

# Homeopathics etc

by Tarang Bates

My fingers are icy.... we have just had a downpour that turned into hail, the dome above me in the house, was covered in ice, and the trampoline looked like it had snow on it.

Yesterday was a flow of visitors, one of those continuous-cuppa-Sundays. Raves ranging from polygamy, veiled women and alternative power, to birds of prey and headless chooks, interspersed with showers of rain and thin shafts of wintery sunlight. This is communal life, laughing arguing, raving our heads off – I love it.

Alternative power and cars running on water. Society in general seems to use unbelievable amounts of water and power. We have become very efficient at power and water consumption over the years, for both economic and idealistic/environmental reasons. We were expounding the "caring for the earth policy", decades ago.....bloody hippies/greenies/tree huggers! I wonder what the difference would be now, if our opinions and visions had been valued, way back then. At least we may be more easily able to handle the changes necessary; in fact most of us are probably living the changes already!

Something that seems inevitable, is development and change around the hills and valleys. We might feel as though more people and houses will be an intrusion, and it may well be, to some aspects of our lifestyle. Rather than look at these changes as negative, it seems to me, that we have so much to offer. Being strong and positive in our ideals, ethics and lifestyles, which are many and varied and strongly centred around sustainability, could inspire and influence many people moving here, to become more environmentally



aware and community minded.

We have been living our dream for many years, and most people wanting to move to this area would, I imagine, have some desire to live a more sustainable life, lets do all we can to encourage and inspire them. As for the others who have not such ethical motives.....well we have our veys!

**BRYONIA:** Is a homeopathic remedy which is helpful in cases of bronchitis, where there is a dry, painful cough and the person has to hold their chest when coughing. There is much dryness and thirst with a possible desire to be left alone and to keep still.

**BARYTA CARB:** Is helpful for sore throats and tonsillitis, when there is pain on swallowing and the tonsils are sore and inflamed. The neck glands and glands behind the ears may be enlarged and colds often develop into tonsillitis.

**SEPIA:** May be useful for depression where the person feels exhausted mentally and physically and is easily offended. They may cry while talking about how they feel and are indifferent to their family but also dread being alone.

*These and other Homeopathic remedies available from Tarang at Nimbin Homeopathics, phone 02 6689-1452, 0432-950-088, email tarangbates@yahoo.com.au or see me at the Rainbow Lane – Saturday morning market in Nimbin Village.*

# Former Buddhist Nuns bring healing ways to our community

Two former Buddhist nuns are now practising their healing arts in the Northern Rivers region. Loraine Keats (aka Jitindriya, pictured at right) and Dr Margaret Smith have recently returned from living and studying in Buddhist monasteries and Meditation centres in the UK, USA, Ireland, and South Africa.

Jitindriya was a Buddhist nun for over 17 years. She has taught meditation retreats at International retreat centres around the world; including the well known Spirit Rock Meditation Centre in California, Amaravati Monastery in England, (where she took ordination), and several Buddhist centres throughout Australia. She is known for her deep wisdom and profound spiritual teaching.

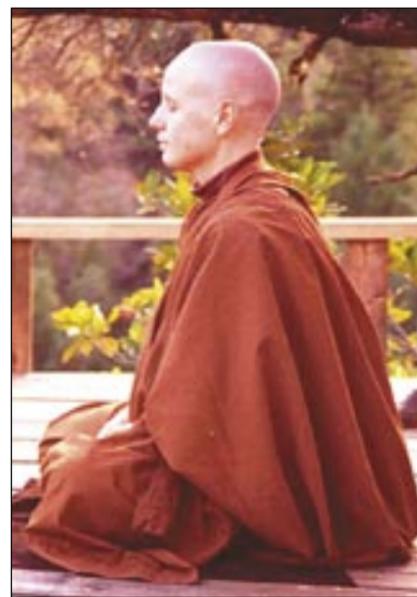
"I entered the monastic life in 1988 when I was 25 years old. I had lived hard and fast for a while in my early years – then travelled from Australia through Asia and on to Europe. I gathered some insights along the way, but a deepening intuition urged me to look more inwardly for the answers to my existential and spiritual questions. I had a need to understand why and how suffering manifested as it did, in my personal life, and in the world

around me. The Buddhist teaching gave me skilful tools and a way to move forward with that enquiry."

In 2004, Jitindriya decided to move out of the monastic institution, to live a more autonomous and independent life. She disrobed and undertook a Masters in Buddhist Psychotherapy Practice at the renowned Karuna Institute under the auspices of Middlesex University, UK. "It just felt like time to move on. It was a powerful training in the monastic form – deeply challenging at times and I learnt a tremendous amount. But something deep had shifted within by that time and it urged me to make a new choice."

Jitindriya returned to Australia earlier this year where she now offers her expertise as a meditation teacher and qualified Buddhist psychotherapist. "This form of psychotherapy brings the wisdom and compassion of Buddhism together with the insights of Western psychology. It engages and explores the body/mind connection in present time, and is an integrated, holistic form of therapy, as it addresses the emotional, psychological, and spiritual aspects of our being."

Currently, Jitindriya lives in Nimbin with her partner, Dr Margaret Smith.



Together they are setting up a therapy practice in this region. Margaret has an MA and PhD in Eastern and Western psychology and practices a holistic form of Hypnotherapy and EFT (Emotional Freedom Technique) – a healing modality that works by tapping on the meridian points of the body. "Both these therapies are very effective for dealing with addictions, stress, and anxiety."

If you would like to speak to Jitindriya or Margaret further about these therapies, or to arrange a consultation, they can be contacted on: 0450-412-196 or 0431-688-858 respectively.

## Ayurvedic Info

Last month we touched on the doshas: vata, pitta and kapha. All three are present in varying amounts in everyone and every cell. Individual constitution relates to the proportion of each dosha determined at the moment of conception. This month, we'll concentrate on the Kapha dosha.

The qualities of Kapha are: heavy, slow, oily, cool, damp, smooth, thick, soft, static. So, people with dominant Kapha tend to have strong, healthy, well developed bodies. They have large frames, heavy bones and strong muscles. They have a slow metabolism and digestion and may carry excess weight which they find difficult to shed. Their eyes are large, dark and attractive with long thick lashes and brows. The whites of their eyes are bright and glossy. They have strong, white regular teeth and full lips. Their skin is soft, smooth, thick and tends to be cool and oily. Their hair is usually thick, soft, wavy and plentiful. Kaphas have a low, melodious voice and are often singers with broad, expanded

chest. Their keyword is endurance – a kapha will work slow and steadily all day and always finish what they start. The tastes that pacify kapha are pungent, bitter and astringent (all light, drying tastes) which balance kapha's qualities. The tastes that aggravate kapha are sweet, sour and salty (all heavy and moistening).

General guidelines for keeping kapha healthy are: get plenty of exercise (sweating is essential); avoid heavy, cold and/or excessively oily foods and drinks; vary their routines so they don't get stuck in a rut; avoid excessive sleep; stay motivated (kaphas can be lazy and depressed). The negative emotions they are susceptible to are greed, envy, sloth, attachment. Long term imbalance of kapha can lead to conditions like diabetes; obesity; depression; chest ailments; odema; growths including cysts and swellings; hay fever and sinus problems. Kapha rules the first 25 years of life.

Next month we'll go more in depth into the pitta constitution.

### Treatment of the Month

Steaming of the body is known as Nadi Sweda therapy in Sanskrit. It's a great way to get rid of toxins by expanding the blood vessels to flush them out. After rubbing on a suitable oil to the effected area, steam is applied directly. While this is happening, the area is also massaged which, in combination with the heat, allows deep penetration of the oils. It can last from 10 to 30 mins depending on the severity of the condition and the constitution of the client.

This treatment is perfect for late winter which we are in, as it warms and moisturises the body in a cold, dry season. This treatment is great for frozen shoulders; muscle spasm and soreness; rheumatoid arthritis; kapha toxins in the chest; in preparation for cleanses; chronic fatigue; degenerative discs; paralysis; cysts; and arteriosclerosis. It's particularly good for joints.

### Herb of the Month

If there was a herb you could put in our water supply, Brahmi (bacopa monniera) would be the one!! It is the best tonic for the nervous system, allowing

the brain to function more effectively. It improves both the retention and recall of memory. It improves concentration and meditation ability, strengthening the connection to the divine. Brahmi assists in giving up addictions and works well on kids with ADHD. In epilepsy, it has been shown to reduce the side effects of Dilantin, especially the cognitive impairment, while reducing the number and severity of seizures. It reduces stress and lessens the severity of asthma of nervous origin. Brahmi has an anti-oxidative effect on the brain, revitalising brain cells and removing toxins from the nervous system. As a tea which is bitter, it is good for diabetes and other kapha conditions including depression. As a sweetened decoction, the bitter taste is balanced and therefore more suitable for pitta and vata conditions and constitutions. It is safe for everyone, young, old and pregnant, and can be taken on a long term basis.

*For consultations or treatments, book for Thursdays at the Nimbin Apothecary on 6689-1529, or ring John on 6689-1794 or Helen on 6689-1717. Home visits are available.*

## Counselling & Health Psychologist Dr James Alexander (PhD)

Providing counselling services at Nimbin Medical Centre

**20 years experience as a psychologist**

*Treating issues such as depression, anxiety, substance abuse, withdrawal assistance, behavioural problems, trauma, relationship issues, chronic pain and health problems, sexual issues. Using Solutions oriented therapy, hypnotherapy, and energy psychology approaches.*

**Medicare rebates are available- see GP for referral**

**Call James on 0410-836-690 to discuss an appointment**

## ACUPUNCTURE for ANIMALS



**Brigid Beckett BVSc, Dip Ac**

**HOUSE CALLS**

Reasonable Rates

**Phone 0431-702-560**

## Nimbin Ayurvedic



Traditional holistic health care offering massage, facials, oil and steam therapies, detox cleanses, dietary and lifestyle consultations. Home visits!

**John**  
(02) 6689-1794  
0429-417-774

**Helen**  
(02) 6689-1717  
0427-683-227

## CAREFREE CEREMONIES

**Unique & Personal Celebrations**  
by Gwen Trimble

- Weddings
- Commitments
- Vow Renewals

**0427-486-346**

A/H: 6689-1490

www.carefreeceremonies.com  
gwentrimble@dodo.com.au



# Natural Meditation

by Cao Xi Xia

2000 years ago, Lao Zi, also known as Li Dan, or Li Er, riding on a bull, arrived at the Jia Gu Pass in north-west of China. A guard named Zhu Han Fan asked him to leave something before he retired to the forest. So Lao Zi left the Daodejing, also called Tao Te Ching.

Where do human beings come from? Where do they go? The answers to the questions can be found through practicing the Daodejing.

Today, there are thousands of translations in modern Chinese and other languages about this ancient Chinese book. Each editor has added his/her own experiences and understandings in their books.

A Professor of Wuhan University of Science and Technology, Sun Xiang Lin, published his Li D on Daodejing Correction. He recorded his original text while receiving energy from nature whilst he practiced the Dao.

Daodejing is the general index of the universe. There are three levels about the meaning of the Daodejing. The first one is about how to be a good person, such as to be as soft as water. In this tough world, everyone would like to be on the top of the ladder. But Laozi told us to be happy at the bottom of the valley, like water.

Then the small creek becomes a river, and the river becomes an ocean. When people put themselves at the bottom they can be the biggest and the strongest. Water is so soft that it can be changed into any shape. It is also so strong that it can ruin a city, and go through stone.

This is only one example. The book also talks about the Yin and Yang; about Tai Ji; the eight trigrams; the five

elements; about heaven, earth, planet, Milky Way...

The only way to understand Daodejing is to meditate. Through practice, people will cultivate virtue, and you may get energy from the universe and benefit from it.

The purpose of practicing the Dao is to help oneself to become stronger at first. To be strong enough to get rid of disease, or suffer less pain from the disease. Moreover, the practitioner may help others by teaching them to practice. Therefore, the practitioner improves him/herself and preserves more Dao and virtue.

To practice Dao, we need learn to relax the body and the mind. Human body has two systems: one is scientific, or logical. Another is the sensitive one. The sensitive one is still active in a child. Adults lose it slowly while the logical system becomes stronger and stronger.

To practice Dao, is to let the scientific one relax, and to let the sensitive system be in charge. This way, the energy in the universe may help you. Recall the words from The Bible: "except you become as a little child, you cannot enter the kingdom of heaven"

Many questions cannot be answered without practice. They will be answered later by the practitioners themselves if they continue practising. As many of these answers are beyond the experiences of our daily life, it is impossible to understand without practice.

*Xi Xia is currently teaching a meditation course in Nimbin, and has another planned for October. For further information, you can contact Xi Xia on 02 6688-1027 or 0431-954-961, or email xixia@ozemail.com.au*

## Phone competition

• Over \$17,450 in prizes – commences 25.07.08 and finishes 22.08.08

For your chance to be a winner, call the 1900 numbers listed below. Maximum call cost 55 cents, including GST. Mobiles may attract a higher rate. All names will be recorded and entered in a random draw at the end of the competition and you will be notified by mail if you're a winner. One prize per household per prize category will be awarded.

### • 2 Victa Garden Packages

We have 2 Victa garden packages up for grabs, worth \$1047 each, comprising a Victa Eco Torque 2-Stroke Tornado Mulch or Catch mower, \$569, the new Tornado Split Shaft Trimmer, \$229, and a Victa Vac & Blow Electric, \$249. CALL 1900 959 146

### • 1 Beefeater 3-Burner BBQ

This Beefeater 3-Burner S3000E porcelain enamel BBQ is decked out with a stainless steel side burner, pedestal trolley, side shelves, roasting hood with viewing window, 2 condiment baskets and a telescopic stainless steel towel rack. We have 1 Beefeater BBQ to give away, valued at \$1976. CALL 1900 959 145

### • 3 Nilfisk Extreme Vacuum Cleaners

The Nilfisk Extreme X300 is equipped with a HEPA H14 filter, coupled with a maximum 600 watts of suction power. And it only emits 55 decibels. We have 3 Nilfisk Extreme X300 vacuum cleaners up for grabs, worth \$749 each. CALL 1900 959 152

### • 4 Hot Food Warmers

We have 1 freestanding food warmer worth \$1299, and 3 Hot Trays worth \$299 each, to give away. Visit [www.carternoir.com.au](http://www.carternoir.com.au) CALL 1900 959 147

### • 8 Esprit Home Towel Packs

We have 8 Esprit Home towel packs to give away, valued at \$279.60 each, including 2 bath sheets, a handtowel, 2 face washers, a bath mat and 2 Esprit beach towels. CALL 1900 959 150

Contributed by Pixie Barrett  
[www.webuy4au.com](http://www.webuy4au.com)

# Dealing with mild eczema, naturally

by Cheryl Beasley

Eczema is a general term for rash-like skin conditions. The most common type of eczema is called atopic dermatitis, which is an allergic reaction.

Eczema is often very itchy and when you scratch it, the skin becomes red and inflamed. It occurs in adults and children, but most often appears on babies. You are more likely to have eczema if you have a family history of the condition.

Although the exact cause is unknown, eczema is not contagious. Eczema can't be cured, but it can be managed, and you can learn to avoid the things that trigger it.

### • Limit your contact with things that can irritate your skin.

Some things that may irritate your skin include household cleansers, aftershave lotions, soap, chemical based skin care products and detergents.

### • Wear gloves to protect the skin on your hands.

Wear vinyl or plastic gloves for work that requires you to have your hands in water. Also, wear gloves when your hands will be exposed to anything that can irritate your skin.

### • Wear clothes made of cotton or a cotton blend.

Wool and some synthetic fabrics can irritate your skin. Most people with sensitive skin feel better in clothes made of cotton or a cotton blend.

### • Care for your skin in the bath or shower.

Bathe only with a mild, natural soap. Use a small amount of soap when bathing. Keep the water temperature cool or warm, not hot. Soaking in the tub for a short time can be good for your skin because the skin's outer layer can absorb water and become less dry. Soak for 15 to 20 minutes.



Then use a soft towel to pat your skin dry without rubbing. Immediately after drying, apply a natural moisturiser to your skin. This helps seal in the moisture.

### • Use a moisturiser on your skin every day.

Moisturisers help keep your skin soft and flexible. They prevent skin cracks. A natural moisturiser is best. Avoid moisturisers with fragrances (perfume) and a lot of extra ingredients.

Regular use of a moisturiser can help prevent the dry skin that is common in winter.

### • Avoid scratching or rubbing the itchy area.

Try not to scratch the irritated area on your skin even if it itches. Scratching can break the skin. Bacteria can enter these breaks and cause infection. Moisturising your skin will help prevent itchiness.

### • Learn how to manage stress in your life.

Eczema can flare up when you are under stress. Learn how to recognize and cope with stress. Stress reduction techniques can help.

**B**IO: Cheryl Beasley is the founder of LanaB Skin Care, an online natural skin care business that produces fresh and pure products as ordered. She produces a monthly newsletter about the industry, and has over twenty years experience producing skin care products. Find them at [www.lanab.com.au](http://www.lanab.com.au)

## Cook's corner

by Carolyne

### Recipe of the Month

#### Wholemeal Spinach and Ricotta Pancakes

Recipe can be prepared several hours ahead; keep covered in refrigerator. Bake just before serving. Crepes can be frozen for up to two months.

#### Ingredients – Crepes

- ½ cup wholemeal plain flour
- ½ cup white plain flour
- 3 eggs lightly beaten
- 1¼ cups milk
- 15g butter, melted
- 1 cup stale wholemeal breadcrumbs
- ¼ cup parmesan cheese

#### Crepes:

Sift flours into large bowl, make well in centre, gradually stir in combined eggs, milk and butter, mix to a smooth batter. Cover, stand for 30 minutes. Pour 2 to 3 tablespoons of batter into



heated greased heavy-based crepe pan, cook until lightly browned underneath. Turn crepe, brown other side. Repeat with remaining batter. You will need 12 crepes for this recipe.

#### Ingredients – Spinach and Ricotta Filling

- 30g butter
- 1 clove garlic
- 1 bunch spinach (silverbeet)

- 250g ricotta cheese
- ¼ cup parmesan
- ¼ teaspoon cumin
- Sauce
- 30g butter
- 2 tablespoons wholemeal plain flour
- 1¼ cups milk

#### Spinach and Ricotta Filling:

Melt butter in medium frying pan, add garlic and spinach, stir over medium heat until spinach is tender and all liquid has evaporated. Process spinach with the remaining ingredients until finely chopped

#### Sauce:

Melt butter in small saucepan, stir in flour, stir over medium heat 1 minute (or microwave on HIGH for 1 minute). Remove from heat, gradually stir in milk, stir over high heat (or microwave on HIGH about 2 minutes) until mixture boils and thickens.

For any information call Carolyne at the Coffee House Nimbin 6689-0590. Until next month, Happy cooking!




Home-style Cooking using Organic local Produce. We specialise in Cakes and Wholesome hot Meals.

Zentveld's Coffee

Phone 6689-0590

Open 7 Days

## ORGANIC MASSAGE

WITH KIRRAH

Remedial Massage (A.T.M.S accredited)

Deep Tissue Massage

Organic Jojoba Oil & Aromatherapy



SATURDAYS @ NIMBIN APOTHECARY

PH. 66 891 529 OR 0429308851

## Calurla Chalets



Visit our website: [www.calurla.com](http://www.calurla.com)

Self-contained Accommodation

# LOOK TO THE STARS

A MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

BY BEV MURRAY

## August 2008

August promises to be a powerful month full of energetic shifts that affect both our personal lives and the Global Village. It begins quite dramatically with a new moon in Leo on the first and a complete solar eclipse. Along with this we will have six planets lined up in a Leo Stellium. This indicates the very real possibility of major energy shifts representing themselves as movements of the earth. Following the path of the eclipse we would be looking at Canada, Greenland, the Arctic, Central Russia, Mongolia, and China. One wonders what surprises the Olympic Games may have in store too. Following this August's full moon in Aquarius presents us with a partial lunar eclipse. This energy begs a focusing on humanitarian issues that involve the wider Global community. All of this would seem to suggest an event during August that cannot be easily ignored. The partial lunar eclipse may also be important for world politics, particularly Iran because astrologically, it occurs in the sign of Aquarius, which rules middle Iran, and the eclipse will in fact, also be visible to viewers in Iran. It will be a month to watch the news for sure!

On a more personal level, with both Venus and Mercury moving into Virgo this month we can expect to be working harder, learning more, and perhaps feeling both more easily frustrated by challenges and more ready to criticise. When the sun enters Virgo on the 23rd we can add desire to make home and hearth orderly and functional to this. It is an excellent opportunity to catch up on all those odd jobs we have procrastinated away up until now!

### Look to the Stars quote for August:

The man who removes a mountain begins by carrying away small stones. *Chinese Proverb*

**Aries:** Work can be full of little dramas during August, but try not to buy into these for your own peace of mind! Early on in the month it can be particularly difficult to find time for personal interests and it all seem a bit of a slog! Push on, things do progressively get better.

**Taurus:** The Early August New Moon is busy in your home and environment sector. You can find it is a good time to move house, redecorate, get new flat mates or make any important changes to your living status. At the same time the first two weeks of the month are hard for time management.

**Gemini:** The energy on the home front is chaotic and unmanageable this month. Just let go and flow as best you can, it will resolve itself anyway by the final week of August. Finances are set to increase in some way so at least this arena is satisfying! Travel is favourable too.

**Cancer:** It is a month of positive opportunities and a smattering of good luck. Expect finances to improve in some way and job prospects to pick up. Just be wary of those in your immediate circle trying to oppose any changes you are trying to instigate! Keep your own council.

**Leo:** Some irritating financial issues need your attention this month. Try not to argue over joint money issues as this could become more dramatic than you bargained. However there is still an emphasis on the social arena and playtime for you guys so fun will still be had.

**Virgo:** There is some lovely energy around the home and family front this month. If you are looking to get pregnant then this is a good month for it! Romance is nicely favoured towards the end of the month too. Just keep an eye on that critical acumen you so like to exercise.

**Libra:** It's a month where ideological differences can become more apparent than ever before, so expect an argument or two with those you work and play with or at the very least to be somewhat disappointed in their approach to things in general. Watch spending!

**Scorpio:** This can be a difficult month for love relationships. On the job front however there are opportunities to be had. Finances can be a little topsy-turvy but will eventually work out. The 1st of the month can be very intense all round, so plan little and take it easy.

**Sagittarius:** There will be some frustrating things to deal with over August. Money matters can be held up, you may need to make some changes at work and let go of old issues. Whatever is worrying to you early on in the month will resolve itself by the month's end so don't despair.

**Capricorn:** This is a good month for instigating new business ideas and plans. Finances are set to find a nice balance at last and you can begin to get organized from the ground up. The full Moon is good for new and innovative ideas and unusual approaches to old problems.

**Aquarius:** You can find that the double eclipse pattern this month gives you a push pull feeling. On the one hand you desire to expand and move on, but on the other hand you want to be left alone to your own devices! The Full Moon on the 16th brings a major transformation.

**Pisces:** Some conflict in the work arena is possible this month, especially in the first week. Trusting your intuition is the best way to go, particularly around the full moon when Neptune is aspected nicely for you guys. Keep to a plan and allow for some ups and downs.

# The Wisdom of Uncertainty

by Bobbi Allan

If we ever felt somewhat certain about the future – and we would have been deluding ourselves anyway, for the future is inherently uncertain – then global climate change has removed all certainties. Is that necessarily a problem? It depends on our response.

Whether we go the course and meet the environmental, social and political challenges facing humanity depends primarily on whether we can meet the psychological and spiritual challenges involved and develop a mature wisdom.

One definition of human maturity is the ability to live with uncertainty and ambiguity. The art of living with uncertainty involves the ability to successfully incorporate novelty and ambiguity into our lives. To do that, we need to detach from our old stories, our old habits of being and doing. In particular, we need to detach from stories that tell us we are either separate from, or at the centre of, the universe.

The beginning of wisdom is respect for the problem, and most of the problems that have brought us to this point are because we humans created a separate identity and special importance for ourselves.

If we set ourselves apart from the rest of creation, we will inevitably come into conflict with it. The illusion that we are separate is the root of our fear and suffering. It's also the driver of our ridiculous and futile attempts to control and shape the world so that we feel safe.

Sometimes we manage to live with uncertainty because we have hope. I think hope is more often a curse than a blessing. The Buddha said, "hope and fear chase each other's tails." Hope leads us away from where we are right now, towards some imaginary future state.

One might say that hope is a longing for a future condition over which one has no agency. So hope can leave us powerless. Worse still, false hopes bind us to unlivable situations, and blind us to real possibilities.

When you give up hope, you turn away from fear. The path of wisdom takes us through fear into courage. With the courage of wisdom, we realise we can't know and control everything.

So what do we replace hope with? With confidence in ourselves. With faith in the essential goodness of the human heart and the wisdom mind. Each and every one of us has experienced this - in ourselves - over and over again. And yes, everyone has experienced times when we've not trusted and acted on our inner goodness and wisdom.

The art of living with uncertainty includes the ability to love the world the way it is as much as the world we wish it to be. Since we are part of the world, this applies to us too. As we develop wisdom, we find confidence in ourselves, just as we are, with all our strengths and flaws.

Within each of us is a heart potent with the seeds of loving kindness, compassion, and wisdom. Each time we nourish these



seeds, we grow confidence in ourselves, grow courage to let go of old certainties and imagine new pathways on which to journey.

To be confident in bad times is not just foolishly romantic. It is based on the fact that human history is a history not only of cruelty but also of compassion, sacrifice, courage, kindness. What we choose to emphasize in this complex history will determine our lives.

If we see only the worst, it destroys our capacity to do something. If we remember those times and places - and there are so many - where people, including us in our own small ways, have behaved magnificently, this gives us the energy to act positively. This opens at least the possibility of sending this spinning top of a world in a different direction.

In an inter-existent and inter-dependent world, there are multiple possibilities for solutions and positive change. Thousands of those are being implemented right now; some will fail, and many will work. Until we can shift our gaze from the 'all or nothing' view, and look with the intelligently discriminating eyes of interdependence and possibility, we will fail to see them and will lose faith. They are growing like small green shoots between the rubble of our collapsing superstructures; they need our helping hands.

Choose one of them, any one of them and pitch in. Inspired and joyful action, rather than passivity of hope, is the basis for true confidence.

And if we do act, in however small a way, we don't have to wait for some grand utopian future. The future is an infinite succession of presents, and to live now as we think human beings should live, in defiance of all that is difficult around us, is itself a marvellous victory.

Bobbi Allan is a Buddhist meditation teacher in the Theravada Insight tradition. She leads "Stillness in Action" retreats in this area and around the country. Meditation, plus the work of US scholar and activist, Joanna Macy, combine powerfully to re-inspire and strengthen your spirit and your work in the world.

The next Stillness in Action Retreat will be held at Angel's Beach, Ballina, from Friday 29th August - Tuesday 2nd September. For more info, see [www.stillnessinaction.net](http://www.stillnessinaction.net) or contact Bobbi: 6688-6147, email: [bobbi@stillnessinaction.net](mailto:bobbi@stillnessinaction.net)

House Plans  
Building Design  
Building Supervision

ph (02)6689 1592  
fax (02)6689 1492

30 yrs Building Experience  
Building Supervisors License No 39513S

Clarrie & Sally Rose, trading as  
**Nimbin Mill Farm  
Hardware & Gas**  
at the Old Sawmill on Gungah Road.

*The name says it all!*  
We sell bulk landscaping materials  
and Searles gardening products.  
Come out, see our range and compare prices.

Delivery Available  
Phone 6689 1206

**pool solutions**

Sales, design and installation  
of onsite waste management systems.  
Authorized BioLytiX dealer.

**BIOLYTIX** Ph Stuart 66897 496  
0427 897 496

# Truth, Outright Lies, Personal Realities and Placebos

**Fourth in a series by Tonia Haynes**  
Bowen therapist and Pranic healer  
Phone 02 6689-9284

I write this month, tongue in cheek, on the benefits of taking Colloidal Minerals.

The imbibing of colloidal minerals stems from the theory that if we are not getting all the minerals and trace elements needed for good health in our diet, the body takes minerals from the bones to keep the body organs (which are our survival) alive. Hence arthritis and degenerative bone conditions.

To extend this theory. In Australia we supposedly lack sufficient minerals and trace elements because they are no longer available in our soil. This is due to the phosphates used in the growing of crops and the old age of this beloved continent, which apparently has a diminished zinc and selenium content. Hence prostrate problems in men.

This means, unless there have been minerals added to the soil of growing food, we are missing an important part of our nutrition. Even when the diet is considered good, plants don't make minerals, they take them from the soil during growth and as far as I am aware, that is a truth. Consequently, bananas may have a high potassium content and brazil nuts, a high selenium content, but only if those minerals were already in the soil where the crops were grown.

It is also true that minerals and trace elements have a huge part to play in our good health. They keep muscles, bones and arteries strong, and are a support for the nervous system, among other important roles. It is said that vitamin intake without minerals and trace element support is like having the bricks, but no cement.

Mineral supplements come in three forms. Inorganic, which have a ten percent absorption rate. Chelated minerals where the minerals are changed in molecular structure so that the body can absorb them more efficiently, about forty percent. And finally, colloidal minerals, which are always liquid and supposedly absorbed about ninety percent. These ratios are all theory, because the jury is still out on the facts, due to lack of scientific research

Being that I am an optimist and inclined to follow my intuition on what works and what doesn't, I firmly believe in Colloidal Minerals. I swear, that along with early Chiropractic treatments and later Bowen treatments, they saved me from a crippling arthritis of the spine, neck and hands that had me pensioned off as a disabled person in 1997.

Within weeks of beginning the colloidal minerals I received a pleasant surprise. For the first time in my entire life, my fingernails became strong and grew like



real ones, not like the peeling tissue paper I had suffered for fifty odd years. I appreciate having strong fingernails in later life, although I am slightly miffed, in that I missed out on the teenage talons and now have to keep the nails relatively short so as not to punch holes in the backs of clients during treatment.

That being my personal reality in relation to colloidal minerals, I was a tad horrified today when I tapped into the website of Dr. Joel Wallach, whose audio tape persuaded me to try this elixir of the Gods, and found his information and personality to be much maligned by skeptics and laboratory boffins. They maintain the man is a liar and colloidal minerals are not only crap they are dangerous crap.

What to do? I survey my solid fingernails in wonder as I touch my toes twenty times with legs straight, a feat well beyond my means seven years ago. Am I suffering from the direct effects of a fabulous placebo? I don't remember considering the state of my fingernails when I began taking the colloidal minerals, I just wanted to walk upright. But who is to know?

Was my subconscious latent desire for teenage talons hanging in the wings, awaiting a starring role? Triggered somehow by my belief in what lying Joel Wallach told me, in that distant but persuasive voice?

The Quantum Physicists would nod their heads knowingly, mumbling, 'we create it all'. That may be true, but because I do not believe I created strong nails with a mind which had been yearning for them since childhood, I would concede I created something that helped improve my health as well as give me strong fingernails. Namely Colloidal minerals. I don't care what the Boffins say! All I know is that I am back doing what I love to do and learning new things to do, where as I

was told in 1997 to look forward to a late middle age in a wheel chair.

Quite frankly I would like to believe the Bowen treatments did it all, but common sense tells me, one cannot rebuild a house without the correct materials.

My journey with colloidal minerals started in 1999 and I still take them today. I presume, from the difference in my fingernails that I was lacking in minerals before that time, hence the back and neck pain and degeneration of the bones. Today I am more flexible and have far less pain than twenty years ago.

I started with half the prescribed dosage on the bottle because I did not want to shock my body into a rapid release of toxins as the minerals cleared out the kitchen cupboards of the cells. Too rapid a detox can cause headaches and nausea. After three weeks I upped the dosage to the full recommendation. After two months I stopped taking the colloidal minerals for a month to let the body catch up. The minerals we need are minute doses, so more is not better and I am a tad suspicious of recommended dosages on nutritional supplements. After all, the quicker we use up the product the more we will buy.

There are two brands of colloidal minerals available in the health food shops. Lifesprings and T.C. Clark. I have used both. I have mentioned them to clients as a potential remedy for leg cramps and the return reports have been that they work on this problem quickly and efficiently. The old myth that when you have cramps, it is because you're lacking salt is just that, a myth. You are definitely missing mineral salts but not necessarily sodium.

For the poor knee pain sufferers. if the internal knee has already turned to compost, colloidal minerals won't make that much difference, but they will help in eliminating a return event in another joint.

For those who grow their own veges. An agricultural supplier in Eumundi has a mineral mix which breaks down in the soil in six weeks. The name of the product and the supplier escapes me, but I remember seeing photographs on the walls of cane crops as tall as houses, which were advertising the benefits of the mineral product. Sorry I cannot be of more help with this information, but hopefully supplier and product are still there.

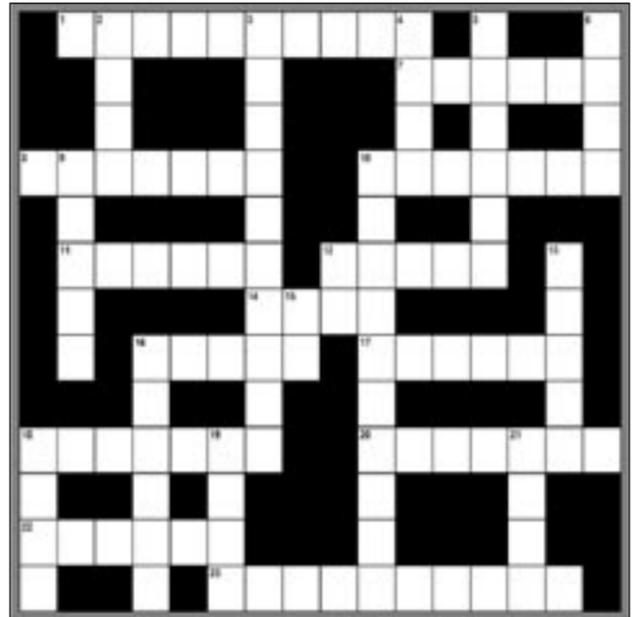
As for poor old Joel Wallach. I wonder if he did tell fibs or whether he just blew his copy by throwing tantrums and picking his nose. Or something similar. Clever people are not necessarily well mannered and submissive to the powers that be, which I am sure, can often put them offside with important folk.

*Till next month Love, Light and Laughter*



## Nimbin Crossword

2008-08  
by Sunic



### Across

1. Suppression of views. Prevention of access to information
7. Unsolved mystery? WWII Code
8. Perfume? Essential quality
10. Buckie Fuller's hemisphere of tetrahedra?
11. Between Lithuania and Estonia
12. 1 over par
14. River craft
16. They protect your fingertips
17. Crossbred for more THC? Petrol car that can switch to electric
18. (3 down) from plant and animal matter
20. Arch of light, apparently coloured.
22. Figure out? Six foot deep
23. Lagging keeps the warmth in so your house plants survive the frost. Can be made from hemp fibre.

### Down

2. Mixed rose of sexual love? The Greek cupid.
3. Energy sources derived directly or indirectly from the sun's radiation, the moon's pull, or the earth's core heat.
4. Brazilian footballer
5. How hemp grows in Northern Rivers? Not tamely
6. Beware...horizontal opening in mountain?
9. (3 down) from the sun
10. (3 down) from the earth
12. Bachelor's degree
- 13 (3 down) from water. Plants grown without soil
15. Operating System (innit.)
16. Sex addict?
18. Polish? Fit.
19. Half? Big truck
21. Disposable plastic pen - common feature of landfill everywhere

Solution p. 23



## ADVERTISE HERE

and be seen in

8,000 copies monthly of the

**Nimbin GoodTimes**

This size ad only \$45 per issue

**Phone 6689 1148**

nimbin.goodtimes@gmail.com

**Tree Shape**  
**Eron Young**  
QUALIFIED ARBORIST / HORTICULTURIST  
Tree Trimming Tree Removal  
Helpful Advice  
Phone: 66 886 297 Mob: 0428 886 297  
email: eron.treeshape@yahoo.com.au  
Free Quotes. Reasonable Rates. Fully Insured.

**C K Excavations**  
ABN: 95 792 404 147  
Quick, Reliable & Quality Finishes  
**Colin Keane**  
Owner/Operator  
Licensed & Insured  
10 Wallum Dr  
Evans Head 2473  
All Areas  
Mob: 0413 163 968  
Ph: 02 6622 5577  
**Phone Colin for a quote**

**SEPTIC TANK PUMPING**  
GREASE TRAP CLEANING  
LIQUID WASTE REMOVAL  
OILY WATER PROCESSING  
NIMBIN & ALL SURROUNDING AREAS  
Local Since 1932  
**RICHMOND PUMPING**  
6621-7431 After Hours 0407-433-405