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**DOLPHIN FUNERALS**

# The Devil's fruit

## Food matters

by Neil Amor

Tomatoes have been mistakenly nicknamed many things over the years; "Devil's fruit", "poison apple", and even "love apple".

It was called Devil's fruit, because it was for a time taken to be a deadly nightshade, as well as because of their red appearance and the belief that they were responsible for causing illnesses and food poisoning.

In the late 1700s, a large percentage of Europeans feared the tomato.

A nickname at the time was the "poison apple" because it was thought that aristocrats got sick and died after eating them, but the truth was that wealthy Europeans used pewter plates, which were high in lead content.

Because tomatoes are so high in acidity, the fruit would leach lead from the plate, resulting in many deaths from lead poisoning. No-one made this connection between plate and poison at the time; the tomato was picked as the culprit.

In France, it was called a love apple (pomme d'amour) and thought to be an aphrodisiac.

Recent research in genetics indicates that the cherry-sized tomato originated in Ecuador around 80,000 years ago without any human domestication.

Hundreds of years ago, tomatoes grew wild in the Andes of western South America. The indigenous people cultivated them, eventually bringing the plant northward through Central America and into Mexico. When the Spanish arrived in the early 16th century, they found the inhabitants growing a food crop called "tomatl" in the native language.

Today, there are more than 10,000 varieties of tomatoes. More than one and a half billion tons of tomatoes are produced commercially every year.

As to whether the tomato is a fruit or vegetable, due to their sugar content being well below that of other fruits, tomatoes are used as, and popularly considered, a vegetable.

In addition, legally speaking, as a result of the case of *Nix v. Hedden*, which was decided by the US Supreme Court in 1893, tomatoes are considered a vegetable according to the Tariff Act of 3rd March 1883. So there.

*The Guinness Book of Records* states that the heaviest tomato was grown by Del and Julie Faust (both USA), and weighed 11.65 pounds (5.284 kilograms), total circumference 32.5 inches (82.55 cm), in 2022.

Gradually baking the tomatoes intensifies the flavour of the ingredients. Serve with a green salad and crusty bread.



## Roasted roma tomatoes with goats cheese

### Ingredients

6 roma toms  
2 garlic cloves  
2 tbsp baby capers  
24 small black olives (seedless)  
100gm fresh goats cheese  
5 sprigs of thyme  
6 tbsp extra virgin olive oil  
3 tbsp balsamic vinegar  
salt and pepper.

### Method

Heat oven to 150C. Cut toms in half lengthways and remove half the seeds. Slice garlic very finely and press into tomato flesh.

Scatter with baby capers

and press a couple of olives into each half. Cut goats cheese into small cubes and press into tomato halves.

Sprinkle tomatoes with half the thyme leaves and drizzle each half with about a teaspoon of olive oil.

Place on a lightly greased oven tray and roast for 40-45 mins. Combine remaining olive oil with balsamic vinegar in a small bowl, season and whisk well.

To serve, sprinkle with remaining thyme leaves and drizzle with balsamic dressing.

Until next month, eat well.

# The good oil on Fatz

by Thomas Culpepper

"What you eat today, attempts to walk and talk, tomorrow."

Is a dialogue on oils or Fatz a good topic to grind our mandibles on? The biological truth on Fatz, and their life-giving imperatives of importance, matters.

Fats of seed origin, according to the media, are 'Good' fats (frying oils), with Omega 6 in all those seeds. Good maybe. Like the apocryphal curate's egg, they may also be only "good in parts".

Another mob of suggested good Fatz are those derived from the fruits and drupes of fruits, such as olives, avocado, macadamia, grape-seed and peanut. Some of these are OK.

Paleo reality.

'Paleo' people, unlike the modern media-dietitians, lived to the grand age of 28 years on average, finding a motza of lovely tasty Fatz in the available wild beasts and some of the home husbanded furry and feathered critters.



They slept with or herded, rabbits, goats, yaks, chooks, guinea-fowl and the aquatic ones, the ducks, swans, geese and so forth.

This diet did not shorten their lives, walking everywhere did.

They later found that galloping round on a Neddy saved the knees and attracted the fair ones and promoted ingesting the spare flesh on the paddock's surplus foals of horses, alpacas, yamas, donkeys or goat meat, set against the life-shortening caper of hunting the ones that sometimes bite back.

You can't eat grass, they can, the 'graminivores' (the fermenting gut lifeform) being the point of husbanding grass-eating pasture beasts. Grass into steaks and useful milk products and on into cheeses, yoghurts and so forth.

Kangaroos are graminivores, but not as yet domesticated. The 'yields', the roasts and fries can be served with the other veg-stuff, root and leafy things, that do little other than supply a few essentials in life support, life energy really needs protein, not so many carbs, to keep the

bowels and life in working order.

Besides it has to be good to feed on the marine tuckers, crayfish, abalone, shrimp and snapper or tuna fillets that are the equal in aroma and taste of a fresh killed 'beast-steak', barbecued or fried and served in the pot juices of its own Fatz; and served with a gutsy wild garlic, wasabi or horseradish sauce, or a mayonnaise (eggs and emulsified fats). That would really get the gastric juices flowing.

It's in the genius of butters, based on the product of the cows, not those hydrogenated seed fats that the whingers insist on.

So the good oil is, eat more animal and fruit fats and give the carbs and seed oils a rest. You're here because the ancients, the Paleos, and like some, the modern Amish, are hunters and gatherers and farmers, not bankers.

Eat meat, it sticks to your ribs, so to say.

Regards, and keep thinking.

[thewholeearthveg@gardener.com](mailto:thewholeearthveg@gardener.com)

# Wised-up weeders needed for weedy weather

## Weed words

by Triny Roe

It's a hot wet summer and there's more to come. Will you let the weeds win?

Strike a blow for the environment and become a weeder, if you're not already. It's good for you and for nature.

The health benefits from gardening, particularly weeding, are manifold. Plants release phytoncides, protective volatile chemicals, which have also been shown to benefit humans.

Exposure to phytoncides boosts the immune system. Micro-organisms found in the soil can lift depression. So get hands-on and pull out some weeds, stir up some plants and disturb the soil.

Now, while the ground is soft and moist, is the perfect time for weeding. The roots will slip out ever so easily.

While they are still small, grip the stem low, give it a wiggle and apply upward pressure. If you can't get them with a hand weeder or a hori hori, larger woody weeds may be extracted with a tree popper.

This handy tool grips the stem right at the base and uses leverage to exert a stronger force. The harder you pull, the tighter the hold.

Ease the root out gently, rocking back and forth, side to side, if it's a tough one. Don't jerk the handle, as this may snap the root. Tree poppers come in three sizes.

There are multiple benefits of weeding for the environment. In many areas, native vegetation struggles to compete with exotic plant species which grow stronger and faster and reproduce prolifically. Some of the invaders can transform ecosystems, so get in early before they really get going.

Creepers such as madeira vine,



Black taro

*Anredera cordifolia*, cat's claw, *Dolichandra unguis-cati*, and balloon vine, *Cardiospermum grandiflorum*, can overgrow tall trees, blocking light to the leaves, and smothering.

Seeds of cat's claw and balloon vine blow every which way in the wind, so can pop up in new locations. If one appears on your patch, get in early.

Old weed favourites like large- and small-leafed privet, *Ligustrum spp.* and groundsel bush, *Baccharis halimifolia*, are still around. Declared weeds decades ago, they are known to many but there are more recent additions to the weed lists. Around 10 new species are declared each year.

Black taro, *Colocasia esculenta*, with dark green elephant ears leaves, deep purple stem, and chunky tubers is taking off. It loves boggy areas and readily spreads to new locations via floodwaters.

Left alone it will multiply prolifically. Notice the ever-increasing patches along the banks of Goolmangar Creek near the recent roadworks on Nimbin Road.

Several creeks in the upper reaches

have significant loads of black taro.

Unfortunately, this ornamental species is not edible, even after extensive cooking, so we can't eat our way through this one.

Early infestations can be managed by hand. Remove plant material from the site as it will keep growing. Tubers, stems and leaves can be rotted under black plastic in the sun or be taken to the tip. Don't let them spread.

Many popular plants in cultivation have weed potential. Seeds of coffee *Coffea arabica*, are carried into the bush by birds who relish the fruit.

Grumichama, *Eugenia brasiliensis*, a popular tropical fruit, has been found by bush regenerators in areas where it shouldn't be. Curry-leaf tree is readily available in nurseries but best kept in a pot so fruit can be removed before birds disperse them.

It's an honour to have custodianship of a piece of this beautiful country, whether it's a farm, a bush block, or a lifestyle property.

With this goes a responsibility to look after it and manage it sustainably, which means please do your weeds.

## Plant of the month



Red Bloodwood  
*Corymbia gummifera*

by Richard Burer

A stunning backdrop of flowering this month will see the second phase of flower of this common and beautiful local tree, Red Bloodwood.

Growing to 30m, Red Bloodwood is very common in the Nimbin area and the Northern Rivers where its creamy white honey-smelling flowers dominate the landscape.

Tall old trees that pre-date European arrival are quite common in the area, but I have noticed sneaky trucks going through town in the early hours in past years taking the last good old trees of which this species is a kind of last pick of sorts.

The hard durable timber was used by the first Australians for bowls and ceremonial items but is most recognised as

an important medicinal cultural asset where the sap was used for many purposes including infection and internal treatments.

It was also used as a tanning product by Aboriginal people. It's a beautiful tree also and would have made good camp shade in dryer open parts of the east coast as it doesn't drop branches as much as other closely related big trees.

For you honey gatherers, it's a good flow developing as we write, so repeated robbing won't be out of the question until rain sets in this month, if it does.

Easy to recognise, with creamy white clusters of flowers, urn shaped fruit and tessellated bark makes this tree very recognisable.

Easy to grow from seed, just bag the dry fruits later in the year.

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

# Learning to be ourselves

A girl, born 20 or 60 or 200 years ago to a woman who was dislocated from her family by war, thrown out of sync with usual ordinary things, develops severe asthma and needs, according to her parents, constant monitoring.

She was never left alone. All the little girl knew was struggling to breathe. The more she struggled, the tighter the parental vigilance and control of her life.

Literally, there was no air to breathe, and she did not find herself as herself, but always as something looked over by others.

In time, the asthma subsided, but her feeling of being in the public space never really did.

Everything in her place had to be kept clean and untainted by the lingering presence of another person, her clothes had to be washed after visiting other people, her furniture had to be taken outside and scrubbed down if anyone else had touched it; her place was her place. Very OCD-ish.

Still, though, her mother came and entered her place, still telling her what to do, to think, to eat. Her life outside her mother's presence was indeterminate and a bit chaotic, because she

still didn't really know who she was.

She was getting older, but still trapped in that purgatory of undifferentiation.

Mother, at one point, decided daughter should marry the nice guy over the road, and she did. This life, though, was not her own.

It is critical that children find their own feet. For sure, support and security is essential, indeed critical for human and animal development. Without security and support, a little infant does not develop confidence to venture out into the world without intense anxiety.

This is the principle of attachment theory as described by John Bowlby (1907-1990). Security and support, and low levels of caregiver anxiety, where a crying infant is attended to straight away, gives the little one a sense that it is safe to simply be him or herself, in process of self-differentiation.

The process of self-differentiation (learning what one is and is not responsible for) is in turn, the development of emotional intelligence.

Depression, anxiety, certain psychosomatic disorders, and obsessive-

compulsive disorders are associated with not being able to determine the boundary between oneself and others, as well as knowing that the mind of others cannot be completely known and is not one's own, though an empathy with them is possible.

In these conditions, ambiguity is not tolerated and conclusions about things is fitted, far too quickly, into a familiar account of things, even though a non-differentiated state is an ambiguous one. The familiar account of things can be the stories of family, culture, and personal experience that has become ingrained, and offers some sense of security.

For example, the person who says, "I can't have a normal relationship because I am always rejected," stymies themselves right from the word go by the story they have. "I will be rejected because I am always rejected." But, really, maybe it isn't so.

When we develop a capacity to look at our circumstances by gathering and discriminating and weighing up other explanations for what we have hitherto assumed to be true, we can begin to untangle assumptions about our world and work



by Dr Elizabeth McCardell

out where we individually stand on matters concerning ourselves.

Untangling our accounts of things as we know them, is part of the process of increasing emotional intelligence and lowering our propensity for depressive illness. Such a process also loosens us from our past.

Learning what one is and is not is the basis of discovering our uniqueness and celebrating it. Learning what one is and is not is a work that continues throughout life.

Mothers and sons and daughters, of whatever age, can engage in developing this knowledge, for what used to be a condition of the past doesn't need to continue to be a condition of the present. Nothing is set in stone.

This is where therapy becomes very useful indeed. I am, and you are, and together we can find new ways of feeling, of living.

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# All hail the Pine Street collective

Nature abhors a vacuum. So, if you had hundreds of homeless and travelling itinerants in an area with hundreds of empty houses, should we let them live in those homes, could we stop them from living in them even if we were callous enough to try?

This preposterous hypothetical is a reality in my neighbourhood of North Lismore. We have at least 100 empty homes, due to the 2022 flood buy-back scheme, and we've always had a very good supply of backpackers and homeless camping on the river and in our landcare project.

Inevitably, the new big source of empty homes started to get lived in the moment people moved out. And some of our new neighbours were mentally unstable, had drug and cleanliness issues, and there was evidence of sexual assaults taking place. Sadly, not something new in North Lismore.

Obviously, the security being provided by the NSW Reconstruction Authority (RA) was inadequate. So, my neighbours and I talked

to the folks at Reclaim Our Recovery, and they wrote to the RA requesting licences to occupy some of these homes until they were relocated; so we could install some young people to keep their plumbing from being stolen and the houses themselves in decent order.

They also offered to mow the lawns and pay rates. Simultaneously a group home was established at the end of Pine Street with the support of the previous owners and neighbours.

During that period and even now multiple negotiations are on-going with the RA to keep renters and home sitters in the homes until the houses are relocated out of flood risk areas.

There are at least two cases where renters have been issued a 'licence to occupy'. Unfortunately, RA haven't allowed the Pine Street collective a licence despite neighbourhood support.

And it's not for lack of trying. I remember vividly sitting across the fireplace from the local superintendent, a wise enough fellow, who although non-plussed by my belief in self organising collectives, understood the



**Revenge of the Loon**  
by Laurie Axtens

severity of the issues we faced and how forcing these people back out into the landcare project and onto the river just denied them toilets and placed them at a higher risk in flood situations.

Furthermore, he could see the social benefits of having a group of non-violent protesters to provide some stability, safety and cleanliness to the neighbourhood. It should be noted that Pine Street has been free of theft and violent crime since the establishment of the collective. This is while Goonellabah's crime rate has risen sharply.

Tragically the on-line

trolls and the conservative politicians and councillors have been using the Pine Street collective to focus people's paranoia and exercise their envy at the expense of these young people, accusing them of all the crimes and misdemeanours that they're actually stopping.

In mid-January, I went to one of their weekly meetings. About 50 mostly vibrant young people attended; an amazing mix of people; indigenous, locals and internationals and the meeting was amazing to me.

They used hand signals to find order in what could've been an utterly chaotic situation. They were

very welcoming, everyone introduced themselves and talked about something that had made them laugh recently.

They established working teams to address the threats due to the coming election, all the trolls and their masters are desperate to stir up the community and the law against them.

To scapegoat them, rather than addressing the real issues of land availability, home affordability, homelessness and mental health.

The irony doesn't stop there. These young souls sitting in our deserted houses have installed a stage and they're running weekly meals with

education and entertainment for the public.

Apart from helping the houseless into homes, apart from making the street safe they're also addressing mental health by getting people together to talk and befriend each other.

The baseless attacks from people who haven't even tried to communicate with them breaks my heart. We are beset on all sides with so many issues, and when we try to fix them, we are labelled public enemies.

I'm tired of trying to open people's hearts and minds, while all around they keep electing oligarch-loving xenophobes.

## Update on Covid and Long Covid: Part 2

Last month's column referred to an article in the *Cell Host and Microbe* journal, published in December 2024 showing that the 'spike protein' of the Covid-19 virus persisted in the brains of some Covid patients long after the active infection stage of the virus had passed.

There were signs of widespread immune activation as a response to the spike protein, and it is possible that this inflammatory immune response is causing the brain fog and neurological inflammation commonly seen in 'Long Covid'.

The spike protein is the component of the virus that enables it to attach to cells and allow entry of the virus. Research to date hasn't clarified whether the live virus persists in Long Covid, or whether the symptoms result simply from the immune response to the spike protein.

Research on herbal medicine and the SARS-Coronavirus family showed that Chinese skullcap (*Scutellaria baicalensis*), sweet wormwood (*Artemisia annua*) and licorice (*Glycyrrhiza glabra*) can inhibit the ability of the spike protein to attach to and enter the cell. Licorice also reduces the inflammatory immune response and inhibits the replication of the virus.

In assessing Long Covid, studies show that Covid vaccines as well as the infection itself can cause inflammation in the brain and blood vessels of patients. So although the vaccines have shown to reduce hospitalisations and deaths from Covid infections, they react in similar ways to the virus itself in patients susceptible to Long Covid.

According to a review, 'Strategies for the Management of Spike Protein-Related Pathology' published in *Microorganisms* 2023, "several hypotheses for the mechanisms of long



**Nature's pharmacy**  
by Trish Clough herbalist

Covid-19 exist, including immune dysregulation, auto-immunity, endothelial dysfunction, activation of coagulation, and latent viral persistence... Cardiovascular complications, particularly microthrombus formation, feature both in long Covid-19 as well as Covid-19 vaccine injury."

Both infection and vaccination express the spike protein, although there are subtle differences. But this would explain the similarities with Long Covid, since the finding of persistent spike protein in patients after infection.

The article also explores therapeutic interventions that have been considered for Long Covid.

Obesity and Type 2 diabetes are associated with worse outcomes from Covid infection. A wholefood plant-based diet with reduced sugar and refined carbohydrates is recommended.

The authors also point out the influence of gut microbiome on the immune system and inflammation. They recommend prebiotics and probiotics with fermented foods such as sauerkraut and kimchi.

Healing the damage caused by the spike protein is part of a management strategy. For cardiovascular integrity, I would consider herbs such as

Dan Shen (*Salvia miltiorrhiza*), and for neuro-regeneration I would use lion's mane (*Hericium erinaceus*).

To protect and repair the blood-brain barrier I would include a bioavailable form of curcumin (from turmeric) which is manufactured in a way that enables maximum brain uptake. The anti-inflammatory properties of curcumin will also benefit all the body systems.

While it is not clear whether active virus exists with Long Covid, I would also consider using Houttuynia (*Houttuynia cordata*) as a fresh plant tincture. It has a strong inhibitory action on the enzymes that are vital for the virus to replicate. It also increases the immune system's production of lymphocytes from the spleen, and increases anti-inflammatory immune cells.

Additionally, each patient has their own specific pattern of contributing factors that can be addressed. For example, anxiety which is increased by the effects of the illness can make the neuroinflammation worse, so I would include herbs to help with this. Fatigue can be supported with adrenal herbs such as rhodiola (*Rhodiola rosea*). Other issues can also be addressed symptomatically.

The herbs mentioned have some specific contraindications and herb/drug interactions, so any treatments need to be done with the help of a qualified natural health practitioner for safety reasons.

*Trish Clough is a herbalist of 30 years in Lismore, now with a clinic practice in Iluka. She is available for consultations by appointment. Phone 0452-219-502 or email: trishclough2@gmail.com*

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

## Natural Law

Happy Chinese New Lunar Year of the snake – 2025!

The opportunity still exists to wrap up and release old, heavy stories. Perhaps more importantly, knowing what your soul requires to truly move on and leave baggage in the past may assist you greatly.

Resolution. Remedy. Forgiveness. Can happen in many ways depending on your situation. The idea is to declutter on all levels, inside and outside.

Write the final chapter and finish this book. Clear the pathway and lighten the load, for the first chapter of your new book to begin.

Getting your affairs in order is also favourable at this time, and another way of clearing and organising. This may relate to any area of your life that needs attention.

For some, a realisation that certain relationships are naturally changing shape, and require readjustment is occurring. This can occur in a parenting or other relationship context. The beauty is in recognising the shift, readjusting your role, and allowing it to unfold.

Sometimes we might cling to the past because it's what we know or through fear of the uncertainty of change. Focus on an open heart, compassion for yourself and others, and adjusting your role if that is appropriate.



by Helene Collard

The rest will take care of itself.

With a major ending and beginning occurring simultaneously, it can be easy to feel overwhelmed and full. Make time at the beginning of each day for meditation/mindfulness.

Amazingly, this creates space and cultivates an anchor of inner peaceful presence that can support you through the changing rhythms of your day.

Find the right mindful activity for you. Don't overthink this, keep it simple.

Wishing everyone a month of smooth endings and joyful beginnings.

### Weekly services at Yemaya Centre rooms

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### Coming up

Reiki treatments: weekly  
Reiki Master review: 6th February at 4.15pm  
Reiki 2nd Degree: 4-5 April  
Reiki Master practitioner: 12-13 September

*Helene is a Reiki Master teacher, an Indigenous trauma-aware practitioner and innovative learning designer*

## A moment

by S Sorrensen

I don't know if I believe in evolution. Not anymore.

I'm high up in a building. It's surrounded by roads. It's a high-rise island in a sea of bitumen.

Through the window, I see heat waves rising from the tar, foaming waves rolling in from the ocean, and trees swaying in a sea breeze.

I want to open the window, to feel the cool breeze, to taste the salt. But the windows won't open. I'm cool, though. Burning a dug-up 200-million-year-old rainforest is conditioning the air, keeping me cool – and warming the planet.

Warming the planet to stay cool. That's weird. Is that evolution?

I don't, of course, believe in Intelligent Design. Is God that smart? I mean, is it intelligent to design a human body where the anus and genitalia are side by side? Town planning 101: Don't put the sewerage system next to the playground. Duh.

Back in the 1800s, Darwin and Wallace came up with the idea of evolution. Genetic variation within a population result in some characteristics, favoured by the environment, becoming more common over successive generations. This means that a species should become better adapted to its environment over time. It's always made sense to me. Until now.

I'm drinking coffee (brewed by warming the planet) and gaze out at modern life. Cars idling in jammed traffic, windows shut tight against fumes and heat. The building's double-glazed window separates me from them. And from the sea, the breeze – the world.

If not evolution, what?

I don't, of course, believe that God made the world in six days. No god in



their right mind would work full-time.

Why not create the world on Monday, say, before lunch? And then chill out on a Gold Coast beach for the rest of the week, enjoying a cold cider (God has a thing with apples) before tourists and beach cabanas wreck the joint. You can do it; you're a god, right?

Species have come and gone during the billions of years of life on this planet. Most evolutionary paths lead to a dead end. After 250,000 years of Homo sapiens existence, is extinction our future?

I don't, of course, believe God created humans (Adam and Eve) on a Saturday, 6000 years ago. And that he made them flawed. And that he made pain and suffering for them. Why?

"To test us."

"Why did he want to test us?"

"He wanted to teach us about good and evil. The good shall be with Him in Heaven."

"Why didn't he just make everyone good to start with?"

"Um... well... that'd be too easy."

Evolution should make us increasingly adapted for survival on this little blue planet. But look around.

We have humans destroying the very systems that support life. Like warming the planet to create cool air. Putting a sports car in space will not help the children; clean water will.

After more than 200,000 years, something's gone wrong with Homo sapiens. What has happened to our evolution? Why are we devolving towards oblivion by overpopulating our world, destroying its resources? Why are we abusing our children with climate change?

A white bellied sea-eagle rides the sea breeze. It's surprisingly close to the window. I see its wing feathers ruffle with the slight adjustments it makes. It looks down on cresting waves, golden sand, discarded e-bikes, traffic. It's a beautiful creature, adapted perfectly to its environment.

I turn to the others in the room. Young people. The future.

"Look at the eagle!" I say.

But they're hunched over their screens, thumbs dancing, ear-budded and oblivious to me and my world. They're adapting to another world, created by a new god.

The new world is in their hands.



### Legal writes

by John 'Sindhu' Adams

It's ten years since I worked in hierarchies. Then for a while it was just me, living in the bush, then I moved to town and asked a lecturer mate for a suitable graduate.

Hilina's our third associate. Then Rose, secretary, joined us. Since the flood it's been the three of us, overworked, underpaid, with, late last year, Andy volunteering two days a week.

But this year, when people call looking for a legal aid lawyer, rather than, "Sorry, full-up," I've started saying, "Keep ringing through the list. Get back to me if you

## Pro bono help required...

can't find anyone." When they do, I say I'll call them after five. I've found the result therapeutic.

PLT (practical legal training) is six weeks of free labour for lawyers. It's part of the Graduate Diploma of Legal Practice. Two weeks ago, Andy had to move to the coast. Needing petrol money, he resigned.

Next day I ran into a recent client who said, "Can I do my PLT with you?" She's starting next week. Andy's back with us on offer of petrol money. We still need more staff.

Returning from South Australia, I had time to consider a question I'd been asked, "When's retirement?" The answer, I decided, driving across the Hay Plain, is how long do we have while the system still functions?

So much to do, restoring the building, the website, gardening, paintings, the law stuff, getting back to the farm. Mainly writing.

But the firm's growing fast, and we haven't even had time to draft a business plan. Clearly, I need help. A good PA would solve everything, but that's fantasy.

Back at work, settled after five in my armchair with a glass of Station Hotel Locomotive Lager, I call one of those potential clients, "Okay, I'm not taking notes. Tell me your story."

Then I listen, eyes closed, relaxing after the stresses of the office day, as to a bed-time story, asking an occasional question. I'm learning to focus on pranayama at the same time as listening. It's possible.

We're about half an hour into the story when she mentions she's already represented. And by someone I know. I get her verbal authority to talk to him but decide on a short email, noting I've referred her to my mental health social worker.

The next night it's a man with a property division problem. I can't identify these people because of the *Family Law Act 1975* – Sect 114Q – Indictable offence – communication to the public of account of proceedings that identifies parties or others involved in proceedings.

He already has a grant of aid, been here for a few

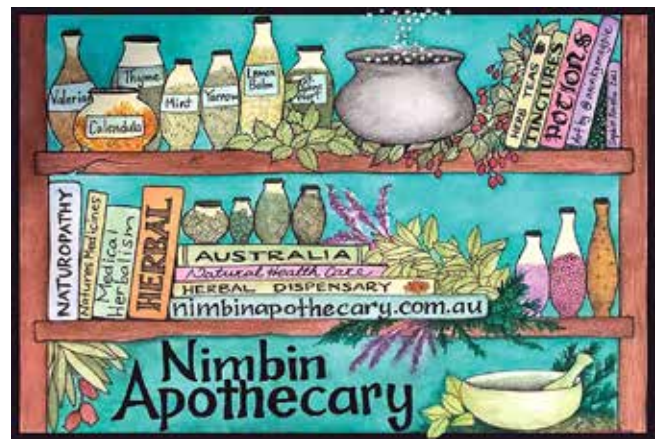
years as husband/slave and has citizenship. Still young, back in his country he'd risen in administrative positions to the highest levels of government. His English is excellent. He can't visit the office, so I send him instructions on how to write a draft affidavit.

Next morning it's already there, a harrowing story, and well told. I set about converting it into evidence, but all I can do is cut the emotion, hit copy, and paste into numbered paragraphs.

Later we're discussing by text message the timing of States' coercive control legislation and it's like I'm talking to another lawyer. Now he's drafting the first salvo letter and copying documentary evidence for me.

I'm driving there tomorrow, to the secure institution where with a team of specialists around him he's recovering. On a disability pension.

And I have accommodation, and therapists. How could I not wonder whether the universe is about to do it again? Is that a bit scary?



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## So they say...

### Immature?

My husband is still immature at 60. Is it ever too late to grow up and act your age?

– Dotti Head, Alstonville

### Magenta says...

Dear Dotti, ageing is difficult and it's often hard to know what to do. At 64, I'm never sure how to dress. At least the rude expression “mutton dressed as lamb” isn't heard these days. Young people wouldn't even know what mutton was!

We're encouraged to stay as young looking as possible in these youth-worshipping times. There doesn't seem to be much respect for the elderly and the wisdom they have accrued over the years. No-one cares when every question you can think of is easily answered with an internet search.

Modern medicine and scientific miracles such as pacemakers, stents, all sorts of replacements and a cornucopia of pills, give many an extra 30 or so years to their natural lifespan. People get facelifts, tucks and all manner of age-defying treatments. Are these actions what you consider to not be acting your age?

According to the World Health Organisation, a person over age 65 is often referred to as elderly, so maybe your husband is just making the most of it.

Norm is immature in many ways which I sometimes find endearing. Sometimes not. He thinks every fart is funny. When I ask him just how old he is, he replies “18”.

I tell him to act his age not his shoe size, but no amount of scolding helps. It just makes me feel like his mother, and therefore ages me. He thinks ageing is fun; more farts, funny hearing misunderstandings, putting his own rude meaning onto words he can't see properly.

In many ways it is nice that some of us are able to maintain a youthful, fun, even immature outlook on life, and they are probably the ones who live the longest. The others, like you and me, Dotti, bear the brunt of responsibility and sensibleness which can lead to us becoming grouchy old women.

Some men run off with younger women who pop out babies and then they have to keep working to support their new family while we are enjoying our hard-earned retirement. So, Dotti, chill out. Put your feet up and have a nice cuppa.

*What is pink and wrinkly and hangs out your pants? Your grandmother.*



by Uncle Norm & Aunty Maj

### Norm says...

So, Dotti, was it one too many dick jokes that finally forced you to write to us? Or does he do things with food in lewd and suggestive ways?

A mate of mine likes to plunge his hand down his pants and then stick his finger through his fly and waggle it about while providing an amusing dialogue. Being 65 only makes him do it more. Is that considered immature?

I bet your husband enjoys a good fart. The louder and raspier the better, especially if it's expressed in a time, place and circumstance where the more inappropriate, the better.

Maybe he'd rather watch cartoons than the nightly news. Immature, or highly intelligent?

Recently I was in the audience at the circus with my wife. I needed to vent to atmosphere and, since the accompanying music was loud, I opened the blow hole with impunity. Very shortly after, my little canary in the coal mine screwed up her face and asked me if I had done the deed.

What amused me was noticing how other ladies in the vicinity were looking at their menfolk asking them the same question. It made me most proud that while the other blokes shook their heads in denial, I nodded mine in the affirmative. Immature? Guilty as charged.

What does “acting your age” mean anyway? There are people at 60 who run and win marathons and others in high care nursing homes.

Your hubby just wants to be happy. Like the rest of us, he's trying to negotiate this crazy fucked-up world as best he can. If being a smutty schoolboy works for him, so be it. You can't always grow old gracefully, but you can always be immature.

*A man is being arrested by a female police officer, who informs him, “Anything you say can and will be held against you.” The man replies “Boobs!”*

Send your relationship problems to:  
[magentaappelpye@gmail.com](mailto:magentaappelpye@gmail.com)

## Insights into the Liver and Gallbladder

Happy New Year once again! I wish you and your family a year filled with abundance, happiness, and good health!

This Chinese New Year begins on 29th January 2025, and the celebrations will last for 15 days, starting with the new moon and concluding with the following full moon.

This year marks the year of the wood snake, a unique occurrence that happens only once every 60 years. If you were born in 1917, 1929, 1941, 1953, 1965, 1977, 1989, 2001, 2013, or will be born between 29th January 2025 and 16th February 2026, you are or will be born under the snake zodiac sign in Chinese astrology.

According to Chinese astrology, the year of the snake embodies the energies of transformation, renewal, and spiritual advancement.

When paired with the Wood element, which symbolises growth, stability, and creativity, this year is anticipated to provide significant opportunities for personal development and innovation.

The wood element in Chinese medicine is associated with the season of spring and is linked to the

Liver and Gallbladder organs, both represented by the colour green.

In Chinese medicine, the Liver is referred to as the great planner and the “general organ,” akin to an army general. It is tasked with governing and maintaining the free flow of Qi throughout the body.

Qi is a life-force energy that flows through the meridians and the whole body. When Qi flows optimally, the body is in a state of health; however, when the flow of Qi is impeded, pain and sickness can occur.

The Liver is responsible for ensuring that this Qi flows properly; when it doesn't, a condition known as Qi Stagnation occurs.

Furthermore, there are four main facets of the free-flowing Qi related to the function of the Liver: harmony of emotions, digestion, menstruation, and the harmonious secretion of bile.

Other important functions of the Liver include storing blood and maintaining the healthy function of tendons, which encompass the sinews, ligaments, and muscles as understood in Western medicine.



by Chi Fung Lee

Additionally, the Liver opens into the eyes, controls tears, and manifests in the health of the nails.

The Liver is associated with the ability of the eyes to distinguish colours, and the blood in the Liver is believed to nourish and moisten the eyes. When this function is impaired, blurred vision ensues.

The Liver blood also nourishes the nails; brittle nails are a sign of Liver blood deficiency.

In Chinese medicine, the Liver produces bile, while the Gallbladder stores it, releasing it periodically to aid digestion in the Small Intestine. The emotional and intellectual aspects of the Gallbladder resembles an adjutant in an army, as it is responsible for decision-making, courage and

judgement.

Both the Liver and Gallbladder can be affected by strong emotions such as anger and irritation, which can disrupt the flow of Qi and lead to physical imbalances.

When the Gallbladder is weak, deficient, or imbalanced, symptoms such as indecision, timidity, and fearfulness may arise. In Chinese culture, a person who appears timid and weak, and is afraid to take risks or make decisions, might be described as “lacking a Gallbladder.”

On a psychological level, the liver's influence on our life planning relies on the Gallbladder's ability to help us make decisions.

The Gallbladder greatly affects sleep quality and duration. If it is imbalanced, a person may wake up early and struggle to fall back asleep.

Additionally, the health of the Gallbladder is linked to the nature of dreams, indicating that imbalances can manifest in both physical symptoms and emotional or psychological issues.

*Chi Fung Lee is an AHPRA & AACMA registered acupuncturist, mob 0478-239-298.*

# TOWARDS THE AQUARIAN PLANT-BASED SOCIETY

## Shapeshifting

by Anand Gandharva

Cultures are moving to joyful creativity. Live and let live.

Too many people had not considered the dire impacts of strong population growth on environment, but that is changing.

It is not only about growing appreciation of animal rights. World cities are signing the plant-based treaty, linking animal farming with climate change, environment, health costs.

See this report to UN COP 29: [www.youtube.com/watch?v=p5j8pGgXVpl](http://www.youtube.com/watch?v=p5j8pGgXVpl)

Economies mix effort, cost, resource, skill to make desirable goods and earn money, eg flying cars, drone-delivered food, DIY house kit, bladeless windmill, cheap power, tours.

But all is not well. The current financial systems reward some with incredible wealth, but starves others.

Humanity seems a no-holds-barred battle between people and wilderness: the slaying of a health executive in New York City shows capitalism needs a heart transplant.

20% of people on Earth live in 'inadequate shelters'. 2%



are homeless. Others party. Society has to evolve warring systems to a kinder, inclusive multicultural meritocracy.

It is not just people: biology shows our human dependency on a viable tree of life.

Humanity has to revive plant-based and flexitarian lifestyles: it saves huge amounts of land and effort. Billions of acres will be freed up, growing plants to consume rather than animals. The financial, economic, social, creative and environmental benefits are enormous.

Plant-based food is not only healthy and good for the mind, but reducing animal food dependence eventually frees up around eight billion

acres, such as in the Amazon where there are well over 400 beef farms in this area alone.

Omnivores waste farmland and water, pay for land clearing... by the way they eat.

Fortunately, consumers desire for animal products rapidly is shifting: over 40% of buyers consume less or no domesticated and wild animals.

Over 5000 local animal use jobs will go, like when horse buggies faded and car mechanics started. Rural areas growing and value-adding on plants rising in the future will help ecologies.

The age to come values all human beings, animals and trees. Treats life with respect. A society is being

born that does not set one clan against another person, tribe or culture, competing for dominance. The old rural economy is waning. Aquarius values revive areas.

If there is one thing clear from history: it takes the consent of the governed, whether group or nation. It includes all of nature. Yet every country town is now ringed by livestock gulags, their animal prisoners driven to soulless abattoirs. Wilderness destroyed.

Land has much more value re-purposed to grow plants, to rewild or to house people.

Today's world is consumer driven; now the majority is destroying what gives us life. Why put babies in charge of cars? The planet can no longer afford endless consumerist desires to prosper and expand.

The population explosion asks for new rules, new businesses, no more confrontations. Those who can't give up on animal taste, reduce it to a few times a week, like people used to do for many centuries.

Aquarian harmony with nature empowers a greater plant-based focus. The Los Angeles fires showed again we subsidise environmental cost of food at our peril.



## RELEASING DURING THE CURRENT ASCENSION PEAK

### Crystalline clarity

by Daryl Spilberg

As we navigate the current peak of the ascension energies, times may be getting tough for many of us – know that you are not alone.

The peaks of energy are flooding in with increasingly frequent waves and heightened spikes, so it is easy to feel overwhelmed.

As the energies intensify and light is increasingly shone in dark spaces – part of our upgrading both personally and globally – many of our past wounds, patterns, cycles and conditioning are being brought to the surface for release and healing.

Past trauma, wounds, or issues that you may have thought had been fully dealt with may also be re-emerging with rising intensity.

If this is the case for you, remember that when something is leaving or about to lose its hold, it often puts up the biggest resistance for its final stand, just before it leaves.

Whether a past issue is resurfacing for you to learn and evolve, a work in progress heightening discomfort or something new arising with intensity, it may feel extremely difficult to face and look at.

Dissociation is common, whether one is unconsciously doing so or consciously avoiding and turning away from that which they fear facing.

Indeed, amidst the heightened energies it is easy to feel spaced out, disconnected and vague.

Whether facing issues or avoiding them, much of our current actions are culminating in fatigue and exhaustion, which are also common accompanying ascension symptoms.

Remember that this is all happening for a reason and whatever is being brought forth is there as

an opportunity for clearing and deeper healing, to be able to shift and bring in more light.

So what can be done to help one release and navigate these tough times? Here are a few suggestions:

Healing sessions such as Crystal Dreaming that I offer can help to shift blockages, dissolve karmic patterns and ties, break cycles and contracts and align you with your divine highest good, helping you to move forward.

Alternatively, another in-depth modality with a trusted practitioner can help too.

Shadow work, in whatever form that may mean to you, is crucial at this time. It may help to view, acknowledge and accept in order to shift through and heal.

Some suggestions to assist with this are: writing, talking with a friend, seeking professional guidance and opening to answers that may come through informed podcasts, videos, articles and books.

Maintaining a healthy, balanced diet free of dense and processed foods will help your body to integrate the incoming changes.

Refraining from alcohol, stimulants, drugs and other unhealthy substances will reduce agitation too. Additionally, stay hydrated with high quality, pure water.

Remember that this is all a necessary part of the purification process to be able to join the ascension of the planet and move into the golden age to come. The time to release and let go is now!

To book in a Crystal Dreaming session to assist with your releasing and healing, or for further information visit my website: [www.crystallineclarity.com](http://www.crystallineclarity.com). au or call for a chat on 0422-717-905.

## Room with a view, or how to preserve motivation

Motivation is your driver to get active with whatever project you plan to do.

The project might be as simple as playing with building blocks, or as complicated as designing the Sydney Harbour bridge. What takes you from dream to realisation is motivation.

Motivation is a sensitive thing that you need to treat with care. In children, motivation is spurned by imagination. The driver is in the deeper layers of consciousness.

The wonder of motivation is what you might experience when getting excited by thinking of your next art project. The creative sap is rising and goose bumps announce that the mind and the body are alive with a new stimulus. It's the priceless childlike motivation that should never leave you.

Natural motivation is under attack from many directions. Education, parenting and digital devices contribute to diminish fragile motivation. I would like to discuss a parenting approach that in my view makes children lose motivation rather than win it.

It is wrapped around the household zone and called "kids' contribution to household chores". Make children 'pay' for the comfortable life style they are privileged to enjoy by sharing household chores. This is connected with the notion that children gain self-respect through doing jobs around the house.

My experience is that they learn to hate chores and hate them for a lifetime. Especially when a chore is defined as 'payment' for a privilege. No self-respecting child can understand the connection between helping in the household and earning the privilege to watch TV or play a computer game. This approach is the surest way to squash motivation.

You owe your children a comfortable clean home, shelter and security. The



by Antionette Ensbey

child has a birthright to feel safe and be nurtured until ready to leave and set up their own household.

When you respect your children's need for shelter, comfort and security and make sure that it is supplied, your child is motivated to contribute in areas that the child is directly involved in and that further the child's personal development.

Children have their own method of doing things, their own approach to tasks for which they are responsible.

If it's horseriding, they need to be organised in this field of interest, everything that assists the smooth running of horse riding lessons. Times and dates, getting the gear together, feeding the horses is their task.

Your kid takes full responsibility for chores that are in the interest of the child. If your child arrives at the dance school without her/his tap shoes, whose responsibility is it? Reminding your child every week to pack the shoes teaches your child to rely on you.

If they lose the grip on shouldering responsibility, their self-esteem engine will have a flat battery because there is nothing to feed their self-respect and to be proud of. Leave it in their capable hands to organise their lives and they will.

With burdensome, daily household chores it's different. Make no rule. Allow

help to be unprompted. When the child can see that you need help, the experience of achievement will give a sense of satisfaction and a good dose of motivation to help mum or dad. Walk that straight line to independence that every child needs to walk unaided.

The reason is that children are different from adults in experiencing their environment and filtering reality. It is not diffused or underdeveloped, it is just different, wonderfully different.

If you are making children part of your household by gradually allotting more and more tasks you are stifling creativity and imagination. Kid's minds and bodies should be free to wander.

Their different reality demands that they need to be at liberty to explore the world around them and the world inside of them. This is how children expand their mind, adapt, connect and identify with the life they are part of.

If they are being regularly employed to help in the household, life becomes dull and grey. The chores become a burden, not an incentive. They learn to hate the chores and unlearn seeing chores as a normal part of life. And they won't like to help. Help should be casual, on the go and without any pressure or agenda.

Respecting your child's time to pursue their interests is fertile ground for motivation. It is a ground that parents so easily erode by making the child work in the household according to a scheduled reward chart.

Children live in the moment and only the moment counts. Abstract charts have no feasibility for them. If your mindset is one of reimbursement for the roof over their heads, you are closing the roller blind on motivation.

Only a room with a view excites motivation.

For parent and relationship counselling, email: [newpacificpublishing@gmail.com](mailto:newpacificpublishing@gmail.com)