

Koala Kolumn

by Lorraine Vass

NSW's new planning system has been on Friends of the Koala's radar for well over 12 months. We participated in the consultations which fed in to the Independent Planning System Review's report, *The Way Ahead for Planning in NSW* and we responded to the issues and White Papers.

Most recently, we have joined with the 114 other community organisations across NSW which are affiliated with the Sydney-based Better Planning Network (BPN). BPN's phenomenal growth over the past few months is testimony to the widespread and intense unease in which the Government's intention for planning in this state are held.

At the Not Happy Barry Rally organised by the National Parks Association at the end of November, Corinne Fisher, BPN's Chair said, "In 2011, the O'Farrell Government promised in its contract with NSW to return planning powers to the community. Yet the Government's Green Paper released in July, as well as a range of other planning reforms made since then, strongly indicates that the Government is renegeing on its promise."

The Government's Green Paper proposes a significant increase in development that will not involve community notification or community say... the bulk of community engagement will be limited to having a broad say about what areas should or should not be developed and how. This is referred to as Early Strategic Planning.

Upfront strategic planning, genuine strategic planning, based on the evidence and community needs and wishes, is a great idea. But there are major challenges to engaging communities in strategic planning and ensuring that the system is open, transparent and accountable. And it is clear that the Government does not have the answers as to how it is going to address these challenges...

In recent months we have seen important planning decisions, being considered or approved even before the NSW Planning Review is complete and without any community engagement.

These have included:

- The excision of environmental zones from north coast Local Environment Plans
- The refusal to guarantee ongoing funding for the NSW Environmental Defender's Office
- New legislation that will undermine Councils' capacity to implement their Development Control Plans
- The continued granting of Coal Seam Gas drilling licences despite massive community opposition and ongoing legal challenges."

Corinne went on to say "The NSW Government's treatment of these issues does not send a good signal to communities. But it does indicate that the Government may not be willing to stand up for the rights of ordinary people." She urged every individual to make their voice heard – to pick up the phone, email, twitter – and to tell the Premier, Minister for Planning, Local Member, about your concerns.

An additional focus of interest for Friends of the Koala is the future of State Environment Planning Policy No. 44 – Koala Habitat



Mum 'n Bub Care Centre

Protection (SEPP 44). The Green Paper makes it clear that the existing SEPPs are going, to be replaced by new, plain-English and easy to use NSW Planning Policies. We understand that one of these policies will address koala habitat protection.

We have told the Government that Comprehensive Koala Plans of Management (CKPoMs) are a key component of both SEPP 44 and the NSW Koala Recovery Plan in providing for koala management and recovery at the local level, helping NSW to meet its obligations for koala recovery under the Federal Government's National Koala Conservation and Management Strategy 2009-2014.

There are nine councils on the State's North Coast that are either preparing, or committed to preparing, CKPoMs under SEPP 44. This includes Lismore's Plan which was adopted by the Council in May, and is still awaiting approval by the Director-General, Department of Planning and Infrastructure. As was the case with the LEPs, a considerable investment of time and resources is being made in preparing CKPoMs.

Little wonder our members are asking, to what end? Is the Director-General's delay in announcing his decision on Lismore's CKPoM, which meets all the statutory requirements of the Government's own policies for koalas and their management and recovery, somehow caught up with those other decisions which are signalling less interest in protecting the public's right to fair planning?

Christmas being just around the corner, you may be thinking of shopping for presents. Friends of the Koala's Support-a-Koala program is a thoughtful and satisfying gift for both giver and receiver. We also offer gift vouchers to the amount you nominate from the Friends of the Koala Plant Nursery, and a range of merchandise available at the Koala Care Centre, Rifle Range Road, East Lismore. Wildlife rehabilitators are on call 24/7, 365 days a year. Over this Festive Season, spare a thought for those wonderful individuals who voluntarily forego a drink and even leave their Christmas lunch to attend to a distressed koala or other critter.

To report a koala in trouble, or a sighting, please ring Friends of the Koala's 24/7 Rescue Hotline on 6622-1233. For information about koalas, their food trees, how you can assist koala conservation, Friends of the Koala's Support-a-Koala program and other gift ideas, visit www.friendsofthekoala.org or email: info@friendsofthekoala.org or phone 6622-1233.

To report environmental incidents, including removal of koala habitat, phone the 24/7 Office of Environment & Heritage Enviro Line: 13-15-55.

Until next time, Season's Greetings and happy koala spotting,



NEC'S CALL TO ARMS



Casino Airport protest

by Philippe Dupuy, President

With all the low attendances at recent events and actions, it sometimes it feels like nobody really cares. This is an appeal to everyone to lift ourselves from this apathy.

It is an appeal to our emotions, our sense of justice and fairness but above all to our sense of survival. The state government, along with big mining companies are monopolising the riches of the earth. They want a monopoly on food and energy sources.

Governments are allowing mining companies to drill to such depths, with such greed and such disregard that it will destroy us.

It is time to show ourselves, to go in huge numbers at the frontline and resist. We have to stop pretending that the little yellow 'lock the gate' signs will be enough to protect us. It is time to come out.

It is time to show up in massive numbers, time to swarm the land and protect it, time for action, because we have no other choice. Time to block them at the source before they destroy our homes and the future of our children and thrash the beautiful hills and plains that surround us. So come out, close your shops, lay down your tools.

We need the thousands who marched in Lismore and Murwillumbah, and we need them now – the 87% against CSG...

Metgasco must not be allowed to drill one more well, fill a single more dam with wastewater and or corrupt another landowner.

We need to deliver a knockout blow. So keep yourself posted and ready, the country needs you as much as you need it.

Shooting in National Parks

The forum on the new legislation about shooting in National Parks was poorly attended but went well.

Emma Cocks from the EDO gave a good overview of the legislation and an insight into how best to deal with it. Rob Andrews, the secretary of the Northern Zone Hunting Club, also attended the meeting.

He was very respectful and indicated that most licensed hunters were not interested in hunting in National Parks.

We are however remaining alert and will challenge any attempt to push through with the hunting in national parks.

Metgasco's seismic testing in Casino

Metgasco's seismic testing around Casino airport and surrounds initially met with serious opposition causing it considerable delays but by Tuesday it the opposition had petered out.



Philippe with lock-on protester Deb Whitley at Metgasco's Glenugie drill site, 4th December
Photo: David Lowe

Although a call to arms on Wednesday got a good response, the opportunity was wasted and by Friday Metgasco was able to complete its testing without encountering a single protester.

Metgasco AGM

NEC and NRG were well represented at Metgasco's AGM both inside and outside the meeting. Please read the summary (see page 2), from the pair who bravely infiltrated enemy lines to report back.

Monthly NEC movies now at the Bush Theatre

The screening of the doco 'Edible City', sponsored by NEC and Nimbin Bush Theatre with a short talk by Robyn Francis, was a great night with a motivating talk and film about urban gardens, but it was poorly attended.

NEC will keep running these movie nights every month in the hope that word will spread and people will start coming. It's a great night – have a yummy meal, a glass of wine, catch up with like-minded people and see an inspiring doco with an environmental theme.

Gold coin donation only to see the movie! Keep an eye on the NEC window (in Cullen Street) for details about the December movie.

Important dates and actions for your war diary

- **Information Forum** on the impact of communication towers will be held on Thursday 13th December to respond to an increasing number of residents' concerns about health impacts. Starts 6pm at Birth and Beyond, 54 Cullen St, Nimbin.
- **Ettrick CSG core well.** Metgasco is planning to drill at Ettrick in the next few weeks. The newly launched Community Van will keep watch and report back.

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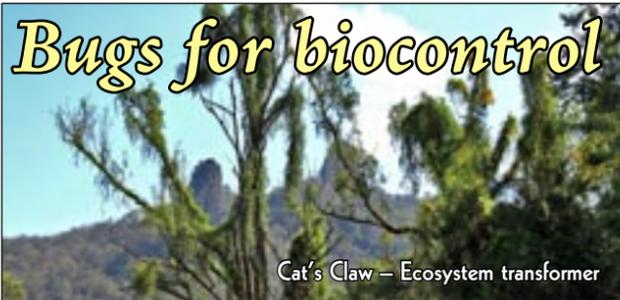
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by Triny Roe

Many of the plants that were introduced into Australia in the last 200-odd years came without the predators or diseases that kept their population under control in their countries of origin.

Without any limiting factors and now living in a mild, moist, fertile climate, a number of these plants grow unchecked, sometimes smothering and killing or otherwise displacing desired species.

The cost to agriculture is \$4 billion a year, with 340 species of plants considered a threat to biodiversity. Some weeds such as Giant Parramatta Grass are developing resistance to herbicides.

Biological control is gaining in popularity and Far North Coast Weeds hosted a recent workshop in Lismore with free biocontrol agents to give away. Officers from Grafton and Tamworth DPI travelled to Lismore to present talks on current work in biocontrol on a range of weeds.

These included *Sporobolus* sp - Giant Parramatta Grass, Giant Rats Tail Grass - and Cats Claw Creeper, *Maderia* Vine, *Lantana* and *Salvinia*.

Extensive long-term testing has been done on the biocontrol agents to ensure they will not cause problems for any commercial crops or native species of the same genus.

The benefits include being environmentally friendly and self-perpetuating.

The weedy *Sporobolus* grasses are tufted perennials. Some grow to two metres high. The mature leaves are tough and not palatable to stock so these grasses easily take over pasture especially under heavy grazing pressure. They produce thousands of seeds which can remain viable for ten years and are easily spread by livestock, people and machinery.

A fungus *Nigrospora oryzae* which causes crown rot in Giant Parramatta Grass and other *Sporobolus* sp can help control infestations. Introduction and

spread of this fungus, which is endemic to Australia, will reduce reliance on herbicides.

Trials are under way to identify methods of producing commercial quantities of *N. oryzae* spores for distribution. However at this stage the best way to introduce the fungus is via diseased plant material.

Try to source this locally. Slashing encourages the disease as it affects the new shoots.

Salvinia, a renegade aquarium plant, chokes waterways and dams in the Northern Rivers and many other parts of Australia.

A small weevil, *Cyrtobagous salviniae*, introduced in 1980 has been a successful adjunct in integrated management programs which includes mechanical removal. The weevils don't fly so they need to be distributed by humans to areas needing remediation. Spring is the best time to release. Control can be achieved in one to three years, longer in cooler areas.

Lantana costs the grazing industry over \$100 million per year in lost production. Its ability to form dense stands also impacts on native vegetation. To date researchers have investigated a number of insect agents as well as a leaf rust which looks promising and a mite which eats the flowers.

Biocontrol for Cat's Claw Creeper, which was described as an 'ecosystem transformer' for its destructive impact, includes a leaf-mining jewel beetle, leaf-sucking lace bug and a leaf-tying moth which cause defoliation. Monitoring is difficult as activity takes place high in the canopy.

Another rampantly growing creeper, *Maderia* Vine, is being targeted by a beetle, *Plectronycha correntina*. Both adult beetle and its larvae feed on the leaves. Beetles can be delivered by Australia Post. Release sites should be of a significant size - more than five square metres - to ensure the beetles' survival.

For more information about biocontrol agents and how to get them contact Grafton DPI on 6640-1622.

The cracks are opening up in the red soil where the hothouse used to be. No doubt the soil life has dug itself another level, lower and cooler than the last.

My black sapotes are losing leaves and my Russian garlic looks decidedly Bohemian this year.

About 40,000 years ago our whole community here would have just up and left to go somewhere else, more productive, better hunting, probably the coast.

I am slowly becoming aware that the many human behavioural traits that originated in the cave man era are still alive and well today. The more I apply my 40,000 year theory, the more truth it yields.

Of course this is only a theory, but one that is apparently gathering a lot of momentum.

My theory is this: Humans still exhibit the



View from the loo

by Stuart McConville

same behavioural patterns that evolved while living as part of the natural world, with our population kept in check by natural disasters, accidents and illness.

Some examples of this might be:

Male mid life crises. Many men find it necessary to feel young again and look for the spice of life around age 45.

For most of our time on earth, a 45-year-old was an old man, and one successful to have lived that long. So we now experience a mid life crisis that originally evolved

to spend male seed quickly and send out a generation of hopefully more evolved offspring before death.

Children's evolving taste buds: Kids will eat anything you give them up until a certain age. Usually about the same time they become independently mobile and can explore their worlds safely, they get fussy about the food they eat.

This behaviour would have protected children in a hostile environment when not everything was safe to eat.

Greedy behaviour can be translated as fear of not enough to go around and consequent hoarding of assets. It is easy to see that this sort of behaviour once may have been necessary for survival, especially in harsh climates where food and fire was scarce.

Interestingly, it seems also obvious that cultures that did not evolve in harsh landscapes, or where evolutionary pressure was

high, are less greedy.

Most of us quickly forget the fact that most of the world that we take for granted now has only been a reality for less than 200 years, so we are really playing catch-up on evolutionary terms.

Our social interactions, our sense of community, our instinctive behaviours that ensured our survival were all programmed in when the earth was still flat and the wheel was just a toy a kid was playing with.

Our challenge now is to transcend the primitive reality and become the enlightened conscious soul that our long-term path on earth will require if we are not to become just another extinction statistic.

Stu runs Pooh Solutions compost toilets and consultancy, For more info check out: www.poohsolutions.com or call Stu on 0427-897-496.

Is your paddock dirty?

by Geoff Dawe

I am never sure that our culture doesn't whore with war.

Let's look a little closer at this situation of weeds being invasive of pasture, because once there is thought that there might be an invasion, the ammo comes out.

I suspect our culture neglects the wisdom of Sir Albert Howard, who said in 1947, "The real arsenal of democracy is a fertile soil."

In Australia, a paddock is considered dirty when it has many species of plants growing in it that are not eaten by the grazing stock, and clean when the species of plants growing are mostly suited to stock.

Pasture, like all ecosystems, is not static. It constantly evolves. When paddocks for example, begin degrading because of current cultural practices, it can be assumed that the plants not eaten by stock are an advantage to the paddock in the long term.

Annual plants whose tops are removed in grazing die back in their roots so that root length approximates height of tops; as above, so below.

Mown or grazed pasture therefore has in it many plants with shortened roots that reasonably can

contribute to soil compaction. Weeds in pasture, the plants not eaten, tend to be the only ones with extensive root systems.

In this sub-tropical region, degrading paddocks also tend to attract woody weeds. Woody weeds, because of their comparative efficiency in growing carbon, are better able to provide organic matter for soil than most pasture grasses.

They do not provision the above-ground grazing animals, but the soil. A "clean" paddock therefore, is really only one in which consideration is for the short-term advantage of the animals grazing on top of soil.

It is not consideration of the long-term benefit of the animals and the soil.

Peter Andrews in his book, *Back from the Brink*, tells of his grandfather noticing around Cobar, that spear grass and then, woody weeds like Turpentine bush, were the result of a combination of the Federation drought at around about the beginning of the 20th century, and overgrazing.

These weeds displaced, even to this day, what were "beautiful grasslands". Peter says that his grandfather "was describing a basic cycle that occurs in the Australian landscape: good grass to bad



biodynamic dairy farmers with their conventional neighbours in northern Victoria, found the biodynamic farms "appear to have better soils, healthier and more fertile animals, rely much less on off-farm inputs and perhaps have less adverse effects on the environment."

But never mind whether biodynamic farms are ecologically sustainable, are they economically sustainable?

A long term study from 1981 to 2002 by the Rodale Institution found that "organic systems provided crop yields equivalent to those of conventional methods". The trials also showed that in drought conditions, of particular concern for all Australian farmers, organic methods yielded at least 34% more than standard methods.

They also reported that "organic methods used 28 - 32% less energy and were more profitable than industrial methods".

One could wonder then, why are there any chemical farmers who potentially threaten soil, themselves, other people, water, and the environment generally?

grass then to weeds, and finally, back to grass. It's a cycle you see everywhere..."

So there cannot be an "invasion" of weeds in a paddock. The only invasion that occurs in paddocks is when weeds are purposefully removed, rather than stocking rates reduced to incorporate the plants that come in as soil rejuvenators.

A means of maintaining stocking rates, despite the presence of plants not eaten by stock, is to improve soil fertility by the simplest, cheapest and most organic method humans know, which is to use soil biodynamic preparations such as 500, thus improving density and palatability of pasture grasses and speeding the return of the paddock to primarily pasture grasses.

A study by the Victorian Department of Agriculture that compared seven

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PLANT OF THE MONTH

Black Wattle

Callicoma serratifolia

by Richard Burer

Despite the common name, this tree is not a Wattle, as this name usually applies to the genus *Acacia*.

While the flowers of *Callicoma* are Wattle-like, the common name is somewhat historical, as the younger stems of this tree were used for wattle and daub buildings in the early years of colonisation in the Sydney area.

Callicoma can grow to around 25m, has saw-shaped leaves with attractive red new growth. Its creamy white flowers cover the tree in early summer and make a beautiful contrast along creeks throughout the



Nightcap, particularly the Minyon area.

Callicoma is common on poorer sedimentary soils, and not found down in the Nimbin and Websters Creek valleys. Some large specimens can be viewed up at Mt Nardi on the Matheson Loop walk.

While this tree can grow leggy and large, I have found

it to grow small and tree-like with a bit of pruning and all-round sun.

To grow your own, harvest the capsules that are abundant on the tree in May, and place in a paper bag for the small seeds to release, sow in a sandy seed raising mix.

Germination is good, and the tree can be grown from cuttings also.

Homebirth: alive and well!

by Kirrah Holborn

B. ClinSc (complementary medicine)
Traditional Wisdom

I feel blessed to have supported at two home-births in the past few weeks. The love that permeates through our homes can create a very sacred birthing space to welcome new life.

The line between normal life and a miracle unfolding becomes almost transparent in a home-birth. The progression from pregnant woman to birthing woman to mother seems so natural, yet is a divine rite of passage. And of course not having to go anywhere, with friends and family coming to visit, can ease the transition to postpartum life.

The process of surrender that takes place in birth allows a woman to transition from maiden to mother. Through this process women can more easily embrace the ups and downs of motherhood. The strength that she discovers through birthing her baby will help empower her in times of difficulty.

In the Northern Rivers, some very dedicated and passionate midwives are serving the needs of pregnant and birthing women. There are options of where to birth, how to birth and who to birth with. We even have some government-funded home-births starting to happen through the Mullumbimby birthing centre.

If you're experiencing a healthy pregnancy, would feel more comfortable birthing in your own home and want to birth naturally (without drugs), then home-birth is a great option. A doula and midwife team can provide the perfect support, and costs vary.

If you are considering a home-birth and want to meet a dedicated home-birth



Kirrah supporting Tahnee during her home-birth

midwife, get in touch with me and I can pass on their details.

I am a doula and Birthing From Within Mentor, and I hold regular prenatal classes covering breathing techniques and exercises to open your mind and body, birthing options, natural remedies, labour support skills and preparing for life with a baby.

The next course will be held on 5th and 19th January. For more information check out: www.traditionalwisdom.com.au

Birth & Beyond will be having a break from 14th – 28th December and will resume with gentle yoga for mums and bubs on 4th January.

Nimbin Birth & Beyond meets every Friday from 11am-12.30pm. Sessions are run by donation. For more info (or to hold a session), phone 0429-308-851 or email: kirrah@traditionalwisdom.com.au To be added to the mailing list, just send an email or text.

Hospital Auxiliary stalwarts honoured

by Christine Riley

Nimbin Hospital Auxiliary is a group of caring ladies whose organisation forms part of United Hospital Auxiliaries of NSW.

In November, three of our longstanding members, Florence, Jean and Phyllis (pictured) were presented with service certificates and badges.

Nimbin Hospital Auxiliary sells raffle tickets each month on a Saturday morning in front of the real estate agency.

All monies raised helps to buy equipment needed for



the Nimbin Hospital and Aged Care Centre.

The August raffle winner was Harley Ogle who kindly donated his \$100 win back to the auxiliary – thank you

Harley!

Over \$700 was raised from the basket raffle and sales of cakes and plants at the Nimbin Show. Natalie Meyers was the basket raffle winner.

A great big thanks to everyone who kindly contributed to these successful fundraisers.

Meetings are held in the Conference Room at the Nimbin Hospital at 10am on the 2nd Friday of each month. The next meeting will be on 8th February 2013. Please do come along and join us!

The Green Bank brings Christmas cheer

by Kylie Cain

We're making your gift-giving as easy as possible here at The GreenBank, with affordable and enviable gifts for all the special people in your life. We have a range of gift packs available, gift vouchers, and stocking fillers for kids and adults alike.

This month sees the launch of our new FairTrade line, with authentic Indigenous artworks and artefacts from Australia and Papua New Guinea, such as boomerangs and handwoven billums, tapa cloth and jewellery. Contributing to providing fulfilling and dignified employment for people the world over is a cause close to our hearts, and we look towards increasing this exciting range in the coming months.

We are happy to introduce the new Makedo range of products for kids and kids at heart. We also have an increasing range of products from Steph Sekold and her Zone One and The House of Whimsy enterprises. Steph brings us EM (effective micronutrients) products and a range of herbal poultices and ointments made from her own organic home-grown herbs, as well as her intricate and beautiful Faery furniture range – must be seen to be believed!

We have this month also taken delivery of bulk dishwashing liquid and multipurpose cleaning liquid from Clean Conscience, so if you've been using and loving these products, just bring your old bottle down for a refill. Buying in bulk means you save money and are responsible for less plastic production and product miles. It's a win-win!

On the practitioner front, Monday morning will now be shared between our much-loved Life Alignment practitioner, Chelsey Campbell and our new Astrologer, Michelle Gardner. Chelsey is carving out a name for



Lishia, Rebecca and Kylie

herself in the field with her gentle, energetic techniques to shift emotional blockages and ease the passage through life.

Michelle Gardner is a very experienced and highly regarded astrologer, counsellor and Reiki practitioner, with a decade of experience and a swag of happy and repeat clients. Michelle is available for consultations every second Monday between 9.30am and 1pm.

You are also encouraged to come down and meet Tom, our new acupuncturist, who works every Friday afternoon from 1.30pm. We've had great feedback about Tom's style of Japanese acupuncture and its effectiveness in relieving chronic pain and blockages.

We'll be serving iced tea in the hotter months, and there's never any pressure to buy – just come down for a cuppa and a chat, and see what we've got going down this end of town. We're open Monday to Saturday (and the odd Sunday) between 9.30am and 5.30pm, and are located at 1/39 Cullen Street, just opposite the Visitors Centre and next door to the Post Office.

Sex pest on the prowl!

A long-term Nimbin resident has been targetted with a campaign of sexual harrasment at her home in Cullen Street.

Over three months, while she was out of the house, someone has stolen underwear from the washing line, placed a used condom

on her front path inside the gate, and most recently delivered a decorated sanitary pad in a hand-addressed envelope to her letterbox.

The woman, who does not want to be identified while police enquiries are continuing, fears for the safety of other women in the village.

Women who have been subjected to this or any other form of harrasment should report it to police immediately.



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December 2012 - what now?

by Zuela Christie

— with excerpts from **Awakening To Zero Point**, by Greg Braden.

Ancient systems of time-keeping indicate that now is both the end and beginning of a grand cycle of experience, leading to the birth of a new world.

These traditions relate to four previous worlds, this being the fifth, all of which ended when humanity became too lost, so a collapse of the world order was required for harmony to be re-established.

The last cycle ended in torrential rainfall resulting in the Biblical flood. The Mayan calendar, dating back 18,000 years, completes in 2012, and predicts that this last period would be the lifetime of change.

This marks the beginning of a whole new age for which there is no calendar as yet, as no one knows what exactly will transpire.

The Shift is the very reason that you have chosen to experience incarnation on Earth at this particular time in history — it is why you are here! The key to witnessing the possibilities of our future is to bear in mind that as our Earth changes, we change as well.

Our tuning in to new frequencies is not automatic — it requires the conscious use of choice and free will to achieve the new resonance relationship. Each cell, each organ, and the body overall, attempt to match the higher reference frequency.

Those cells located within the body where patterns of experience (emotion) have been resolved come into attunement easily.

Cells and organs holding the energy of trauma (psychological, emotional or physical) begin to vibrate out of sync, dislodging the energy of emotions that no longer fit, allowing them to be processed and stored in a balanced fashion.

Through discovering your greatest fears, you will be led to your greatest healings as you remember your truest nature.

As an initiate living upon the crystalline sphere of Earth (approx. 98% quartz as silica), you are living the crystal healing of Earth's Shift.

Each aspect of the body-mind matrix must arrive at this alignment eventually; this is the balance of peace, well-being and union that is historically the goal of all the spiritual disciplines. Earth will no longer support inharmonious patterns of fear, hate, the polarity of judgment, or the limiting belief systems of an obsolete paradigm.

During the event of The Shift itself, many individuals will experience the 72 hours in an unconscious and relaxed state akin to the Tibetan bardo state — essentially a dream experience. Those who have remembered the gift of compassion may allow for tremendous change while functioning within these new parameters.

All patterns of life energy within the physical body are at rest — balanced, as each aspect of belief, emotion, thought and feeling shift into harmony with the new reference point. The energy is that of Love and Compassion — the purest frequency of expression that may be generated and sustained within each cell of the body.



The body of Earth, as well as the inner and outer cores, resume motion in the opposite direction relative to pre-shift conditions. The physical poles of the planet have reversed. North is now south and south is now north in reference to the orientation of the magnetic fields — the planet does not actually tip through 180 degrees.

The sun will rise and set from opposite directions relative to its present cycle. All matter, including biological life, has the opportunity to come into the new resonance.

Matter that is not capable of this match, either directly or through access to one of the harmonics, will disassociate into its Earth resonant, elemental constituents. This will be a great healing of the Earth.

Human awareness will be experienced consciously, simultaneously on multiple levels, providing an awareness of the totality of being. You are the alpha and the omega — you are all creative potential. This is the awaited, anticipated opportunity, Enjoy!

Vision Care is back

by Tina Fuller

Good news for everyone on Centrelink payments: free glasses are once again available for those who are eligible.



To qualify for the Vision Care scheme, you must have less than \$500 in savings, and earn less than \$500 per year — double that if you have a partner or children.

Nimbin Optical is now the only Vision Care outlet in the area, but is now no longer able to process applications based on prescriptions from other optometrists. To make an appointment, phone 6689-0081.

For concession card holders who do not meet the criteria, Nimbin Optical has basic spectacles available from \$69.

Nimbin Hospital Information

Immunisation Clinic

For 0-5 year olds. 2nd Tuesday of the month. Next clinic 11th December at Nimbin Hospital. For appointments phone 6620-7687.



Womens Health Clinic

Every third Thursday of the month. Next clinic 20th December. For appointment phone 6688-1404. Service includes PAP tests, breast checks, contraceptive advice, postnatal checks and general health info.

Physiotherapist

Available Mondays and Thursdays at Nimbin Hospital. For appointments phone 6688-1401.

Nimbin Community Nurses

Monday to Friday 8am to 4.30pm. Assessment, wound care, referral and advocacy. Palliative Care in the home. Provision and co-ordination of aged care packages. Wednesday morning clinic at NSP room. Phone 6689-1288.

Rolling ball of life

Imagine a beach ball rolling around in a swimming pool, or in the ocean.

The top surface of the ball rolls to below the surface of the water and then rolls right over so that what was previously on top returns there.

This scenario could well be part of a hypnotic induction process, where relaxation and yet concentration and focus allow for some profound changes to take place at a holistic level in the person being hypnotised, but it also serves to illustrate how non-psychodynamic, non-psychoanalytic theorists are thinking about consciousness.

Psychoanalysts, following Freud, think of consciousness in terms of an iceberg; non-psychoanalysts view consciousness more like a ball in water. I much prefer the ball metaphor. There is fluidity here, fluidity and flexibility, and endless

shifting change.

There are implications for therapy according to how we see consciousness and unconsciousness. For iceberg theorists and therapists, the work is always about ameliorating suffering at an unconscious level, as what is viewed as the conscious mind is only the "tip of the iceberg", and a symptom is seen as coming out of "the unconscious".

"The unconscious" according to those following psychoanalytic thought, is an actual place; a cauldron of psychic energy which fizzles out in uncontrolled bursts in neurotics.

I realize I have lots of mixed metaphors here, but they are only metaphors, which we can make up however we please and according to how we see the world. The cauldron of psychic energy metaphor was that described by Freud (1856-1939), following

his interest in the new technology of steam engines. Neurologically, there isn't an unconscious mind nor a conscious one, but of course, the mind isn't well accounted for in neurology.

That aside, I want to promote consciousness in terms of the rolling ball analogy because I believe it is a very useful one.

A rolling ball theorist/therapist has a view of consciousness that sees consciousness as that which is visible now and invisible next and visible again. Notice how this analogy does not talk of the unconscious as an entity.

Here is a view of consciousness that is visible sometimes and invisible sometimes as well. This is a consciousness of awareness and unawareness that is always relational to actual contexts, memories, and ideas.

There is no storage place of unthought thoughts, but emergent or forgotten thoughts



by Dr Elizabeth McCardell
M Counselling, PhD

and emotions that under the right circumstances are remembered. These remembered thoughts and emotions and experiences may or may not be objectively or forensically verifiable, but have a veracity for the person involved.

It is this sense of truthfulness that matters and can be brought into therapy, or not.

My work is with what is and what next emerges in my conversation with my client at that time. There is only what presents itself in our interaction. Insights arise on

both sides, for me and for her.

These are insights that enrich and expand my client's awareness, as well as my own. This contrasts with a psychoanalytic approach where the therapist sits in a position of power and decision working with what they decide is important.

The client's input is restricted to what the therapist considers important, just as the image of a solid iceberg (clearly not one melting under the impact of climate change) restricts an understanding of what consciousness is actually capable of: in this view, fixed and inflexible.

The rolling ball view of consciousness has changed how therapy is done substantially and it has also changed how clinical hypnosis is practised, just as a matter of interest.

No longer a swinging watch on a chain, no longer "you are going deeper and deeper." There is now a gentle collaborative process

with a recognition that the client will hear what is important to them and make meaning according to their own experience, that a good hypnotist and therapist will change the course of a therapeutic session according to what is reported by the client and what is observed as present by the therapist.

Hypnosis and other forms of non-psychoanalytic psychotherapy become a nurturing and change making process.

What emerges in therapy and hypnosis can be extraordinary and a powerful generator of change at a habit reducing level, the level of psychological and physical pain, for managing obsessive behaviours, for lack of self confidence, and a number of other debilitating issues, as well as bringing a greater number of choices to every day life. The beauty of the rolling, rocking ball in water analogy is that we can choose, or not choose, what we want to change.

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