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## Spice of life: Cumin

### Food matters by Neil Amor

Despite being known as a spice, the cumin seed is actually a fruit derived from a small flowering plant technically known as *Cuminum cyminum* and is from the same family as dill, parsley, and carrot.

Likely originating in Central Asia, Southwestern Asia, or the Eastern Mediterranean, cumin has been in use as a spice for thousands of years. Seeds excavated in Syria were dated to the second millennium BCE. In ancient Egyptian civilization, cumin was used as a spice and as a preservative in mummification.

Cumin seeds are mentioned in the Bible, and show up in multiple mythologies and folk tales dating back over 5,000 years.

The ancient Greeks kept cumin at the dining table in its own container (much as pepper is frequently kept

today), and this practice continues in Morocco. Cumin was also used heavily in ancient Roman cuisine. In India, it has been used for millennia as a traditional ingredient in innumerable recipes, and forms the basis of many other spice blends.

During the Middle Ages in Europe, cumin was one of the most common spices used. Around that time, it was considered a symbol of love and fidelity, was believed to keep chickens and lovers from running away (!); and it was said that if cumin seed was carried in the pockets during a wedding, happiness would follow.

From feasts in northern Iraq around the 9th Century to Ancient Greece and the Roman Empire, cumin has been documented to be used widely as a flavouring and natural medicine to cure or ease a variety of ailments such as digestive problems. From its origins, cumin moved through Europe as a spice, a medicine, and even

as a currency in Medieval England where it was used to pay rent.

Cumin seed was thought to enhance fidelity and is mentioned as a part of an ancient aphrodisiac potion along with cayenne pepper and honey. Cumin was also used in combination with other herbs as a poultice for the treatment of stitches and other muscle pains.

Among the Greeks, cumin symbolised excessive desire. Marcus Antoninus was given a nickname that referenced the herb. Folklore of the time assumed that someone who was miserly must have eaten cumin.

Pliny the Elder was said to have listed cumin as "the best appetiser of all condiments." He also suggested that smoking the seeds would cultivate a scholarly pallor that implied long hours of scholarly pursuits. Horace referred to the practice as 'exsanguine cuminum' or the bloodless pallor from cumin.

Cumin essential oil was used in strong doses as a light sedative for extremely nervous and excited individuals. In perhaps a direct contradiction, small, diluted doses were used to stimulate individuals impaired by disease.

Cumin is the second most popular spice in the world after black pepper.

Continuing our indoor/outdoor theme, these tasty mouthfuls will please everyone.

### Onion bhajis (serves 4)

- 3 red onions
  - 1/2 tsp salt
  - 1 cup chickpea flour
  - 1 tsp ground cumin
  - 1 tsp ground coriander
  - 1/2 tsp ground turmeric
  - 1/4 cup roughly chopped coriander
  - vegie oil for deep frying
- Using a box grater, grate one of the onions into a bowl, capturing all the juices. Slice the other two and add to the bowl. Add the salt, chickpea flour, spices and coriander and mix to a firm but sticky batter (add a little bit of water if needed). Let stand for 20 minutes.

Heat the oil to 175 degrees and deep fry spoonfuls of the batter for about five minutes, until golden brown and cooked through. Drain on a wire rack and sprinkle with salt.

### Mint chutney

- 3 cups loosely packed mint leaves
- 1 clove garlic
- 1 cm ginger
- 1 green chilli (optional)
- 1 cup plain yoghurt
- 1/2 tsp sugar
- 1/2 tsp ground cumin
- salt to season

Place mint, garlic, ginger and chilli into a blender with two tablespoons of yoghurt. Blend to a smooth paste. Combine the remaining yoghurt with the sugar, cumin and salt and mix well. Stir the mint paste through the yoghurt mix and serve with the onion bhajis.

*Until next month, eat well.*

## Dosirak: the Korean lunch box

by Thomas Culpepper

Many of you 'lunchers' and 'single' eaters are finding the Japanese 'Bento box' being available in Nimbin, a pleasant change from the perennial 'Sangos' or other bakery goods (pies, wraps etc). Hard to share an individual pie and gather some food satisfaction.

Besides economics enters the 'now' reality, pies still remain affordable, but wraps and sandwiches are nudging \$10, just as a glass of ale or cider is now hovering (in Nimbin) at the \$10 dollar mark.

Lismore pubs and clubs are a little less avaricious.

Lunch is now seemingly for the upper income bracket. Pensioners in some cases have to give eating out a miss as an unaffordable luxury.

With the approach of the establishment of Micro Pubs comes their associated Micro Breweries. These Micro Breweries are going gang-busters in the UK, the 'South' societies and Europe. The new world is finding an answer and small business is making a fair and secure living, free of the monopoly/duopoly of the gaming/sport supported legacy, establishment booze outlets.

Small will be beautiful again and new social networks will evolve. True fair-trading will come into being, meeting the social wants and communication needs of a peaceful and productive people.

On the matter of lunch, The Korean foods are historically about fermentation, Kimchi being the most universally recognised of their national



foods.

Salt and lactic acid are the biological plinth that most of these ferments are based on. All of this knowledge evolved before universal refrigeration technology. The Northern regions, due to perma-frost environmental reality, had a preservation advantage. 'Safe' foods, free of gut-bacterial contamination and botulism, required other solutions. Fermentation having been found to be a universal solution, skill-dynamics have developed over millennia in many climes.

Many societies and cultures found fermentation the way to 'keep' safe foods. The Egyptian societies brought about the brewing arts, a sound way of keeping grain over long periods of drought, pest and famine, besides the slaves found it preferable to stale bread.

The ever-inventive Northern Slavs even turned stale bread into a quenching ale, Kvass, making many an extra ruble for industrious women of the cold climes. Surplus grains were

fermented to a rodent-proof Vodka – a profound calorie and energy store.

The Dosirak food box was the regular method for workers and schoolkids to be nourished during the day. As against the Japanese Bento box, in the main rice, the Korean Dosirak box is primarily of fermented vegetables, cabbages, beans, alliums, radish and peppers, fermented fruits, ocean seafoods and seaweeds with added by choice, protein, eggs and animal resources.

The internet has heaps of guides to these methods and processes.

Culpepper is now exploring this production. He has many of the basic inputs now being produced, for a Dosirak range of Korean lunch boxes. Want to be a part of this caper?

In the coming year, I will be running some fermentation classes. Should anybody want to be part of this activity, we will be making some videos on this program, if you may be interested in this production, please email me: [thewholeearthveg@gardener.com](mailto:thewholeearthveg@gardener.com)

# Weed out those suckers

## Weed words

by Triny Roe

A moist spring means the weeds effortlessly pull out. The wetter the ground, the roots more easily release their grip, simply sliding from the soil.

Grip the stem low to the ground, take a deep breath in, and as you breathe out, imagine the roots relaxing and yielding as you successfully remove a pest plant before it grows several metres tall, sets seed and spreads, creating a bigger problem.

Make life easy for yourself and others, reduce your workload, and do your weeds while they are small.

Flowering now is the cockspear coral tree, *Erythrina crista-galli*, with a decorative deep red display. Still featured in many older gardens, this plant was imported for its attractive and hardy qualities.

Now it has naturalised in many areas, colonising creek banks, low lying swampy land and roadsides. There are plenty on the banks of Goolmangar Creek along Nimbin Road and on the creeks and flood plains around Lismore.

Floods spread this pest as broken branches and stems root readily and become new plants. It also propagates via seeds or suckering. Dumping of garden waste is another spreader of this and many other weeds, so ensure responsible disposal of all vegetative matter.

Cockspear coral tree looks similar to the native batwing coral tree, *Erythrina vespertilio*, but the native has wider leaves and the flowers are smaller and darker. There is a lot of variability in this species, and it is now considered the same as another native, the pine mountain corkwood, previously called *Erythrina numerosa*, which has pinky orange flowers. These trees can be found across the Northern Rivers on the margins of drier rainforest.

The rosewood or tipu, *Tipuaria tipu*, is also considered an environmental



weed and is invasive in NE NSW and SE Queensland. Once favoured as a fast-growing shade tree and fodder species, it spreads easily with winged seeds that spin like helicopter blades.

Included in the *National Alert List for Environmental Weeds*, this species should not be planted due to its propensity to spread into bushland and along roadsides. Tipu, with bright yellow flowers, can produce 10,000 seeds per tree.

Also called the racehorse tree, this woody weed can grow four metres in as little as two years. Its extensive root system blocks drains and water courses. Removal can be difficult and professional advice is recommended to avoid it becoming a worse problem. Tipu has a tendency to sucker profusely, so follow up is essential if eradication is required.

Suckering trees are hard to manage because they readily reshoot from the roots. They just won't die.

Watch out for honey locust, *Gleditsia triacanthos*, another suckering species introduced as a fodder tree but also valued for its attractive qualities.

With long thorns and growing up to 25 metres, it forms impenetrable groves and can dominate grazing land. Drought tolerant, honey locust loves flood plains.

Black locust, *Robinia pseudoacacia* also suckers madly. Toxic to stock and people if eaten, its stems and branches are covered with thorny spines. Despite them being declared weeds and prohibited for sale or distribution in NSW, these locust trees are available in local nurseries. Do not plant them.

Ice-cream bean, *Inga edulis*, also flowering now, is another suckering legume and a favourite of the permaculture movement. It is useful as a source of nitrogen mulch but has a reputation for weediness and persistence.

Jacaranda, *Jacaranda mimosifolia*, is a popular purple flowering tree. However, sadly, they too have become invasive in the Northern Rivers.

Plant native tree species to provide food and habitat for birds and other wildlife, and promote and protect biodiversity in our beautiful valleys.

*Happy weeding.*

## Plant of the month



by Richard Burer

A good tree for smaller gardens and on your conservation projects, Native frangipani is a good all-rounder that's very common in the area.

This hardy tree, despite growing reasonably tall to about 15m and a few metres wide, is good for just about anywhere on the farm or in your regeneration zones and landscape areas.

From creek lines to a full sun street tree, Native frangipani adds some quick life to an open sunny spot and is quick to flower for you and the birds, which would include a sweet scent in October and November.

At home in Nimbin we planted several a few decades back and they tend to regenerate around the place, adding some

surprise flowering in a quiet corner. Good soil is ideal, as is a sunny position.

On project sites, I'll happily plant this species which can grow very successfully in most situations including being very resilient to browsing.

Often this species is found in drier rainforest edges including riparian zones and dry/wet eucalypt forest as well. It can grow a bit fast on a rich riparian zone and fall over itself, so a bit of pruning can help that.

The common name is a just reward and describes a nice local rainforest tree that's non-invasive with a small root ball that's unlikely to cause damage to walls, tanks and housing structures.

The papery seeds collected later in the summer are easy to propagate.

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

## Life chooses life

I'm told that in Mexico when you get to your 70s you are said to have reached the 7th floor. Very bizarrely, I was recently on the 7th floor of my third hospital where all the geriatrics were put. I've been rather seriously ill with a blood sepsis and near organ failure, and the 7th floor was meant to be a rehabilitation ward, but I was in a room with a woman with dementia and some of the nurses seemed to think I too had dementia (very frustrating!).

One asked, after my last shower there, where I'd washed my hair in preparation for going home, if I knew how to comb it. Yes, yes, yes, I said, irritated out of my brain. I wasn't there because I'd lost my marbles, I was there just because I needed physiotherapy to walk again, without assistance.

I walked out of there determined to get back into the swing of life and work as quickly as possible, and I'm getting there. I've resumed seeing clients online. Please email me on: [dr\\_mccardell@yahoo.com](mailto:dr_mccardell@yahoo.com) for further information.

One of the medical doctors at the second of the hospitals asked me if, in the case of near death, would I want to be resuscitated. I had to think; to weigh up questions of the meaning of life; to consider what matters most to me as a living person. This is, after all, an existential question that we all must face sooner or later.

I replied, after some thought, "Life chooses life." And so it is. I guess that if I was closer to death, I may have chosen death, but I have an abundance of life, more to live, to give, to celebrate.

Being a patient in hospital is a strange, disjointed thing, a Daliesque thing. You are treated as both object and subject, at once. There I was using a bed pan and – at the same time – being measured up for a pressure sore prevention cushion by an occupational therapist. There I was wrapped only in a towel sitting in a wheelchair after a shower and wheeled out into the hallway filled with medical students and no-one noticing anything. Exposed, and yet, not. There I was trying to engage



by Dr Elizabeth McCardell

a young doctor in conversation (because befriending people is what I do, and doing so changes the dynamic rather wonderfully between us) while she painfully inserted a cannula into a vein on my wrist. The illness, itself, was felt subjectively, but objectified at the same time: a timely reminder that, as a dear mentor puts it, we are not our bodies.

Bodies change, age, decay, but our spirit lives on, just as buoyantly as ever. And we can learn to watch all this happening. For life chooses life, even if it feels like an energy beyond our selves (which it is).

Learning the art of mindfulness, of witnessing without interpreting according to our problem stories (our

neuroses), is the art that I try to encourage in my clients and which I tried to practise in the near month of illness and hospital experiences. I can't say that I succeeded all the time.

My tendencies towards impatience flared up pretty often, but – even these – I attempted to witness without excuses. All this isn't easy, but I believe, it's worth it for the sake of equanimity, as well as fairness towards other people.

The practice of lucid dreaming is a helpful start to the art of mindful witnessing. We don't have to get caught up in our habitual ways of responding but can choose how to resolve our issues. The dreamscapes of our mind are not predetermined, and we can wake from them consciously. I think consciousness is life's purpose, that, and love/compassion.

One of my greatest regrets is that I was unable to contact all my clients while hospitalised because my new phone had lost a number of contacts. To these people, I'm deeply sorry.

I hope that those who were affected have found another therapist, or perhaps would like to contact me again. I do not like leaving people unsupported.

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# Dark and dangerous days

Throughout human history democratic governments have been the rare exception not the rule.

This idea of government of the people by the people for the people is a fragile phenomenon. None are perfectly constituted of course but in comparison to the other alternative, some form of dictatorship, democracies tend to respect the rule of law, provide a good deal of individual liberty, notably free

speech, maintain the right to peaceful protest and in comparison to its evil brother, provides a far more preferable system to live under.

Presently the great democratic experiment that is America is only moments from its demise. Primarily because one side in their two-party system has made it clear it won't accept 'no' for an answer. If it loses then they will maintain that the vote was rigged, and the election was stolen, just as they did in

2020.

This concept of accepting the empire's call is vital to the success of the democratic project. If you cannot concede, if you cannot lose, then you are not in a competition. You have instead set your sights on dictatorship.

The failed coup attempt of January 6, 2020 taught Team Tangerine a lot. Since that date they have installed their operatives at all levels of the vote counting and ratification system. Indeed, they have

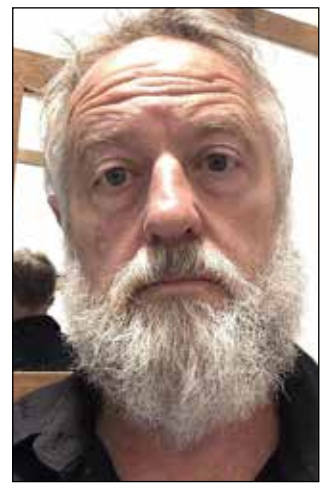
learned from one of history's great dictators. For it was Stalin that pointed out it's not about who votes or who runs, it's about who counts the vote that matters. Trump's acolytes have infiltrated at all levels; even the ultimate election arbiter The Supreme Court is controlled by his appointees.

Trump's threats to silence the 'enemy within', that is Trump's political opponents, should send shivers down your spine if you've ever

attended a protest or joined a political party, even one as conservative as the Australian Labor Party.

We are a client state of the US, if they lurch into dictatorship they will be supporting like-minded parties here, like Dutton's Liberals. And they will feel emboldened to dehumanise and destroy their opponents in a similar fashion.

Don't be fooled by the clown dancing to *Ave Maria*, these are dark and dangerous days.



**Revenge of the Loon**  
by Laurie Axtens

## Natural law

**N**amaste. We enter November off the back of an 'intense burn' through late October. A high activation of energies, carrying significant potential for change, release and growth. Phew! How did you go? Whatever your reflection evokes, we will likely all benefit from emerging slowly and thoughtfully after this active period.



by Helene Collard

start thinking about preparing for Reiki Mastership scheduled for September next year. Reiki treatments are available in Lismore.

### Weekly services at Yemaya Centre

- Catherine Wilson: clinical psychology, <https://hnc.org.au/directory/catherine-wilson>
- Krsna Mayshack-Mendero: women's counselling services, <https://connectowellness.com.au>
- Helene Collard: Reiki Master teacher, trauma-informed facilitator [www.yemayacentre.com.au](http://www.yemayacentre.com.au)
- Mirek Oprzedek: Shiatsu practitioner, 0412-294-917 or: [miz.oprzedek@gmail.com](mailto:miz.oprzedek@gmail.com)

### Consult room available

There is a vacancy Mondays on-going for a professional therapist/practitioner in the consult room.

If you, or someone you know, have caseload for a weekly service in Lismore, in a beautiful, naturally lit space, contact me to discuss and arrange a room viewing. Flexible agreements are available. Organisations and private practice welcome.

Come to us in the heart of the CBD and visit our website for more information and bookings. Visit: [www.yemayacentre.com.au](http://www.yemayacentre.com.au)

### Coming up

- **Reiki treatments:** weekly
- **Free laughter yoga:** 7th November, 6-6.45pm, Jiggi Hall
- **Reiki circle:** 8th November, 10.30am-1pm
- **Women's circle:** 10th November
- **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.*

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

something I am learning to embody.

Learning to receive is not something all of us were taught, and/or are comfortable with, let alone receiving until your cup is full and overflowing. Nor did most of us receive the message, that it is from this abundant state, that we can truly, and purely give.

Giving from a full and overflowing cup isn't often the norm. Some may rightly argue that this is not always possible, because at times we feel compelled to respond to a need, regardless of whether we are 'resourced', and that is absolutely true.

However, if we make giving from depletion the norm, our life-force system calibrates to operate on depletion — which is never sustainable and will lead to some form of illness over time. Just as they instruct, every time you get on a plane, put your mask on first, and you'll be resourced to offer sustained and quality 'giving' to others, without compromising your own well-being.

There's a lot happening at Yemaya. Free laughter yoga at the Jiggi Hall, a Reiki circle, a women's circle — all happening in November.

Join me in the new year for Reiki level 1 and 2 courses in January and early February respectively, or

Take your time, your body and mind are re-adjusting to a new rhythm, a new system, a new routine. This transition is likely untangling you from very old patterns; go gently and with self-compassion. If you were teetering on a change, there is still time for you to commit and go for it.

Again, be kind to yourself, and prioritise what you need to make it happen. It may be earlier nights; signing up for a course; eliminating or including from your current diet, lifestyle or social circle; trying a new treatment for a health condition; booking a trip away; moving house. Trust your instinct, do your research, however don't overthink it. Go for it.

Quietenour minds and hearts and finding time for relaxation and reflection allow us to respond to challenge in a meaningful way, where "we extend from our centre and return to the centre." I saw this quote in the Happy Mountain yoga studio and have never forgotten it (thanks Geraldine!).

The 'take-away' is; don't leave your centre. Once we over-extend, we start draining our vital life-force. If we do this consistently, we become depleted and sickly. This completely aligns with Reiki theory, and the concept of maintaining a healthy and vital life-energy.

It means putting yourself front and centre and filling up your cup, and then giving from the overflow. When I was first introduced to this concept, it blew me away. I realised it wasn't the internal program I was running, and it is still

## Nature's pharmacy

by Trish Clough herbalist

**S**pringtime is harvest time for many medicinal herbs.

I have previously lamented that I can't seem to find ribwort (or the similar broad leaf plantain) growing prolifically since I moved to Iluka two years ago. A neighbourhood walk in Lismore always revealed many of these weedy plants.

So you can just imagine my excitement (it doesn't take much when it comes to medicinal weeds) when on a recent walk along Iluka Bay I found a huge patch of flowering ribwort (*Plantago lanceolata*) amongst the grass and weeds. I took a friend, a large bucket and some digging tools and we harvested lots of plants, making sure to leave plenty to drop seed for the future. I was very happy the location isn't near a road or an industrial area, so the plants should be free of contaminants.

While we were collecting, a couple walking their dogs came by, and were curious about our activity. I explained, we're collecting medicinal weeds. So they were interested, asking what they are used for.

I've written previously about ribwort and its benefits, but it's so good that I'll repeat it here. I told them the story of 'white man's footprints', the Native American term for plantain. The name came about because the plants, presumably grown from the seeds, arrived with the first settlers, or colonists, and was such a reliable sign of their presence that it showed everywhere they travelled. The USDA (United States Department of Agriculture) prefers to call it 'common plantain'.

It is said that the seeds can remain viable for up to 60 years, and they require light in order to germinate. These factors explain why the weeds have colonised extensively around the world, having originated in Eurasia. It adapts to most soil types, but prefers moist clay-loam soils. This probably explains why it is prolific in Lismore, and harder to find here in Iluka with very sandy soil which doesn't hold moisture. Plantains tolerate compacted



Wildharvesting  
plantain ribwort

soils, and being trampled, as indicated by a common name in South Africa, the 'cart-track plant'.

As a medicine, it is used externally as a skin treatment, and internally for a variety of ailments. According to Matthew Wood (*The Earthwise Herbal, Volume 1*) it is "cooling, moistening, softening (emollient), and astringent." He explains it is one of the best drawing agents. It can draw out dirt and infection from a wound, and can stop bleeding. It can help with inflamed gums, lingering infections from dental issues, and boils and abscesses.

I have used ribwort successfully to treat ant bite stings. Generally for skin and dental treatments, a strong decoction (simmered herbal tea) is used as a rinse, frequently applied, but for an emergency ant bite in the garden I just grab some and crush or chew the leaf and apply it as quickly as possible.

In general, broad leaf plantain and the narrow leaf ribwort can be used interchangeably. Internally, it

is very useful with bronchial and lung infections. It is soothing, moistening, but also helps to draw up excess mucus and water from the lungs, and settles a cough.

Additionally, it can help with stopping smoking, as it is said to make cigarettes not taste good, as well as cleansing the lungs.

Ribwort strengthens the kidneys, nourishing and building them up rather than acting as a forceful diuretic which could instead further weaken the kidneys. It can help with bladder infections.

Additionally, ribwort can help with nerve pain, back pain, and Bell's palsy. It can be used as a herbal tea or medicinal tincture.

A word of caution, however. While the plantains can help with the above-mentioned infections, symptoms need to be carefully monitored in case antibiotics or other medical intervention is needed.

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

## A moment

by S Sorrensen

The dawn light is delicate, flashing through the trees that overhang this backroad up to Murwillumbah. The light falls into the Supertoo through the open sunroof. (Have I told you about my new old car and its electric sunroof? Oh yes, okay, I have...)

The flickering light taps my shoulders; it wants to say something. "What?" I ask.

"This is nice, isn't it?" the light replies.

Yes, it is. I'm driving north to the Gold Coast (I've been there a lot lately), land of white beaches and stinky traffic jams stretching from Tweed to Surfers, crowded with tourists, workers and fitness freaks who run along the beach carrying heavy medicine balls to improve their neuromuscular co-ordination and sexual attractiveness before jumping into the traffic queue for latte and doughnuts.

But, here and now, it's just me and a flirting light winking at me as I climb the southern rim of Wollumbin's caldera.

Dawn is my favourite time. Dawn is a beginning. Regret, still netted in yesterday, is yet to untangle itself, to cruise the new day looking for blood.

I like sunset too, but I don't raise a glass or two or three to the sun's rising. Not doing that makes sunrise a dawning of possibilities, rather than a numbing fade into the predictable darkness.

I swing into a right-hander and Wollumbin appears, magnificent, queen of the caldera, sunlight fingering her peak, a petticoat of cloud at her base.

"This is nice, isn't it" says the light.

Yes, it certainly is. But... It'd be nice to share this moment.

What? Am I lonely? Is the shark



homing in on me? Already?

Yesterday, at sunset, with a near-empty bottle of Italian rosé reflecting the last golden ray, a visiting friend said, "You have to learn to love yourself, before you can love someone else."

This is a common piece of popular philosophy, but I'm not sure I agree.

These days the focus is all on oneself. Self-improvement is an industry. Self-improvement trumps improvement for others. Fitness freaks with big balls, homeless women under dirty blankets. Make yourself better while the world coughs and bleeds. Capitalism is self-improvement for corporations.

You want to improve yourself because you hate your unimproved self. Why do you hate yourself? You think you'll love your improved self, but will you? Self-love is a mask self-hate wears. The emphasis on oneself ignores the plight of others. Self-love makes the world worse.

The modern world has plenty of self-love – and a deficit in the love of others. Narcissism is the new normal, concealing the horror at what we've become. While Rome burns, the

emperor fiddles with his hairline. While bombs shred children, bomb-makers buy themselves a better smile – and a government.

While the changing climate pushes people from their homelands and living things to extinction, governments groom themselves with new coal mines and bomb-maker parties.

I don't really care about loving myself because I don't hate myself. I don't need to find love; I need only acknowledge it. I love the world. I feel its pain, I delight in its morning glory. Love flows out, I realise as I tunnel through the fog, not in.

Sunlight muscles its way through the sunroof. I hit the 'close' button and reach for my sunnies. Dawn is done. The Supertoo shifts smoothly into fifth gear as it slices through a lingering veil of mist lifting from the bitumen.

A mumma wallaby and her joey look up from a roadside breakfast to regard me with careful casualness, the joey jerking as if to run, but, reassured by mumma's stillness, doesn't.

"This is nice, isn't it?" I say to them.

## We and the law etc

After school I was supposed to do law, but I wanted to be a writer. Some families were like that then. Eldest son of eldest son stuff. Ian Temby, an articled clerk, taught me English legal history. First year Law had two Arts subjects. After repeating first year I had four Arts subjects, enough to get into second year Arts, but persisted until half-way through second year Law, realised I wasn't going to pass, dropped out and got jobs in the government, the first as records clerk to the Minister of Police, then enrolled in Arts, graduating with a first in English (Theatre and Novel), scholarships for a doctorate and/or an honours degree at Cambridge, but it was 1969 and I went bush instead and started writing.

Someone said, "send a chapter to the Literature Board of the Australia Council", who gave me \$5,000, sensibly, and knowing artists, in quarterly instalments.

I wrote a couple of novels, sent each off to a publisher, got the rejection slip –

"doesn't quite fit our list", "keep trying" – but by then I was into the next and the last was just practice. When a famous editor took my third apart and suggested I rewrite the chapters as short stories for *Westerly*, *Southerly*, *Playboy*, *Women's Weekly*, I decided that the industry was not for me.

After living in different places, with different women, working in different industries or surviving on the dole, joining an MO, becoming a deep-tissue masseur, then unpaid boss of the Northern Rivers Conservatorium Arts Centre for four years, one night in the back bar of the Tatts I was telling a barrister friend that I'd planned to enrol in the new degree in natural therapies at Southern Cross because although my hands knew what they were doing, the brain didn't remember the names of the muscles etc, but the uni had gone and postponed it for a year.

By the way, if anyone has a copy of the cassette *Deep Tissue Massage with Sindhu*, make me an offer.

"They're starting a graduate

degree in law this year," he said, "You've got a degree, haven't you?" picking up his beer and turning around, "See the woman in the corner, the blonde? She can tell you about it."

Annie was the lecturer for the first unit, Introduction to Law, conducted on Socratic lines, lecture in the morning, seminar in the afternoon, every day. People with degrees emerged from the hills, a doctor, a nurse, a Latin scholar, an actuary, a journo, Graham Irvine, others. It was an extraordinary educational experience.

My first law job was freelance instructing clerk in a 10-week conspiracy to import (unspecified tons of cannabis) trial in the Queensland Supreme Court. Admitted in 2004, it took another year, on SEEK every day, to find an employer. There's a bit of ageism in the law. "Many isms", my associate corrects me.

After 10 years of waking up each morning on the wrong side of capitalism, I retired to the farm, went solo, and ended up on the wrong side



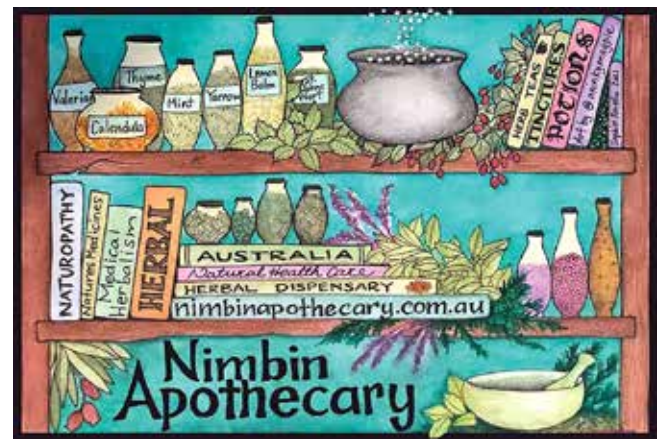
### Legal writes

by John 'Sindhu' Adams

of the levee in South Lismore. Now there are four of us in the new office (with flood-prepared walls) in the old Lifeline shop/church at 18 Casino Street, I'm selling a few paintings, and the first three chapters of the book, *Shiva's Garden II*, is ready for publication.

It's a serial, three chapters a month. Readers of the *Nimbin Good Times* and their friends can have a free copy of the first instalment by emailing me at [john@johnadams.com.au](mailto:john@johnadams.com.au) with subject, "yes please". After that, it's \$5 a month.\*

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# So They Say

by Uncle Norm & Aunty Maj

## Golden showers

My boyfriend showers in the morning, whereas I shower in the evening, because I like to go to bed clean. I have asked him to change, but he refuses. What to do?

– Irma Smelling, Hells Hole



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## Magenta says:

Dear Irma, I have much compassion and solace with you on this problem. Norm also likes to shower first thing in the morning, which means the only person he is good for is his piano tuning client. I only ever get him at his most rank and it annoys me terribly.

Why should some stranger get a sweet-smelling yummy man whereas I am relegated to his miasmatic emanations at the end of the day, which he brings to bed often adding a fart on the way just to spice things up.

No, it's not on. Morning ablutions are topsy-turvy and make no sense at all. Why wouldn't you want to present your cleanest, nicest self to your loved one at bedtime? For this reason, I have always showered at night.

However, now that I am retired, I have the luxury of showering at my leisure and convenience. Nowadays I like to shower just before my nanna nap. This is when the afternoon sun is streaming golden into my bathroom, and it is warm when I get out. A very pleasant experience, indeed.

I suppose a lot of our behaviour is what we learnt as children and ingrained habits are hard to change. I don't know if this is helping to answer your question because what can you do when someone refuses to change something as personal as their showering time? You need to approach the topic with empathy and sensitivity, listen to his concerns, and respect his feelings. Remind him that cleanliness means that there is no dirt, stains, or bad smells and that the goals of cleanliness are health, beauty, absence of offensive odour and to avoid the spreading of dirt and contaminants to oneself and others. If that doesn't work, put in a pool.

*"Singing in the shower is great until you get shampoo in your mouth. Then it's more of a soap opera."*

## Norm says:

Dear Irma, showering every single day is so first world. When I was a nipper in the 1950s, hot running water was a luxury that many homes still didn't have. When my parents managed to buy and install a gas water heater it was a big deal. It looked like a mini rocket ship and had to be lit with a match. The water was scalding hot and the whole family would have to share the bath water because gas was expensive. It was pretty normal for most people to bathe once or twice a week.

I can only imagine the 'eeews' and 'yucks' coming from you if he suddenly decided to limit his showers to once or twice a week. But can you imagine the benefits to the environment if we all followed suit? You don't tell us what your BF does for a crust, but I guess if he works in a piggery or pumps out septic tanks you may have a point. However if he's a desk jockey, provided he uses good soap and deodorant, and doesn't soil his underwear too much during the day, he should still be pretty usable at bedtime.

I, like him, shower in the morning. It wakes me up and invigorates me, which sets me up for the day. My little muskrat is flexible. She showers as she sees fit. Sometimes she even jumps in with me. Perhaps therein lies the answer to your problem. Not only do you get off, but you save water and you both come out clean!

*"What's the difference between a peeping tom and somebody getting out of the shower? One is rude and nosy, the other is nude and rosy."*

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**magentaappelpye@gmail.com**

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# Aetiology in Chinese medicine

The understanding of aetiology (the causes of diseases) has evolved considerably throughout the history of Chinese medicine. This development has resulted in a more detailed and comprehensive approach to diagnosis and treatment.

Chen Wuzhe, a physician from the Song Dynasty (960 to 1279 AD), built upon the hypotheses of earlier physicians and proposed a theory of the causes of disease known as the Theory of Three Causes. This theory categorises the causes of disease into three distinct groups: external, internal, and neither external nor internal. These classifications, developed by ancient physicians, remain important for understanding illnesses in clinical practice.

According to Chen, the external causes of illness are commonly referred to as the six exogenous pathogenic factors: wind, cold, summer heat, dampness, dryness, and heat. These factors are natural seasonal changes and are generally not considered harmful; in fact, all living beings depend on them to grow and thrive.

However, when the body's defence system, also known as defensive Qi, is out of balance, it can become vulnerable to extreme climatic changes. As a result, the six exogenous pathogenic factors can enter the body through the nose, mouth and skin pores, leading to illness.

For example, a weakened defensive Qi can make the body susceptible to a wind-cold attack. Symptoms of this condition may include stiffness in the neck and



by Chi Fung Lee

upper back, body aches, a runny nose, sneezing, coughing, chills, low-grade fever, and an itchy throat.

Additionally, a summer heat attack occurs when the body is exposed to prolonged or extreme heat. Symptoms are similar to those of heatstroke and may include nausea, vomiting, and dizziness.

The internal causative factors of illness are referred to as the seven endogenous pathogenic factors: joy, anger, melancholy, worry, grief, fear, and fright. These factors represent normal human emotional states. However, when these emotions become extreme or excessive, they can disrupt the functions of their associated organs.

For example, excessive joy can injure the heart, leading to agitation, restlessness, or a manic mental state. Similarly, prolonged and excessive anger can injure the liver, resulting in pain in the liver region, shoulder and neck tension, dizziness, irritability, red eyes, and severe headaches or migraines.

Excessive worrying and melancholy can injure the spleen, causing fatigue, lethargy,

and digestive issues such as bloating, gas, and diarrhoea. Excessive grief can injure the lung, resulting in asthma or chronic respiratory issues. Extreme fear and fright can injure the kidneys and heart, leading to symptoms such as insomnia, anxiety, restlessness, and nightmares.

The non-external and non-internal causative factors of illness identified by Chen include improper diet, overexertion, a sedentary lifestyle, traumatic injuries, congenital factors, incorrect herbal treatments, animal and insect bites.

In today's world, the factors contributing to health issues have grown significantly. These include pollution from industrial and environmental sources, electromagnetic frequency exposure, and contamination of air and drinking water.

Additionally, the widespread consumption of genetically modified and processed foods, along with excessive refined sugar intake, poses risks. Over-reliance on modern medicine, substance abuse, the effects of war, and excessive social media use also have a profound impact on both physical and mental well-being. Together, these elements create a complex landscape that challenges health.

Understanding the causative factors of illness can help us maintain and enhance our overall well-being. As the old Chinese saying goes, "The way to nourish life is to cultivate the body, eat simple foods, live a simple life, and cultivate a simple mind."

Chi Fung Lee is an AHPRA-registered acupuncturist. Email: chibiz@xs4all.nl or phone 0478-239-298.



# Atlantis then and now



by Auralia Rose



Many believe we are reliving the last days of Atlantis, a powerful and advanced civilisation which existed millennia ago. Under hypnosis, people have remembered lifetimes there. They describe a highly advanced, utopian lifestyle, a place of great beauty and technological wonders, where people enjoyed an enlightened, joy-filled, peaceful, love-based existence.

They report golden temples, crystal clear aqua waters while living in harmony with beautiful and abundant nature.

Over a long period of time, the perfect blend of science and spirituality became unbalanced as science dominated the spiritual aspects. The emphasis on advanced technologies ultimately resulted in a cataclysmic event one fateful night about 10,000 years ago when all the Atlantean lands were drowned and buried beneath the powerful ocean.

Lately it seems I have had an increase in the number of people remembering their Atlantean lifetime, as the subconscious wounds and trauma from that time are calling to be released.

Some of these wounds relate to their part in the demise of the empire, others remember drowning that awful night, others still carry the memory and wounds of deep grief, guilt and helplessness at not being able to do enough to save their lands and people.

I have also remembered a couple of my Atlantean lifetimes, one from the end days and the other from a much happier period.

Under hypnosis I relived a lifetime where I was an assistant to a respected scientist who worked with crystals to produce the most beneficial environment for growing crops. He was following guidance from the ruler at the time who made some bad decisions, ultimately causing Atlantis to fall.

They went too far, and the scientist began experimenting with energies he didn't completely understand. As his assistant, I tried to warn him that what he was doing was dangerous, but his ego would not allow him to hear it.

Eventually the manipulation of energy resulted in us both witnessing something we knew that once set in motion could not be reversed. Our lands were doomed. Violent and destructive lightning, earthquakes and

floods ensued, as we clung to each other awaiting the impending annihilation of our entire civilisation. This brilliant scientist had no malicious intent in his heart, only an out-of-control ego.

In a more pleasant Atlantean life, I saw myself as a female with long strawberry blonde hair, dancing on a large green mound while dolphins swam beneath me in the aqua waters.

My dress had long golden fringes and I would dance at dawn, mimicking the dolphins' movements, swinging right and left, the golden fringes and my long hair swaying with my movements, distributing the dolphins' energy and that of the new dawn to my community.

I danced with joy and love and deep reverence for life and creation and possessed the ability to recognise any discordant energies before they could affect the kingdom, thereby harmonising them before they could become disruptive.

There are lessons for humanity from those last days of Atlantis, and many have returned to help balance their karma and ensure we do not repeat the same mistakes. We have the opportunity in this lifetime to create a new world, a new humanity, living in harmony with one another and nature.

The time is now to reclaim what we lost. It is through the work we do individually and collectively to clear ourselves of our memories and karma from that time that will help bring about new life, new beginnings and a new Earth.

I believe most of us here at the moment have experienced lifetimes in many ancient, grand civilisations. If you would like to explore yours, please contact me below, or feel free to give me a call.

The New Earth awaits us.

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## Some things you may not know about Bowen therapy

### Focus on fascia

Fascia looks and feels like cling-wrap. It's a thin sheath of skin that wraps all around your muscles and tendons and throughout your organs, and it is in one piece.

So when you have an injury or surgery it can damage the fascia; in turn this can affect the rest of the alignment in your body and can affect the flow of your lymphatic system.

During a treatment I release the fascia all over your body from top to toe through a gentle rolling motion over muscles and tendons. It needs fluid to operate efficiently so it's important to drink plenty of water after a session (and every day).



by Sonia Barton

passion and it still blows me away even after 20 years of working with it, when I see the results it can bring to people's health and issues.

### It's a gentle, subtle treatment

"Less is more", so the gentleness and non-invasiveness of the treatment is more effective for your body.

The body, in response, elicits deep healing on many levels – physical, chemical, emotional, mental, energetic and spiritual.

It creates a vibration with

the fluid in the cells to move around your body by one cell affecting the next cell and it carries on working for up to seven days, sometimes more.

### What can it treat?

Because it's a holistic remedial body technique, it can be used to treat musculoskeletal or related neurological problems including acute sports injuries and chronic conditions.

I see people with various conditions including neck and shoulder pain, carpal tunnel, plantar fasciitis, low energy, jaw pain, Parkinson's disease, MS, knee pain, and much more.

It is perfect for sensitive patients who prefer a gentle approach and the bonus of not having to get undressed to receive the healing as I have been trained to work through light clothing.

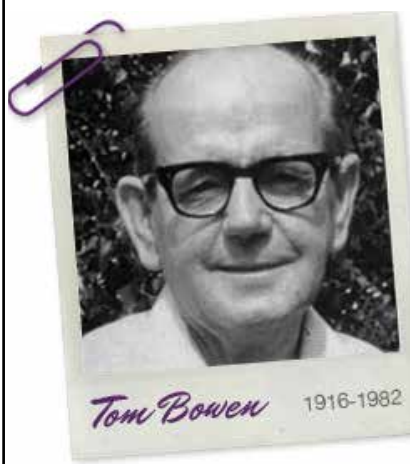
### No contra-indications

This means that it's very safe. You can have a treatment immediately after surgery, and it's safe enough for anyone from newborn babies to the elderly.

Cancer patients find it deeply relaxing, healing and restorative.

If you'd like to know more please call me for a chat. I work in Nimbin on Saturdays and Mur'bah during the week.

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### Thomas Bowen

Tom Bowen lived in Geelong, Victoria and started treating people in the 1970s. He was a genius in how he created the therapy through his healing touch. People travelled from everywhere to get a treatment from him. He also treated horses with great success.

The Bowen technique became a recognised course in the 1980s. Twenty countries in the world now offer training. It used to be included on private health funds until 2019 when the government removed Bowen off the list, along with tens of other beneficial therapies.

### It works with intention

I know that intention plays a big part in the healing when you have a Bowen treatment. We are both setting an intention for the best possible outcome. And just allow the magic to happen!

### Like a best kept secret

Even though Bowen has been around for 40 years it is still not known very well and you usually hear about it by word of mouth.

As more people try it they tell their friends and the word spreads. I am very blessed to be able to write a monthly article in this paper to spread the word of this 'magical' treatment. Bowen therapy is my

## THE CO-DEPENDENT MULTICULTURAL MERITOCRACY RISES

Uplifting news for nature lovers, biosphere and forward thinkers: eco-friendly life is a public good.

A new survey shows public pressure for serious consequences to companies, law makers, and consumers, abusing planetary limitations fouling land, wilderness, air, water.

Individual freedom of choice and specialisation in aptitudes are cornerstones of living, but efforts may not undermine public liveability, or destroy social fabrics.

Profiting from environmentally destructive behaviour has gone way too far: life has to be viable for all.

Everybody can see there are now too many demands on our limited environments.

The switch to sustainable living can be at any time. Conduct your own orchestra.

Some folks derail, have bad genes, bad upbringing, or tough luck. They deserve help, but disadvantages are no excuse to mistreat others.

'Others' includes all living beings in the tree of life. Currently humanity consumes itself out of house

### Shapeshifting

by Anand Gandharva

and home.

By eating animals, we shoot ourselves in the foot. It is wasteful, cruel, destroys Earth.

In the past hunting and animal farming was rarely considered harmful. It proved skills. In recent history hunting 'game' was a valued sport and animals a daily food staple for many.

Rules on non-violence will be extended to regulate human co-dependence on healthy nature, refining farming from extensive and destructive broad-acre to greenhouse cultivation, separating wild nature from controlled environments.

To nourish ourselves sustainably, people better be plant-based. Earth is now plagued by too many wanting too much.

Omnivores, regardless of character received at birth or nurtured, take in animal DNA. It shapes outlook



and behaviour, drugging personality. In addition, overshoot disasters loom.

Pollution, methane, heat: considering Earth an endless waste dump and provider. At the moment society mirrors the social

and economic structure of predators.

Promotions and advertisements may hook innocent consumers like fish. Deceive, greenwash, at times cruelly.

This is changing rapidly: according to a recent report, over 40% of consumers are vegan, vegetarian, or on a flexitarian diet that lowers animal consumption and mistreatment.

It also means up to 60% do not know or care, considering only their own goals.

But humanity evolves from an exploitative economy that grew large exhausting nature's gifts and new lands, often hiding behind make-believe masks, sly false fronts.

There are things you can do, such as spread information

on wholesome change, build towards a new economy, have a business catering to sustainable trends, sharing the joys of the great outdoors, support the plant-based treaty, vote for ecocide as a crime.

Ecocide destroys natural environments. Norm in old markets, but useful no longer. See: [www.earthlaws.org.au](http://www.earthlaws.org.au)

The population explosion exposes limbs of misunderstanding that now push against each other in a wasteful display of planetary calisthenics.

It can make some stronger, but at expense of the whole, undermining community, society, company and economy.

Working together and aspiring to become the best can be much more lucrative than only competing with others.

Humans did not only evolve cultivating individual excellence, but also sharing specialty, teamwork, symbiosis. It makes enterprise, flower and bee, work.

Brain and heart in one body. Left and right. Competition and co-operation both.