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My favourite shirt is torn - darn it!

by Eric Smith

The seasons are changing – there is a distinct chill in the evening, and it is time to unpack all of our warmer clothes.

If, on closer inspection, some things need a little repair – a hole in a sweater, perhaps, the zipper on your jeans is broken, little rips or split seams – now is the time to get them fixed and ready for winter duty.

Atelier Smith is a business I started a few years back, primarily featuring hand embroidered items – tote bags, cushions, small gifts – but in response to the need for people's beloved clothing being repaired, that has become another focus.

To that end, I have researched the lost arts of mending and darning.

Old books show the heroic efforts to "make do and mend" – recreating a section of sweater stitch by stitch, a patch matching the pattern of the cloth perfectly, even starting repairs on a rip by binding the edges together with a human hair. (I will not be doing this as I do not have any to spare...)



Some repairs can be inconspicuous, others can become features, a sense of the history of the garment, and the love that you have for it. Stop by for a consultation and an idea session.

Among the possible repairs are split seams, holes and tears patched, hemming both by hand and machine, darning of holes and worn spots in sweaters, replacement of broken zippers, replacement of missing buttons, and much more.

And if you need something made up, just

ask.

Some work can be done on site – I have both a vintage hand-crank Singer, and sometimes a treadle machine that come with me to the markets, with some materials and buttons in stock.

Many jobs have to be taken back to the workshop, where a tailor's model treadle, an iron, and other items that do not travel are available. And also, anything that needs a replacement part sourced locally can be brought back ready for you at the next market.

I am currently at the Blue Knob Market on the first and third Saturdays, at the Lismore Farmers Market (at the Lismore Showgrounds) on the second and fourth Saturdays, and at Seven Sibley Street on the second and fourth Wednesday, from 2-4.

As a part of the mission of sustainability of Seven Sibley, I offer free hands-on training for those interested in doing their own mending.

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

Keep volunteering for endangered species

Koala Kolumn

by Linda Swankie

Nadine Kuhn, a traveller from Germany, spent a month as a volunteer with Friends of the Koala in January. Koalas had always been her favourite animal, so for her a little dream came true to spend that much time with these special marsupials!

She worked all day Monday to Friday and also did a shift at the weekend for the whole of January, and she was such a great asset for us as a volunteer. She took to all aspects of our work like a duck to water and we hope she returns soon, but even if she can't return to us, the impact of her time with koalas has inspired her to work for wildlife across the world. She, like the other international volunteers who volunteer with us, will also be a strong champion for koalas and Friends of the Koala wherever she is. Read her story of her time with us.

"Before I came to the rehab centre I had a vague idea that koalas are a threatened species but was shocked when I realised the extent of the problem. During the last four weeks we admitted a huge number of injured or sick koalas to the centre but only two of them actually survived. Almost every patient was suffering from

Chlamydia or Cystitis, which must be extremely painful and is often fatal.

I was lucky enough to go to a few appointments at the local vet who was working for free, just as the vet nurse and all the other volunteers running the centre do. Witnessing this high level of dedication from so many different personalities and backgrounds was very inspiring!

At the same time I'm still shocked that the government provides no funding for the rehabilitation centre and that there are no laws to protect koala habitat. It was also concerning that many citizens of Lismore either had no idea about the existence of the koala centre in their hometown or that koalas are running straight into extinction unless the laws change.

I asked a few influential photographers on Instagram if they could help spreading the news so that people become aware of the serious situation as they have thousands of followers but one answer was special and I'd like to share it with you:

"We all have a voice to change the things that are important to us. It doesn't matter if we have one follower or one million followers, we all can start an online petition, send letters to the council, publish articles or find other ways



Nadine Kuhn

to fight for the things we believe in. We don't need somebody else to be the voice of our own message.'

I can really recommend volunteering with Friends of the Koala, as it's been more rewarding than any paid job could be, especially seeing them being released and going back to the wild!

I've learned so many things about koalas, their treatment, eucalyptus species and our own responsibilities

or priorities in life.

Thanks to absolutely everyone at Friends of the Koala. I had a terrific time and will definitely keep volunteering for endangered species all over the world!"

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.

Welcome to Nimbin, home of weeds

by Triny Roe

Welcome to Nimbin, home of the weeds, not just The Weed.

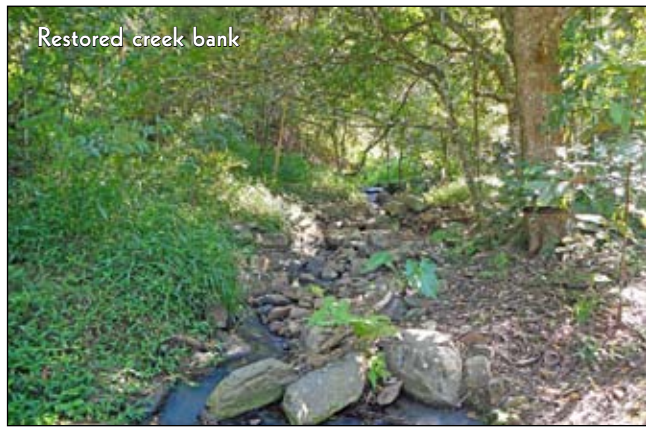
There are more weeds in the Northern Rivers than anywhere else in NSW. 100 declared noxious weeds and 187 listed environmental weeds have made themselves at home in this LGA.

Many of these originally came into the country as ornamentals. They arrived without their companion insect predators which limit their population in their native regions. Finding the climate mild, plenty of rain and without extremes of cold or drought, many exotic species flourished.

With land custodianship comes the responsibility to manage the weeds. Everyone has a general bio-security obligation to prevent the further spread of pest species. If left alone some weeds have the potential to overgrow and displace native vegetation.

Invasive species have contributed to the loss of at least four native plant species and another 57 are threatened. Twenty new pest species naturalise every year.

Are you thinking of moving to a rural lifestyle property? Do you know your plants? A vegetation survey before purchase will indicate what



Restored creek bank

serious weeds may be present so you can understand what the potential workload will be.

Before you sign the contract, get a section 64 certificate which will alert you to any control orders that might be in place or money that might be owing in relation to weeds.

Professional advice could also be beneficial. It might look all green and lush but those pretty shrubs along the fence could be privet which is an allergen and causes serious health problems when it's flowering. Your rural dream could turn into a nightmare.

Some environmental weeds are still being sold in nurseries and market stalls or spruiked on TV gardening shows. Chinese Tallow, *Triadica sebifera*, also known as *Sapium sebiferum*, has stunning foliage. It is drought and flood tolerant and recommended by more than one garden expert.

With suckering roots and an ability to alter the soil chemistry to help it germinate and grow faster, this tree is difficult to remove once it entrenches.

Naturalised in several areas, it has earned a place on the list of banned species in NSW.

Golden rain tree, *Koelreuteria elegans*, has a fabulous floral display. After short lived yellow flowers, pink bracts persist, eventually dropping off with a couple of small black seeds that geminate readily and quickly.

Unfortunately, this tree is considered one of the worst invasive trees in USA. In Australia it is a common street tree in Brisbane and Lismore and has naturalised in both SE QLD and Northern NSW.

Also introduced into private gardens in many locations, including Nimbin, this

tree can be seen spreading on roadsides and invading paddocks.

Currently this tree is on the National Environmental Alert List of weeds.

Rosewood or Tipuana, *Tipuana tipu*, also found around Nimbin, is another species on this list.

Plants are listed Noxious for a reason. Sometimes they have an economic cost as some species impact adversely on agriculture.

Australian farmers spend \$1.5 billion dollars each year managing weeds and lose another \$2.5 billion in lost production from competition or stock deaths from poisoning. This translates to higher food prices.

Other weeds impact on our health and lifestyles. The threat to native ecosystems is also high.

Weeds spread easily. We carry them around on our shoes, cars and clothing. Contractors bring them in on mowers, tractors and other machinery. Ensure shoes are free from mud before you enter national parks. Don't dump garden waste in bushland, and inspect regularly for new incursions.

Act fast to identify plants that pop up, and manage appropriately in a timely manner to reduce your workload.

Happy weeding.

Plant of the month



Marijuana *Cannabis indica*

Cannabis is classified as a cannabinoid drug.

The exact number of different cannabinoids in the cannabis sativa plant is still being researched, but it primarily contains the psychoactive cannabinoid THC (delta9 tetrahydrocannabinol) and the non-psychoactive cannabidiol (CBD).

Cannabis can be smoked, eaten or vaporised and comes in different forms. Users report that the subjective effects of cannabis vary significantly depending on the form consumed.

When smoked or vaporised, the effects are usually felt straight away. There are health concerns about the impact of smoking, especially in the long term, especially if mixed with tobacco.

It takes between 1-3 hours to feel the effects after eating cannabis.

When edible products have inconsistent levels of THC, even experienced

users may find it difficult to regulate the amount consumed.

Cannabis has been used for medical purposes for many centuries. It has been reported that cannabis may be useful to help conditions such as:

- nausea and vomiting, particularly when associated with chemotherapy
- wasting and severe weight loss, in people with HIV/AIDS, cancer, or anorexia nervosa, as it may be used as an appetite stimulant
- pain relief, for example in people with cancer and arthritis
- relief from symptoms of some neurological disorders that involve muscle spasms, including multiple sclerosis and spinal cord injury
- glaucoma
- epilepsy
- asthma.

Source: Australian Drug Foundation

Nimbin Garden Club notes



by Mandy Hunter

The April gathering saw 25 members and guests meet at Saskia and Dave's place on Swift Road to view the beautiful gardens that surround their 1906 home.

They have owned the one acre property for three years. The garden was established by the previous owner of 29 years Sarah Pacey, who was responsible for buying the next door paddock which contained a couple of remnant rainforest trees and slowly creating the garden.

Maintaining and keeping the area under control takes Saskia five hours a day five days a week and she says this is still not enough. A true labour of love.

A beautiful brick path meanders its way around the many garden areas that have been carved out of the lawn, all layered with ground covers, shrubs and trees creating hidden areas. Splashes of colour are added by huge dahlias, tropical gingers, begonias,

daisies and many more.

Many of the plants are well established including two large cabbage tree palms, quirky looking date palms, birch trees and aromatic magnolias.

There is a shady palm and fern garden on the other side of the house, and a vegie garden which is just finishing its summer crops.

Many fun elements are established in this garden including a large fire pit, bird baths, fish ponds, swings, spa, frog ponds, hidden seats and a whimsical cubby house that turned out to be a potting shed.

Thankyou, Saskia for sharing your inspiring garden and being so generous with cuttings

Our May visit will be to the home of Linda and Joe Mielcarek at 291 Stanger Road (at the end), off Stoney Chute Road. About 15 minutes from Nimbin, on Saturday 18th May between 2-4pm.

Please note this is a working farm, and all attending are requested to wash footwear before the visit.



Visitors and guests are welcome to attend. Please bring a cup, a chair and a plate to share.



The 2019 World Environment Day Festival is on Sunday 2nd June at Knox Park in Murwillumbah, featuring a panel discussion including ecologist John Hunter and environmental lawyer Sue Higginson.

Over 30 local environmental groups will participate, and Tweed Shire Council and Library will have stalls. There will be a Kids Space, Hoopla Kids Circus and workshop, with vegetarian food available and music from Murray Kyle and local Aboriginal band Mangrove Jack.

For more information: calderaenvironmentcentre.org
Like Caldera Environment Centre on Facebook

Veganism - has anyone asked the animals?

Well, yes. I have had the privilege to communicate with cows, goats, sheep, chickens and pigs on this very subject.

Overwhelmingly they have a universal response. As long as they are treated with dignity, respect and love during their lives; allowed to express themselves fully and being understood for the sentient beings they are, then they do understand their role in the ecosystem. They have a highly evolved perspective that directly correlates with indigenous lore and principles.

If the animal is to die for the purpose of man then it is important to use all parts, give thanks to the spirit as it passes over and not let the animal be sacrificed for only one aspect of their earthly selves, eg. tusks of an elephant or fins of a shark.

To be entirely clear, if even one of these animals suggested eating meat was against their and our highest good, I would mention this.

I understand this article may ruffle some feathers. However, since the vegan marches on April 10th, I have been asked daily what my opinion is of veganism, and I believe it is important to speak up for the animals.

Although these marches

and protests would have all started with good intentions and has definitely started a conversation on the topic, it seems to have almost gone too far the other way.

Nobody seems to be listening to the real message because it's all underpinned with anger and lack of rational discussion, claiming to be doing it all for the welfare of the animals. Sadly it seems to be a vegan crusade that has a mob mentality. There are better ways to get this point across.

Don't get me wrong, I have many friends who are vegetarian and vegan and I myself have eaten this way for multiple reasons throughout my lifetime. I respect everyone's individual choice completely, without question. I totally agree that as a society and community we should be consuming less meat and have a better understanding of where it comes from. But I don't believe anybody has the right to tell others what or how to eat, just as they shouldn't have a say in what religion or spiritual practice people have.

Also, the concept of giving yourself a label or putting people in categories or boxes, doesn't seem to work either. It all comes down to personal choice. We need to be eating instinctively and consciously,

eating with our hearts and our heads. Even the Dalai Lama consumes meat when it is given to him.

In fact in Australia the vegetarian population went from 1.7 to 2.1 million as of March 2018. That's 11.2% of the population, and 58.4% of people claim to be eating less meat, which is wonderful. Vegetarianism has quadrupled from 2012 -2017, 987% (statistics from *livekindly* website and Roy Morgan Poll).

According to PETA, 198 animals are saved per vegan, but technically this can't be true, according to Chris Tomson, author for *Quora*, as the same amount of animals are being produced.

It is important to note that the animals and I do not agree with the soulless industrial-style farming where animals live a horrible life. Mutilated, force-fed and pumped full of chemicals and antibiotics. Being brutally slaughtered with no regard for the sentient beings they are. This way of consuming doesn't do the animal any justice at all.

I was shown a living example of this firsthand by a gorgeous rooster who made an escape out of a truck doing 100kph. He came to live with me, and was called Clover. He had multiple injuries but recovered



Animal talk
by Donna Connelly

beautifully. (pictured above)

He illustrated perfectly what is wrong with this style of 'farming'. He was 5-6 weeks old and already double the size of my 2-3 year old chooks and rooster.

He managed to eat the equivalent of what eight normal chickens ate every day. His beak had been cut, so he was limited in what he could have and he also had an insatiable thirst. He waddled when he walked as his legs could barely hold the weight of his body.

However, what I remember most about this sweet guy was the size of his heart. He made me melt every time I saw him. I gave him Reiki everyday and he would always waddle over for cuddles and affection. When he was nearly six months old

a wedge tailed eagle took him and dropped him.

When I found his body he weighed 9.6 kg. Unbelievable. He lived a happy life where he was content and made friends with all the other critters, including a massive brown snake he used to sunbake with most days.

If you can take anything away from this article, I beg of you please stop sharing Animal Cruelty posts and information. Ironically, they are most commonly shared by animal rights groups, and well meaning animal lovers.

Not only are they extending the animal's pain and suffering by virtue of the scene being witnessed and viewed multiple times. Empaths who watch this are incredibly traumatised. While, sadly, the people likely to perpetrate these barbaric acts, now have a handy how-to video or picture to watch.

Animals don't want their suffering to be used as story telling for other's information along the lines of shocking people into action.

You wouldn't share something like this about a family member. Please think about this next time you are faced with this choice, as it really doesn't serve the animals highest purpose at all.

I would also like to say I

also have great respect for the farmers who are trying to do the right thing for their families and animals in their care. The ones I have met seem to be in this majority, especially in this region.

Bottom line, we are the planet's guardians. We need to be more aware that our choices have consequences.

Conscious consuming on every level. The way we treat everything on the Earth needs a major overhaul including the trees, oceans, waterways, animals, ourselves and each other.

One of the greatest ways we can make change is to be aware of how we spend our money. Keep it local. Be willing to pay a few extra dollars for produce that is treated with respect. This will encourage more producers to adopt this way of sustainable agriculture and jump on board.

By all means be the love and be part of the change, just don't get caught up in the political process and others' agendas. Ask yourself – is this the best I can be, for me, the animals and the planet?

That's the filter I'll be using.

Catch us this month at Tyalgum Village Hall for the Heart of Caldera Wellness Festival 18-19th May, 9am-3pm both days.

Mindfulness and marijuana

Improving our personal relationship with cannabis, if that's what is required, starts with becoming more mindful about our usage. However amazing we believe this substance to be, our well being and satisfaction levels can be greatly enhanced when we learn to respect its limitations, as well as our own.

Inhaling that tobacco free smoke or vapour for the first time on any particular day initiates a complex chain of reactions as the active ingredients infiltrate our nervous systems. Whatever the reasons for our ingesting, recreational, spiritual, medicinal or quite likely a combination of these things, this delicate process is the driving force behind our use and we don't want to miss it.

Finding ourselves clean and fresh on any particular day, ideally not having indulged for a number of hours, if not days or weeks, we are well placed to fully appreciate the magic on offer. From here all that is required is to sit back and allow things to take their course.

Other than experiencing our choice of sensory pleasures, no interference is necessary, the practice of continual re dosing being more likely to dull the experience than improve it.

If you can imagine two flows of energy or streams of consciousness travelling in opposite directions, every



by David Ward

action having an equal and opposite reaction, one drawing you towards another dose on top of the last, with the suggestion of not being satisfied, of never quite having had enough, of not being fully in appreciation, of missing the actual event.

The other taking you in the direction of just sitting with the experience you have already encountered, of being satisfied, of being in appreciation for this gift, of not being so driven, not interfering.

From here just think in terms of the experience having a beginning and an end, four or five hours should see you coming back to your primary reality, just in time for some appropriate nutritional replenishment of the energy you have just expended, followed by a good sleep. We're simply relaxing our grip on the attachment

to this altered state and letting it go, for now.

As soon as you start layering the effects, you've lost your reference point, without a break you no longer have anywhere to leave off from or to come back to. It's like a reality limbo, a permanent binge, its easy to lose sight of why we are doing it in the first place; we're on the treadmill, just doing it. By taking breaks and developing the practice of being relatively mindful about our use we move away from the ordinariness of that exhaustive blur that constant repetition brings, through mindfulness, we make the experience very special in many ways.

As you continue to develop this practice, it becomes possible to lengthen the time between experiences, bookending them with periods of reality, reducing your requirement for stimulants at the same time; all that coffee, tobacco and sugar becomes unnecessary. This move away from wastage, of the substance as well as ourselves also definitely helps in avoiding times of short supply.

Other maybe more appropriate options will take the place of that steady and constant cannabis consumption, leaving you much more able to know just where you are when you choose to get really high.

Does the soul determine our destiny?

by Auralia Rose

More than you may realise. Demonstrated by a recent customer who enjoyed an "epiphany-like" moment during his past one.

Nicholas is a young man in his mid 30's who has a deep desire to create positive change in the world. He runs a small marketing agency promoting ethical businesses. Despite success in so many areas of life, the feeling of satisfaction and fulfilment evaded him.

Like many of his generation he sees much need for change in the world. Yet Nicholas feels conflicted in being a martyr in the name of purpose and following a relaxed and easy life. He often jeopardises himself standing up for what he believes in, refusing to do business with clients who do not match his high standards of corporate ethics.

Nicholas came to see me because he wanted the deep inner peace that comes from knowing his soul's mission. He visited two past lives.

The first one was during Roman times where he was a seven year old boy standing alone on a battlefield strewn with dead bodies. He had left home to follow his father into war, intending to fight alongside him. His life ended prematurely when he was found and killed by an enemy soldier.

In the next life he visited, Nicholas was a female prostitute who had been kidnapped and taken on board a Viking ship where she was constantly raped and beaten by the sailors, eventually managing to escape that wretched life as the wife of one of the senior sailors.

They became part of the English aristocracy, nice house, two children etc. A privileged life, yet she remained unfulfilled until the time of her death, not ready to die, remorseful because she felt she had not lived her life to the fullest.

Reviewing these past two lives, Nicholas understood that in the first one he followed his heart, being courageous in leaving home to follow his father into war, ending in an untimely and violent death. In the second one he realised if he tried to defend himself against



the sailors he would have been killed, instead choosing to submit to the men, thereby saving his life and going on to experience ease and privilege in that lifetime. His dilemma has always been courage versus rationale.

While still in deep hypnosis I requested to communicate with Nicholas' higher self (HS). His HS said that Nicholas never feels ready to die in any of his lives, and that he may never be satisfied with his life. When I ask why, the HS answers it's the path his soul has chosen, it's where the desire to effect change in the world comes from, and if he was satisfied he would not change things. It is his soul's choice.

I ask if it's for Nicholas' highest good to continue with this soul contract. The HS answers he may have evolved to a point where it's not for his highest good, and it depends on whether he wants to contribute to the world or contribute to himself.

"Does his soul desire to find personal satisfaction and fulfilment?" The answer is no, deep down he doesn't really want it, his driving force is creating meaningful and lasting change, even if that means he's never satisfied.

It's the big picture that is always most important to the soul.

Nicholas feels he has gained understanding and insight into his deepest motivations and now lives with empathy and compassion for the decisions he makes and the path he chooses in life.

Contact Auralia on 0422-481-007,
email: auralia_rose@hotmail.com
Web: www.auraliarosewellbeing.com

Communication within the herd

by Les Rees

Today there is a fog hanging over the valley giving the impression that we're alone on a mystical island. It appears that we are the first to greet the sun whilst the rest of the world has yet to wake.

I throw on my clothes and wander up to the yard accompanied by our cat, Django, and our dog, Molly who like to hang out with the horses.

I hear the ponies nickering their greeting and announcing my arrival to the yard where four hungry faces wait with anticipation for their feed buckets to arrive. They take it in turns to offer me their noses in greeting and I know that all is well with them.

Django investigates the water trough, dipping his furry grey paws into its depths and flicking away the droplets whilst Molly supervises the horses.

They're surprisingly gentle with her bouts of bossy interference. They have worked out a way of defending their space without causing arguments and if she oversteps the boundary, she knows that she has to back off.

There is also a strong bond



between our horses and the cattle located on the neighbouring farm. They like to hang out together over the fence and often spend time sleeping together.

It's interesting that the cows are now unafraid of my presence; when I first came here they ran a mile every time I looked at them.

But there is a message here: horses and other herd animals prefer us to have soft focus when interacting with them, it offers them a safe space to share with someone who isn't going to hurt them.

Looking at a horse with hard eyes makes you the predator and they can get very cranky if they feel threatened which can produce some very defensive behaviour patterns.

Equine language is all about the control of personal space. They are constantly asking

permission to move into each other's space. The structure of dominance within the herd depends upon specific gestures aimed at various parts of the body requiring horses to move away from their space. This can involve moving the head, head and neck, front legs and back legs.

Other requests may be to join them on a walk or to drive another horse away depending on their level of dominance within the herd.

This is important because they are prey animals and are very vulnerable if that space is unguarded, which is also why the herd is so important for their safety.

Learning their language can create the most amazing connection. It allows you to become a member of the herd rather than just a person who comes and then goes again

after they have had a ride.

Communication in their language brings about acceptance and builds strong bonds and most of all, mutual respect.

There are still many people who use means of force to train their horses, based on pressure, dominance and fear-based training principles.

There is a failure to recognise that horses respond in the only way they know how to. Their behaviour is based on their understanding of their own language, yet they are expected to react positively to our demands.

When we learn to use their language to communicate, it breaks down the barriers of misunderstanding and builds an amazing connection.

Humans are supposed to have the greatest intelligence of all animals; if this is true, it is our duty to protect and respect the others.

If anyone is interested in learning the Language of Equus, I'd like to hear from you.

I'm happy to share what I have learnt.

Les Rees is an Equine Naturopath and Sports Therapist, trading as Horsetail Herbs
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Colombian caballos

by Suzy Maloney

In the Spanish language, horses are caballos.

Recently I was staying with a Colombian family who had a huge farm in the Andes, which had been in the family for generations. It was accessible only on horseback, so people and supplies have to be taken up and down the mountain using horses.

The horses are mountain bred, and live and work there. They are strong and intelligent, with the ability to climb up and down effortlessly. They're all bone, muscle and sinew, with no excess fat on them. Most are around 14hh.

The size is important, as they need small hooves to be able to find the cracks between rocks and climb, much like mountain goats.

This was my first experience riding Colombian caballos and I'm a total convert, they're amazing. On the way up to the farm (about a three hour ride), night descended. There was a full moon and the most amazing scenery I've ever

seen. The horses never faltered and climbed up the rocky tracks even when all was dark due to bushes or rocky outcrops. It was an incredible exercise in trust. I was sitting on a horse I'd only just met, La Rosa, and had to trust that she could find the right place to put her hooves in the dark.

That night we slept at the farm, and then the next day went further up to the top of the mountain to find and care for some cattle that lived up there. The horses wanted to run, and we trotted and cantered through the foothills. Then we started climbing. Unlike the night before, now I could see the type of terrain we were crossing, it was hard and rocky. Often the track ran along the edge of a steep drop, with only rock underfoot. The horses were able to clamber up sheer rock faces, with rock underfoot and above, there was little soil on the slopes.

On the way back down they did the same at the drops, somehow getting first one front leg over the edge of the rock, then the next, and finally the hind

legs. We held our saddle horns and let them do their thing; to interfere or try and help would only distract them. I watched it all and still don't understand how they did it. The slopes were frequently 45 degrees or more. At one point my mare was heading steeply straight down the edge of the mountain towards the cliff edge. At the very last moment she veered sharply to the right and continued along the track. This was the only moment where I stopped breathing, I'm a pretty brave rider but this tested me. We ended up calling it 'extreme sport horse riding'.

After taking us plus our gear, up to the mountain farm the night before, then climbing to the very top the following day, we reached the foothills. And what did the horses want to do? Run!

So off we went at a fast canter across totally uneven ground with rocks everywhere. Not one of them missed a beat. I decided not to look at the ground; again my trust in my horse was justified.

I couldn't help but compare these horses to the ones I know in Australia. Ours would never be run over such ground. Ours would have no idea how to clamber up and down rocky ledges and would definitely expect a big dinner after so much work. These horses were not fed, but released to graze on the mountain grasses.

They were so fit and so healthy and so switched on mentally it made our horses look like pampered poodles. I have ridden all my life, and without doubt this was the best ride I've ever been on. I will definitely be requesting a visit to the farm next time I go to Colombia!

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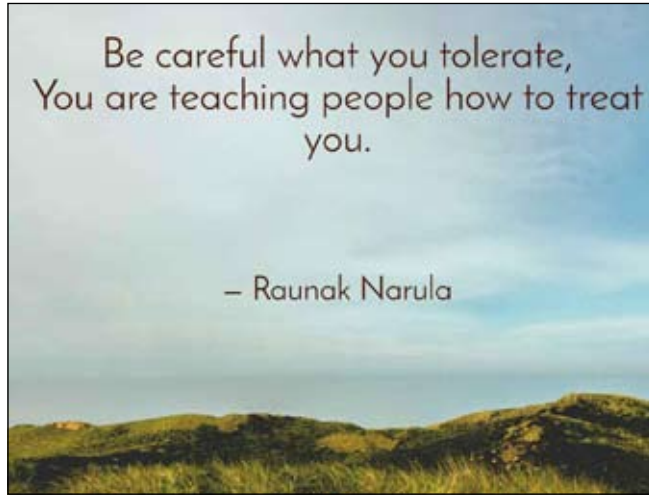
Speaking up in intimate relationships

by Dr Elizabeth McCardell

There is a meme doing the rounds at the moment that I think is exactly right particularly where relationships are concerned, that is. It reads, "Be careful what you tolerate, you are teaching people how to treat you."

Unless you speak up and say what is bothering you, others will think you agree with them, or at least don't really care, because otherwise, how would they know. A lot of gaslighting begins here. The gaslighted tolerates quite a bit of abuse for a variety of reasons, including the idea that the abuser is aware, without us telling them, that their actions are having a bad effect on us. The thing is, most of the time they are not aware.

By repeatedly not speaking up, a person can get really confused by the seeming lack of empathy coming at them from others and in this confusion they can feel a deluge of contradictory responses to them, such that they don't know themselves anymore. This gives a clue as to where a person is at emotionally. I see a number of people in this disempowered mind-space who are experiencing interior collapse, without knowing where to start to regain their sense of self. The other



person blithely continues this line of unexamined abuse for they don't have a gauge of the us.

The belief that others sort of know us, without being told is a hangover from early childhood when the child thinks the world revolves around them and that everyone shares the same mind-space as themselves. This is classical magical thinking. Magical thinking assumes that there is a causal link between one's inner, personal experience and the external physical world, and that other people automatically know what the child is thinking, hoping for, wishing for. I suspect that a lot of adults harbour some beliefs of this kind. It is, interestingly, in intimate relationships where the magical thinking of childhood tends to reemerge. For it is in such relationships

we often expect the other person to know us more than perhaps they do, and when they don't, we get a shock.

Magical thinking is implicit in the idea of romantic love, something writ large in popular culture. There we have ideas of how it is to be in love, where heart and soul are shared, where there are not two, but one, where there is a sacred unity in love making and where we are destined to be together. I am not saying that this kind of experience doesn't happen; what I am saying is that such an experience isn't present all the time, and shouldn't be.

Too much gets assumed, consumed, presumed, when we expect a closeness that is unexamined. It is in the unexamined that abuse is free to occur, and often does. It is in the unexamined and unspoken that one or the other of us can assert a

control over what they deem suitable or unsuitable for us: clothes they want us to wear, music they don't want us listening to, members of the family that they expect us to not associate with, whole philosophies of life that they assume we are not interested in.

A sense of being together is important, but also important is a sense of remaining an individual capable of speaking up when required. When we, as individuals, speak up, we give permission for ourselves to be different people and also allow the other person their uniqueness. They are not us, and we are not them. How nice it is to be recognized and loved for ourselves, and not merely as a projection of our first caregiver (usually our mother). Our adult relationships need to be different from our parental ones. This differentiation, this separation, is the beginning of the positive state of being cast out of an Edenesque unconsciousness to an individuated self.

Consciousness requires us to examine and speak of our individual truths and lives. When we speak from our unique place we define ourselves and we literally shape how others treat us. And we, in knowing ourselves differently, can speak increasingly with confidence and authenticity.

Take charge of your birth and beyond

Doula Wisdom

by Kirrah Stewart

Even though birth is a natural event and humans have literally been doing it for thousands of years. A LOT of people are not having a good experience on what should be the happiest day of their life. Too many people are heading into birth and postpartum without the right skills and attitude.

You will remember the birth of your baby for the rest of your life and it will dramatically effect your overall experience of parenting in those early weeks.

A pregnancy usually lasts around 9-10 months so you'll have plenty of time to think about what you'd like for your birth. And although you might not be able to totally plan every little detail... there are some things that are really good to think about.

Knowing what to expect means you can take action to have the right support, practise breathing techniques for birth and also plan to have a more peaceful, fully supported postpartum. The more you can prepare for your birth and early weeks with your baby, the more calm and confident you will feel.

Know your options

Knowledge is power. By researching and understanding what your options are, you can make empowered decisions that feel right for you. If you don't know your options, you are leaving your fate in the hands of someone else. This is your body and your baby, so become educated so you can make the best decisions.

I encourage you to think about where



you want to give birth, who you'd like to support you and what would help you have a better experience giving birth. Learn what is happening physically in your body but also how to trust your intuition so you can switch off your 'thinking mind' and trust your instincts.

It's also good to think about what helps you relax because this may assist you in labour too. Do you like music? What about aromatherapy? Can you use heat to soothe? Do you have access to water like a shower or birth pool?

You need to take charge of your experience

No-one cares more about your health and the health of your baby than YOU. By taking an active role in planning your birth and postpartum, you can work towards making this the best experience for your unique needs.

How would you like to remember the birth of your baby? And what would you

like those first weeks postpartum to be like?

Good support is key

This is a life-changing event and the support you receive makes a big difference. It's important that you feel cared for and supported throughout your whole journey through pregnancy, birth and postpartum.

Would you like to have a midwife, doctor or obstetrician provide your prenatal care? Would you like to have a doula support you during birth? What about after your baby arrives? Who can support you as you transition to becoming a newborn mother?

With the right support this can be the most incredible time of your life.

If you want to feel more confident about birth and postpartum, you can download the natural birth checklist at www.doulawisdom.com or contact Kirrah on 0429-308-851 or email: kirrah@doulawisdom.com

Conspiracies and hidden agendas

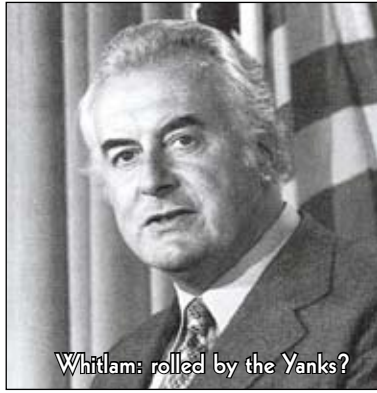
These stories are about humans, how they treat each other, how they hide and justify their actions, and inevitably try to cover up their tracks, and sleeping masses who eventually work out what happened many years later. "Gough was tough 'til he hit the rough" – **Midnight Oil**

In 1975 prime minister Gough Whitlam discovered that MI6 (Secret Intelligence Service – UK) was bugging cabinet meetings for the Americans and asked why the CIA (Central Intelligence Agency – US) was running a spy base at Pine Gap near Alice Springs.

This massive data collection site, as Edward Snowden revealed, allows the US to spy on everyone.

Whitlam had abolished royal patronage, moved Australia towards the Non-Aligned Movement, supported "zones of peace", terminated military conscription, instituted universal health care, free university education, opposed nuclear weapons testing and believed that no foreign power should dictate Australia's economic and foreign policies.

Victor Marchetti, the CIA officer who had helped set up Pine Gap said, "The threat to close Pine Gap caused apoplexy in the White House ... a kind of Chile [coup] was



set in motion."

Whitlam's demise would have seemed imminent when he read a top-secret message from the notorious head of the CIA East Asia division, Theodore Shackley, that declared that the PM was a security risk to his own country. Shackley helped facilitate the coup against Salvador Allende in Chile two years earlier.

On the day Whitlam was to inform parliament about the secret CIA presence in Australia he was summoned by Kerr. Invoking archaic vice-regal "reserve powers", Kerr sacked the democratically elected prime minister.

The deputy director of the CIA said later, "Kerr did what he was told to do." US diplomatic cables published last year by

WikiLeaks disclosed the names of leading figures in both main parties, including a future prime minister and foreign minister, as Washington's informants during the Whitlam years.

This coup is the typical MO (Method of Operation) used on foreign governments across the world by the CIA. And now for our National Anthem, "The land of the thief and the home of the slave..."

Operation Gladio

Gladio is the name for the collection of secret (right wing) organisations under Western Union and then NATO, many trained by western intelligence agencies (UK and US) that manipulated European sovereign states by a campaign of terror and murder.

Under the guise of defence against Soviet invasion after WW2, these black-ops units infiltrated left-wing organisations and became attackers of the established political order (including Communist parties) and conducted countless false flag operations against civilians from around 1948 to 1990.

Secret service documents revealed groups and participating countries to be Gladio in Italy, Plan Bleu in France, SDRA8 in Belgium, Absalon in Denmark,



by Cameron Storey

ROC in Norway, I&O in Holland, Red Quantun in Spain, Ozel Harp Dairesi in Turkey, P26 in Switzerland, TDBDJ in Germany, Againter Press in Portugal, AGAG in Sweden, OWSGV in Austria and LOK in Greece.

Operatives were funded through the CIA and trained (Both in the UK and Sardinia) in planning, recruitment, surveillance, communications, explosives, small arms and parachute training. Political assassinations (eg. Julian Lahaut) were carried out.

The "Strategy of Tension" was established by attacking civilians including women and children to convince the public to willingly trade their freedom for security.

In December 1969, bombs were exploded in Piazza Fontana, Rome and Milan. In 1980 a train bomb at Bologna, Italy killed 73 people and injured 291.

Italian judges frequently found their investigations hampered by police and state authorities and began to suspect a network of intelligence agency interference.

Later Belgium, Switzerland and Italy had parliamentary inquiries, witnesses came out, officials testified but only the pawns in the game were sacrificed.

So next time women and children are gunned down in a supermarket or a bomb explodes on a train it may just be Western intelligence agencies training, funding and infiltrating terrorist groups to murder their own citizens in order to apply political pressure or remove public freedoms via increased policing powers, but it's probably only your grandchildren who will know what happened in your time.

The Dharma Centre has yoga classes Monday 4.30pm with Therese and Thursday 4.30pm with Matt as well as yoga classes at Birth and Beyond Hall Friday 9.30am with Cameron and Saturday 9.30am with Therese. Find us on FB "Dharma Centre – Lillifield" – (02) 6689-7120.

Why consider Chinese medicine?

For many people, acupuncture and Chinese medicine can seem exotic and unfathomable, and they therefore stay away from it. Which is unfortunate, as there are many conditions that can benefit from the Chinese medicine approach, some for which there are not otherwise many helpful treatments.

One example of this is tremors and numbness. While these problems should be looked at by western medicine practitioners for a diagnosis or to rule things out, often treatment options are limited.

For these type of conditions, good results can be obtained with Chinese medicine. This can be either in conjunction with Western medicines or by itself, depending on the situation.

Often tremors are associated with ageing and overwork, longterm stress and drug use, either pharmaceutical or recreational. Frequently the yin is depleted in these cases. Yin is the stabilising energy, without it the yang (associated with movement) loses its moorings, this uncontrolled yang is referred to as wind. Wind causes tremors and potentially other problems.

Yin deficiency causes dryness, including dry tendons. There may be a shuffling gait and tremors in the hands, legs and jaw. Other yin deficient signs are dizziness, numbness, insomnia and night sweats.

Blood deficiency is another pattern that can cause tremors. Blood deficiency can come from a long term inadequate diet, or blood loss such as after childbirth or heavy periods.

It can also be due to constitutional spleen qi (digestive energy) weakness, childhood convulsions can be part of this pattern. The tremors



by Brigid Beckett

in blood deficiency are usually finer.

There is an overlap between yin deficiency and blood deficiency with both causing dry tendons and unanchored yang/wind. With blood deficiency the fine tremors and head shaking are often long term.

Again, numbness and a shuffling gait can occur, insomnia and dizziness also. Other signs of blood deficiency are extreme tiredness and lethargy, paleness, blurred vision and sweating.

Another pattern that can cause tremors is phlegm heat. In this case the phlegm does not necessarily refer to mucous, but it also can be an insubstantial element formed from other disharmonies, especially if there is liver and spleen involvement. Long term stress and diets high in dairy or fried and fatty food can be causes.

These tremors are mild to severe, sometimes they can be stopped with a conscious effort.

Other signs that phlegm heat is a problem are fullness or stuffiness of the chest and upper abdomen, vertigo, sweating, and a tendency to being overweight.

With regular treatments and care with diet this pattern can be cleared relatively quickly.

In general, Western diagnosis in the above situations can include Parkinson's disease, Meniere's disease, hypertension, epilepsy, multiple sclerosis, hyperthyroidism, anxiety, drug or alcohol abuse or senile tremors. There are also cases where no Western diagnosis can be made.

A more severe condition is wind stroke, which does equal a stroke as known in Western medicine.

In Chinese medicine, again yin deficiency is often a primary cause, allowing internal wind to rise, along with the involvement of phlegm heat. Usually wind stroke occurs after many years of disharmony, often with a poor diet creating phlegm and damp, or alcohol and tobacco.

Prevention of this kind of event is much preferable than having to deal with a stroke. Nourishing yin, extinguishing wind and dealing with phlegm along with improved diet and lifestyle are effective in prevention. People in the acute phase of a stroke will end up in hospital. In China, acupuncture is often incorporated in stroke treatments but that is unlikely to happen here.

After the acute phase acupuncture and herbs can be very effective in restoring function. Treatment is most effective between two weeks post-stroke and six months; regular treatments can give very good results.

These are just one set of problems where Chinese Medicine can be extremely helpful but often is not considered. Chinese medicine theory and practice covers many areas and has the potential to significantly improve people's lives.

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

NATURAL LAW

Welcome to Autumn in the Southern Hemisphere, where the cooler temperatures and waning sunlight bring a change in rhythm.

This is an incredible time to invite and embody the sacred balance of masculine and feminine energies. This may occur in any area of life, and most importantly, with ourselves.

When we call our divine inner masculine and feminine into balance, we say yes to physical, emotional, mental and spiritual stability in our outer world.

This sacred union is also the vibration that will elevate cohesion and healing on Earth.

Deep attunement is possible at this time; embrace the unfolding and emerging that is taking place.

If you would like energetic support with balancing your masculine and feminine energies, I would love to hear from you.

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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's approach to wellbeing is focused in personal growth, and she has been writing Natural Law and delivering wellbeing workshops since 2008.

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