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DOLPHIN FUNERALS

A maize(ing) food

Food matters

by Neil Amor

Corn and maize are both terms that reference the same cereal grain. Corn is primarily used in the North American English vernacular, whereas maize is used in the British English vernacular. The scientific name of corn is *Zea mays*.

In many origin myths, corn appears as a gift to hunting societies suffering from starvation.

There is often a mother figure who has strong ties to the earth and who gives of herself in a benevolent sacrifice, to allow corn to arise from her body as it unites with the energy and power of the earth.

Maize requires human intervention for it to propagate. All maize arose from a single domestication in southern Mexico about 9,000 years ago.

The earliest maize plants grew a single, small ear per plant. The Maya cultivated maize in numerous varieties throughout Mesoamerica, and by 3000 years ago maize was central to its culture, including their calendar, language, and myths.

After the arrival of Europeans in 1492, Spanish settlers consumed maize, and explorers and traders carried it back to Europe.

By the 17th century, it was a common peasant food in Southern Europe, however its flour could not be substituted for wheat for the making of communion bread as it was believed that it could not be transformed into the body of Christ.



By the 18th century, it was the chief food of the southern French and Italian peasantry, especially as polenta in Italy.

Much maize is used for animal feed. Field corn is used to produce starch, syrup, oil, alcoholic beverages like bourbon whisky, and chemical feedstocks including ethanol and other biofuels. Sugar-rich varieties such as sweet corn are grown for human consumption.

Corn is one of the most cultivated crops in the world. Inside an ear of corn, we find, on average, 800 kernels.

And lastly, the current world record for most ears of corn eaten is held by Carmen Cincotti at 61.75 ears in 12 minutes.

Over the coming months there will be an emphasis on outdoor dining. These fritters work well, hot or cold.

Corn and feta fritters (serves 4)

Ingredients

- 4 sweetcorn cobs (husks and silks removed, kernels stripped)
- 250gm Greek feta, crumbled
- ½ cup self-raising flour
- ¼ cup panko breadcrumbs
- salt flakes and fresh ground pepper
- 4 eggs, lightly beaten
- small bunch chives, cut into small lengths
- ¼ cup olive oil
- ½ bunch coriander, picked and chopped
- 1 tsp smoked paprika
- 2 avocados, quartered
- 1 lime, quartered
- green chilli hot sauce to serve

Method

Place the corn, half the feta, flour and panko in a bowl. Season and mix well to combine. Add the beaten eggs and chives and stir until a batter forms (Hint: if you like it hotter, add some pickled chopped jalapenos to the batter).

Heat one tbs of olive oil in a large fry pan over medium heat. Working in batches, scoop half cup portions of batter into the pan and gently flatten with the back of the spoon. Cook about five minutes until golden brown.

Stack fritters on top of each other and scatter remaining feta and the coriander over the top. Sprinkle the paprika over the avocado and season.

Serve the avocado and lime quarters next to the fritters with the hot sauce on the side.

Until next month, eat well.

Ceviche: Citrus-lime preserved seafoods

by Thomas Culpepper

Cold-curing seafoods in lime juice is a very efficient energy saver, and an historically tried and proven relatively biological safe method of food preparation.

In some regions of the world, some parasites in the flesh of raw fish are not denatured by this process, in these areas it is best to heat/cook the food before consumption.

The purchase of fish that has been harvested in colder regions, for example, processed and frozen southern whiting, northern pollock, cod, halibut, sole/flounder, sea bass etc are a safe source of fish fillets, commonly stocked by retail grocers and fish-mongers.

Aquaculture-managed fish stocks are not seen as a problem, but Pacific reef-fish can be contaminated with Ciguatera-toxin and so the WHO/FAO has issued warning notes on this contaminate-health problem. Just a warning.

The source of this culinary is believed to be Peru, South America. Food historians place this food at over a thousand years in practice, brought to Europe during the 'Columbian Exchange' by the Portuguese or the Spanish during their 4-500 years of colonisation and settlement of the 'Americas'.



Southern whiting ceviche

It has been a wonder to me, how uninteresting (to the modern palate) 'Euro-diets' must have been before the invasions of the Southern lands: no peppers, no tomatoes, no chocolate, no avocados, no potatoes, no peanuts, no maize (corn), no cashews, no pumpkins and squashes, no vanilla, no raspberries, no pawpaw, no passionfruit, no pineapples, no cherimoya (custard apple), and many of the beans we now take for granted and a plethora of root vegetables.

Do we thank the genius plant breeders of South America, or do we thank the thieving 'Euros' and their predatory scion of North America for the beautiful, purloined varieties and the bounty that now inhabits

our greengrocer's benches and bins?

According to Nick Mooney, a great writer on the source and domestication of Botany and the Oz expert on these matters, and Otto Frankel of ANU, who agrees with Mooney: "They had it all and we pinched off them and never paid them a red cent for their intellectual property." Par for the Western course: "What's mine is mine and what's yours is mine too!"

Seafood Ceviche

To make and prepare Ceviche, you need: limes for acid juice, garlic, peppers, salt, seasonings, veg of choice, tomatoes.

Get some seafood of your fancy. Fish, prawns,

mussels, oysters, scallops, squid and some other marine gastropods, clams and such.

Clean them of dangly, pointy-sharp and shitty-bits; you just want the flesh for this caper. Much of this remnant will be solid protein, and most of it will appear transparent.

You want to change this protein to 'opaque', which is done by the acidity of the citrus, binding the protein.

Leave the 'flesh' in the citrus juice with a little salt for a couple of hours, then drain the product.

Arrange the accompanying goodies and dress with your seafood sauces, garnish with sliced peppers, red onions, cilantro, tomatoes, cucumbers, avocado, dill and your other herb fancies.

No fossil-energy input! Better get used to stuff such as this, while you wait out WW11.

Buy a fishing rod, and take a beach stroll; you may land a decent 'Jewie' (Mullaway) or find a wharf to laze around on while the fish are biting. Best early morning or on ebb-tide evenings on a dark moon.

All brick-bats to me and do sympathise with the editor, she has to read this stuff! Just to salve your still-beating consciousness, woke and all.

Comments to:
thewholeearthveg@gardener.com

You need to know about PAHs

by Dr Effie Ablett

PAHs stands for polycyclic aromatic hydrocarbons. The name is not important, but what you need to know is that they could affect your health, and put your children and grandchildren's lives at risk.

PAHs ("Pahs" rhymes with cars) are the main chemicals in our air and water causing cancer today. Most types of smoke contain PAHs, eg. cigarette, barbecue, and bushfire smoke. If you smell smoke, you are being exposed to PAHs, which could result in cancer in 10 to 15 years time.

A recent Canadian study has shown people living within 50 kilometres of a wildfire in the past 10 years had a higher risk of lung cancer and a higher risk of brain tumours compared to people not exposed to wildfires.

In the world today, 2.7 billion people are cooking with solid fuels (wood and coal). They have increased cancer due to PAHs released in the smoke when these fuels are burnt.

The escalation of bushfires over the last few years will continue, driven by climate change. Worldwide, PAH emissions from mega wildfires are increasing. If we allow climate change to continue, we will see increased cancer caused by airborne PAHs. "Climate Change means more



Cancer" needs to be promoted as a new reason for stopping climate change.

Not only lung cancer is increased but also oesophageal, salivary gland, liver, kidney, and cervical cancer. Worldwide, as PAHs in air and water increase, the cancers they cause will increase.

If you know anyone with cancer, you know of the huge amount of suffering it causes, for that person and for their family and friends. Thousands of cancer cases could be prevented if we reduce PAHs in our air and water. Reduce PAHs – reduce cancer.

PAHs are also found in all crude fossil fuels. They enter our air and water during mining, and when they are burnt. Since 2012, my repeated submissions to the government outlining the cancer risks from CSG and coal mining, have been ignored.

Election funding from mining companies seems to be more important to our politicians than the health of their constituents.

Governments can do a lot more to reduce PAH levels in our air and water. PAH levels need to be monitored, and 'safe levels' revised. Filters to remove PAHs from municipal water supplies need to be improved and closely monitored.

Public health warnings are needed to reduce people's exposure to PAHs. Wood-fired heaters need to be phased out. Increased cancer cases from PAH emissions need to be considered when deciding whether to go ahead with any new fossil fuel mining.

I have developed a website: www.pahs-and-cancer.org which has lots of information about PAHs and how they cause cancer, all backed up by scientific papers. You can read how to take precautions to reduce your exposure to PAHs; and how governments can do a lot more to reduce PAH levels in our air and water.

Local people can help publicise the website and lobby the government about PAHs. If you can spare a few hours do a few internet searches, or some facebook, instagram, TicTok or X posts, please phone 0427-363-006 or email: pah_info@yahoo.com

Timely tips for weed control

WEED WORDS

by Triny Roe

Weeds, aka opportunistic pest plant species which have the potential to invade, overgrow and adversely impact on agriculture, the environment or our health, are a major threat to biodiversity.

Protect our beautiful hills and valleys by controlling your weeds. Some pest species have potential to transform the landscape and dominate the existing vegetation if not managed in a timely manner.

Stop the spread. If everybody did their weeds, we can get on top of them. It's a community effort. Weeds don't respect fences or boundaries. They travel via wind, water and wildlife. They are carried to new locations on vehicles and clothing.

Sometimes we even plant them ourselves, not realising that nurseries can still sell many weed species. Around 12 new species each year are listed as weeds.

Rous County Council have a list of priority weeds. See: rous.nsw.gov.au/priority-weed-fact-sheets Landholders are required to either prevent, eradicate or contain these species.

Prevention is mandated for serious pest species which are not yet present in the Northern Rivers or only in isolated occurrences. These include frogbit, *Limnobium spp.*, parthenium weed *Parthenium hysterophorus*, and miconia, *Miconia calvescens*. If you see these, contact Rous County Council who can help with control before they become a bigger problem.

Some invasive species which are still in low numbers are earmarked for eradication. Because they are not yet widespread, there is a chance they can be eliminated altogether. These include paper mulberry, *Broussonetia papyrifera*, seeded banana, *Musa ornata* or *M. velutina*, and tropical soda apple, *Solanum viarum*.

Tropical soda apple arrived in the Northern Rivers around 2010,



Canopy of giant devils figs

and continues to spread. It is often associated with cattle grazing, as stock from contaminated paddocks can introduce seed, depositing it in their manure, a nutrient-rich medium ideally suited to growing weeds. Quarantine of new arrivals is vital to prevent fresh infestations.

This thorny shrub, which grows to two metres, can spread rapidly in a matter of months, form impenetrable thickets, preventing access and degrading the pasture. While the prickly leaves are not palatable, the fruit is very tasty to cattle, horses and wildlife. One plant can produce 150 fruits containing 45,000 seeds. Floodwaters also move tropical soda apple around. Report this and other priority species to Rous for advice and assistance.

Other priority species are already entrenched and present in large numbers and landholders are only required to contain them, ie do not let them spread. Species in this category include woody weeds like giant devil fig, *Solanum chrysotrichum*, leucaena, *Leucaena leucocephala* and groundsel bush, *Baccharis halimifolia*. At the very

least, chop the flowers off to prevent them developing fruit and setting seed.

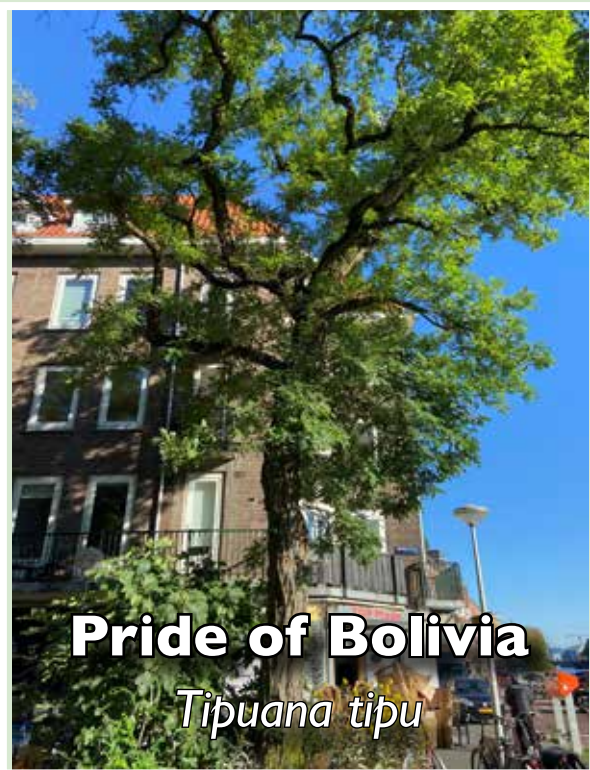
Plenty of destructive weeds are not on the priority list but can cause major damage if not managed. Cats claw creeper, *Dolichandra unguis-cati* is flowering now. Spot the pretty yellow flowers and ensure they don't develop into pods. The papery seeds will blow far and wide. This species is an ecosystem transformer, climbing and smothering large trees.

The best time to pull weeds is when the soil is moist as they release more easily from soft earth. Get them when they are small. Tools may be needed to ensure all the roots are removed as many woody weeds will reshoot from root fragments. Tree poppers effectively remove larger seedlings.

Practise weed hygiene. If travelling interstate, ensure you don't bring weeds home with you. Going to a National Park? Don't take weeds with you. Ensure your camping gear is free of weed seed. Does your mowing contractor arrive with a clean machine?

Prevention is a lot easier than eradication. Happy weeding.

Plant of the month



Pride of Bolivia

Tipuana tipu

by Richard Burer

Nothing gives shade in a hot October than a long-lived fast growing pioneer tree. Tipuana tipu is one of those trees.

In the early days on the farm in Nimbin, we planted a lot of these species to create quick cover and shade.

The tree created a nice shady ambience with the leaf form giving a pleasant sub-tropical cover; its leaflets attractive and mostly evergreen, except for a small period.

It's not a tree I would recommend to plant now, but it's the idea of planting open areas with trees that will either fit in the landscape long-term or in the short term.

A fast-growing leguminous tree, Pride of Bolivia has been a popular street tree, and despite

it suiting the subtropics, it's common in places like Amsterdam (pictured) where it seems very suitable.

It provides shade, shelter and beauty, despite a low water table, long periods of cold, compaction and pollution.

In Australia it's been used as a formal street tree in places like South Bank in Brisbane. Its leaf drop is short and minimal, so it's been I think, a good long-term decision.

In Nimbin on the farm and garden, a quick-growing attractive local native shade tree could be considered if you're thinking you might need shade and shelter in the coming hot years.

Your local rainforest nursery like Whalebone in Nimbin or Firewheel nursery are good suppliers for your future planting projects.

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

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Natural Law

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.



by Helene Collard

can book on-line now.

Also in October is a women's circle, and a Reiki First Degree course (currently one spot left). Second Degree Reiki is happening in November. Go to my website for info and bookings.

Reiki Master Jackie Segers will join us from NZ on the 20th-21st October for her SpinaReiki and AcuReiki Courses. All levels of Reiki welcome! Jackie is also the author of two

books on reflexology for cats and dogs. See: <https://jackiesegers.com/workshops/australian-workshop-tour>

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- 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: www.yemayacentre.com.au

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Coming up

Reiki treatments: Tues, Wed, Thurs
Weekly Women's Circle: 13 October

Reiki Master Practitioner course: 21-22 September

Reiki First Degree: 18-19 October

SpinaReiki: 20 October

AcuReiki: 21 October

Reiki second degree: 1-2 November

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

October is here. Where did the year go? A major ending is nearing completion, what a ride it has been. Keep tying up loose ends.

This is the time to de-clutter, clear out the old, address niggling issues, organise the chaos and bring everything into order. Rather than launching into lots of new things and spreading yourself wide, continue to go deep and clear, clear, clear.

Everything has a purpose, everything. Whatever has come into your life recently, and hasn't worked out, came in to refine your idea and vision of what will work in the future, so when it comes in, you will recognise it. Be careful not to prematurely discard what didn't work though, because it may still work, just at another level, or in another capacity.

Life is not black and white, it is a kaleidoscope of colour. Do not place limitations on yourself or others, do not confine yourself or others to self-imposed and societal constructs. Is there another way? Is there another capacity where it does work? Find the sweet spot and enjoy.

It is important at this time to live on purpose. Welcome people and activities into your life, because they feel on-point. Don't waste your time 'kicking the can around'. If it doesn't fit or doesn't feel right, ask yourself, can it?

We have recently crossed the equinox point and are still dancing in eclipse season. Support heavy and stuck things to find a new, freer way. Focus on the flow. Stepping back and giving things space can also work wonders.

Perspective is gold. Remember to support the foundations of your health – body, mind and spirit – and the rest will take care of itself.

I am taking a break down south and will be back on board for Reiki in Lismore from mid-October. You

Seaweed for skin care

Nature's pharmacy

by Trish Clough, Herbalist

Recently I've discovered how beneficial seaweed is when added to skin care preparations.

Because I don't use commercial products (I make my own), I was unaware of the current popularity of seaweed in face, body and hair care products.

My two sisters-in-law from London who accompanied us on our recent Central Australian adventure were enthusiastic about the moisturising benefits of their seaweed-infused face creams and shampoos.

I took Suzette and Shoshi to my favourite local pristine beach where we gathered seaweed, paddled in the water and admired the driftwood sculptures. Many photos were taken.

The commercial skin care products use dried finely powdered seaweed, but I like the idea of using it fresh. As an experiment I took a whole strand of golden kelp, washed it, cut it into small pieces and soaked it in water for a few hours.

After that I simmered it very slowly on the stove until the liquid became rich and dark. I then strained it and kept the liquid on a very low heat to concentrate it to a very thick dark extract.

I didn't measure it (very scientific!) but it reduced down to maybe 50ml of concentrate. After using it in some products, I put the remainder in the freezer for future use.

The concentrated extract has no preservative properties, so I assumed the unscented macadamia oil and shea butter moisturiser base I use had sufficient preservative for some additives.

I made a face cream using this with 3% seaweed extract (I did measure this formula), plus other favourite ingredients of mine. These included calendula oil, Kakadu plum serum, tamanu nut oil and some lovely essential oils.

I'm happy to report the face cream is lovely. I could notice the improved moisturising effect, compared with my previous cream with the same ingredients but no seaweed.

I applied some to my arms and legs, which were suffering end-



of-winter dryness, and after two applications the improvement was dramatic.

I then tried the shampoo experiment. I added 5% seaweed extract to my existing rose geranium natural product brand of shampoo. Again I assumed the shampoo had sufficient preservative to manage the seaweed.

I've now used it several times and I no longer need to use conditioner. My hair is very silky and soft with the seaweed additive. I'm pleasantly surprised at the difference. Seaweed in shampoo can strengthen and nourish the hair. The naturally occurring minerals, vitamins and amino acids improve the hair texture and the health of the scalp. It is suitable for all hair types.

Seaweed is known to have 'humectant' properties. Humectants when applied to the skin are able to attract water from humid air and from the underlying skin layers. This creates a plumping effect, which leaves the skin looking smoother.

This effect only lasts for a day or so, but regular applications give a continuing benefit. Glycerine has a similar effect and so is used in a

lot of skin creams.

One word of caution, however, is that in very dry atmospheric conditions, the humectant in a skin cream can have an overall skin drying effect by absorbing moisture from the deeper skin layers. This isn't a problem in our generally humid Northern Rivers environment.

In case of concerns about taking seaweed from beaches, in NSW it is legal to collect up to 20kg of beach seaweed for personal use without a permit. Because seaweeds are an important part of marine ecosystems it is important and respectful to leave plenty on the beach.

I am fortunate in having a very seaweedy beach nearby and the water quality is very pure.

Trish Clough is a Lismore herbalist who has been practising for more than 30 years. She now conducts her own clinic practice in Iluka after relocating from Lismore. Trish is available for consultations by appointment on 0452 219 502 or email at: trishclough2@gmail.com

The information in the column is meant for general interest only and should not be considered as medical advice.

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Legal practice under a Pisces moon

My client is doing alright. His girlfriend's phoned me. He's before the Local Court next month, wants to plead to the common assault and get the other charges dismissed. Maybe he'll get time served.

Rose fills in the on-line form and books an hour on the following Monday. An email comes back saying they don't do Mondays. We book Friday, my next available.

Thursday night I visit a friend for his birthday and spend a couple of pleasant hours in a smoke-filled room.

Next morning I leave at eight and drive off up Ballina Road. At Goonellabah there are blue lights ahead. It's the booze bus. A policeman is walking out to the road to start stopping cars. I drive past before he raises a hand.

Stress of contact trauma from parenting fights lifts as I put distance between the office and me, driving down the coast along the motorway through canefields and forest, then

the turnoff to Avenue Road, through more forest, then out into the surreal acres of lawn encircled by forest and, in the centre, the prison. Clarence Correction Centre, high fences surrounding low grey buildings, bright green and flat dull grey under a blue sky. No other colours.

I miss the visitor parking area sign and continue on around the expanse of staff parking area then run out of road. On my way back a white van blocks my way.

Four men with heavy uniforms approach the car. One comes to my window. His tag says Dog Squad followed by a number. Instead of introducing himself he advises me that his body-worn camera is turned on.

Then he tells me to stop the engine, put the parking brake on, get out and stand over there.

He follows me, pulling out a printed page and checking my name, have I been here before? Yes, but a while ago. Who am I visiting? I tell him.

He checks it on his sheet of paper, tells me I was a



Legal writes

by John Adams

bit close to the perimeter. Perimeters are important.

Another takes ages searching the car. I apologise for the mess. He's fine with that. Eventually, satisfied, they direct me to the visitor parking area.

In the otherwise empty building there are two people at desks. One looks up and I tell him my name and hand him my Law Society card which, he then tells me, has expired.

He asks me to sit over there. I watch one of the dog

squad guys dragged inside by a magnificent springer spaniel. Once inside, he chucks a ball and I watch as their game goes on. I'd never seen anyone do that indoors.

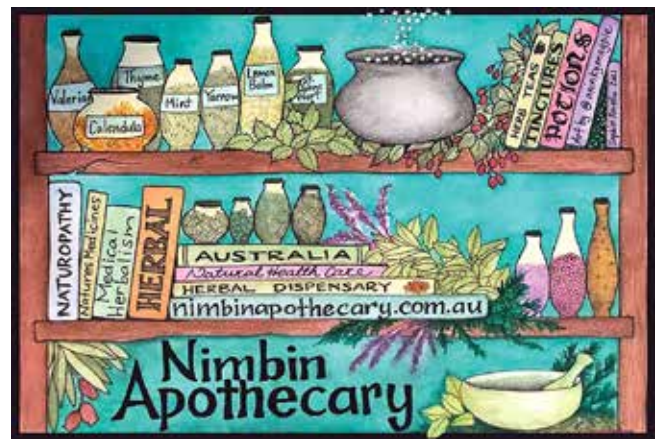
I'm there for half an hour before the word comes down. No visit today.

Back in the office after midday, Rose gives me a list of things to do and leaves to work from home. I attack the list. Most urgent is to send a Contract of Sale to the purchaser's conveyancer, with an extra special condition they've drafted. I find the contract on the laptop, add the new condition and press print.

The computer says the printer's off-line. I do the turning off and on thing without success, then connect my backup printer and again press print.

It works! Prints perfectly all the way down to that last special condition, then runs out of ink. It's nearly five.

I drive to town, buy a new cartridge, come back and install it, to find that that printer's gone off-line as well. I give up. Tomorrow is the weekend.



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Don't lie to me: a path to recovery after betrayal

The subject on betrayal easily fills a book. It is astounding the amount of upheaval that betrayal can cause and the multitude of aspects relating to it.

So many questions, so many areas betrayal touches on. Sentient beings look for emotional security and while this is not always guaranteed, the depth of betrayal takes a huge toll on emotional safety in relationships.

How do you deal with sorrow and grief while living with the very person who ripped the carpet of safety from underneath your feet, the partner who you trusted most and suddenly cannot trust at all?

A lot hangs in how the partner who committed the infidelity treats you. If you feel there is true love, genuine self-reproach and regret combined with your ability to bounce back relatively quickly, the initial shock may loosen its grip and you become gradually confident that things turn out well.

Nothing in human behaviour is firmly cemented. The mind is flexible, attitudes are alterable. You may consent to put trust into the partner you love and therefore increase his or her trustworthiness. There is the matter of forgiveness. It's a hard nut to crack concerning a partner who walked away from you to have extramarital fun. Forgive and forget? Not as easy as it sounds.

Some women have the



by Antionette Ensbey

ability to bury their aching emotions underneath their family duties. When you have young children who take up much of your time and energy, plus an elderly mother to care for, a job and so many other tasks there is no room for despair, other than in the silence of the night.

If you experience sleeplessness or other signs of emotional distress that pop up in unexpected places seek help before you reach for pills or other mind numbing drugs. Talk about your traumatic experience.

Friends will be able to help you by lending their ear and in return you will hear their stories which alleviates a bit of your personal misery. You are not alone.

Often the unfaithful partner is apprehensive of you talking to others about the 'incident'. They are fearful of losing reputation, or just embarrassed. But at this point it is all about you scrambling out of the hole to see some light. Holding back and hiding what has happened is not healthy.

Separation or reconciliation? Holding on to the partnership opens a window to opportunity and change. Neglected relationship problems need scrutiny and old habitual reactions discarded. A purposeful reconciliation involves focusing on the good traits and advantages of sharing a life together. Solutions involve a conscientious and clear mind.

You come to the famous fork in the road, and if you decide to stay with your stay willing to reconcile, you may pave the way to a revitalised partnership. How about a second marriage proposal followed by a honeymoon?

As betrayal seeps into almost all aspects of your relationship, your partner needs to show a commitment to honesty. Honesty above all else is desirable but is it attainable? A person who had an affair is not just calculating and selfish.

You have to reckon with insecurities and a vulnerable disposition. Giving an honest account surrounding the affair may be fraught with angst.

Delicate handling may be on the cards and here it is crucial for you to have friends who have your back and support you in this curvy journey to restoring full trust.

If reconciling at all costs is not achievable you may conclude that a separation is best for you in order to avoid complete embitterment.

It could well be that you come to a point where you realise that betraying yourself

by complying and accepting betrayal is not a good idea. It's a case of personal identity and defining a new you. Fly your flag and walk away with your head held up high.

Be strong and courageous while true to your colours. This is the other side of the coin and perfectly streamlined with peace of mind by leaving gloominess and uncertainty behind.

You don't have to move mountains, just move on. Kick the doors open, life is full of opportunity.

Admittedly it is a difficult decision. How will your children react? Honesty and openness are paramount. Talk about your feelings, your pain and your coping strategies.

If you want a separation, carefully weigh up the options and discuss with your children with respect to their feelings and level of ability in handling such delicate subjects. Their emotional security does not necessarily rest in you staying with a disloyal partner.

Be dependable and strong in yourself. By conquering the demon and grooming your self-worth you show that a major change in circumstance need not be a change to the worse.

It can be a detoxifying purification process, a breaking with old patterns and a path to new fulfillment allowing your wisdom to shine.

I'm available for counselling. Please contact me via email: newpacificpublishing@gmail.com

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B.App.Sci Acupuncture
reg. AHPRA

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Neural Organisation Technique relates to the body's structure, its alignment, movement and strength, and frequently to emotional challenges. It is comprehensive and brings lasting results. Most people are not aware of how many hidden structural weaknesses there are, and how the body reacts structurally to emotional issues. I have been working with Neural Organisational Technique for over 20 years. It is non-manipulative, very gentle and safe for seniors. Educational videos can be found at: www.youtube.com/@NewLeafHealthChannel/videos

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– Tuli Kupferberg



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0422 481 007
auralia_rose@hotmail.com
www.auraliarosewellbeing.com



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What is cupping therapy?

This month, inside the acupuncturist's cabinet, you will discover photographs of Olympic athletes, Hollywood actors, and everyday individuals displaying circular spots that range from light pink to deep purple on their bodies.



by Chi Fung Lee

These distinctive marks are the result of a traditional healing therapy called 'cupping,' which involves placing suction cups on the skin to promote therapeutic benefits.

Cupping therapy is one of the oldest therapeutic practices, with roots in ancient Egyptian, Chinese, Roman, and Greek civilisations. The earliest records of this technique trace back approximately 5,500 years to the Macedonians.

Furthermore, the Ebers Papyrus, published by German Egyptologist Georg Moritz Ebers in 1875, is an ancient Egyptian medical text dating to around 1536 BC. It contains references to various medical practices, including cupping therapy.

Historical references to cupping therapy are also found in Russian, African, Indian, Indonesian, Korean, Tibetan, Arabic, and Islamic

traditions.

Cupping is usually performed with small, thick glass cups featuring a rolled rim to create a secure seal on the skin. Negative pressure is generated by either heating the cup with a flame or using a hand pump to lift the skin. Lubricants can be applied to enable the cup to slide smoothly over the skin, allowing for treatment of a larger area. The most common areas for cupping include the back, chest, abdomen, and buttocks.

There are two main techniques involved in cupping therapy: wet cupping and dry cupping. In the wet cupping procedure, small incisions are made in the superficial layer of the skin, allowing suction to draw out small amounts of blood and extracellular fluid from the body. In contrast, dry cupping

involves placing suction cups on the skin without making any incisions. Dry cupping is often preferred in Western settings due to its significantly lower risk of exposure to biohazard fluids, making it a safer choice for both practitioners and patients.

through the targeted release of fascial adhesions.

Cupping marks are harmless and occur due to small capillary breakage beneath the skin during suction. Typically, these marks fade within three to seven days, although darker marks may take up to two weeks to completely disappear.

The colour of the marks indicates the level of blood and Qi stagnation in the body; generally, darker colours suggest a greater degree of stagnation.

Although the exact mechanism by which cupping exerts its therapeutic effects remains unidentified, a study published by Dr Shabi Furhad and colleagues, in 2023, proposes several theories to elucidate its physiological benefits.

These theories include the pain gate theory, diffuse noxious inhibitory control theory, reflex zone theory, release of nitric oxide theory, activation of the immune system theory, and blood detoxification theory.

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



So They Say by Uncle Norm & Auntie Maj

Dentist dread

My partner is terrified of going to the dentist and refuses to book himself in, so I have to do it. I then have to make him go. Is there any way to make him more responsible for his own dental hygiene?

– Ann Algom, Brunswick Heads

Magenta says:

The link between dental health and general health is well established. Even low level decay goes into your bloodstream and poisons your body so it is important to go to the dentist for checks and cleaning every six months, as well as for emergencies.

Dentistry keeps evolving, and my dentist, Paul, is so gentle I can hardly feel the needle going in and the rest is fine because I can't feel a thing. However, many people are left with lingering horrors from childhood they find hard to overcome.

My friend's tooth came out at my party. She came up to me, grinning like a loon waving the bloody thing at me. She had been putting off going to the dentist for three weeks and was now ecstatically reprieved.

Remind your partner that teeth are not just necessary for eating but are also a big part of our physical appeal. And for you to desire him, he needs to put some effort in. Teeth bleaching is popular these days. Better than anal bleaching which apparently is a thing.

The new fashion of 'grillz' can increase your risk of tooth decay and gum disease. Those who waited impatiently to get their childhood braces off must be amazed at this ugly fad. Dentists must be aghast.

Ann, in my experience, there is no training men, so if you want a partner with clean, healthy teeth, you will either have to keep up your good work or get another partner.

My dentist asked me to open up, but I don't know him well enough to confide in him.

Norm says:

It would be all too easy to dismiss your partner as a milquetoast, a poltroon and a farkakte. Actually, it is easy for me because I find going to the dentist one of the most pleasant, relaxing activities I can think of.

It wasn't always the case. I was six when my father first took me to see the dentist, a very old Polish guy who worked from a room at the back of his house in Bondi. It looked like a medieval

torture chamber, with strange evil looking contraptions and machines surrounding what looked like an electric chair.

Dad got in the chair before me to show there was nothing to be afraid of. The dentist started treadling his drill (that's right folks, treadle!) and got to work on my old man. By the time he had finished I was bawling my eyes out and begging to be spared. Thus I became a chronic dentophobe for many years.

Dentophobia is a recognised condition and has led to dentists getting a terrible rap in society. The film, Little Shop of Horrors illustrates this perfectly, when a sadistic dentist ends up with a masochist in his chair who begs him to do his worst. Of course, the dentist throws the weirdo out. After all, there's no enjoyment for sadists if their victims are as twisted as them.

However, the reality is that dentists are actually very kind, caring and highly trained people.

So, what, you may ask, has brought about my radical change in attitude? The short answer is: drugs, glorious drugs. For someone like me, who enjoys living in an altered state, the dentist has some good shit. I self-medicate before my appointment, then I get the gas when I'm in the chair, asking him to turn it up to 11.

My dentist is also my friend, and puts on music of my choice. The nurse's bounteous bosom is a glorious distraction as she vacuums out the blood, dribble and shrapnel. I'm in seventh heaven. I feel no pain and, even if I do, I couldn't care less. In fact, I'm quite disappointed when it's all over and I have to face the outside world again.

So, your partner has a choice. He can go the boring conservative route and do meditation and other relaxation techniques to overcome his fear, or he can just man up and face it head-on.

Alternatively, he can do what I do and turn a visit to the dentist into a party.

A lady at the dentist said, 'Sometimes I think going to the dentist is worse than having a baby.' Dentist: 'Well make up your mind so I know which way to tilt the chair.'

Send your relationship problems to:
magentaappelpye@gmail.com

Which devil made me do it?

Shapeshifting

by Anand Gandharva

Good character is irrespective of diet. There are lots of compassionate, skilful people shaping Earth. But at present sly, uncaring, a-social crooks also succeed. Vile sociopaths can strike unexpectedly in homes, streets, nations, institutions: wolves in sheep's clothing.

These people get where they are with false fronts, intimidation, cruelty, amoral acts, cheating, deception. Money and control count more than happiness and community values. Lacking in self-control and empathy, they behave as if society is a hostile wilderness.

Content humans relax with creativity, gardening, reading, music, going with the flow, looking within, doing good deeds, and efficiently prioritising.

In some households, organisations or states, mean despots can succeed. People fear to resist: a dictator rules with iron fists in their domain, vicious to those

considered 'outsiders'.

Bloodlines too believe the wisdom of good chiefs is automatically bestowed through DNA on progeny. It isn't. Each person has a unique disposition, needs, desires and skills.

Violence temporarily may force compliance by others, but adds to resentment that backfires in revolutions: 'a house divided cannot stand'.

Some people are genetically inclined to be mean, had a bad day, hardscrabble life, or jostle their own conviction.

Unless serious crime is involved, they can and should be ignored.

But importantly, there are also wrong impulses generated by chemicals in nutrition.

Animal DNA contains the messages to survive in the jungle, such as 'might is right' and other ploys to overcome potential enemies. Nature and evolution can be harsh.

But nature's rules do not fit community, eg 'do not steal' and other conventions. So dual values are taught. We may learn to treat snakes



and wasps different from other humans.

Luckily jungle impulses can be neutralised very simply: do not eat animals.

Until there are more regulations about violence to all mammals, in court a legal defence may well be: "Your Honour, I was drugged. The influence of animal DNA chemicals made me do it. My parents were omnivores. I am vegetarian now and all violence upsets me."

Using this 'devil made me do it' defence, still suffers from absence of scientific data. Strange at it seems, no research at all has been conducted on the

influence of animal DNA on individual or society health. It is time data are collected and results peer reviewed.

A child understands that jungle values have no place inside communities.

Populations have exploded so much that something has to give. The world is becoming a pressure cooker. Overshoot, starvations and MAD loom. Environments tell us there are too many folks to maintain conventional habits exploiting flora and fauna.

'You are what you eat' also means any person stimulates their instincts with food: how we manage ourselves, structure society.

The future belongs to billions: all having human rights, dignity, and a democratic voice. The elimination race between people, genes, tribes, mammals and nature is ending.

A new race of humans is in creation: an eco-friendly, galactic person. Benign to all mammals. Wise stewards of flora and fauna.

Co-dependency begins now. Be sustainable... on all fronts.

When the pain refuses to leave

by Tonia Haynes

I am sure that I am preaching to the converted when I write that muscular pain and stiffness that just will not leave, is most disabling: physically, mentally and emotionally.

And, when one has been smart and sought help from a good chiropractor, osteopath, physio, or masseur, with little positive result, it is totally frustrating.

There are a few reasons why the pain still won't leave.

Dehydration has more negative effects on the body than we already know of, so drink water – a lofty request in a country where water is becoming more precious than gold.

Therefore, before one turns up one's nose at the thought of drinking water, remember that this clear liquid, which keeps everything alive, is slowly being allocated to the rich and there may be a time in the future where a water bottle slung around one's neck will bring more respect from one's peers than a Rolls Royce.

A tip: Start the day with half a squeezed lemon in a glass of warm water. Your kidneys will love it.

The dreaded arthritis visited me early on in my twenties. And being that I am not a medical person, I can only share with you the regime I now use. Enough to say that these days, I am almost free of pain.

Most days involve Bs, C, D, E, zinc, magnesium, colloidal minerals and a drink of barley green. The barley green

supplies chlorophyll, which alkalises the system when I refuse to eat my veges, and the colloidal minerals supply the trace elements and minerals – those little fairies (which are often missing from our food) that keep everything together.

I also have an Earthing underlay on the bed. The underlay quite frankly has changed my life, to the point that I wake in the mornings flexible and ready for a good day. See: BetterEarthing.com Do yourself a favour.

Last, but certainly not least, food allergies. Apart from other unpleasant symptoms, they can create inflammation in the muscles and make one ache. Mine is wheat.

As explained, this is my regime for health, but everyone is an individual, so it is wise to discuss the nutritional supplements that are suitable for you with a medical professional, particularly if one has heart or stroke issues.

In the meantime, the techniques I use when healing others is a strong desire to assist, which involves good listening skills, information received over 40 years that can reverse digestive issues, realign muscles and bones so that they learn once again to dance together, and emotional clearing, which helps one to see the world from a better place.

I am based in Nimbin. Phone for an appointment on 0439-794-420.

Something worth a reflection, because it relates to our bodies: a Rolls Royce does not run well on two-stroke lawn mower fuel.

Healing in the quantum realms

Are you confused about what Quantum healing actually means and how it works?

You are not alone, after all, the Western approach to medicine and health has largely focussed on the physical body, utilising medications and surgery to manage symptoms.

While effective for many conditions, the Western medical approach can sometimes be limited in addressing a person's emotional and spiritual aspects.

In the 3rd dimensional physical realm, the energy is very dense, things appear solid because of the way atoms interact, whereas in reality, there is vast space between all the atomic and sub-atomic particles of everything, we just can't see it.

Quantum healing works in the higher realms of existence, what we would call the 5th dimension and above, where everything moves very fast, not bound by physical form.

Healing in these realms cannot be seen with the physical eye, although healers often "see" the healing taking place through their third eye, whilst people receiving the healing can often feel things happening in their bodies.

The lack of density in the quantum realms means healing can take place instantly because it is not governed by the confines of matter, time and space.

In the quantum realm there are limitless possibilities for healing, potentially leading to breakthroughs that conventional methods might



by Auralia Rose

not achieve.

Quantum physics has given us an understanding of how everything is connected. With Quantum healing we find the underlying cause of whatever may be causing a person's health issue. Healing takes place right down to the DNA and atomic structures, rather than simply treating surface-level symptoms. Everything we experience on the physical plane first originates on the energetic plane, where energy naturally flows into matter.

Reiki and other energy healing modalities channel universal life force energy into the cells of a person, animal or plant, which creates an energetic alignment where healing can occur. This universal life force energy helps to harmonise the physical, mental, emotional, and spiritual aspects, leading to improved health and well-being.

I have personally witnessed many miracles with quantum healing. When I was doing my training for QHHT, a lady suffering from Lupus, an auto-immune disease, was invited along so the instructor could demonstrate the process to the class. She was in a lot of pain and her doctors told her there was no

cure and that it was terminal.

When the instructor helped her identify the underlying cause of her Lupus, healing could then take place. Next day she returned to the class a different person. Most of her pain had vanished, she had mobility, much more energy and her depression had vanished. She was weeping with joy.

Excited, I couldn't wait to finish my training so I could offer this miraculous healing technique to everyone. However, I found not everyone was able to completely heal their condition, and there are several reasons for that.

One is that sometimes people have not yet completed all the learning their soul wants to give them, through having the condition. Another is that people do not take the advice given to change their diet and lifestyle, which is contributing to their ill health. Another very big one is they are holding on to emotions, which they will not let go of, anger, bitterness, resentment and unforgiveness being the most damaging.

These strong emotions close the heart and keep people in victim mode. Furthermore, some people cannot believe they have been healed and with the mind being so powerful, they convince themselves otherwise, and so invite the condition back in.

They then need to decide if they wish to work on the deeper issues to achieve optimal health.

Recently I have learned a wonderful technique to help a person heal from vaccination

injuries. If you would like to know more please feel free to call for a chat.

Auralia offers Quantum healing sessions in Murwillumbah, contact her at: auraliarosewellbeing.com or phone 0422-481-007. The information in this column should not be considered as medical advice.

Lymphatic drainage

by Sonia Barton

The lymphatic system in our body is our "rubbish removal system". When we carry too many toxins and waste products we can feel exhausted, and when we don't have a lot of energy we become prone to catching colds easily. In times like these, a lymphatic drainage treatment is very helpful.

This system has filter stations around the body much like sponges, called "lymph nodes". It contains lymph fluid which flows through these and the nodes retain "bits" that need to be dealt with and broken down, eg: bacteria, waste products etc. When the nodes become congested, they need to be cleared.

In Bowen therapy, many of the Bowen moves are made near those lymph nodes. The moves work on structural realignments of the body and, at the same time, placed in a particular sequence, they initiate lymphatic drainage. So every time you have a treatment, you are getting lymphatic drainage as well as a body realignment.

We can all get swollen ankles or feet from being on them too long, or when we live in a warm humid climate. But many people live with lymphoedema, the constant swelling, usually in limbs, which is uncomfortable, restricting, unsightly and can be an invitation for infections.

Lymphoedema is the result of an impaired lymphatic drainage system which can no longer remove the volume of lymphatic fluid within a given area of the body. This lack of normal drainage produces tissues that are filled with

protein-rich stagnant lymph.

If there is even the slightest break in the skin, bacteria can enter and thrive in this fluid, reproducing quickly and causing serious infections that can spread rapidly. People with lymphoedema are particularly at risk for cellulitis, an infection of the skin, usually in the lower limbs.

It has been found that Bowen therapy can be very helpful for lymphatic drainage.

The gentle movements affecting the fascia in a Bowen session stimulates lymphatic flow and drainage. The therapy activates the body's fluid circulation that helps remove toxins, fats and aids the re-absorption of inflammation and oedema (fluid retention) through the lymphatic system. The fluid cannot be simply drained with a needle, and may not improve if you take "water pills" (diuretics).

The immune system is also boosted by increased lymph flow, and this addresses symptoms such as bronchitis, sinusitis, tonsillitis, laryngitis, acne, and eczema, chronic fatigue, Ross River fever, Glandular fever, fibromyalgia etc. Lymphatic drainage relieves pain by reducing fluid pressure or congestion on nerve endings and speeds up healing in the body.

After a Bowen session, the body is feeling much more relaxed, balanced and generally has a feeling of wellbeing. It is better able to cope with stress, fatigue, emotional shock and the loss of physical activity caused by pain and injury, all of which can overload our lymphatic system.

If you would like more information, call me for a friendly chat on 0431-911-329. I work in Nimbin on Saturdays and Murwillumbah during the week.

www.bowenenergywork.com.au