

DIANBUNG GARDENS

UPCOMING EVENTS

August 10 Forgotten Arts Fair
August 11 Artisan Masterclass Workshops
August 13-22 Growing Abundance Course
August 24 Repair Cafe
August 31 Tropical Tubers Workshop
September 7-8 Bamboo Essentials Workshop
 Gardens open Wed-Sat 10am-4pm

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Market incubation

by Eric Smith

Last month, I mentioned the possibility of (and the need for) growth at the Blue Knob Market. Now, we begin to see it...

Linda, who is house-sitting at James Creagh's Tutti Frutti Farm, will be coming with fresh fruit and chutneys. A young woman named Tamara has a small flock of chickens, and hopes to bring in eggs and veggies and a few hand-made crafts as well.

And among the returning stallholders we have Platypus Point preserves, with their famous sauces and jams, as their traveling season is over, and there is hope that we will see Seven Springs, with their magnificent baked goods as well, sometimes, as Michelle is hoping to settle into enjoying her farm life more than just the market life, that can take so much of your time.

Our stalwarts are still there, with veggies, ferments, and fruit and seedlings – remember that this is the only place you can buy Farmers Choice organic seedlings direct from the growers. We get a few extras from them that no other place gets, so stop in for a look.



We also have Nimbin Valley garlic, Andrew with his bush plants and honey and soap, and the BackYarders, where you not only find the best produce your neighbours can grow, you can also give selling your own a try, at no commission.

And at Atelier Smith, the mending business is moving along. I am quite honoured to work on your favourite old clothes. I try to give them a longer life, and sometimes a little bit of new character as well. Atelier Smith is at the market on the first and third Saturdays.

Be sure to have a look at our Facebook page for more details, and send us a message if you wish to have a stall of your own – we still have some room.

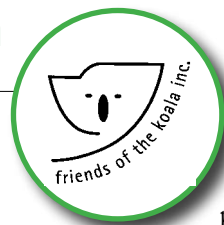
If you wish to encourage this new growth, do come on out on a Saturday morning, and enjoy the market, the gallery and the cafe. The weather may be cold, but our hearts are warm, and we are always glad to see you.

For more information, and if you cannot get to any of these markets, email me at: upsidedownliving@hotmail.com

Are koalas functionally extinct?

Koala Kolumn

by Ros Irwin



We know koalas are a most complex and, in many ways, mysterious species but estimates of just how many koalas remain are somewhat contradictory and confusing. The Australian Koala Foundation says there are now just 80,000 koalas in the wild, that 'only 41 of the koala's 128 known habitats in federal environments have any of the animals left' and that the koala is now functionally extinct (Tabart, D. in *New York Post*, 17th May 2019).

But as Christine Adams-Hosking points out, functional extinction 'can refer to a species whose population has declined to the point where it can no longer play a significant role in their ecosystem... (it) can also describe a population that is no longer viable... (and) can refer to a small population that, although still breeding, is suffering from inbreeding that can threaten its future viability' (as reported in *The Conversation*, 10th May 2019).

We know that in our patch, inbreeding can be a problem, and that particularly in urban areas, koala populations have experienced significant declines. Meanwhile, a group of koala experts has estimated that there are 329,000 (range 144,000–605,000) in eastern and south eastern Australia (Adams-Hosking et al).

At virtually the same time, in South Australia a koala contraceptive "is being rolled out in the Adelaide Hills to curb a burgeoning population and preserve natural bushland", with the latest surveys estimating that there are about 150,000 koalas in the Mt Lofty Ranges (*The Advertiser*, 16th May 2019).

The situation in South Australia is one of over-population, which is causing habitat loss in both the Mt. Lofty Ranges as well as on Kangaroo Island, which has seen translocation of some koalas to the mainland. The same situation of over-population causing habitat loss exists in Victoria, however

in both Victoria and South Australia, koala populations vary widely from abundant to low or locally extinct.

We may never know exactly how many koalas remain, particularly as they're elusive animals that blend quite well into their habitat, making the task difficult for even the most experienced spotters. However, what we do know, and all the research confirms this, is that habitat loss, whether in our forests or elsewhere, is the underlying cause of the koala's precarious situation.

This is why planting koala food trees is an imperative for us, and organisations like Bangalow Koalas, particularly given the lack of legislative protection of their habitat. If you want to do your bit, Mark Wilson, manager of our tree nursery, supplies koala food trees at a reasonable cost, and can be contacted by email at: friends_koala@hotmail.com

The period from October to May for us and koalas was dominated by the drought and its devastating consequences. The statistics of admissions to date for this year reflect the drought's impact in that our record of koalas admitted due to disease jumped from 34% of admissions last year to 60%, whilst the number admitted due to dog attacks remained about the same at 7%, and those hit by cars reduced from 29% last year to 22% so far this year. Of course, we can't really compare accurately until all the data is in for the year.

During the period from March to May 2019 alone, FOK had 30 admissions, plus five koalas that were dead on arrival. Of the 30 admissions 24 were euthanased or died. 14 were female, which is most troubling given they are the breeders, as all had cysts, and nearly all were wasted and dehydrated. 16 were males, and two died from trauma, one from advanced kidney disease and the remainder from being dehydrated and emaciated. We believe this is the result of drought/climate change.

On the brighter side we released 10 koalas, with four of them being



orphaned joeys that had been hand-raised, including Pip, the star in *Bringing Pip Home*. After being unable to release him to the exact location where he had been rescued, he was released with Opie and Eden after going into soft release in Cawongla. They are now out in the wild but have been sighted regularly, and Pip and Eden are still hanging about together.

Whilst there are alarming reports that koalas may be extinct by 2030 or 2050, that's not an option we at Friends of the Koala waste time considering. We're particularly privileged to be working with this iconic species, and whilst there are many sad moments given the situation we've created for them, there are moments of laughter at their antics, of celebration when we release a koala back to the wild, and delight at their different personalities.

We live with hope and know that if enough of us take action to protect them and their habitat we can prevent a local extinction. If you're not already a volunteer, come and join us – koalas need you and you will learn much from them.

People can become members online at: www.friendsofthekoala.org and if they wish to volunteer, they need to contact our Volunteer Co-ordinator Lola on 0412-753-739.

Debunking lantana myths

Weed Words

by Triny Roe, B Agr Sc

Covering four million hectares, lantana, *lantana camara*, earns its spot as one of WONS, weeds of national significance. There are only 32 of these pest plants on the list. Only the most extreme weeds make it here. Lantana invades river banks, paddocks and open forests, particularly logged ones and other disturbed areas. It is a scourge and a major factor in loss of biodiversity and productivity but still one hears people defending it.

Is lantana a nitrogen fixer, as recently claimed on facebook? The answer is NO. Legumes are nitrogen fixers, and they do this in a symbiotic relationship with soil bacteria that live in nodules on their roots. Lantana does not nodulate.

Does lantana improve the soil? Many myths prevail about lantana being extra good for the soil.

A study of lantana in invaded sites in the Western Himalaya foothills demonstrated increased nitrogen and phosphorus existed in the soil beneath the thickets. This was attributed to the nutrient cycling from leaf loss. Levels increased with density of the infestation. The pH was higher too. Note that Australian natives prefer both low pH and phosphorus levels, having adapted to these conditions common in many of our soils.

The study also recorded less soil moisture under lantana. Lantana is efficient at using water and sequestering it, thereby making it unavailable for other species. It is drought tolerant, dropping leaves when it is dry and reshooting when the rains come.

Another research project carried out in South Africa tested soil properties underneath lantana and five nearby sites under native vegetation. The lantana soil was found to have significantly higher



The weight of lantana can break branches

carbon and phosphorus levels but no difference in nitrogen levels. The soil was also recorded as being repellent to other species. Lantana produces allelopathic chemicals that prevent germination of other species.

Authors of both studies concluded that lantana only makes the soil suitable for itself, thus encouraging more of it.

Some suggest lantana is better than nothing, but if the lantana wasn't there it would be something else such as native species.

Research has shown that a number of birds and other wildlife use lantana for habitat and food. Our native fauna has become resourceful as we clear the bush, building roads and houses, farming and mining nature out of existence. While a few species have been able to make use of lantana and other exotic pest plants, most of them haven't. Overall, lantana contributes to loss of biodiversity and potential extinction of plant, bird and animal species.

Claims that the forest can emerge through lantana thickets and lantana is part of the succession are not valid

on rich clay soils with high rainfall. In these conditions, lantana grows over 15 metres, smothering any trees that might try to struggle through.

Introduced to Australia around 1841 as an ornamental, by 1879 lantana had become a pest plant. Biological agents aimed at controlling lantana were introduced to Australia in 1914. 105 years later, while they can have a seasonal effect, the bugs and beetles haven't had a huge impact. This plant will continue to require management now and well into the future.

Management options include mechanical. Lantana growing up and over a tree can be simply sawn off at the base. The branches will eventually decompose and drop out. Lantana roots are shallow and easily removed. A 90% canopy will exclude lantana, but regenerating rainforest in lush fertile areas will probably need human intervention to get there.

Lantana is hardy. Herbicide treated lantana has been observed re-sprouting after two years of apparent death.

Happy weeding.



Plant of the month

Tallowood *Eucalyptus microcorys*

by Richard Burer,
Bush regenerator

Tallowood is a large tree common in the valleys of Nimbin. It can be found in dryer forests and also in wetter forests like in the Nightcap.

Its botanical name originates from Greek micro: small, and corys: cap or helmet, referring to the small shape of the flower bud cap.

This tree likes better fertility than some of the other Eucalypts and it can be drought and frost tender.

Tallowood is a prime Koala habitat tree, and often when growing in fertile soils that have been disturbed through land clearance, Lantana can

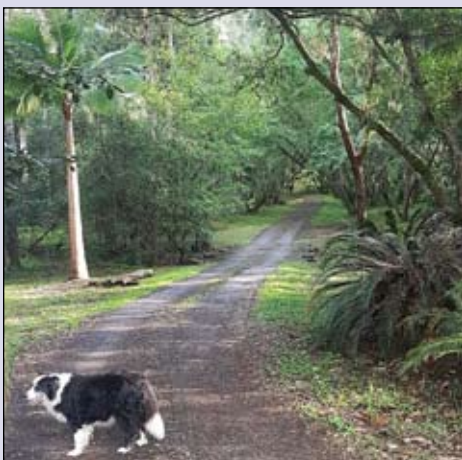
dominate the understory. This hinders koalas from being able to access these very important food trees.

If you have forests or even individual trees on your property, it can be well worth trying to manage the forest in the understory by removing Lantana and help regenerate a more diverse mixed species understory.

A massive and beautiful bloom of flowers should take place in July, so you won't miss its golden glow.

Often growing to over 50m, Tallowood is better planted on the edges of the paddock on the farm, or regenerated in forest areas.

Easy to grow from seed. The leaves can be used to dye wool and silk.



Text and photos by Peter Brooker

The early mist and morning rain did not deter some 30 members and guests of the Nimbin Garden Club gathering on the verandas of Kerry and Dan's Stony Chute property. This was not just a garden club meeting, it was the AGM at which Andrew Barton, our president of five years would be stepping down.

So, as the sun came out and our little bell tolled, Andrew called us to order for the last time. All positions were declared vacant then quickly refilled with Kerry elected as the new president followed by a swift reshuffling of the deck chairs and the appointment of Anna Conley and Peter Hagen as the new committee members to fill the unfillable shoes of the departing Nic.

And so, on Saturday 15th June, the NGC began a new chapter with the new president taking us on a tour of her property. This story begins with Kerry's husband Dan suggesting she "needed something to



do for the rest of her life". Apparently a magnificent old weatherboard homestead with broad wraparound verandas, brought in from Kyogle, and 15 acres of land will provide you with something to do for that length of time.

The first three things to do soon became apparent. The large spring atop the ridge behind the house needed to be diverted into a dam rather than be allowed to pour down the bank and create an unwanted lake where the garden should be. Also the two large Chinese elms that threatened the power lines and cast shadows over the house, making it dark and damp, needed to be removed.

And then there was the small matter of the herd of rogue bulls next door, or next door some of the time. The bulls had made a habit of walking through the fences and eating everything they could as they made their way to block Stony Chute Road.

Now, fast forward two years and all three problems are resolved. So, with the rest of her life stretching out before her, Kerry

has more to do. Along with formalising the gardens around the house, it's time to help in the battle against climate change and add more solar panels to the existing 22, install a battery and say goodbye to the grid and power bills forever.

The rain held off so we left the sanctuary of the veranda and went for a stroll around the property. As this is a work in progress we wandered along the drive and looked at more mature plantings such as jacarandas, tipuana, commonly called race-horse trees as they grow so rapidly, and a glorious bismarckia palm.

As the drive meandered toward the road, we saw a Chinese magnolia, a Chinese lantern, gardenias and pandanus palms. While we walked along the edge of Cabbage Tree Creek, believed to be a tributary of Goolmangar Creek, Kerry commented that another of their works in progress is to rid the creek of weeds. On occasions, the creek will flood, and over the years has left behind an area of 'floodplain sand'. Grass is reluctant to grow in the sand, but



it provides a fertile loamy soil on which wandering jew will, and does, thrive.

Further along and above it all are beautiful hoop pines and *ficus coronata* or, as some people call them, sandpaper figs, while below spider lilies flourish in the moist conditions, accompanied by many ferns, and cyclades. Crossing the hardwood bridge that rattles under any approaching car to warn Kerry and Dan of guests arriving, we found a mandarin tree and a majestic ghost gum shedding its bark in long ribbons, the colour of rust.

Our thanks to Kerry and Dan for allowing us to visit their property. Kerry was very keen to point out that it was a work in progress and we will see some changes on our next visit!

Our Garden Club meeting for Saturday 20th July will be held at Les and Tony Rees' property, located at 259 Stony Chute Road, Nimbin. Don't forget your cup, a chair and a plate to share, and any plants, cuttings or seedlings for the plant table. New members are, of course, very welcome.

Animal communication can change your life

Understand that this is a hell of a statement. However; I personally know it to be true, having had the privilege to witness some extraordinary moments.

Getting your animals' perspective and a greater understanding of their purpose in your life including the lessons and patterns, can be life-altering for you and them.

Animals are highly evolved sentient beings; they are here to assist us and the planet to evolve. Some of their lessons and behaviours can mirror what is happening in our lives and sometimes it is to get our attention in order to assist us out of destructive thought-loops and situations that no longer serve our higher purpose.

There has been a really strong theme with the clients I have read for recently, that is one of domestic abuse and violence. In one case the dog lived with the family in order to show the woman that she deserved better (this dog lived outside, chained etc). It

Animal talk by Donna Connelly

wasn't until she realised that the best life for this gorgeous dog was to be re-homed that she understood, that she too needed to look for other accommodation.

Another case involved a woman from another country. Her beloved, brave dog was tortured and killed in front of her so that should fully see her life for what it had become. In both of these situations the "family unit" appeared normal to the outside world, including the perpetrators.

This particular dog came through loud and clear to say how brave the lady was and it wasn't her fault. In fact, it was a soul contract they had signed prior to this lifetime. It was about self-worth and self-love.

Our session allowed the woman to start processing the immense grief and sorrow she had been carrying. This gorgeous dog still works with her guardian as a spirit guide



from the other side.

Sometimes animals come to us to assist us with understanding our illnesses and in some cases become surrogates by testing likely medications, cures and outcomes.

I have met animals with diabetes, asthma and many other human disorders and disease. Quite often it will be our relentless search for their wellbeing that we end up discovering our own.

I find if there is an animal with anxiety there is nearly always a person suffering the very same. Anxiety and depression can be debilitating, and animals are wonderful at assisting their guardians through the hard times. The common thread is the unconditional love that animals bring in abundance.

Some animals can literally change your life by virtue of their needs and requirements based on their issues

and quirks. Exercise and enrichment is a necessary part of an animal's day, big or small. Our whole lifestyle can change and adapt, leaving us with more time and energy to just be. Something humans seem to struggle with in this day and age.

Usually our idea of a misbehaving animal can actually be an incredible lesson for us. Nearly always the behaviour stops once it has been addressed and understood. For example; there have been dogs with incontinence. The guardians believe they are doing it on purpose. During the session we uncover an underlying bladder infection which is taken care of within a couple of weeks.

Another area where extraordinary change can occur is with allergies, skin issues and dietary matters. Usually by the time I am consulted, most people will have tried everything. These sessions really are life changing. The proof is in the healing and changes,

sometimes dietary changes can bring about behavioural differences too!

Remember, you may not be able to change the world, however you can change the world for all the animals you come in contact with.

For me the most beautiful moment is when the human gets it, and the animal sits quietly in the corner like Yoda, or literally is so excited they do happy dances. I love my job and the ability to bring the animals' messages and wisdom out into the open.

Bottom line is animals come to us to help make us better people. Have you ever wondered what your animals' purpose is in your life? Because I guarantee you there is one!

Would you like to learn more and have a better understanding of your furfriends? We have an Animal Communication for Beginners Workshop on the 21st July.

Connect with us for more details: text to 0490-156-038, email: rivergem88@gmail.com

Fasting for the mind

by David Ward

Cravings aren't laws, there is nothing other than our conditioning and our beliefs to suggest we must obey them, it's not an offence to disregard them. So we can learn to make other plans in the face of our cravings, intentionally conditioning ourselves to not respond.

Intermittent fasting involves overcoming cravings, eating at certain times and not eating at others, in order to receive certain desired benefits. Aside from loss of excess weight and raised testosterone levels in middle aged males, the main benefit for me can be summed up in terms of taking the pressure of my digestive system.

Not eating between 7pm and 11am my whole system gets a break, daily elimination becomes complete and cleansing with no sense of a back-log.

Applying this concept to the mind allows us to practise controlling our intake of "mind food", again with a view to gain some improvements to our function, in this case with regards to our moods and emotions, with an obvious physical flow on effect. The body benefits from being left to its own devices, rather than being kept busy continually.

Mind-expanding substances, when overused, can actually become mind-narrowing in their action, especially when habitually and repeatedly used in our own company. Similar to physical exertion,



the impact of a mind-expanding substance can have quite an element of fatigue, in a more cognitive sense, when coming down the other side.

When consistently used without breaks, and adding the use of various stimulants in an attempt to override the body's need to recuperate, these potentially performance and creativity enhancing substances, such as cannabis and alcohol as common examples, can end up with bad reputations and be seen solely for their negative aspects.

Sitting in meditation for 20 minutes once or twice a day, simply breathing and not engaging with thoughts, ideally free from intoxication, the brain gets a chance to not do very much at all. This can be seen as a time for the brain to clear some of the clogging debris that builds up resulting from its constant activity, even while sleeping the mind can be very busy with dreaming.

It's hard to imagine a more accessible and beneficial practice, yet for many of us it appears complicated and out of reach, it takes second place to everything else, while putting this one thing first will have the effect of making everything else flow more smoothly.

Resisting those cravings, mindfully rewarding ourselves with a little indulgence if we desire it and doing our meditation can go a long way towards us getting a bit more mileage out of our bodies and minds.

We can all be meditators, we just have to sit and close our eyes.



by Therese Hedwards

My elderly Mum is having heart issues and her physio is trying to teach her to breathe, which she finds pretty funny, as she's been breathing all her life.

The physio's role is to teach Mum to control or manipulate her breath in such a way that

Yoga and the breath

it can help her to feel better, and thus improve the quality of her life.

The autonomic nervous system runs the things we don't have to think about like the beating of our heart and breathing.

It can be broken down into two subsets; the sympathetic (fight, flight, freeze) and the parasympathetic (rest, relax, restore) nervous systems.

When we place our awareness on the breath, we move from the sympathetic to the parasympathetic nervous system.

The moment we turn

our attention to the breath, everything changes. We become more relaxed and present, and from that place we are able to make better decisions.

Healthy conscious breathing habits can heal us physically, emotionally and mentally, and they are a large part of our yoga practice.

The asanas (postures) are linked to the breath as we flow through our practice. Yogis get to know the breath well over time; we become close friends.

Breathing consciously, both on and off the mat, is deeply cleansing, energising,

grounding and balancing.

The very first thing we do as we arrive on planet Earth is to breathe in, and the very last thing we do as we leave is to exhale.

Every moment in between, the breath is our constant companion. It is said to be our most precious gift, for we literally can't live without it.

If you'd like to know more about yoga, contact me on 0439-575-714. I teach Monday afternoons from 4.30pm at the Dharma Centre, Wadeville and Saturday mornings from 9.30am at Birth and Beyond, Nimbin.

Past lives, cellular memory and genius

by Auralia Rose

Did you know that Henry Ford believed in reincarnation and used it to have a huge impact on this world?

As a young man, he often felt bewildered: life was empty and pointless. Like so many young people he often wondered, "What are we here for?" When he discovered reincarnation, it changed his outlook on life to one of purpose and meaning. He discovered the mind and memory are eternal.

In an interview that appeared in the San Francisco Examiner on 26th August 1928, he explained his belief:

"I adopted the theory of Reincarnation when I was 26. Religion offered nothing to the point. Even work could not give me complete satisfaction. Work is futile if we cannot utilise the experience we collect in one life in the next.

"When I discovered reincarnation, it was as if I had found a universal plan. I realised that there was a chance to work out my ideas. Time was no longer limited.



I was no longer a slave to the hands of the clock.

"Genius is experience. Some seem to think that it is a gift or talent, but it is the fruit of long experience in many lives. Some are older souls than others, and so they know more. The discovery of reincarnation put my mind at ease.

"If you preserve a record of this conversation, write it so that it puts men's minds at ease. I would like to communicate to others the calmness that the long view of life gives to us."

Henry Ford connected to his past lives to unleash his genius on the world!

You see, all memories are retained in the cells of our body: we call this Cellular Memory.

When a Soul incarnates into a body, all the experiences that Soul has had journeying through its many lives is transferred to both the body and the brain. These memories can have a powerful subconscious influence on our desires, needs, and responses to things in our world.

All sorts of data is stored in our cellular memory, including talents,

passions and abilities from our past lives. The best way to access this information is through hypnosis where we can access our subconscious.

Past lives can lead to positive and satisfying experiences. One of the best signs of a past life connection is a strong, unshakable passion that shapes who you are, passions that you can't resist, that feel as necessary to you as breathing.

There are countless examples of how these types of passions might manifest, and they're often creative. So if you can't live without music, can't go a day without writing or are always on the lookout for new painting supplies, you may be accessing your past life memories and talents.

With such creative pursuits you might also see aspects of your past lives emerging in your work if you just let your creativity flow freely.

Can you tap into your past lives where you were wealthy, loved, healthy and felt that you belong? And then bring that into your present life?

Yes you can! That is what I will guide you into! Why not call and have a chat, on 0422-481-007, or email if you prefer: www.auraliarosewellbeing.com

Engaging with your horse

by Les Rees

Like a lot of people, if I'm presented with a set of complex instructions, my first reaction is to panic and the more agitated I get, the less inclined I am to engage with them. How many of us have failed to build a pre-packed item without mistake because we just don't comprehend the instructions. To be honest, I find it easier to work it out step by step without following them!

All animals are driven by instinctive behavioural patterns, watch any young animal tentatively sniffing the air or touching something, ready to flee if necessity prevails when they are experiencing new situations. This is hardly surprising when there are so many possible dangers in the world.

When training our horses it is important to be respectful of their individual needs by constantly assessing their reactions to what it is that we are asking of them.

This where an understanding of the language of Equus pays off big dividends, because it not only allows us the freedom to interact with our horses in a language they recognise, but enables us to read their reactions to training more accurately. If we offer the choice to participate in a conversation they understand, we can create the element of fun and the desire to learn.

Like many of us, horses don't like to be bombarded with a multitude of information at any one time. It creates



misunderstanding and panic that can lead to behavioural problems.

When setting up goals, we need to think about breaking them down to achievable chunks. Keeping each step simple is the best way to secure positive reactions. Breaking each component down into bite sized chunks need only to be repeated a few times to get positive responses. This can be followed up by thinking creatively to devise other exercises that reinforce the initial one. Engage the horse's interest at all times and you will reduce the chance of creating boredom and subsequent behavioural reactions.

Give time for the lesson to sink in. Allow time out for a few minutes between each new exercise. Divert attention to something the horse has already learnt and enjoys performing before re-commencing with your training.

The riding world is full of people that endlessly ride their horses in circles, trying to perfect the bend, improve walk, trot and canter etc. This achieves little in

the hands of people that don't understand the basic principles of training.

I often notice that horses will try to divert to something they are already familiar with when introducing new training exercises. Riders often take frustrations out on their horses calling them stupid when they fail to understand a new command. It makes me very sad to see this as their horse is trying to make sense of their expectations by linking past experiences to new ones. Unfortunately, it says a lot about the lack of connection.

One of the best ways to engage horses is by taking advantage of their natural curiosity. It can be great fun playing games with the introduction of a ball for play, hide behind trees and let them find you; go for interesting walks and jump over logs or clamber up banks to help with their proprioception; set up a treasure hunt using treats to sniff out, or take them to the beach for a swim. My horses particularly like it when I copy their gestures, they also invent their own games, like carrying bowls, gently pulling my pony tail, tugging on my sleeve, playing with the zip on my jacket or dribbling water down my neck, that's the least desirable one!!

The take home message is to make training easy for your horses to learn, don't over complicate things by flooding them with too much information and focus on the mindfulness of being happy at all times.

Les Rees, Horsetail Herbs
Phone 0437-586-705

Training the rider to train the horse

by Suzy Maloney B.Eq.Sc.

In the horse world, there are two main types of people, horse riders and horse trainers. While trainers are an excellent option for starting young horses, they're not always the best solution for problems with more experienced horses. This article will discuss some of the reasons why this is so, and suggest that a more effective path may be to train them yourself.

Riders have lessons focusing on their riding position and application of the aids. If a rider has a problem with their horse, or the horse isn't giving the correct responses, they're sent off to a trainer to have the problem 'fixed'. It's not seen as their place to fix the problem, which is the speciality of the trainer. Why these two skills have been traditionally separated makes no sense. As Paul McGreevy BVSc, PhD, MRCVS, MACVS (Animal Welfare), professor of animal behaviour and animal welfare science at Sydney University says "Once pain has been ruled out (as a cause of problems), it's always both you and the horse, riders affect horses, and horses affect riders; thus has it always been, and thus shall it ever be".

Training may not stick when you send the horse away for training with someone else. The reason the horse is having the behaviours in the first place is often because of something the human is doing. If the horse goes to a professional and learns how to do everything 'correctly' then within a few weeks/months of returning home the old behaviours re-emerge, because the human is still doing the same things. No matter how good a rider someone is, if they don't understand training theory and application, chances are they'll end up at the beginning again. This



is extremely frustrating for everyone involved.

Every single person rides and interacts differently with horses, the feel of one human will be nothing like that of another to the horse. If someone else trains your horse, the horse learns their signals and feel, and then has to learn yours when they get back home. This can be confusing and frustrating for the horse. Also the horse may do things that the trainer has trained, things you don't understand, resulting in miscommunication and more confusion.

You build a connection between you when you train your own horse and learn so much more about them. You learn to recognize their emotional state and how to lower it before something becomes 'big'. You develop a communication and understanding between the two of you that is totally unique. The position you are in, the timing, the amount of pressure you use and other elements will be different than the trainer.

In my life I have both instructed riding students and worked as a horse trainer, separately. But I started to see a flaw in the system. While my riding students looked lovely on a horse and

could ride beautifully, if there was a problem with their horse they didn't know what to do. If it was a riding school they would be put on a different horse, and if private, the horse would be sent off to the trainers or sold. When horses I had trained went to their homes, the problem behaviours would return after a while, when they had been perfect with me. It became pretty obvious that the two needed to be combined.

So this is how I work now. My lessons are a combination of riding instruction, horse training and training the rider to train the horse. The journey that both human and horse go on together becomes more important than the goal. The things learnt together and shared deepen the communication, connection and trust on both sides. I now feel this is the only clear way forward for humans and horses together, and feel so lucky to be able to facilitate the building of amazing relationships.

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Beyond the Rainbow

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The alphabet of birthing

Doula Wisdom

by Kirrah Stewart

In this month's mini birth lesson we are looking at a few common terms related to birth. Let's take a look at the amniotic sac, the breech position, where the cervix is located and what dilation means.

Amniotic sac

You may have heard people talk about "their waters breaking". The unborn baby is inside a bag of waters also known as an amniotic sac. This helps protect and cushion the baby from any bumps or sudden movements. The waters (or amniotic fluid) also helps maintain a regular temperature for the baby.

Breech

This is a position where the baby's bottom or feet are at the bottom of the womb. Most babies are head down when it comes time for birth but some decide that they would rather enter the world feet first. It is possible to have a vaginal breech birth but it's a good idea to find a skilled practitioner to support you. If you are trying to turn a breech baby to the head down position, take a look at: www.spinningbabies.com for some guidance.

Cervix

This is the lowest part of the womb or uterus. It is like a 'gate keeper' to the womb. It stays shut while pregnant and it opens during birth. When a 'vaginal exam' is performed during labour, the cervix is being checked to see how open it is.

Dilation


When we talk about dilation in birth we are talking about the opening of the cervix. A cervix needs to dilate to 10cm to allow a baby to pass from the uterus to the vagina during childbirth. Contractions help the cervix to dilate.

Effacement

During pregnancy, the cervix stays closed and has a mucus plug to help protect the baby from outside pathogens. Towards the end of pregnancy or in early labour, the cervix will efface. This means it will soften, shorten and become thinner. The mucus plug will be released and this is known as 'a show'. It is a great sign that your body is getting ready for birth.

Fontanelle

A newborn has an amazing skull that can mould and change shape to fit through the birth canal. The fontanelles (or soft spots) can be found in the front and back of a newborn's head. These soft spots also allow



The birth alphabet

A amniotic sac
The bag of waters that protect and cushion the baby in the womb

B breech
bottom or feet first

C cervix
The lowest part of the womb

D dilation
The opening of the cervix

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the baby's brain to grow rapidly in their first year of life and usually close around nine to 18 months of age.

Gas

Nitrous gas can be breathed in through a mask or mouthpiece. When used during labour it can help reduce anxiety and pain. It can be used at any stage of labour and the effects wear off as soon you stop breathing the gas. For many people, nitrous can work really well to alleviate the intensity of labour while for others it just makes them feel dizzy and not have any real effect on

their pain levels.

Homebirth

Birthing your baby at home can be a very empowering and satisfying experience. When supported by a midwife it is a very safe option. The main advantages of birthing at home is that people feel comfortable, labour can progress unhindered and there may be less need for interventions.

Download the natural birth checklist at: www.doulawisdom.com or contact Kirrah on 0429-308-851, or email: kirrah@doulawisdom.com

Connection with others is the key

by Dr Elizabeth McCardell

Last year Kathleen, a friend I knew over 30 years ago, emailed me out of the blue and we started conversing. I wondered why she wanted to talk with me, given we'd parted ways such a long time ago. I kept asking her if she was well, but she was evasive and never responded to that question.

I noticed over time that her messages were getting shorter and shorter and her words increasingly precise, and I felt more strongly that something was going on health-wise. She wanted to talk about theology, which 30 years ago I was very interested in, but now not particularly. I tried, somewhat lacklusterly, but really I didn't have sufficient time to shape my ideas, given that my work is now psychotherapeutic.

She began sharing her published theological writings where her ideas were practically inscribed in stone and she really wasn't open to other considerations. What had been once a much more fluid mind, had become quite conservative. Last month, Kathleen's daughter told me she'd died. I was not surprised. Her frailty was there in her syntax.

I emailed David, a friend from years ago who I knew had been in contact with Kathleen to tell him of her death. They were both in their mid-80s, and quite a bit older than me. He

then asked if I would like the missives he'd been sending her. I, being polite and a bit curious, said yes. Big mistake.

The thrice daily missives were pure paranoia: on the hoards of foreign invasion, on the Chinese spying in our bedrooms, on the evils of this and that, etc etc. No mention of the health of the Earth or other things that interest me, so I requested he send no more articles. There really are other things to think about, or not, and to enjoy.

I got to wondering why David and Kathleen had felt it necessary to send me material at all. Did they fear I needed saving, was this some kind of end of life mission to set me on the "right" path, or something else.

My own parents were not disposed to convert me to anything at the last pip. My mother, in her 90s, was not inclined to lead me to the "right" way; she herself had lost interest even in the things that motivated her in previous years: meditation, yoga, and the wisdom of the East. Her concerns were immediate, in the delight of birds, dew on brightly coloured leaves, sunshine and clouds, oh, and iced coffee.

My father, who died one month short of 101, in his way, had become a sweet, lovely old man who'd left his politics of ethics and strict architectural laws behind. All he wanted to do in his extreme old age was have Walt Whitman poems

(*Leaves of Grass*) read to him and to listen to sublime music.

A dear friend and colleague is currently grappling with the effects of chemotherapy on a cancer he is treating, and we both have decided that what matters to each of us is exquisite music and the transparency of the heart in connection with others and the lively earth.

Connection is the thing that makes meaning and gives sense to life itself. It's certainly the thing that drives me in my psychotherapeutic work, and life in general.

A reconnection is why my elderly friends reached out to me. It wasn't to convert me to anything; they sought to connect with me. Without connection there is loneliness and depression, an implosion of emptiness, and the elderly, among others, too often lack enough real connection. Some people become polite and circumspect, so as not to disturb the elderly, forgetting that realness is what connection is all about.

I'm not sure I was particularly accommodating in reaching out to Kathleen. I did try, but I got caught up with the content of her writing and not enough for the fundament of connection.

I think at least now I understand how to connect with David. Not through his missives, but just in listening to his drive towards reconnection.

Tetanus disease and vaccination

by Cameron Storey

The Tetanus bacteria lives in the soil, dust, and the stools of ruminant animals like cattle, sheep, goats, horses, and camels, etc. By itself it is harmless and lives inside from 5% to 40% of the population causing no problems.

If you have a wound and the Tetanus bacteria in the wound is deprived of oxygen it mutates and can produce a toxin known as Tetanospasmin but not always. If you have a wound and properly treat the wound allowing air to access the wound and no abscess forms while continuing to disinfect, you will not develop Tetanus.

The sources of Tetanus in the early 1900s were vaccination, circumcision, medical dressings, abortions, hysterectomy and child birth. (Pulvertaft 1937) All in an era where doctors and nurses didn't know the importance of even washing hands between patients or cadavers.

Diabetics account for 13% of Tetanus cases due to poor blood flow along with drug users accounting for a further 15% of cases.

How is the vaccine manufactured? In the past beef heart cells were mixed with animal pancreas cells and milk protein in the presence of the Tetanus bacteria, then fed

with blood cells and albumen. The resultant Tetanospasmin is heat treated and mixed with formaldehyde, traces of mercury (thimerosal) and 250 mcg of aluminium. Recently there has been a move to use non-animal (soy) cultures but this is not always so.

One way to stack the odds to ensure vaccine approval by pharmaceutical companies is to have a low rate of adverse reactions to the vaccine. So during vaccine trials stringent parameters are placed upon participants accepting only the healthiest ones but when the vaccine is finally approved doctors rarely take into account pre-existing conditions, unlike the trials, that may possibly cause more adverse reactions than the trial participants.

How many placebo (saline) -controlled safety efficacy trials have there been on humans or primates? The answer is zero. The effectiveness is therefore based on history, disease during war, case reports, guinea pig tests and many assumptions.

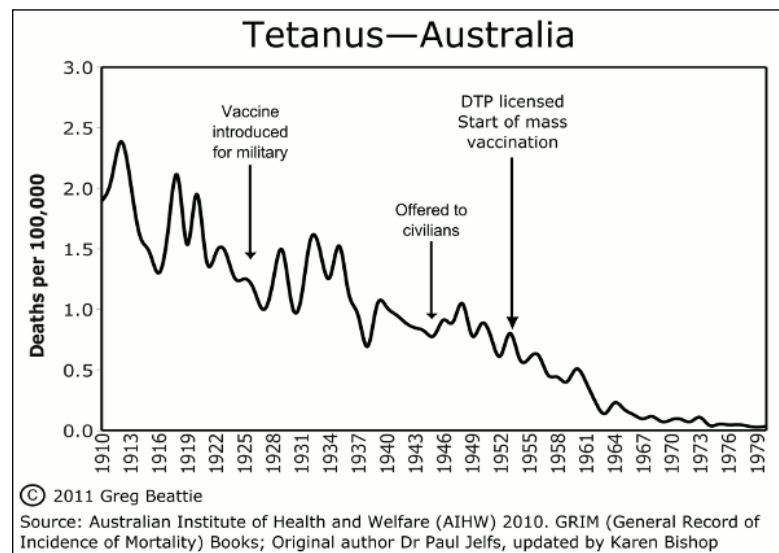
Another factor in this topic is the immune non-response of healthy children to the Tetanus vaccine. In one study the cellular immune non-response (CMI) was 15 to 18% while the humoral immunity (HI) was 12 - 14%. So around 39% of children receiving the Tetanus vaccine had an immune non-response. These

children are NOT protected from tetanus in spite of having the vaccine.

There seems to be an assumption that the same vaccine creates the same changes with each person. A study in 2013 found that there were totally different epigenetic changes across eight girls after the DTP vaccine. Changes included: inflammatory response, cardiovascular disease, cell death, genetic disorders, immunological disease, gastrointestinal disease and several others. This study crushed the assumption that our bodies respond to vaccines in similar genetic ways.

The immunological explanation for these epi-genetic changes from these vaccines is not known at present. (Orntoft 2013) There is evidence that wound care is far more important than being vaccinated. Millions are spent pushing this vaccine onto people unnecessarily. There is also evidence that most of the victims of tetanus are around 65 years old and there is just one fatality per year on average over the last 15 years.

The Australian Immunization Handbook (AIH) recommends "Tetanus-containing vaccines are recommended for children at 2, 4, 6 and 18 months, and 4 years of age, and adolescents at 11-13 years of age." 6 vaccines by age 13? NO. 18 Tetanus-containing vaccines by 13



years because "Tetanus-containing vaccines are only available in Australia as combination vaccines that include other antigens such as pertussis and diphtheria." (AIH) These are the vaccines used for Tetanus in Australia: Infanrix DTPa, Tripacel, Infanrix hexa, Boostrix, Infanrix IPV, and Quadtracel Pertussis.

There is evidence of Tetanus immunity in unvaccinated individuals that builds naturally over time and that Tetanus mortality rates had already declined significantly before the introduction of the vaccine. A major contributor to the decline in Tetanus morbidity in developed countries is the near elimination of neonatal Tetanus due to more hygienic conditions and

practice. (eg. sterilised instruments for cutting the umbilical cord)

As a testament to the sheer power and reach of pharmaceutical companies, as of 2016, 86% of infants worldwide were vaccinated with three doses of Diphtheria-Tetanus-Pertussis (DTP) containing vaccine, in spite of the fact that it is a largely preventable disease with good wound management and the likelihood of getting an adverse reaction to the vaccine is higher than the risk of getting the disease.

The global vaccine market has tripled in value since 2000 from \$7 billion to \$34.5 billion in 2013 and is expected to top \$100 billion by 2025. (UNICEF) "Power tends to corrupt; absolute power corrupts absolutely." - Lord Acton

Respiratory problems

Being able to draw a breath is essential to life, which is why respiratory problems can be so distressing.

The lung dislikes cold and dryness, typically seen here over winter, and problems such as coughs and wheezing are common at this time of year.

However, damp can adversely affect the lungs too, especially living in a cold damp environment. The lungs are the connection between the body and external environment, between the inner and the outer. They are delicate organs easily affected by outside influences.

Feelings of tightness, congestion in the chest and breathlessness are due to the failure of lung qi to descend. Invasions of pathogens variously described as viruses, bacteria - or by Chinese medicine as wind heat or wind cold - are common over winter.

Symptoms of wind heat include a sore throat, a cough with sticky mucous, fevers and thirst. While wind cold is more likely to cause a stiff neck, chills, headache and an acute wheeze.

Another pattern is phlegm heat that can persist after a cold or flu. Hot spicy food or a hot constitution can make this more likely. This type of cough or wheeze is worse at night or first thing in the morning.

A different pattern that doesn't involve wind or pathogens is liver qi stagnation that damages the lungs. Often associated with emotional factors and stress, the qi stagnation prevents the normal descent of lung qi.

The breath will become shallow with a feeling of chest tightness and difficulty in drawing a breath.



by Brigid Beckett

There is little or no mucous.

Other symptoms often include frequent sighing, insomnia and a feeling of tightness or constriction in the throat - "plumstone throat".

All the above patterns are generally described as excess patterns.

Also commonly affecting the lung are deficiency patterns. These are usually chronic conditions arising from long term lung disease. There is often a tendency to colds and flu, shortness of breath and wheezing.

Chronic asthma will fall into this pattern. Asthma medications disperse qi and relieve bronchospasm. But over time, this dispersing action will result in more deficiency.

While the medications are very necessary, tonifying the underlying deficiency at the same time will prevent the condition worsening and address the original pattern that caused it.

Childhood asthma is more prevalent than adult asthma. In the case of children the

underlying cause is frequently an immature and weak digestive system. This leads to phlegm, which is an important component of childhood asthma.

Acupuncture and herbs are effective in treating childhood asthma. People often don't consider these treatments for children, although in China children are routinely treated with Chinese medicine from a young age.

Treatment of children will involve fewer needles than for adults, with asthmatic children a number of treatments to slowly strengthen the lungs and resolve phlegm is recommended. Gentle cupping can be used as well.

As well as these specific treatments, food causing congestion of mucous membranes, or those that weaken digestion, need to be avoided. These include dairy, peanut butter, excessively sweet foods and too much cold raw foods.

Too much sitting down looking at screens results in insufficient mental and physical activity that will weaken the spleen (digestive energy). At the other extreme, tiring children with too much after school activity and not enough play and rest will exhaust the child's qi.

In lung conditions all the factors of lifestyle, diet, constitution, emotional factors and environmental conditions need to be looked at. When this happens treatments can provide a lot of relief.

Brigid Beckett is a fully registered practitioner working at Lismore Community Acupuncture. Phone 0431-702-560.

NATURAL LAW

We are all self-governing.
Let us call upon our ancestors and teachers - past and present,
to guide us in the way of the heart.
You are all my relations.
All is One.

July is a powerful month, with an eclipse series, a new galactic spin and the Mayan New Year.

The energy now is likened to the 'going within' or nesting time that many women are drawn to prior to giving birth. If you haven't already, it is time for us humans to retreat into the cave.

Release the busyness of life, and slow down. You will find the world still turns, and everything is okay. It's time to create space, focus within and move slowly.

You may find yourself drawing or painting, cooking nourishing meals, meditating, snuggling up, reading, lighting a fire. This is an important restorative time, for soon you will birth something beautiful and blessed. Something that will take you into the next chapters of your life. Stay warm and enjoy the nourishing, restorative qualities in July.

Daily affirmation for July:
"Everything I need to know is revealed to me in perfect time"
- Louise Hay

Enjoy the month dear friends, and thank you for reading 'Natural Law'.
Yours in wellbeing, Helene.

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by Helene Collard

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Helene has a Bachelor of Trauma & Healing (Law & Justice), is a Reiki Master and the founder of the Yemaya Centre for Reiki & Wellbeing in Lismore. Helene teaches Reiki in Lismore and is also employed as a facilitator with We Al-li, delivering their Culturally Informed Trauma Integrated Healing Approach (CITIHA) around Australia. Helene's approach to wellbeing is focused in personal growth, and she has been writing Natural Law and delivering wellbeing workshops since 2008. For information, enquiries and bookings visit: www.yemayacentre.com.au or phone 0405-656-797.