

**D J A N B U N G
G A R D E N S**

UPCOMING EVENTS

Friday 20th December
Summer Solstice Celebration 6pm

ABUNDANCE CAFE
Open for community events & special functions

Gardens open Wed-Sat 10am-4pm

74 Cecil Street, Nimbin PHONE 6689-1755
admin@permaculture.com.au

VENUE FOR HIRE
www.permaculture.com.au

Blue Knob IT

Local Professional Computer Troubleshooting
Help with Windows 10 Updates
Phone: 6689-7079 Email: blueknobIT@gmail.com

OzKat Clothing Nimbin

Open 7 Days
9:30am - 5pm
1/70 Cullen Street
Nimbin, NSW
Ph: 02 66890096
Mob: 0423 368 603
www.ozkat.com

We sold at The Channon, Byron & Bangalow Markets for 27yrs.
You will now find us at our Shop in Nimbin!

S - XXXL

Festival Hats | Beanies | Bandannas | Headbands | Bags | Hemp Backpacks | Handwarmers | Ponchos | Jackets | Jumpers | Hoodies | Overalls | Flares | Leggings | Pants | Shorts | Shirts | Skirts | Dresses | Vests | Womens Tops | Jewellery | Sox | Slippers | Shawls | Scarves | Prayer Flags | Spiritual Colouring Books and much more!

'Thank You for Supporting Our Small Business!'

TREEFELLAS

Timber Felling
Tree Climbing
BLUE KNOB
Mob. 0429 897 234

Nimbin Haberdashery & Gas Supply
6689 1466

All supplies for sewing, knitting, embroidery etc;
• material, dyes, ribbons, zips, buttons, elastic, thread
• curtain rods & brackets
• craft supplies
• mending, alterations and repairs

Gas supplies (all areas)
• 45kg for \$128 delivered
• fast, friendly & honest service

72 Cullen St Mon-Fri: 10am - 4pm Sat: 10am - 12pm

Bushfires hit koala populations hard

by Susannah Keogh, Care Co-ordinator

As we all know, bushfires in the Richmond Valley Local Government Area over the past few months, have had a significant impact on koalas, although we really don't know the full extent of the fires and I suspect we won't, as koalas that were caught in the fire will probably have been incinerated.

We are sure that koala populations around Rappville, Drake, in the Braemar and Royal Camp State Forests and around the Bungawalbin National Park will have been hit hard, with the canopies scorched if they didn't burn.

There are pockets of green habitat visible in places scattered around these forests, but whether koalas are there and whether they are suffering from smoke inhalation or other health issues is unknown.

Apart from the fires, the region has been experiencing a drought again, and the impact of that alone on koalas is significant, as much of the leaf on koala feed trees is dry with little moisture for them. Certainly the seven koalas we received from the fire grounds have been dehydrated and hungry, as well as generally having some singeing or burns from the fires.

Prior to this year's bushfires, whilst a number of our volunteers underwent a fire awareness course with the Rural Fire Service (RFS) several years ago and were issued with cards, we hadn't considered bushfires as the highest priority for our group.

Now, however, we know that we're probably looking at the future in this region for koalas and will be focusing on appropriate training, perhaps from the Forestry Department who have an online session which may work well for us with our membership spread quite widely across the Region.

First and most important will be building constructive relationships with



Koala Kolumn

stakeholders such as the RFS, National Parks & Wildlife Service (NPWS) and Forestry so that in the future we will be ready to go with appropriate equipment and Personal Protection Equipment (PPE).

Fortuitously, we and other wildlife groups who rescue koalas, were provided with funds to purchase a range of equipment for rescues, which has been a blessing for us as we can now afford to purchase what we need. That we have been provided with these funds is unusual and much appreciated.

If you're interested in becoming a FOK fire-prepared rescuer, which gives you the required experience in handling koalas without causing them further injury, do speak to our Volunteer Co-ordinator.

As has been said, fires have affected our wildlife terribly in the past few months, but we have had a few fortunate survivors. Flame and her back young Spirit (pictured above) were two of those very lucky koalas to be rescued in time.

We were alerted to a Mum and Bub in Rappville, high in the canopy of a tree whose trunk was burnt and foliage had been desiccated. Mum was brown and lightly singed so we knew we had to act

quickly.

The outward appearance of a fire-affected koala can be very deceiving. If koalas are found anywhere near a fire, they are likely suffering from burns, smoke inhalation or at the very least, dehydration and starvation.

Richmond Valley Tree Services were already on site with a cherry-picker, ready to help and were invaluable to the success of this rescue –

thank you so much.

As the Mum (Flame) and her female back young (Spirit) were both visibly burnt on their paws, they were immediately transferred to Currumbin Wildlife

Hospital for assessment and treatment. Spirit's burns turned out to be more extensive than her mother's and for a few days Spirit was separated from her mother to stay in 24-hour care with one of Currumbin's Vet Nurses (and FOK member) Tash Graham.

However, we are happy to report that after only a few days of separation and treatment, Spirit improved enough to be reunited with Flame, and they are now happily convalescing together in the Hospital.

We are expecting both of them to make a full recovery and be returned to Friends of the Koala for rehabilitation before being released together.

We would like to thank all the amazing fire fighters and their support teams for the incredible work they have done.

We are continuing to receive fire-affected koalas from the fringes of the affected areas and ask that if you see a koala in these areas, please phone us immediately on our hotline, 6622-1233.

People can become members online at: www.friendsofthekoala.org and if they wish to volunteer, they need to contact our volunteer co-ordinator Lola on 0412-753-739.

NEFA relieved Koala colonies survive fires but government help still needed

by Dailan Pugh,
North East Forest Alliance

The North East Forest Alliance is relieved that core koala colonies have survived in Royal Camp and Braemar State Forests, though are maintaining their request to the NSW Government to take urgent action to help them.

In October, NEFA checked out two koala colonies they saved from logging in Royal Camp State Forest over six years ago and were relieved to find that while they have been affected by the fires, they have survived.

While the understorey had been burnt throughout and extensive areas of canopy desiccated, in areas some of the larger trees still had healthy canopies and it was these the koalas took refuge in.

At the first site we located one apparently healthy koala, and identified another 12 trees with scats beneath them. The scats indicated the presence of two other koalas, one with a joey.

At the second site we located another live healthy koala and another four trees with koala scats. The scats indicated two additional koalas, one with a joey.

It was great to find some koalas have survived, but the drying and loss of canopy food for them is likely a significant ongoing problem.

We suspect that water is the most



One of three surviving Koalas observed by NEFA after the fires Photo: A. Murray

crucial resource they and other survivors need. We left two litres of water for each of the koalas we found, though these and other colonies need more.

In 2017 the Office of Environment and Heritage identified these colonies as some of the 100,000 hectares of Koala Hubs, across NSW. They described these as "highly significant local scale areas of koala occupancy currently known for protection".

As shown by NEFA's finding of an

unrecognised significant koala colony in Braemar State Forest, Koala Hubs have not been comprehensively identified, though they are places the Government has identified as being of the utmost importance for koalas and thus are places the Government should put some effort into protecting.

Six identified Koala Hubs have been burnt in the Busby's Flat fire and 15 in the Bees Nest fire. Assessing and mitigating impacts on koalas in these areas is a realistic and achievable action that the NSW Government can and should urgently undertake before more koalas succumb to the combined impacts of the drought and fires.

NEFA have written to Environment Minister Kean requesting that the Government helps koalas by undertaking rapid on ground assessments of identified Koala Hubs, taking any injured animals into care, and placing watering stations (where free water is not currently available) in the occupied areas of all the koala Hubs burnt in recent fires to limit ongoing impacts on survivors.

Because of the significant loss of food resources, NEFA have also asked the Minister to ensure that a moratorium is placed on the logging of burnt koala habitat on State Forests to enable koala populations to recover.



Nimbin Garden Club notes

by Kerry Hagan

What do you do when you buy a completely bare three acres of land?

In 1993, Sue and Michael did just that in Basil Road, Nimbin.

Fast forward 26 years spent planning, planting and just generally working hard with love and passion, and they have created a truly inspiring landscape.

Many paths wander down the block, often into lovely clearings. Planted along the way are many species of native trees and shrubs in amongst lovely introduced specimens.

Many varieties of bamboo growing with native figs, native fuchsias, and many self-seeded native forest floor plants abound.

More paths down, over Japanese bridges and on to “islands” across the meandering watercourse. Here we find flood-resistant Black Pine, Plum Pine and Swamp Cypress combined with a variety of palms and towering Dunns White gums.

It feels like a much larger place, and a wonderful oasis for wildlife. Thank you Sue and Michael for sharing your very special place.

Next month is the Garden Club’s Christmas Party, from midday on 23rd November at Jarlanbah Community Hall, Cecil Street, Nimbin.

Guests are invited to come and share with us in a sumptuous feast with bubbly, for a cost of \$10.



Plant of the month



Long-leaf Tuckeroo *Cupaniopsis newmanii*

by Richard Burer,
Bush Regenerator

This small unbranched tree is a real favourite.

Its attractive pink red flush of new leaves in spring make it a must just about anywhere on the farm, in the garden and on your restoration projects.

With its red fruits in late spring, it is certainly a Christmas-come-early botanical experience.

This near threatened species is often found in the understory of rainforest

from Mullumbimby to Mt Tamborine, most often in basalt and alluvium soils.

However, over the last few years I have found it very common on sandstone soils in dryer rainforest west of the village.

So really, its most southern distribution is probably Nimbin.

Easy to propagate, and likely to be available locally at Whalebone or Firewheel nurseries, Long-leaf Tuckeroo is a fine tree to welcome into your world.

The health benefits of gardening

Weed Words

by Triny Roe B.Ag.Sc

Those who weed are happy and healthy. Getting down and dirty with dirt exposes one to a host of healthy bacteria which live in the soil.

One of these, *Mycobacterium vaccae*, is found almost everywhere. A number of studies have demonstrated its ability to improve mood, reduce anxiety and even boost cognitive function in mice as well as people. The mice did better running around mazes. Old folk with cancer felt more cheery after receiving injections of *M. vaccae* in a medical trial, even though it didn’t ultimately cure their disease.

Levels of the stress hormone, cortisol also dropped after exposure to *M. vaccae* and serotonin increased. This hormone, when low, causes psychological symptoms including depression and anxiety and a lack of sexual desire. If you’re feeling down, don’t reach for the anti-depressants (or self medicate). Get off the couch and go for a stroll in the garden or the bush. If you see a weed during your walk, pull it out.

Breathing in *M. vaccae* and other beneficial bacteria, getting them on your skin, under your nails and even eating them can boost your immune system as well as improve your physical and mental health. Hand weeding ensures good contact with the soil and its microbiota.

There are also health benefits from just being around vegetation. Plants exude beneficial volatile organic antimicrobial compounds called phytoncides. These chemicals help the plant fight off disease and pathogens. They also increase the level of natural killer cells in humans and reduce the amount of stress hormones. Japanese are fond of forest bathing, known as shinrin-yoku.

During weeding you are also getting exercise. This has overall



Cat’s claw

benefits for health in general. Walking, bending, squatting, kneeling – what a work out. The key to a long and healthy life is to keep moving and keep active. Exercise also promotes good sleep which is critical for good health.

Gardening and weeding can also have social benefits. You can do it alone but it’s fun to do with others. Join a Landcare group, make new friends and help restore local creeks and bush reserves.

Weeding is rewarding. It looks great when you have finished removing the pesky pest species. Rescuing trees from a shroud of creepers to grow to their full potential gives a feeling of satisfaction.

Some creepers like cat’s claw, *Dolichandra unguis-cati*, will kill the host tree in time. It is flowering now, so easy to identify where it occurs. Spot the tell-tale yellow flowers and take steps to stop it spreading further.

This species is a WoNS, a Weed of National Significance. Introduced as a garden ornamental, cat’s claw strangles and smothers native

vegetation, particularly along creek banks. Biological controls are available, but cut and swab of stems and vigilant follow-up is more effective.

Bush regeneration is a rewarding experience, but before you reach for the splatter gun and clear hectares of lantana, another WoNS which covers more than four million hectares in Australia, consider how that area will be managed afterwards. Sometimes a little at a time is a good approach.

Consider habitat for wildlife. Small birds and mammals make their homes in large lantana patches. Wildlife need time to migrate to new areas. Native vegetation needs time to grow. Long term, restoring the canopy will prevent lantana’s return as it won’t grow in deep shade.

The current dry conditions have impacted lantana, making it thin and weak. Now is a good time to manually remove it. Smash through the brittle stems and branches. The roots are shallow. Work them back and forth and pull them out. Breathe in the bugs.

Happy Weeding

Kalang River protest in Belling

Story and photo by Sue Stock

Over 500 residents of Belling and beyond marched in protest up the main street of Belling on Saturday 19th October, to oppose the proposed logging of the headwaters of the Kalang River.

It was a noisy and cheerful march and rally with large banners and people of all ages, some dressed as koalas and birds, and much drumming.

Protestors gathered in the centre of town and listened to mayor Dominic King and ecologist Mark Graham

speak of the importance of these forests.

The forests were last logged 30-50 years ago. The harvesting operations of today are heavily industrialised, unlike earlier selective logging operations, and are likely to cause a significant threat to wildlife corridors, leaving only a weedy mess instead of letting them continue to regenerate.

Surveys by Mark Graham and Kalang resident Jonas Bellchambers have documented many sightings of the nationally vulnerable greater gliders. There is also a strong

breeding population of koalas as well as the long-nosed potoroo and spotted tail quolls.

The Forestry Corporation has denied that its proposed logging is a threat to the rich biodiversity of the Kalang headwaters.

Mark Graham pointed out that tourism supports a lot more people than logging, and forests also reduce carbon. He said logging would deprive the Kalang of its source of clean and abundant water.

Mayor Dominic King said this street march should send a clear message to the Forestry Corporation



and State Government that the majority of the Belling and Kalang communities are totally against the proposal to log the precious headwater catchment forests of the

Kalang.

Logging any sensitive catchments such as the Kalang in one of the worst droughts since records began should not even be on the agenda.

The way of energy

by Christobelle

The first task of creation is to form a circuit or circumference to hold the space in which form can manifest.

There must be a closed energy system and within this, as many energy circuits as is needed for the manifesting form to arise.

Energy needs to flow in a circuit, otherwise there would be chaos without any sense of pattern or any form of coherent function.

Every expression of energy is complete unto itself and dependent on its source for its empowerment.

It is the task of the fifth element – ether or space – to first create boundaries and hold the space and then deliver the blueprint on which any form is built.



and if the encoded information within the circuit breaks down, life becomes incoherent and disorder results.

The ether element is of spirit and facilitates the precious gift of life, breath and being.

The etheric element establishes the overall energy field within which the four elements weave back and forth to form the individual zodiac.

Within the unified field of ether, the field of possibilities, movement becomes necessary for further manifestation into form.

The four polarised elements of air, fire, water and earth in their threefold aspect of neutral, positive and negative (4x3=12) arise to form.

It relays the creative wisdom of the cosmos – the great mystery of love, light and truth; via a series of source centres stepped down from the original source of all that is.

If the central power supply is blocked off in some way at any point, everything it empowers comes to a standstill.

Energy is circuitry and if the circuit is broken, power loses its direction and becomes unable to fulfil its task.

Energy carries the codes of its creation

The zodiac, or circle of complete circuit, is the energy grid in which human life is created.

The elements can be recognised in physical, subtle, individual and cosmic manifestations.

They are the formative energies that interact with each other to give rise to all change and manifestation within the universe.

Each element relates to specific patterns, sounds, movements, archetypes, rates of vibration, colours, etc...

AIR	FIRE	WATER	EARTH
Emotive force	Combustion	Fluidity	Fixed
Polarity principle	Transformation	Attraction opposites	Gravity / Density
Movement	Integration	Reproduction	Materialisation
Heart chakra	Solar plexus	Sacral chakra	Base chakra
Spirit essence Pure energy	Spiritual journey of personal soul	Flow of thoughts and feelings	Physical bodies
Light beingness Wisdom / Presence	Inspiration Rhythms / Patterns	Blood / Bodily fluids 60 to 70% water	Belonging to family, community, country
Grand overview and minute details	Ancestors and descendants	Emotional life feeds our growing soul	Ground of our being Our first MOTHER :
Essence of unity with all creation	Alchemy	Movement	Nurturing, protecting Nourishment
Green / Pink	Yellow	Orange	Red
I am compassionate	I am powerful	I am sexual	I am physical
Loving / Accepting	Confident / In control / Motivated	Instinctual / sensual Fulfilled	Safe & secure Fully present
East	North	West	South

Common questions and answers

Animal talk
by Donna Connolly

It has been a huge year, and I'd like to send a heartfelt thanks to all the gorgeous animals and their guardians that I have had the pleasure of meeting (some in person and some via distance, using photos).

It warms my heart when I hear that you have enjoyed the articles and put into practice some of the tips and strategies suggested, developing stronger bonds and deeper understanding of one another.

That's what it is all about. After all, the RiverGem tagline is: 'Empowering people and animals'.



It is a wonderful moment to bear witness to a human and animal understanding one another. Both just light up! Usually much licking and cuddles ensue. Occasionally tears of happiness and joy.

Always tail-wagging and butt wiggles!

As an animal advocate. I assist the animals to be heard and understood. Giving a voice to the voiceless, so to speak.

I approach each session with fresh ears and eyes, literally willing to hear/ intuit anything the animals need to get across.

Absolutely, they do! They especially feel the love when it is unconditional. As love is one of the highest frequencies and they thrive under this vibration.

When I do an Animal Communication session, I can literally see the love between people and animals. It is a great honour, and when the question is asked the animal nearly always moves closer, looks straight at them and wag their tails. Definitely acknowledge that they are very aware of the love that is felt for them.

Even animals that have passed over still feel the love, and in some cases are quite worried for the humans and other furry friends in this grieving period.

• Will they come back and be reincarnated, in this lifetime?

So I wanted to dedicate this month's article to some of the common messages, questions, and answers that I have encountered, including incredibly similar themes and expressions.

• Do animals greet us when we die?

Yes! In my experience facilitating readings for both humans and animals, quite often the soul that has passed over makes reference to the 'team' that greets them on the other side.

Sometimes one or two show themselves to the living just before they pass, during the active dying process if they have a terminal illness, or a prophetic dream prior to an accident.

I am looking forward to connecting with my spirit team when the time comes. animal and human.

• Do they know I love them?

I get asked this question more than any other.

Despite the movies and general consensus this is quite a rare occurrence. In my whole career I have met two true incarnates and one yet to happen (they gave their guardian a signal to look out for).

From what I understand, we all have soul contracts between us and our animals, they are here to help us evolve and grow. Quite often they fast forward our evolution exponentially. They then assists us from spirit.

They don't need to come back in physical form to achieve this. They can however sign up to be with us in more than one lifetime. Making them part of our soul team, and this can lead to them feeling very familiar upon meeting.

Quite often an animal in spirit can assist in bringing a new fufriend into your life. And sometimes their greatest lesson for you is how they

pass over, or when.They shine a light on the purpose and potential of growth:such as your ability to let go.

• Do they go to a 'different' heaven, to humans?

Not to my knowledge, all living beings seem to be part of the same source and light, and we all end up back there when we are finished with this earthly experience.

The concept of the rainbow bridge is lovely, but I think it's even lovelier that we all get to meet again.

• Are they happy?

In all my sessions, I have never had a No to this question. Sometimes they will say where they are happiest, such as the beach or in a house that you both used to live in.

I usually find that their happiness is directly related to the happiness and contentment of their human or humans. Sometimes they will let me know what their favourite food is, especially if they happen to be food focused. They are an excellent gauge of how you are going.

Another thing I am always asked, is what books would I recommend? Well this month's photo will give you the answer.

We have our last Introduction to Animal Communication Workshop for the year on Nov 24th.

We would love for you to be apart of this interactive fun-filled day.

Donna Connolly is a professional Animal Communicator psychic, medium and Reiki Master facilitating courses and workshops throughout the year
www.rivergem.com.au
rivergem88@gmail.com
or text 0490-156-038.

The horse racing industry controversy

by Les Rees

We have all heard about the hideous treatment of thoroughbred horses at the Meramist Abattoir in Queensland, and other sites, aired by ABC-TV's 7.30 Report recently.

Many of us have been horrified to learn that there are so many loopholes in the different States' laws that allow for unscrupulous people to use them for their own selfish ends.

The racing fraternity has been accused of turning a blind eye to the so called "wastage" of animals that either didn't make the grade or have outgrown their usefulness in the industry. Given that they begin their racing career as two year olds, many are still very young when discarded by the racing industry. The lucky ones find homes as riding horses but the majority end up in abattoirs to be used for the meat trade.

There are many people who claim that their horses are extremely well catered for and this may be true for most in the industry, but we have to remember that this is only for the time they are in work. Unfortunately, the problems arise once they have left an industry which appears to



have no idea what happens to them after they have passed their "use by" date.

It would also appear that there are still some rotten eggs in the racing industry. Recently one of Australia's most successful trainers was allegedly found to be using jiggers, an electric device used to inflict pain and fear in order to make his horses run faster. This certainly poses some serious questions concerning the integrity of an industry that seems unable to regulate itself!

There are also concerns about the use of whips whilst racing. Even though the practice has been limited, this does not answer the question as to why whips haven't been completely banned. If it's wrong to use whips excessively, how can it be OK in moderation? Imagine the outcry if teachers could still beat school children!

For a lot of people one of

the most contentious issues concerns the timing and rate of skeletal maturation in horses. Dr Deb Bennet's research has found a schedule of growth-plate conversion to bone which involves the process of fusion. As this takes several years to fully develop it would seem that young horses are prone to develop problems through excessive trauma to their bodies causing concussive issues in the immature skeletal structure.

The significance of the closure schedule for injuries can be seen by looking at the age the horses are when their bones have fully developed. Short pastern – 9-12 months
Long pastern – 13-15 months
Cannon bone and small bones of the knee – 1.5-2 years
Radius-ulna, humerus and scapula – 3-3.5 years
Hocks – 3-3.5 years
Tibia – 3.5 years
Femur – 3-4 years
Pelvis – 5 years

Vertebral column (spine) – 5.5 years.

The lateness of vertebral closure is particularly significant, because the vertebrae are positioned horizontally along the spine so any weight placed on the back can displace the vertical growth plates.

Furthermore, the last to fully close can be found at the base of the horse's neck and can take up to six years to achieve full maturity.

Given that race horses begin training at one year and begin formal racing at two years, is it any wonder that so many youngsters are being sent to the abattoirs with irreparable injuries?

Due to the revenue the racing industry produces, it would seem unlikely that racing will be banned any time soon.

The best we can hope for is a complete overhaul that looks at breeding numbers, levies to create more retirement options, stopping the use of whips, increasing the age at which horses can be raced in order to reduce the impact of concussive injuries and legislation that ensures a hefty prison sentence for those found guilty of animal cruelty.

Phone Les Rees: 0437-586-705
www.horsetailherbs.com.au

Happy Horses Bitless

Considerate Horsemanship

Suzy Maloney B.Eq.Sc. 0401 249 263

Bitless Lessons and Bridle Sales

happyhorsesbitless@gmail.com
www.happyhorsesbitless.com

OCEAN & EARTH
PLUMBING & GAS

- ✓ Septic Systems
- ✓ New Homes
- ✓ Maintenance Work
- ✓ Blocked Drains
- ✓ Council Compliance
- ✓ Solar Hot Water
- ✓ Gas Fitting

Phone Warren
0468 459 151
Email: warren@oepg.com.au

Northern Electrical Solutions

Electrical Contractor

Domestic | Commercial | Industrial

- Safety Inspections • Smoke Alarms
- New Installations • Renovations • Phone
- Mains Power • Switchboards • Solar • 12v
- Ovens • Hot Water • Appliances

NSW Lic# 299571C

0427 803 251

Heads up! And how to avoid this

by Suzy Maloney

One thing people can have difficulty with is horses sticking their heads up under saddle. This is undesirable for a number of reasons; it doesn't look good, creates a hollow back resulting in soreness and weakness, develops bulging muscles under the neck, makes the horse harder to control and gives the rider a choppy ride.

So people want to stop the horse doing it. The standard methods are running martingales and tie-downs. These are mechanical tools used to control the position of the horse's head. They are what I call "Band-Aids", as they appear to fix the problem but all they're doing is making it less visible, and when the equipment is removed the horse is still sticking the head up.

These methods also firmly lay the blame on the horse, and don't look at the role the rider may be playing in creating the problem.

It's important when working with horses to always look at what you're doing first. If there is something you can change in the situation that improves it, go there first. Often it's something the human is doing, and once they make the corrections the horse no longer has a problem. This is something I've seen many times in my riding lessons with regard to horses sticking their heads up.

The key to a soft relaxed head on a ridden horse is in the rider's elbows. Many think it's the hands, and these are important, but the hands are attached to the elbows and if they're stiff and immobile, it matters little what the hands do. There are few activities requiring us to move our



elbows in a soft rhythmic way. To do so can be difficult for some people and takes practice and patience. But it's a riding skill that will change everything about the way your horse moves, and it will lower the head.

The reason a horse lifts the head is to escape pressure. If the horse is in walk, the head is bobbing lightly. Watch a horse walk and you'll see this head movement. The rider's arms are attached to the horse's head. If we hold our arms immobile and the horse is bobbing, then the horse is banging into rein pressure every second step. The pressure is unintentional and has no meaning and the horse lifts the head to try and relieve the pressure.

Now imagine if your arms, via the elbows, were softly following the movement of the horse's head. Now the horse cannot feel any random pressures, all is still until the rein is actually used for communication.

Because the rein aid is coming from a place of stillness, the horse reacts quickly and easily, plus they have no reason now to raise the head, and the

soft neck and head position transfers through to the rest of the horse's body, giving a lovely, soft, supple horse who feels and looks fantastic to ride.

I've seen stiff horses with heads stuck up in the air adopt totally different postures when the rider softens through the elbows. Habits can take a while to break, both for yourself and your horse, so be patient and you will be rewarded. When riders start riding this way, they may forget to maintain open elbows when turning and halting.

The horse is walking when turning, if you go stiff again it makes the turns difficult for the horse and they will resist and raise the head. In the halt, if the softness leaves the rider's elbows, the horse halts with the head up in the air. These two skills take longer to master than the general elbow movement while walking along, so master this first then try to keep it going in the turns and halts.

The direction of the arms is downward toward the horse's nose and then back towards your belly. Initially you may need to think to get it started then as soon as possible turn your brain off and let your body follow the horse's motion.

You'll notice that your seat comes forward as your hands come back, creating the classic feeling of riding the horse from the seat into the hands. The connection you then feel with your horse is breathtakingly beautiful.

And of course, all of this can be done in a bitless bridle!

Happy Horses Bitless
Phone 0401-249-263
happyhorsesbitless@gmail.com
www.happyhorsesbitless.com
Facebook: Happy Horses Bitless Bridles

TREE SHAPE

QUALIFIED & EXPERIENCED ARBORIST / HORTICULTURIST

- ~PRUNING & REMOVAL OF TREES & PALMS
- ~WOODCHIPPING ~4WD TIP TRUCK ~BOBCAT
- HELPFUL ADVICE

FREE QUOTES. REASONABLE RATES. FULLY INSURED.

66 886 297 / 0428 026 307
treeshapel@gmail.com

SOLAR
PANELS

250 WATT

0412 715 805

\$120

EX-TELECOM

BATTERIES



Did you know?

All our links are clickable in the web edition.
Visit www.nimbingoodtimes.com and click away!

Providing over the counter advice with an extensive range of herbal extracts, dried herbs, berries and powders, homoeopathics, supplements, oils, crystals and more



Nimbin Apothecary
Tel: 02 6689 1529
54 Cullen Street Nimbin NSW

www.nimbinapothecary.com.au

Past Life Regression

Past life solution to present day problems

Past Life Regression is an exciting journey into your subconscious where all memories are stored.

Like to find out more?



Auralia Rose

0422 481 007

auralia_rose@hotmail.com

www.auraliarosewellbeing.com

CAREFREE CEREMONIES

Unique & Personal Celebrations

by Gwen Trimble

- Weddings
- Commitments
- Vow Renewals

0427-486-346

A/H: 6689-1490

www.carefreeceremonies.com
gwentrimble@dodo.com.au



Dr Elizabeth McCardell

Dip Clin Hypnotherapy, BA, BA (Hons), M. Couns, PhD

**Counselling, Psychotherapy,
Clinical Hypnotherapy,
Supervision**

Monday – Saturday: Clinic in Lismore Heights
Online sessions also available.

For appointments phone/text: 0429-199-021
email: dr_mccardell@yahoo.com



Pain? Stress? Tired?

COMMUNITY ACUPUNCTURE

Proven safe and effective treatment by fully qualified and AHPRA registered practitioner, Brigid Beckett AdvDipAc

For conditions including neck and shoulder pain, back pain, headaches, arthritis, insomnia, fatigue, women's health.



THE WOODLARK ROOM

15 Woodlark St, Lismore

Mon 1 to 5pm, Wed 9am to 1pm, Fri 1 to 5pm

Treatments \$25

Appointments: 0431 702 560

Beyond the Rainbow

Back copies available at the Nimbin Visitors Centre

Making the therapeutic relationship real

Therapy is a unique relationship that is a rich, supportive and useful environment for change.

What goes on between therapist and client is, itself, therapeutic and it's not so much what is said, but how it is said and how it is heard.

The client is encouraged to speak of those things that may have been unsaid for a lifetime, and those things just thought and worried about. How, though, may this be achieved? In this month's article, I want to address the tool of therapist self-disclosure. The reason is that it is still a disputed zone, as it were, among therapists and clients.

Therapist self-disclosure in therapy is when the therapist shares their own personal views or experiences with a client with the purpose of improving that client's emotional or mental state, as well as possibly normalising the client's experiences that may otherwise be felt to be too odd or crazy, while not trivialising them.

Its purpose is to help the client, not to meet the needs of the therapist. It should not be used to add to the client's problems. It may be used to decrease client anxiety, expand their awareness to different viewpoints, and to



by Dr Elizabeth McCardell

increase their sense that the therapist is genuine and is there for them, but it is not to be used by a therapist to 'dump' their stuff onto their client.

As a therapeutic tool, therapist self-disclosure should be used with conscious discretion and wisely. It has the potential for losing the client so that they do not wish to return; creating role confusion (who is helping who?); or cooking up a situation where the client and therapist end up just being good friends in the space of the therapy room.

Used well, it can increase trust and rapport and offer a model for the client. After all, in the counselling situation, we encourage client self-disclosure and sometimes it's useful for the therapist to lead the way, by example (as psycho-educationalists might).

This is most true in the fields of drug and alcohol counselling, feminist counselling, existential psychotherapy, cognitive behavioural therapy, narrative therapy, gestalt therapy, and other modalities where self-disclosure may be used to reduce the power differential between client and therapist to encourage better sharing.

The therapist's theoretical orientation really matters here. Those who disclose (apparently this is about 90% of psychotherapists, according to one study), see it as fitting in the interconnection between therapist and client (as I do). Those who don't disclose, are more interested in working through the client's projections, as per the psychoanalysts.

In psychoanalysis and Jungian-based therapy, therapist self-disclosure is frowned upon, following Freud's injunction to serve as a mirror and blank screen for clients, freeing them to project their own stuff onto the therapist. Supposed neutrality is seen as important for the analysis of the transference. I personally think such an approach is alienating for many people, including the therapist.

I remember seeing a client many years ago who had spent thirty years in psychoanalysis in the U.S., with the same therapist. One day, she turned up for her thrice weekly session, and the therapist wasn't there. He'd disappeared. About a year later, she received a letter from him saying that he'd gotten too tired of working and so had retired. Maybe it would've helped if he had said something to her about feeling stressed, tired, and overwhelmed, and then maybe a genuine conversation and genuine change might have been initiated. A bit of therapist self-disclosure might well have helped.

Real relationality between client and therapist is, I believe, as do many, the agent of change in therapy and understanding the value of relational perspectives (including therapist self-disclosure) helps us do our work effectively.

Therapist self-disclosure should be direct, brief, focussed and relevant and specific to one's own experiences/points of view. Used thus, no time is wasted and the necessary therapeutic tension is maintained, creating a good and real change environment.

Concluding the birth alphabet - U,V,W...Y

Doula Wisdom

by Kirrah Stewart

Welcome to the final part of 'The birth alphabet' series! Today you can learn more about umbilical cords, vernix, water birth and pregnancy yoga. Did you know your baby might be covered in a creamy white substance when it's born?

Do you know why it's good to wait to cut the cord? Are you aware of the benefits of practising yoga in pregnancy and birthing in water?

What is the umbilical cord?

During pregnancy, the foetus is attached to a placenta via an umbilical cord. This cord supplies oxygen, blood and nutrients to the baby from the placenta. The umbilical cord normally has two arteries and one vein.

At the time of birth, up to one third of the baby's blood is still in the placenta so it's important to delay clamping or cutting the umbilical cord until the baby has received all of his or her blood.

When the cord is cut, a stump is left at the navel. The stump will dry, shrivel up and fall off on its own in the first week after birth. This leaves the 'belly button', that we all have.

What is vernix and why is it important?

Newborn babies often have a white creamy substance covering their skin, called *vernix*. Babies born early or with a low birth weight tend to have more covering their bodies, but it does vary a lot.

Vernix, also nicknamed 'birthday frosting' helps moisturise and protect the newborns skin. Make sure you rub it in



Baby, birthed in water, covered in vernix

rather than wash it off.

Vernix can help act as lubricant for the baby moving through the birth canal. It is insulating so can help the baby to maintain its body temperature after birth. It also has anti-bacterial properties and helps form a barrier against pathogens.

What are the benefits of water birth?

Using a warm bath or pool during labour can help you to feel more relaxed and allow you to have a more satisfying birth experience. Many women say that the water is very soothing and provides great pain relief.

Birth pools can help provide more privacy so that you can feel like you're in your 'own bubble'. Labour is usually shorter and flows more smoothly when women feel safe and undisturbed.

The water helps support you so you can move more easily into different positions which can help your baby to navigate your pelvis easier. It can also help soften the perineum and may reduce the risk of severe tearing.

It is also a gentle transition for the baby. They are in a warm watery environment when in the womb. The transition from womb to water to air is so gentle that some babies don't even cry.

Should I do yoga during pregnancy?

During a pregnancy yoga class, you may practise stretches, different postures and focussed breathing. This can be extremely beneficial for your mind and body.

Prenatal yoga can help you strengthen your muscles, increase flexibility, improve fitness and learn to use your breath to quieten your mind (which is great practice for labour!). It helps you to connect more with your baby and have some precious 'me time'.

It can even alleviate certain pregnancy complaints like: sciatica, low back pain and hip discomfort. It may even reduce the symptoms of stress, anxiety or depression and help you sleep better at night.

Try to find a prenatal yoga class (online or in-person) that ideally offers physical yoga practice as well as mindfulness techniques such as guided breathing. Make sure you are well guided and know the poses to avoid and most importantly, listen to your body.

A group prenatal yoga class can be great for helping you connect with other like-minded women during your pregnancy. This is perfect for extra support and you may even find that you develop friendships that last into the early years of motherhood.

Download the natural birth checklist at: www.doulawisdom.com or contact Kirrah on 0429-308-851, or email: kirrah@doulawisdom.com

All religions are based upon previous teachings, personal experience, bias and/or prejudice. Christianity is based upon Judaism, which is based upon the Egyptian Mysteries and the Christian teachings also have a mixture of pagan philosophies, superstitions, changing meanings from differing translations and constant new re-interpretations via thousands of writers across thousands of years.

Initiation – The process of Baptism begins the journey for the initiate where they must face their doubts and confusion, symbolised by the Jews being afflicted in the desert for 40 years or Jesus in the wilderness for 40 days.

Then there is the second stage of the death of the old self, symbolised by the death of Moses in the Old Testament and the Crucifixion of Jesus in the New Testament. The third stage is the realisation of Gnosis, symbolised by the Promised Land in the Old Testament and the resurrection of Jesus in the New Testament.

The 12 signs of the astrological zodiac personified the movement of the astronomical stars, and were represented by the 12 tribes of Israel in the Old Testament and the 12

Esoteric Christianity

disciples of the New Testament.

Acknowledging their debt to the Exodus allegory, the original Christians categorise people as “the captive, the called or the chosen” depending upon their level of involvement.

The Pagan Gnostics were aware of the essentially two universal mythic archetypes: the Goddess and the Godman. Based upon these archetypes the Jewish Gnostics combined the Exodus initiation of Moses with the initiation myth of the Pagan Godman, Osiris-Dionysus to create a unique synthesis we know as the Gospel story of Jesus the Christ.

On one hand we are given a long genealogical list of the ancestry back to King David and on the other hand we are told Jesus’ father is actually God and his mother is a virgin, motifs taken from the Osiris-Dionysus myth.

The purpose of this initiation story is to begin to awaken us to the recognition of our shared divine essence. Plotinus elaborates, “Consciousness is the Christ/King

and we are also transformed into the Christ/King.”

While at one time the Israelites worshipped Asherah, the consort of Jehovah, Jewish literalists later rejected this, applying a more imbalanced and patriarchal approach. The pagan philosopher Celsus, writing about Christianity (170 CE) “only knows of gospels written by women, and schools named after women.”

The early Gnostic Christians were essentially eclectic because they understood different spiritual traditions as using different languages to point us beyond words altogether to the realisation of Gnosis. Alongside the Christian Gospels (3rd and 4th century CE) found at Nag Hammadi (1945) were works by Plato and the Egyptian Sage Hermes Trismegistus.

The Gnostic myth that Jesus would appear at the culmination of time was an allegory expressing the idea that when souls were reunited with the universal consciousness/ God there was a return to Oneness and the human drama was over.



by Cameron Storey

The role of the Gnostic master was and is to undermine all the initiate’s opinions, ignorance and fears and understand Gnosis – initially the physical body and mental content – and finally the Witness consciousness of all experiences. This final step answers the most important question in a person’s life, which transcends the physical body, mental content, and personality structure.

“Who am I?” Clement of Alexandria writes. “The greatest lesson is to know your Self, for the one who knows the Self knows God.” Plotinus elaborates, “At the innermost depths of each of us, there is a consciousness, unchanging and the same.”

The Gnostics divided people into

three levels, and then used the outer mystery teachings to shift students from the 1st material level to 2nd mental/soul level and the inner mystery teachings to shift the student to the 3rd Spirit level.

The beginning of this awakening starts with an experience of Metanoia or repentance which means a change of heart. It is a deep dissatisfaction with the way we have been and a sincere desire to be different. It is a turning point in our lives when we can’t go on investing in our separate ego because we intuitively know life is actually about spiritual awakening.

Plato admonishes, “I have heard from the wise that we are now dead and the body is our tomb.” While the secret Teaching of John urges, “Be wakeful so that you come out of the heavy sleep and take off the clothes of Hades.” In the Gospel of Thomas we are directed to “seek ye first the Kingdom of God and that the Kingdom of God is within.”

Dharma Centre – Lillifield has a Kambo ceremony on Sunday 17th November and Sacred Songs of the Amazon on Sunday 24th November. The Dharma Centre is on AirBnB as Nimbin Eco-Retreat. FB Dharma Centre – Lillifield

The risks of blood stagnation

There is one element that painful conditions and many other diseases have in common, and that is blood stagnation.

This is a cause of diverse conditions including circulatory problems but also many others, for example back pain, arthritis, period pain, headaches, solid masses, depression, tiredness, diabetes, chronic inflammation, skin conditions.

Blood stasis is often caused by deficiency either of yang to circulate the blood, or yin to produce sufficient blood. In these cases it is common in older people. Other causes are cold or damp inhibiting blood flow, or qi constraint, and this can occur with many chronic conditions.

Some classic signs of blood stagnation are dark circles around the eyes, dark discolouration of the tongue, hard irregular masses, pain that is fixed, often stabbing, pain below the naval on the left side, thick or ridged nails, varicose veins or spider veins or discolouration on the legs. Any of the signs that our vessels are affected as described in last month’s article are relevant to blood stagnation. Other features may be abnormal bleeding, dark or receding gums, dry scaly skin, deep skin infections or ulcers, haemorrhoids.

Many people are interested in the equivalent of anti-inflammatories in Chinese medicine, recognising that inflammation is a common cause of discomfort and poor health. The answer is treatments or herbs that move blood. It is significant that most western anti-inflammatory medications increase clotting time – they are blood movers. Sometimes they’re also irritant to the gastrointestinal mucosa and resultant ulcers can bleed with the use of these drugs.

It is interesting to note how often pharmaceuticals generally

do increase clotting time, their benefits are partly due to moving stagnant blood although this is not on Western medicine’s radar. Chinese herbal formulas are balanced to move blood in a way that does not cause side effects. Or at other times strong blood movers alone are only used for short times or in strong individuals.

As already mentioned, yang or yin deficiency is a common cause of blood stagnation and this needs to be corrected to successfully treat the problem. An example of a potent anti-inflammatory pharmaceutical is cortisone or corticosteroid. Its action in terms of Chinese medicine is to move and disperse qi, which will indirectly move blood as well.

This explains how people will feel significantly better when first taking this medicine. But as time goes on they invariably feel worse as qi is depleted, gastric ulceration is again one of the many possible side effects. The point again: strong blood and qi movers should not be used longterm by themselves.

Turmeric or curcumin is well known and popular as an anti-inflammatory, used for arthritis, inflammatory bowel disease, colitis and many other inflammatory conditions. The Chinese name for turmeric tuber is *yu jin* and it is a good example of a blood and qi mover. The channels affected are the liver and spleen, heart and lung. The liver channel is often affected by qi constraint, a common pattern often with a component of stress or emotional turmoil.

One caution with this herb is that used alone long-term it potentially weakens qi, as do all blood and qi movers, especially if there is an underlying deficiency present. Many inflammatory conditions are a complex combination of heat, damp,

deficiency and stagnation and need to be addressed as such for long-term management.

An interesting Chinese blood moving formula is Yunnan Paiyou. Often used for traumatic injuries but also for chronic conditions, it does increase clotting time. But at the same time it is also used very effectively to stop haemorrhage, even major haemorrhage. So this balanced formula can stop haemorrhage of any types, including gastric ulcers, while at the same time treating and preventing blood stagnation.

Apart from herbal medicine, acupuncture, cupping and moxa treatments very effectively move blood. Warmth, especially the warmth of moxa, is always good for blood moving. Dark marks left by cupping are a good indication that stagnant blood needed to be moved.

While some situations of inflammation and blood stagnation can become complex, the underlying point is that moving stagnant blood is essential to health and wellbeing.



by Brigid Beckett

Brigid Beckett is a registered acupuncturist working at Lismore Community Acupuncture. She can be contacted on 0431-702-560

Natural Law



by Helene Collard

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

As we enter November, we get closer to making critical decisions that will determine our course for the near future. It is essential you make decisions that feel right for you in your heart.

Your decisions may not look ‘right’ on paper, they may even evoke disappointment or backlash from those close to you, perhaps it doesn’t seem like a financially viable option – however if it feels deeply true for you – I urge you to courageously follow through.

There is a magic and power of synchronicity in the air, if you follow where the wind is blowing you, everything will fall into place.

Do not let fear hold you back. If you let your mind play tricks on you, you will set yourself up for struggle, with the same old – and it will feel very old and stale.

Our brains are begging for coherence. A neurological state of

coherence creates and strengthens positive interconnections in our brain, clearing the pathways of all the chatter and clutter (external influences and stimuli).

Accessing those Alpha and Theta brain waves are essential to becoming the master of your mind. So, it’s time to get meditating in November!

First create a space and choose a time where you won’t be distracted or interrupted. The key is to be consistent, start with five minutes a day, every day and you will notice the difference.

Daily affirmation for November:
Today I meditate to find peace.
Enjoy these days my friends, and thank you for reading Natural Law.

Coming up at Yemaya Centre
• **iRest® Meditation, Somatic Experiencing and Trauma Sensitive Yoga Courses** with Sam, Wednesdays
• **Qigong** with Martha Wednesdays 9am
• **Yogalates** with Martha Fridays, 9am and 11am
• **Reiki, Healing Heart Attunements & Rainbow Light Sessions** with Helene – Everyday
• **Reiki Courses:** New dates coming soon. Register your interest now!

Helene has a Bachelor of Trauma & Healing (Law & Justice), is a Reiki Master and the founder of the Yemaya Centre for Reiki & Wellbeing and currently practices and teaches Reiki in Lismore. Helene is also employed as a facilitator with We Al-li, delivering their Culturally Informed Trauma Integrated Healing Approach (CITIHA) around Australia. Helene’s approach to wellbeing is focused in personal growth. For information, enquiries and bookings, visit: www.yemayacentre.com.au or phone 0405-656-797.