (4,6)
- 12) INDIE FOLK PUNK BAND CONSISTING OF MEMBERS BRIAN SELLA AND MAT UYCHICH (3,5,7)
- 13) AMERICAN NAME FOR A BUM BAG (6,4)
- 16) SHAKESPEAR PLAY THAT HAS A COMIC RELIEF CHARACTER CALLED 'BOTTOM' (1,9,6,5)
- 18) SONG BY INDIGO DE SOUZA (4,3,2,5)

DOWN

- 1) 1962 SCI-FI FILM WHERE A TEAM ARE SENT TO EXPLORE URANUS (7,2,3,7,6)
- 5) ICONIC 2001 ALBUM WITH A COVER FEATURING A SIDE VIEW OF WOMAN'S BUM WITH A GLOVED HAND RESTING ON IT (2,4,2)
- 10) BBC SITCOM FROM THE EARLY NINETIES FEATURING TWO FLATMATES CALLED EDDIE AND RICHIE (6)
- 14) EUROPEAN LGBT FILM SET DURING THE BALKANS WAR (6,3)
- 15) POPULAR ARTIST WHO RELEASED SONG 'I WANNA SEE SOME ASS' (4,6)
- 17) EMINEM SONG WITH NATE DOGG (5,4)

Horoscopes

Uranus Edition
BY NINA MOON

Cancer



Fact: Uranus can be said with either the stress on URanus, or UranUS, both are technically correct.

You are networking in fast and innovative ways with Uranus influencing your area of connectivity and socialising for the next 4 years. You may be attracted to unconventional friendships or eccentric people and feel the urge to connect in weird and wonderful ways.

Fact: Uranus is blue (because of the methane gas)
The transit of Uranus through your deeply personal inner workings, means that there will likely be some uncomfortable and abrupt changes in your private life.

Looking back and reviewing your past relationships and ways of connecting will mean you can move forward with new insights to old problems, you can evolve.



Gemini

Leo



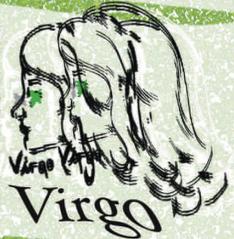
Fact: Uranus has 27 moons.
Uranus is transiting your career and public image zones until April 2026. This means you find renewed creative energy in your area of work and finance, however this may lead to erratic work patterns so don't exhaust yourself! An unexpected turn in your career path may take you by surprise during the next 12 months.



Libra

Fact: Uranus is the only planet that orbits the sun on its side.. at 99 degrees to be precise. Uranus is travelling through your area of shared resources and intimate relationships. This 7 year transit that ends in 2026 will shake up the way you relate and communicate with partners. There may be unpredictable and oddball opportunities opening up to you in the shared resources camp, simultaneously inspiring and petrifying... Gulp!

Fact: Uranus is 2.871 billion km from the sun.
Uranus is in a supporting role for you Virgo, and is causing a stir in your belief systems and spirituality. You are connecting and learning in new and exciting ways and an awakening of sorts may materialise before April 2026 with positive, stimulating energies challenging your belief system and what you thought you knew. Embrace the change and open your mind!



Virgo

Fact: Uranus is the coldest planet in our solar system! Uranus is influencing your 7th house of relationships and partners. Uranus has been here for about 3 yrs and will stay until 2026, shaking up your intimate relationships. You may find yourself attracted to unpredictable, unstable or eccentric partners at this time... or these types could find you irresistible!



Scorpio



Fact: Uranus is the only planet in our solar system named after a Greek God (all the others are Roman)

Uranus is influencing your work, daily routines and health right now and will continue to do so until April 2026. Don't be surprised if you suddenly swap jobs or your routines are all over the place, Uranus is unpredictable and eccentric and tends to shake up the mundane and predictable.



Fact: Uranus has 3 rings. Family and your homelife may be unpredictable and exciting over the next couple of years with Uranus slowly spinning through your 5th house. You may decide to move neighbourhoods or suddenly redecorate with bold styling that's not normally you. You could crave more freedom from domesticity and chores and you re-write the rules to suit you.



Aquarius

Fact: Uranus wasn't discovered as a planet until 1781, until then it was thought to be a sun. Uranus is your ruler Aquarius (luckily alongside stabilising Saturn) so you are used to its world changing innovations and lightning bolts of ingenuity. The influence of this 7 year transition through Taurus will inevitably shake up your relationships with family and partners. You may re-evaluate your home comforts and your sense of home may feel unorthodox.



Fact: It takes Uranus 84 years to orbit the sun. Uranus is travelling through your area of community, neighborhood and friends. This period will see you finding new and innovative ways of contributing to your community both positively and dynamically. You may be feeling rebellious and individualistic when socialising and want to be noticed for being different.

Pisces



Taurus

Fact: There are two seasons on Uranus, each lasting 42 years. Uranus transiting your 1st House over the next few years means your image and outward expressions will likely change dramatically. You learn to embrace your own eccentricities and dynamic developments in your personality make you feel authentic and confident.



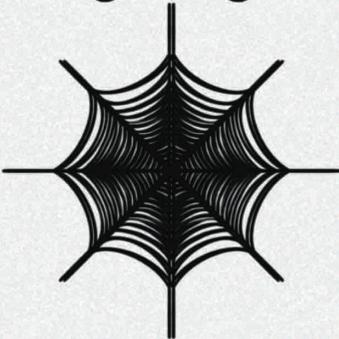
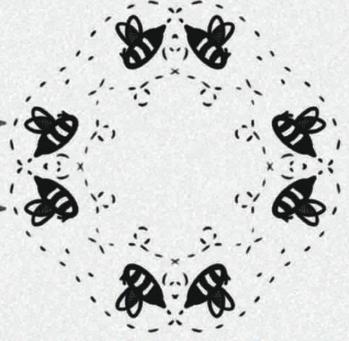
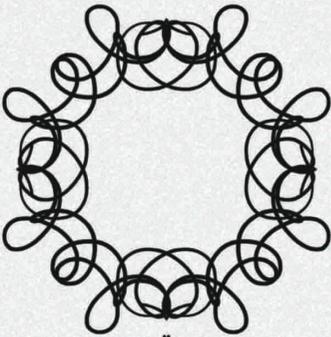
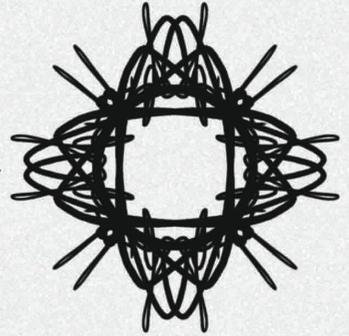
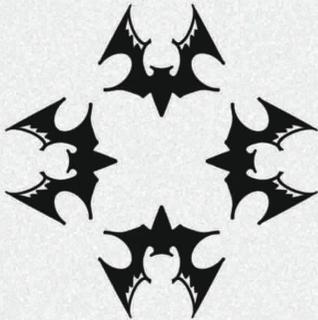
Aries

Fact: Uranus is one of the least dense objects in our solar system. Uranus transits through your resource and financial sector until 2026. You will be thinking up new and innovative ways to earn cash and may encounter sporadic cash flow problems. Changes in the way you see your possessions and your attitude and attachments to materialistic objects will dramatically change.

Tattoo Flash



hole ringers





**THANK
YOU
FOR
READING THIS
EDITION OF
PARAPHENALIA**



The **and** is gently parted