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DOLPHIN FUNERALS

A growing thing: Hemp

Food matters
by Neil Amor

Hemp has long been part of medicinal and spiritual practices in various cultures throughout history.

A prominent religion that valued cannabis was Taoism in ancient China.

The Chinese even had a caretaker for this herb; her name is Magu. Cannabis has been intricately tied to her healing abilities, though on a spiritual rather than physical level.

Records of Taoist practices have listed the consumption of hemp seeds as protecting against demonic possession and increasing the 'Second Sight,' while burning the seeds was pertinent in purification rituals.

Often, it was Magu who was invoked during these times, and she came to be associated with the Taoist landmark Mount Tai for its heavy growth of the plant.

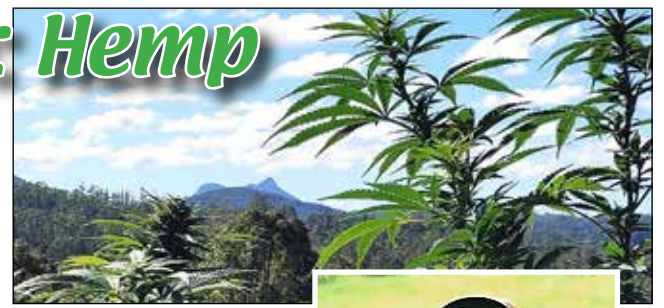
Throughout China, Japan, and Korea, Magu is depicted as a beautiful young woman. Her youth and beauty are symbols of the health and

healing of the universe she is believed to protect, and her abilities extended to incorporate the creation of the world and humanity.

Hemp is one of the world's most useful crops. It is prized for its ability to remove pollutants and heavy metals from the soil, its short growth period, and minimal water usage. Furthermore, all parts of the hemp plant can be used.

Research has found that cannabinoids and other cannabis compounds work synergistically. According to royalqueenseeds.com "Though the Guinness World Records refused to verify the achievement, on a special day in September 2021, the county department of agriculture certified that a single hemp plant topped out at an amazing 24 feet and 1 inch (over 7.3m)!"

Looking out to Mount Warning, there is a growing family and business, Narba Heights Organic Hemp created by Courtney, a long time Organic Food Co-op volunteer, and her partner Jonny.



They have created a range of specialised products such as muscle aches and pains balm, chest rub, night balm, day cream, and hemp oil (pictured), to name a few, using their own certified organic low-THC hemp and containing the full spectrum of the plant. Available on-line at: www.narbaheights.com.au and at the Nimbin Organic Food Co-op.

Hemp seeds are comparable to soybeans in terms of nutrition. They are high in protein, low in carbohydrates, and rich in dietary fibre and unsaturated fatty acids. After the oil is extracted from the hemp seeds, the residual mass is a protein-rich material useful for food processing.

Continuing our indoor/outdoor theme, try this with torn-up and quickly fried flat bread, just drain and sprinkle with salt flakes.



Hemp and lemon hummus

Ingredients
250g cooked chickpeas
75g hulled hemp seeds
2 large cloves garlic
2 organic lemons, juiced
¼ tsp organic lemon rind
6 tsp tabini
2 tbsp hemp oil
4 tbsp water
1 tsp salt

1 tsp ground coriander
Crush garlic. Juice the lemon (make sure it is organic, unwaxed, and give it a wash first). Finely grate the lemon rind. Blend all ingredients together until creamy smooth with hand-blender or food processor.

HONOUR AND SHEKELS CANNOT LIVE IN THE SAME PURSE

by Thomas Culpepper

Famine is to be avoided at all cost; to deliberately deprive a community and a society of survival sustenance is the near worst of war crimes. It has to be a 'pogram'; a deliberate act to wipe out a people and their progeny, their children and their future existence and survival.

Where on Earth is this criminal act being foisted on the innocents, the babies and the kids of a race, by another race? We all know who the victims are and who the perpetrators of this inhuman act are. It is in our faces 24/7 in all media systems.

The anguish of the souls beset by this horrendous violence is for there for all to see, if many people can be bothered, to take a 'human' moment to empathise;

to remove themselves from other important distractions.

To think for a moment of the plight of other branches of the great family of man.

And to recognise their rights to exist in peace and harmony on this small 'blue marble' and its tenuous existence in the greater sum of all things.

During 1957, in Paris, a photographic exhibition was held under title "The Family of Man". It was Earth-shattering in its breadth of coverage of the images of humanity, it 'moved' many world souls.

I grew up amid a brace of war orphans who had lost their fathers in WW2, repatriation and Legacy wards; the 'Stink' as we kids called the war, would never happen again. I held the catalogue of that UN exhibition as a 'hope-bond'.

The UN then seemed to be a future of hope, following two 'great' destructive

wars, this has since all been shattered by gormless cynics of corporate fascism and their relentless avariciousness.

A relentless famine of mind and soul, and NO care for the existence and needs of kids! "When will they ever learn?"

Or must there be always a warning, a Memento Mori such as the image of a father holding aloft the headless body of their three-year old child?

I do not wonder, I condemn the criminals of these acts. They are totally without shame and having no purposeful or useful humanity.

All of you farther removed from the kinetics, enjoy your Yuletide, but spare a thought for those who will not enjoy or share your felicitous and merry celebrations.

As they are left with nothing but to cope and mourn and grieve their losses.

thewholeearthveg@gardener.com

She'll be right mate!

So, you have pain. In the shoulders, in the back, in the neck, legs, hips etc. The list is endless.

Can't sleep without a pillow between your legs, can hardly sleep at all. Can't walk fully upright, can't swing the arms or turn the neck like you could six months ago, or longer.

Had the X-ray and apart from some gobblygook you don't understand that doesn't have a title the doctor can keep under control, no-one knows, including you, what's going on. Or else, you haven't had the X-ray and still don't know what's going on.

Of course, you've had a few accidents in your time, so it must be that. Maybe it happened when you lifted

the wheelbarrow onto the truck; or one can always put it down to old age, if you are a believer in getting old before your time. Either way, there is nothing to be done. "She'll be right mate."

Or perhaps, you secretly feel like you are giving out more than you are getting back, or you have had, like many, a few unexpected disasters in the last few years? Life is sitting like a yolk on your shoulders, your head is foggy and you feel that there is nothing you can do, except keep running on the wheel of survival.

But, Christmas is coming and, "she'll be right mate". Actually, you're not looking forward to Christmas, because you're feeling tired and cranky most of the time.

Well, let's face it. You're sore and sad and no-one else can really understand, because they're not feeling your pain and discomfort. A lonely road to travel. But, "She'll be right mate", because when the going gets tough, the tough just keep on going. Until they can't.

Any of this sound familiar? From my personal experience and observations of the results others have reported to me after a treatment, the feeling of struggle can be eliminated with a mix of massage, spinal realignment, Bowen Therapy and the magic energy re-balancing of Pranic healing.

You may not be familiar with some of the therapies I have mentioned, but generally, they don't hurt and the results



by Tonia Haynes

can be surprisingly positive. As well as feeling far less pain, the mind is clearer and one is back to feeling empowered, more able to cope with this barbed wire fence we dance on, called life.

Phone: 0439-794-420 for an appointment. And if you are too busy before Christmas? Give yourself a present after Christmas that will kick-start you into a better 2025.

Weed words

by Triny Roe

Many older gardens contain plants which are now considered weeds. When the colonisers came to the Northern Rivers, they brought with them a plethora of useful and decorative plants from all over the world: "They're so pretty!"

Around 3,000 of them have become recognised as weeds, transforming ecosystems as they run rampant and overgrow native species, or invade degraded areas before native species can get a go on. Many pest species form monocultures, excluding desirable vegetation, replacing and transforming ecosystems: biomass at the expense of biodiversity.

Consider identifying and replacing exotic pest species with native plants to benefit wildlife and the wider environment.

Mickey mouse bush, *Ochna serrulata*, has toothy leaves and yellow flowers. The petals drop off to reveal a bright red calyx and round black fruits looking vaguely like cartoon mouse ears. It's an attractive, hardy shrub and not often deliberately planted these days due to its invasive tendencies, but it's found in long-established gardens or popping up by itself in more recently settled areas. What harm can it do, if it's just one bush? And it's so pretty!

It starts from one. One plant will lead to multiple seeds. Some more than others. Groundsel bush, *Baccharis halimifolia*, produces around 1.5 million light white fluffy seeds which blow for kilometres, landing on creek banks, in gardens, in old cattle paddocks or germinate prolifically around the mother.

Birds and bats feed on and carry seed from fruiting species into nearby bushland. One plant becomes many. Established groundsel and micky mouse bush are difficult to remove as they have deep tough tap roots. Both recognisable by their distinctive leaves, get them



Jacaranda overhanging a creek

Stop the spread

when they are small and the soil is moist.

Just about anything can become a weed in the Northern Rivers and not everything has made it onto the hit lists. It seems that only when a plant has already naturalised in its core infestation and spread hundreds of kilometres from its point of origin does it make it onto the list of declared weeds.

With an ideal subtropical climate, everything here grows readily, quickly and bigger. Seeds carried to new locations sprout easily in the moist soil. Buckets of rain and warm sunny days ensure rapid growth.

Plenty of plants available in nurseries and sought after by keen gardeners are prone to spreading. Curry leaf tree, *Murraya koenigii*, much loved by creative chefs, should only be planted in a pot so it doesn't get too big. A few leaves are all that are needed for the curry and it's easier to remove the flowers before they set seed.

Bush regenerators report tropical fruit trees like grumichama, *Eugenia brasiliensis*, seedlings are sprouting in

revegetation zones. Ice-cream bean, *Inga edulis*, is useful as a companion plant as it provides nitrogen rich mulch, but it too is now found on creekbanks and popping up in the bush. With time they can grow to 30 metres. As with many cultivated plants, if regularly harvested and all fruit is picked, they won't become a problem. Don't let them spread!

Weed management is the key to looking after the land. Unfortunately, Nature does not take care of herself. Even the First Nations People managed the landscape in ways that were not readily recognised by the newcomers. New practices are needed now as the country is inhabited not just by colonising humans, but colonising plants as well.

Identify new and old plants in the garden or on your block. Manage them appropriately. Don't let them spread! Consider replacing jacarandas, *Jacaranda mimosifolia*, with lacebark, *Brachychiton discolor*. Use lillypillies, *Syzygium spp.*, for hedges instead of geisha-girl *Duranta repens*.

Happy weeding.

Plant of the month

Giant Devils Fig *Solanum chrysotrichum*



decade it's been common in the Northern Rivers in the Lismore, Byron and Tweed LGAs. Not sure if it started out our way as maybe it was a group of clusters emerging into the district at the same time, but one thing for sure, it deserves some consideration about effective control as it displaces native vegetation and dominates disturbed pasture and comes up anywhere like under trees and in the driveway and out of the gutters!

Despite grooming itself as a national treasure, I'm not sure you can turn your back on it with self-professed reasoning and your own made-up science to settle your own reality. If you would like to help balance its place in the landscape, then effective control is up for debate.

Your local Landcare group is a good start. One-on-one with this large shrub works, but it's a daunting task and perhaps it's out of peoples' capacity to tackle its place on your land, but a relaxed, considered approach is good.

Maybe not the bulldozer approach, but hand-pull, tree popper, slash, drill-inject and cut and paint are considered a broad approach.

A special ending to plant of the month this year, and we will be back next year with hopefully some newer species we haven't featured over the last decade and a half.

by Richard Burer

Christmas relax time is coming this month, but after baking the tofu you might have time to consider a very common small tree or large shrub's place in the landscape, giant devils fig *Solanum chrysotrichum*. Despite the season of cheer, a good post-feast reality is a bit of one-on-one with this dominating plant. Considered a serious weed, giant devils fig, especially post-flood, is getting some obvious notice as it dominates creek banks and all parts of the landscape where native vegetation is disturbed and out of balance.

Giant devils fig and devils fig, a smaller species *Solanum forvum*, have been around the Nimbin area maybe since the early 90's. I would notice it on our monthly drive on Tuntable Creek Road to The Channon market and thought it was some sort of datura.

As the years went on it started finding its way closer to town and in the last

Richard Burer is a Nimbin-based natural area restoration contractor and consultant: richard.burer@gmail.com

Knowing and realising we know

It's interesting that often we know a whole lot more than we realise we know something.

Herein lies an important key to effective counselling. Very often the client comes for their first session and effectively tells you – without realising it – what is missing from their lives and also how they might incorporate that knowledge into everyday experiences.

The art of therapy then is to bring to awareness that unawareness. It's a very subtle thing, and needs to be approached without fanfare. Awareness cannot be forced.

A clinical supervisor of mine once described this as like stealing a client's watch and then returning it to them, gently. We therapists must be very attentive; listen very closely to everything a client says and does.

We need to bring awareness in as though this knowledge has arisen from the client's own source of knowings (which it has). Their knowledge base is their resource, and in sharing with us, ours as well. Therapy, after all, is a shared conversation, and a very creative one.

I have just done a hypnosis with a client of mine. To prepare for this, as I always

do, I listened and talked with him about the discoveries and insights he has had during the week.

During this first half hour (my sessions are 60 minutes), I discovered not only the main topics that have preoccupied him, but also key elements and strategies for the next half hour, that of the hypnosis itself. I listened, effectively, for the shape and design of his unconscious processes, aiming to bring to consciousness and realisation that which is implicit in what he has said.

Hypnotherapy is a playful way of approaching the process of realisation. The therapist casts aside traditional linguistic order to play with ideas, words and images. The purpose is to stimulate client resources, implicit in the way that person approaches the world. Again, this requires very close attentive listening to them.

One exercise I remember from studying clinical hypnotherapy umpteen years ago in Sydney, was to ask the client to identify their personality and also list all the animals they particularly loved and then to incorporate reference to those animals in the hypnosis session.

My client said they liked



by Dr Elizabeth McCardell

meercats. They also said they were a scaredy cat. I played with her words, saying things like "No mere cat, not scared, but a lion." The words were already there, as was the intent and direction for therapy.

Now, had I said these things directly, the client would well have brushed the words off, instead re-emphasising her unhappy state of mind. My playful approach may well have been received quite differently, loosening resistance and allowing humour to introduce a deeper understanding and, effectively, releasing the lion within. Lions, after all, are not mere scaredy cats, and are not to be messed with.

The shift from unconscious knowing to realisation is the start of all knowledge, including the physical. A

dancer, or gymnast, already uses their body like everybody else, but have brought particular skills to certain sets of movements. One could say that skills are realised body knowledge.

It's when knowledge remains unconscious, unrealised, that problems arise. Again, thinking about body knowledge, sometimes pain sets in and learning how to move differently through something like Feldenkreis can release the pain – such is the purpose of realised movement.

Psychological pain is similarly created when we keep on doing the things that create our pain, forgetting our own knowledge that there are other ways of being and feeling. It's then that the subtle work of psychotherapy comes to its own. Sometimes, doing more than talking about it really helps too.

I remember a client years ago who was clinically depressed. I discovered that what she used to do when feeling low was go out dancing. I encouraged her to turn on the radio once a day and just let her body dance. She did, and the next time I saw her, she glowed.

Everything changed for her as she realised her inner resources for a good life.

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Unblocking political chi

We rarely learn anything when we win – it is when we lose we learn. So, what have we learnt from Trump romping home?

What have we learnt from the reduction in progressive votes in Nimbin? What are we learning from the global swing to the right?

I don't hope to enunciate the outcomes of our individual soul searching, I'm just asking that we begin the process.

So, what would that process entail?

The first bit... the big bit is swallowing our pride. We gotta be bigger than this. We gotta open up our hearts; remember our disowned and disavowed friends who have been very kind to us in the past.

They still love us, they just don't understand how we could think the way we do and we don't understand them either. Each thinks the other

insane or stupid or cruel.

The channels of our political chi are blocked in some cases because of the excessive anger and in some case that excess has led to a complete depletion of respect and contact.

Opposing camps have been established and every communication only seems to drive us further apart.

The open and respectful flow of ideas needs to be reopened.

This will be difficult initially because their beliefs seem abhorrent. Stay calm – we're all people – and generally speaking they're good people trying to get the best result for everyone. We need to rehumanise the dehumanised.

The process of dehumanising has been underway for a while so we'll need to dig down to the roots of our conflicts to find the shared humanity – the shared concern so we can discuss the

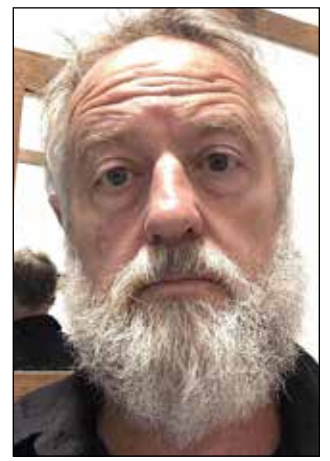
best options ahead.

Calm considered careful communication as we find the way back to balance.

This won't be easy but it's the way of peace, communication is the only road to peace.

It's the way we halt the decline into violence – it's the way of a civil society.

Love, careful, considered and calm communication as we rebuild friendships and connections we have lost.



Revenge of the Loon
by Laurie Axtens



Over 100 people attended M/Arts in Murwillumbah on 21st November to hear journalist Julianne Schultz in conversation with Judith White, introduced by Richard Hil. The discussion topic was 'What the US election means for you, me and everything on the planet.'

The next conversation will be in February with former ABC journalist Kerry O'Brien.

Plantain Ribwort: Part 2

Nature's pharmacy

by Trish Clough herbalist

Last month I wrote about wildharvesting plantain (ribwort) that I happily found by the bay at Iluka.

I made a fresh plant tincture which has finished macerating and looks wonderful. It's a very dark and rich liquid. I also thought it would be good to make a salve for topical use, since ribwort is so beneficial for skin treatments.

So I went back to the bay and harvested some leaves. I used whole plants for the tincture but decided to just use the leaves for the salve.

Unlike the tincture, the plant material must be dried thoroughly to remove moisture before making an oil infusion. I learnt this the hard way.

Having made a lot of infused calendula oil, I mistakenly one time didn't dry the flowers sufficiently. The finished product was unusable, and the filtered oil smelt very unpleasant.

I now make sure I dry the plant material thoroughly. I use a dehydrator to dry the herbs as our humid climate doesn't do a sufficient job to use in infused oils.

So I filled the dehydrator, 10 trays, and dried the leaves until they were crisp but still green in colour. I then crushed the leaves and put them in a jar and covered them with organic extra virgin olive oil. I like to leave the infusions for at least a month, so I haven't made the salves yet.

This week I'm in Newcastle for the Rising Tide coal and climate protest, so I'm hoping the plantain oil will be ready when I get home. The plan is to strain the oil, then melt in some beeswax to create a light but firm (does that make sense?) consistency.

In last month's column I wrote about some of the numerous benefits of plantain as a medicinal herb. Used topically it can help with a variety of conditions. It contains allantoin, the same soothing and tissue healing ingredient that is in comfrey. However, unlike comfrey, it helps to draw out impurities and disinfect a wound. I have seen comfrey heal over a wound so quickly that infection was trapped underneath the skin. So plantain is a safer option for wound healing.

Plantain can stop bleeding through its tannin content, which draws tissues together. It can also help after accidental contact with stinging nettles. It is very soothing, so it helps with itchy bites.

I found a fascinating article about the use of plantain (*Plantago major*) in Traditional Persian Medicine. Note that ribwort is *Plantago lanceolata*, but the medicinal properties are considered interchangeable.

The article looked into traditional texts



from 10th – 18th century, as well as electronic databases from modern times. As often happens, "the modern studies have proven some of the traditional applications of *Plantago major*".

It is called 'Lesan-ol-haml' or 'Barhang' in traditional Persian medicine. It is believed to have been used for nearly 4,000 years.

It is considered to have a cold and dry temperament. It is used to reduce inflammation and bleeding. It is also used for coughs, constipation, wounds,

infections and fevers.

Some of its active constituents identified from modern science include flavonoids, polysaccharides, lipids, glycosides and caffeic acid derivatives. The presence of these implies many of its beneficial actions such as its soothing and healing properties, and antimicrobial actions.

Some of plantain's other lesser-known uses from traditional Persian medicine include nerve pain, eye diseases, toothache and earache, gum disease, tonsillitis, lung and plural diseases.

For lung diseases, it was taken with honey. It was also used as a liver tonic and for gastrointestinal complaints.

With so many uses, plantain is one of the favourite herbs in my dispensary.

Trish Clough is a herbalist of 30 years with a clinic practice in Iluka. Call 0452-219-502 or email: trishclough2@gmail.com

The Politics of Life

Natural law



by Helene Collard

Here we are at the end of the 2024 solar year. Life can seem 'crazy busy' at this time, so consciously slowing down can have potent effect.

Last month I spent a few days in the rainforest, and the positive impact was palpable. Immersion in nature is the perfect antidote, soothing the nervous system, and reinstating a spaciousness that always exists.

This will be especially important for early December, when another 'activation' cycle occurs.

The first nine days of the month hold 'high-potential' energies, where necessary shifts can take place.

Being aware and intentional during this time will support beneficial integrations that will take you into the new year and beyond.

We have all been involved in rapid transformation, and now is the time to release the remaining shackles and emerge into a new chapter. Resist being swallowed

up in the vortex of the 'silly season' – set your own pace, say 'no' or change your mind in order to maintain a healthy balance of rest and flow. When given a choice to disappoint others or yourself, choose others every time.

This is a wonderful opportunity to 'tap out' of people-pleasing and prioritise yourself. Contrary to outdated views, mindfully putting yourself first benefits the whole.

I am around for the holidays, contact me to book a restorative Reiki treatment, or begin 2025 with a transformational Reiki course in January.

I am hosting a First Degree Reiki Review on 19th December; anyone who has completed a Reiki Course is welcome. We will review the foundations or 'bones' of Reiki.

Reiki Reviews reconnect you with your practice and give you access to teaching support, all in a welcoming community setting. Visit our website, social media or contact me directly.

And finally, on 12th January the Yemaya Centre will be 10 years old! Stay tuned for opportunities to come together and for some upcoming Laughter Yoga sessions.

I am grateful for your support and wish you a safe, joyous and restorative holiday season.

Weekly services at Yemaya Centre

- Catherine Wilson: clinical psychology,

<https://hnc.org.au/directory/catherine-wilson>

- Krsna Mayshack-Mendero: women's counselling services, <https://connecttowellness.com.au>

- Helene Collard: Reiki Master teacher, trauma-informed facilitator, www.yemayacentre.com.au

- Mirek Oprzedek: Shiatsu practitioner, 0412-294-917 or: miz.oprzedeck@gmail.com

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Coming up

- Reiki treatments: weekly

- Reiki Review: 19th December

- Reiki First degree: 3rd-4th January, 2025

- Reiki Second degree: 31st January-1st February, 2025

- Reiki Master practitioner: 12th-13th September, 2025

Helene is a Reiki Master teacher and culturally-responsive trauma-aware healing-informed practitioner.

A moment

by S Sorrensen

A tanker, loaded with Hunter Valley coal, slides through the Port of Newcastle, guided by tugs and protected by police.

I don't know where it's headed, but I do know the ultimate fate of this cargo: this relic of an ancient rainforest will be burned. Carbon dioxide will be released into the thin sheet of air that covers our planet, furthering the atmosphere's change from sheet to blanket, making the planet hotter. And the rich richer. And the unrich struggling for survival. Australia's gift to the world.

Laughter breaks out from a group beside me on the beach.

"Look," says a woman with a toddler clasped to her leg. "Check out the tanker's name."

'Eternal Bliss'. The tanker is called 'Eternal Bliss'. Oh God. There is laughter from the protestors. It is a joyous gathering.

It's strange, this phenomenon of joy among those losing the battle for a sustainable future. I have witnessed radiant women in colourful dress dancing in front of security guards defending a Santos gas site in the Pilliga forest. The guards and the company men in blue suits behind them showed not a flicker of a smile. And they're the winning side.

Like Dr Frankenstein, humans created a monster – capitalism – that has escaped their control. People representing the monster must maintain a dour denial of reality, trapped in a sticky web of financial dependency and moral impotency.

They cannot afford to smile. Any rent in their renunciation of reality, any crack in that dam wall of disavowal would open up to an unbearable flood of horror and guilt at their lethal inhuman actions. Focussed on repressing their humanness, they



are grey and grim.

The coal dealers, like the NSW government they employ, know the consequences of what they do. They have known for 70 years that climate disruption is the inevitable outcome of their business. Climate disruption leads to irreversible damage to the systems that support life on this world. It's a crime.

But these criminals tighten their ties, choke their humanity, check their bank balances and do what they're told. They are finger puppets on the great sooty hand digging up the past to bury the future. They have no virtue.

Here on the beach, I am surrounded by virtue. Here are people of character. Their ethics come from their humanity, not from a business plan.

Maybe that's why there's laughter on this beach. Virtue acknowledges the joy in our fleeting unlikely lives. Morality is communion not exploitation. Wisdom cares for the children. Honour defends them against monsters.

A lone woman in a plastic two-metre kayak breaks through the police

cordon to intimidate the 230-metre tanker. I recognise her; she was the laughing woman with the toddler. She is doing something for her child, for me, for everyone.

She is turned back by a mob of coal-industry lackeys in a police boat, but in a way, that doesn't matter. Her action has liberated her from denial. She is smiling.

As a tall bald muso said from the protest stage, "The difference between doing nothing and doing something is everything." I like that. Doing something frees you.

Maybe the joy I see here comes from being on the right side, not necessarily the winning side.

Maybe denial, as well as shielding you from the awful, also shields you from the magnificence of the moment, from the rapture of living, from the pleasure of community, from the beauty of sunlight glinting off the water where a hundred kayakers raise their paddles as the tanker, leaving the harbour, gives a long blast on its horn, an aural middle finger to humanity, a sonic sneer from the monster, its last post.

Two assault cases and Squid

After moving to the church and we're getting on top of the files, there's a message; Squid's in hospital in a very bad way.

As he was slowly starving himself to death after radiation therapy on his neck had constricted his throat, he drove his car off the road and soon after, thankfully outside it, watched his caravan explode when a gas cylinder blew up. The ambulance came and he ended up in intensive care.

His landlady was defendant in one of the only two Local Court hearings I'd run lately. And I met the defendant in the other sitting with him in the hospital. Both wanted to take him home. Others took sides in a Facebook and telephonic brawl.

I'd first met Squid in the late eighties. I was in Portia's Place on Keen Street, then the only coffee shop in town – where The Quality of Coffee Was Not Strained – filling in time with the sorely-missed Brett Assange, when Aeon rocked up to say a friend up from Sydney, Angry's mate, best osteopath in the country, needed

somewhere to work. I'd opened a massage clinic in the Apollo Hall opposite.

His pre-manipulation massage is brutal and fast, hard work. My 40-minute deep-tissue preparation saved him energy. Some readers would remember the combo. We worked together for 17 years, without a cross word, until a prophecy of Eric the Boncrusher came true, and the Space became a memory.

But back to crime. Both clients faced charges of assault occasioning actual bodily harm, where the slightest bruise or scratch satisfies that element of the offence. I'd read the briefs, viewed the body-worn camera footage, taken detailed statements from the clients, driven out to view the scenes, drafted cross-examinations of the alleged victims and the other things criminal lawyers do.

I've known Squid's landlady since the early nineties. She had an altercation with an old friend from back then. I knew the alleged victim but there was no conflict. Her injuries were nothing compared to those of the victim of my second client.

A tangling of legs and falling over had resulted in bruises.

I hadn't met the other client before. She came in with a well-drafted contemporaneous statement and all the evidence we could wish for. I was convinced of her innocence. While she'd argued with the complainant on the road, after months of provocation, one of her dogs had broken out and attacked his dog.

The police brief included, in my squeamish opinion, rather too many colourful A4 close-up photographs of his injuries. Our story was that his dog, on a tight leash, had done the damage. He blamed her dogs.

Much of the evidence was medical reports, which we scan as lawyers, not doctors. His Honour, however, considered these and found her guilty. I ordered the transcript and a mates' rates five-hundred-dollar Advice from Counsel.

The only good ground of appeal seemed to be that I'd failed to raise good character. But in scribbled notes I'd taken at judgment the learned magistrate had said, "I note the accused's



Legal writes

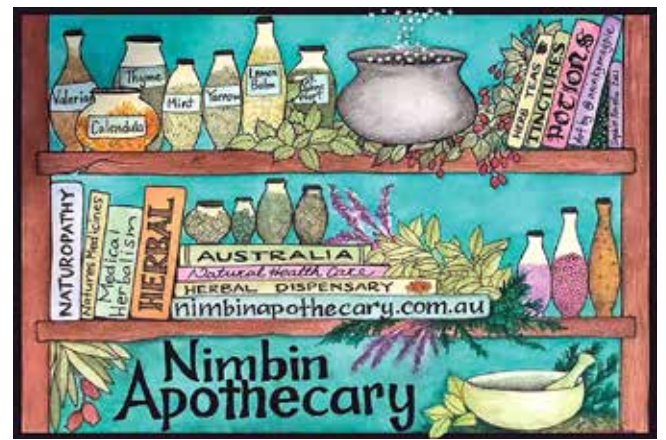
by John 'Sindhu' Adams

good character". Stymied. In this game losses stay with you. Her extrajudicial punishment, including being sacked from a really good job, was not proportionate.

Squid was in hospital for the next three weeks or so and when released chose neither woman.

Instead, he convalesced at my place and has now recovered enough to do treatments.

But if anyone wants the old combo, as we're ridiculously busy in the office, this may be available on a strictly limited and very far from cheap basis.



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So They Say

by Uncle Norm & Aunty Maj

Cockblocker

When we're out, my boyfriend doesn't let me talk to other men, even old male friends. He always pushes in and takes over. I have talked to him about this, and he says he does it because he loves me and can't help it. Help!

– Fanny Golightly, Blue Knob



Norm says:

What a wonderful turn of phrase that is. I just learned it. From my wife. I imagine a giant 10-foot penis coming down like a boom gate with a flashing sign that reads 'Wrong way mate, go back!'

No matter how much we humans think we have evolved, or how intelligent and sophisticated we think we are, when it comes to the laws of nature we still obey.

If your boyfriend were to be a big old silverback gorilla, for argument's sake, and found you hobnobbing with the other gorilla boys on the mountain, I daresay they would be doing a lot more than just cockblocking.

Hmm, I wonder what you would call the female equivalent? I can confirm that the ladies do engage in their own version, albeit a little less subtle, with punches, hair pulling and a healthy dose of slut shaming all part of the tactical repertoire. I know this because, believe it or not, I have been the centre of these altercations, which I can tell you was most exciting.

My little prize catch was, and still is after 26 years, an absolute dish. At parties whenever I left her side, she attracted men like moths to a flame. Sometimes I had to prise myself away from all my groupies to see what was going on with this human mating ball surrounding her.

Oh yes! My jealous, competitive, protective instincts would awaken, and I'd mosey on over to the rescue. Only to be told, in no uncertain terms, not by those slobbering predatory knaves, but by my beloved, to fuck off!

It took a while, but eventually I realised it was better to sit back and watch her play those nudniks like violins, because she always goes home with me.

Seriously, don't worry about it too much. Enjoy being the centre of his angst while you can and encourage him to talk to more women at parties. If you stay together long enough, believe me, this will cease to be an issue.

You can be the moon and still be jealous of the stars.

Magenta says:

Ah, cockblocking, the oldest strategy in the book. Whilst a certain amount of jealousy is a normal, even sometimes healthy thing, to stop you talking to other men is verging on the abusive, no matter how engagingly he does it.

I know Norm was one to engage in such competitive behaviour and consequently, after 26 years with him, I have very few male friends. He scared away all my old friends and prevented me from making new connections.

This is one of the biggest issues we have fought over for years. It is ultimately a matter of trust. He has had to learn new tricks. He has learnt to trust me and to let another man speak. However, he is much better now, almost to the point that I think he doesn't really care anymore.

In our culture and many others, women and men are either forced to segregate, or do it naturally themselves. Think of an Aussie BBQ with all the men, beer in hand, standing around the host while he cooks outside (big deal!), and the women on the veranda doing salads and drinking.

I know the male of the species is designed to fight off competitors and maybe some men haven't evolved as much as they could have. If you want to be in a loving, healthy relationship, he needs to learn to reign in his competitiveness and deal with his jealousy.

All these lower emotions that arise during any normal relationship can be a problem if they are not reined in.

Your boyfriend is obviously aware of his behaviour, and also that he loves you so that is a good place to start to work from.

Send your relationship problems to:

magentaappelpye@gmail.com

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"When patterns are broken, new worlds emerge"
– Tuli Kupferberg



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The battle between good and evil

In my November NGT article, we explored the causes of diseases from the perspective of Chinese medicine. But how can we prevent illness from taking root in the first place?

A timeless phrase from the ancient Chinese medical classic, *The Yellow Emperor's Inner Classic*, which dates back over 2,000 years, offers insight: "When the upright Qi is strong within, harmful forces cannot intrude."

In simpler terms, this means that when your vital energy is robust, harmful elements or pathogenic factors cannot affect you. Thus, the first principle of maintaining a healthy body is to strengthen the upright Qi.

While you may have a general understanding of pathogenic factors from the previous article, you might wonder: what exactly is upright Qi, and how can you cultivate it?

The concept of upright Qi closely parallels the Western medical idea of the immune system. Present within you from birth, a strong immune system – or upright Qi – ensures that illnesses are less likely to manifest and can be resolved more swiftly, even



by Chi Fung Lee

when under attack.

Upright Qi is a broad term that encompasses various types of Qi responsible for protecting the body against invasion by pathogenic factors, particularly external pathogenic factors.

This term stands in contrast to pathogenic factors, often referred to as evil Qi, symbolising the ongoing struggle between good and evil.

In Chinese medicine, the primary treatment principle for any illness is to support the upright Qi. This support, known as Fú Zhèng, involves aiding

the body's natural healing mechanisms, allowing it to heal itself rather than directly attacking the 'evil Qi.' Once the upright Qi is restored, the evil Qi naturally departs from the body.

For instance, when someone experiences chills, fever, stiffness in the neck, and a headache, this condition is identified in Chinese medicine as a wind cold attack, akin to the flu in Western medicine.

The primary treatment approach is to bolster the upright Qi while simultaneously clearing wind cold, reducing fever, and eliminating heat.

This can be achieved through various healing modalities, including a medicinal diet, acupuncture, cupping, moxibustion, Gua Sha (scraping method), Chinese herbal medicine, exercise, Qi Gong, or meditation.

When the upright Qi is restored to a healthy level, the evil Qi will naturally dissipate, facilitating the return to health.

Any healing modality that focuses solely on eliminating symptoms or evil Qi, without addressing

the need to support the body as a whole or strengthen the upright Qi, is akin to waging war on an enemy's territory by dropping a nuclear bomb on their campsite. While the enemy may be defeated, the surrounding landscape is left in ruins, rendering it uninhabitable for the victor.

The most effective way to prevent illness while maintaining strong upright Qi and a resilient body is to adopt a healthy lifestyle.

This includes prioritising quality sleep, following a balanced and nutritious diet tailored to your body type, ensuring a healthy digestive and elimination system, engaging in regular moderate exercise, and managing stress wisely by cultivating a calm and balanced mind.

Additionally, fostering strong social networks and community engagement are essential factors that contribute to optimal health and longevity.

Chi Fung Lee is an AHPRA and AACMA registered acupuncturist. To contact him, email: chibiz@xs4all.nl or phone 0478-239-298, or go to: www.facebook.com/fleaacupuncture



Ancestral healing

by Auralia Rose

Most of us rarely think of our ancestors or even acknowledge their existence, yet their experiences, both positive and negative, can affect our lives in ways we may have never considered.

Their belief systems, actions and karma can affect us in profound ways. Our family members usually have the most profound effects, but some of our more distant ancestors may also be causing some of our problems. These unresolved memories cause hidden pain that creates energy blockages throughout our bodies, which can affect us spiritually, mentally, emotionally and behaviourally. They can also affect us genetically by imprinting onto our DNA.

As the ascension process continues to unfold on Earth, the unresolved emotions, illness and karma of our ancestors are surfacing, stimulating the release of unconscious energies within us so they can be made conscious and reconciled back into balance, peace and harmony.

Unresolved ancestral issues have become quite a burden for the planet, as well as in our own individual bodies. When we clear their imprints from our individual body, we are helping to clear the planetary body. By releasing ancestral trauma, we can break the cycle of inherited suffering, accelerating the ascension process.

Clearing this stored energy elevates our consciousness and vibration, helping us align with our spiritual nature and embody our true selves. This facilitates spiritual growth, ascension, and a deeper sense of purpose and meaning, in turn contributing to the evolution of humanity through the ripple effect on the family lineage and the greater global community.

Many indigenous peoples still perform rituals for their family members after they die to heal the emotional and spiritual traumas of their loved ones, so



their Spirit is unburdened in the afterlife and do not leave a legacy of unhealed wounds for future generations.

Ancestral Healing Hypnosis is a powerful holistic therapy that heals inherited traumas, patterns and conditions.

This approach acknowledges the interconnectedness of our ancestors and their impact on our lives, allowing us to heal and transform our ancestral wounds, putting an end to the burdens carried within the family and potentially being passed on to subsequent generations.

How it works

- Hypnosis is used to attain a deep state of relaxation, allowing you to access your subconscious mind and revisit your ancestral lineage.
- Specific ancestral patterns, traumas, or conditioning that may be influencing your life are identified.
- You connect with your ancestors who share their wisdom, love, and healing energy with you.
- Together, you and your ancestors release the negative patterns, traumas, and conditioning, allowing you to break free from their hold.
- The practitioner helps you integrate the healing experience, incorporating new insights, perspectives, and empowering beliefs into your conscious awareness.

Benefits

- Clearing and releasing inherited traumas, patterns, and conditioning, leading to emotional liberation and reduced stress.
- A deeper understanding of your ancestral lineage and its impact on your life is gained, allowing you to make conscious choices and break free from limiting patterns.
- You strengthen your connection with your ancestors, fostering a sense of belonging, love, and guidance.
- You experience improved physical, emotional, and mental well-being as you release ancestral burdens and integrate positive energies.
- Communicating with the Higher Self, which serves as a guide, providing insight and wisdom for releasing ancestral trauma and restoring balance.
- Extending compassion and loving-kindness to your ancestors frees them and contributes to your own ascension.

Nearly everyone on the planet carries a legacy from their ancestors, it is written in our DNA and plays out in our lives in various ways.

If you feel it could be beneficial to clear your ancestral lineage, I would love to be your guide in this sacred process.

Please feel free to contact me for a chat if you would like to know more. Phone 0422-481-007, web: auraliarosewellbeing.com

High vibe into 2025

Well here we are, almost at the end of 2024.

What a roller coaster of a year it has been! There is so much happening in the world, big changes are ahead, but we all play a big part of how the future can look.

Pluto, the planet of death and rebirth, and the master of truth and radical transformation, shifted into Aquarius on 19th November. It's a once-in-a-lifetime transition into the innovative, revolutionary sign of Aquarius which represents collective consciousness which started on 23rd March.

So it is up to us from this moment forward to realise that we can create the world that we really want to live in. Who are you and who and what do you want to become?

It is our right to live in joy, love, peace and compassion. Turn your attention inwards instead of outwards and notice how you act. What influences your thoughts, actions, life etc?

Focus your attention on things you want and the more they show up in your reality you will see you are the creator. Your mind and thoughts are creating every moment of your life because everything starts with a thought.

In my reality, my life is beautiful. Things are working out, nature and life is abundant. I have my health, good friends, and a beautiful place to live in by the ocean. I'm in a loving relationship with a caring partner, and all this has been created through my thoughts in my reality.

How people act and react is a reflection of who they have become.

We are here to co-create with source, and it is great to be alive and be at the forefront of these unique and expansive times.

See if you can step into your authenticity – what can be your unique contribution to society? Learn to live from the inside out and not from the outside in. Can you turn the



by Sonia Barton

TV, radio and social media off for a few hours, days or weeks and not live in fear from bad news but live by being creative and peaceful from within?

Be conscious and wise in choices you make. Ask yourself, does it serve humanity? And what do I really want?

Another thing I want to mention is how important being in your truth is. Or, how authentic are you being to yourself?

The measured frequency of hate, sadness and fear is around 100. The frequency of love, joy, appreciation and freedom are around 800. Truth has the highest frequency of 1000. So if you want to move up the scale easily, just be conscious of living in your truth.

If you are a pleaser, this can be a hard change to make, I know because I used to be a people pleaser. Saying "no" to anything that you feel is wrong for you is okay to do. It will shift your vibration rapidly.

The closer we are to joy, the more easily we attract what we want, so guide yourself back to joy.

I want to say a big thank you to everyone who has seen me this year in Murwillumbah and Nimbin. My business wouldn't continue without your support and love. I really appreciate every one of you.

Keep shining your light, bright and strong into the coming year, 2025. Be kind, and remember you are creating the life you want to live. You can choose.

Big love to you all.

Sonia Barton is a Bowen and Reiki therapist, phone 0431-911-329, web: bowenenergywork.com.au

HERBIVORE MULTICULTURALISM TO UNITE THE GLOBAL VILLAGE

'An eye for an eye', violent revenge, mellows gradually with reducing predatory food.

Appreciate herbivore multicultural tolerance: from 'Survival of the Fittest' to 'Let it Be' collective strength. From disdain to learning.

The first reaction feeds 'I am right' aggressive instincts, Kick-ass rage, cage fights. But there is benefit too in loving with open hands: there are two sides to the river of life.

Australia still uses flying machines, police, jails and narcs to help eradicate homegrown recreational plants. Intolerant, costly, useless.

On the other side of the globe, several countries dropped laws, accepted that plants are lucrative, have good uses, can open minds, rarely harm, are often only a passing phase.

It can open new rooms in the mansion of the mind. Like Picasso, St. Theresa.

The first day I came to Nimbin a friendly local laid a joint on me. On the Rainbow

Shapeshifting

by Anand Gandharva

Café toilet, overlooking hills, I blissed out, saw a different drummer.

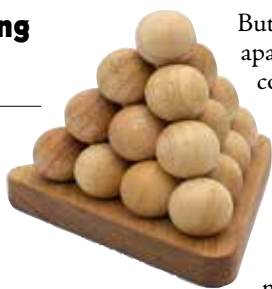
Users can seem stupefied, but they may have stunning insights.

These have real financial value, eg. murals on Nimbin buildings attract thousands.

Thanks to this guy I found my place in this world. City slickers, rural folk, artists and artisans can coexist. A wall in my head, separating realities, us and them, went up in smoke.

I still dislike public display of self-indulgent drug or alcohol cultures, but grasp so-called 'drugs' can remove 'room dividers', bring joy.

Democratic countries aspire to a free press, understand that individuality means there is no crime without a victim. They embrace both 'Laissez Faire' and social responsibility.



But some are poles apart in synthesising communalism with individualism.

We should not be ruled by the heavy hand of vested interests, but tolerant open minds.

Unbeknownst to outsiders, this area has a common vision: DIY sustainability. We are a cradle of multicultural creativity. Sure, courageous icon Bob Brown opposing Franklin River exploitation is vital, but Terania Creek logging protests years earlier started awareness.

Many tied themselves to trees and bulldozers sending a message: enough is enough. Wildernesses belong to all, not a few for work or profits. It was followed by a significant truce, and later by former NSW Premier Carr declaring preservation of many areas.

It painfully took away time-tried jobs, but also foresaw the biological truth that people depend on nature, not

only for relaxation, health, work and feelings, but for our very survival.

The front page of *The Nimbin Good Times*, December 2021 shows brutality still rages. One lady in the picture, Malveena Martin, died last October. A great soul, fine human, loath protester, courageous hero, mother. Her rough trip in an unpadded police car didn't help.

All communities need effective police to keep society safe, but not stormtroopers.

And it is not only the harm of rare heavy-handed police methods. In my time four locals were attacked by strangers, three died months later from blows, one crippled for life.

The heat of the moment is often wrong: these days there is more income and work in economies from tourism than there ever was in destroying the land. No need for disdain!

Meanwhile, Lismore has grown from a sleepy country town to a busy regional centre.

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