

Is NLP for you?
 Book a FREE 30 minute discovery session
 at www.peterganser.com.au

Tools and techniques to change your mindset and
 the way you respond in the world.

It's all about YOU,
BE MORE - Your Life, Your Choice, Your Action.

M: 0444 561 541 E: bemore@peterganser.com.au

NIMBIN BOWLO
 25 Sibley Street Nimbin
 Phone 6689-1250

ADVICE FOR MEMBERS & GUESTS

Nimbin Bowling Club and the Greenskeepers Bistro thank members and the community for your continued support.

The Club is open with Covid-19 restrictions:
 Wednesday to Saturday – open 2.30pm
 with Bistro open 5pm – 8pm
 Sundays 8.30am – 6pm, Bistro closed



Home of the Big Bowler

NIMBIN
 CHAMBER of COMMERCE



**IT MIGHT BE SMALL,
 BUT IT STILL GETS NOTICED!**

Promote your business with this space for only

\$40

nimbin.goodtimes@gmail.com

SEPTIC TANK PUMPING

GREASE TRAP CLEANING
 LIQUID WASTE REMOVAL
 & OILY WATER PROCESSING

NIMBIN & ALL SURROUNDING AREAS
 Local Since 1932

RICHMOND PUMPING
 6621-7431 After Hours 0407-433-405



**A PRIVATE CREMATION
 – \$2530 includes GST –**

- ✓ Loved one taken into our care 24 hours, 7 days
- ✓ All required mortuary attention and preservation
- ✓ Completion of all application and registration forms
- ✓ Doctor's cremation certificates
- ✓ Environmentally friendly cardboard coffin
- ✓ Private transport to crematorium and cremation fee
- ✓ Death registration and official BDM death certificate
- ✓ Return of ashes to loved one's family or friends

Pre-Paid Plan Available – No Administration Fees

Locally owned by Ben & Emma Little
 Servicing Nimbin and surrounding areas

All Enquiries Welcome
1300 678 443
mail@dolphinfunerals.com.au

DOLPHIN FUNERALS



Nimbin CWA members make tasty treats

The CWA Nimbin Branch is serving up a storm of delectable comestibles at its fortnightly stall at Nimbin Farmer's Market.

Under the co-ordination of Cookery Officer Dee Waugh, branch members have been busy producing foodstuffs, both in their own homes and in the new commercial kitchen in their CWA room.

You'll find your favourite slices, banana bread, gf chocolate zucchini cakes, lime coconut cakes, as well as date loaf, chocolate cakes and blood orange, cranberry and white chocolate muffins.

Also on the stall is a great range of spreads: cumquat marmalade, blood orange marmalade, Seville orange marmalade, lemon butter, lime and date chutney, and much more.

All funds raised go to support the local community, so you can feel virtuous while you eat their yummy treats.

Next market is August 4th, then they will be back on 18th August.



Tash Fuller's famous Chocolate Weetbix Slice

Base

185g butter
 1 cup sugar
 2 tbsp cocoa
 3 Weetbix, crushed
 1 cup plain flour
 1 cup coconut
 1 tsp baking powder

Icing

2 cups icing sugar
 3 tbspcocoa
 50g butter (softened)
 2-3 tbspcboiling water

Method

1. Preheat oven to 180°C
2. In a large saucepan over low heat, melt together butter, sugar and cocoa.
3. Take off the heat and add Weetbix, flour, coconut and baking powder. Mix together.
4. Pour into a lined tray and press down firmly. Bake for 15 to 20 minutes until the slice is cooked but feels soft to the touch in the centre.
5. Icing: Mix together icing sugar, cocoa and butter. Add boiling water as



Sue Hammond making marmalade in the CWA room

needed to loosen mixture and whisk out any lumps. Apply. Decorate top with sprinkled icing sugar.

Tickets are also available for the CWA Spring raffle.

Fabulous prizes include bales of mulch, a bag of compost, gardening gloves and beautiful bunting for your garden or verandah.

In praise of glass roasting ovens

Use of portable convection ovens for dry roasting and other purposes

by Thom Culpepper

"Be prepared, that's the boy scouts' marching song, be prepared..." – Tom Lehrer

The engineering of the glass convection ovens is more than a bit of brilliance. These machines have a multiple of uses in these days of community and business isolation. This Covid-19-21 pandemic phenomenon is proving to be a very threatening and as yet misunderstood, universal event. Planning for protection of clean food basics is to be a growing necessary reality, and may be an imperative.

The funicular cooking gadget, the glass-arsed convection roaster, is the premier aid to the first Ag fresh law: grow some of your own! Buy some chickens, guinea-fowl, ducks or geese (if you have some regular water or a secure dam), rabbits (not in Queensland) or a goat or two. Read Mollison on mixed ag; join a local seed-saving mob and contribute; join Oz seed sources, Eden Seeds and co; join an international seed group for information; learn to propagate...

These cookers are usually draw about 1200 to 2000 watts of power. Most of your domestic power points or power boards are set at 15 amps (light circuits are mostly 10 amps). Have your 'sparks' install a 20 amp protected outlet in your kitchen. It's very boring to have to go out at night to reset the circuit breakers. Check the consumption. While using, learn to find some strategic use of alfoil to alleviate energy escape. Think about it.

All of the makes will all have time and temp settings. Practise with these settings, read the instructions and pay attention to the safety notes, as some brands have controls of their own design. Op shops have any number of these beauties, be brave, buy one, a new they are about \$100 now, I paid \$40+



from some retail mob. Op shops may have them at a tenner or two.

A kitchen stove is accounted in the \$100s to \$1000s plus installation costs and gas or electrical licences. The 12-litre glass bowl is a magic resource for fermentation and preserves, etc; 12-litre non-corrosive heat proof, glass pots. Buy every one you can see!

What's more, higher energy control for drying some herbs and plant material, roasting seeds and nuts, cleaning ferments of yeasts, sterilising canning inputs, oil extraction of citrus and co from oil skins and other botanicals. Preparing oil inputs into skin and body balms, together with the control of microwave extraction techniques, ice-extraction of rare flower oils and essences.

These 'cooker-tools' in your kitchen are a profoundly manageable system. The huge stove in your kitchen is a

dumb energy absorber, it has to be heated up to bring it to a useful state, a waste of energy. Dump it, get a smaller manageable, cheap energy unit, with multi-applicable genius. Convection glass cooking is immediate and useful.

Back it up with a multi-burner, gas top cooker with a wok burner. As a grilling resource, the commercial 'Salamander' is an excellent kitchen addition.

Check out Culpepper's and others' alternative guides; energy and water being the imperative. Learn your life botany, you are on this Earth due to a profound but simple science, photosynthesis. Plants! The Sun is the source of all. The Egyptians wisely knew most of this ethos. With their understanding of the light, they may have been wiser than all of modernity.

thewholeearthveg@gardener.com

Mental health and therapy in parenting disputes



by John Adams

Clients in parenting matters often suffer from addiction and 'underlying issues'. When one mother kept missing appointments and telling me lies, I could have sacked her but, being me, I didn't. The case went on for years. There were Family Reports and cartons of subpoenaed material. The first trial was miraculously abandoned due to unforeseen circumstances. Miraculously because we had no case. My client had another chance to get her life together.

Months later, facing trial again, I still had nothing. The Family Reports weren't glowing; the subpoenaed material was damning. She'd never get unsupervised time. I prepared the trial affidavit and called her in to sign. For once she kept the appointment, then stormed out in tears without signing. For the high purpose of posterior protection, I emailed her a letter:

We confirm our meetings with you on [numerous dates] during the last of which you advised you were now living at [address], and that you still had no reports from any of the support services you tell me you've seen. You promised again to get these.

We have been unable to complete your trial affidavit which was ordered to be filed two weeks ago.

Let me explain, again. Family Law parenting is not like other areas of law, where you have two 'sides', each lawyer arguing their case before the impartial judge or magistrate who happens to be sitting that day. In parenting matters, one judge runs it from beginning to end. Each parent has their lawyer, with an Independent



Children's Lawyer (ICL) acting for the child.

Only children have rights. Parents have responsibilities, not rights.

The judge decides, on the basis of the evidence presented by the three lawyers and, most importantly, the Family Report writer, what plan is in the best interests of the child. In our experience, while parents' arguments

are properly taken into account, the ICL and Family Report writer have rather more influence on the final decision.

In our opinion, given the evidence as it is, there is no way the Court will order unsupervised time. These are going to be Final Orders and will last until your child is 18.

Our advice is that you instruct us

to settle the matter seeking orders for supervised time and that you enter a residential or otherwise intensive long-term and on-going drug and alcohol program. Should you not do so, we will be forced to assume that you have lost confidence and cease acting for you.

Yours faithfully

Follow-up private email:

The thing about therapy is that it doesn't work if you're not ready. You have to hit rock bottom and really realize that the only way out is up. I believe this is where you're at, right now.

After the initial assessment interview you have to keep calling regularly. That's how they measure commitment.

And then a whole new world opens. You'll love it, at times. And you'll get to know others facing their own demons. Then, one day, you'll call me to say you're ready, and I'll tell you about Rice v Asplund and ask whether you can prove 'a significant change of circumstances.' In a couple of years, the judge just might let you have a go. Best of luck.

Covid-19 reflections

Unfortunately in Australia we are now in a significant effort to contain the spread of the virus with three capital cities in lockdown at the time of writing, and with restrictions in regional areas.

We have been very fortunate to date that we don't have tens of thousands of cases, largely through strong action in the past 18 months by state governments. We are currently in the worst risk situation since last year when Victoria managed to get on top of an outbreak of 700 daily new cases.

The highly contagious nature of the current Delta variant, and the fact that it infects younger people at a higher rate than the original outbreak, are serious causes for concern. Overseas countries have deaths in the millions, with hospital systems unable to keep up, and mass burial sites quickly constructed. I understand the only way to contain this pandemic is through vaccination programs worldwide where, as the experts have calculated, 70-80% of the population need to be vaccinated. I know vaccinations are a controversial topic. I wrote some months ago about why I chose to be vaccinated. I only had one very judgmental text message so I thought that was rather good.

From a natural health perspective, there are things we can do to improve our immune systems, and to also give support for possible vaccine effects. Research studies have shown protective benefits against the virus with supplementing Vitamin D and Zinc. A diet high in fresh fruits and vegetables, organic where possible, with adequate protein sources and good quality fats and oils are general recommendations for a healthy immune system. Exercise appropriate to people's age and ability is beneficial also.

Some of the virus symptoms are caused by extreme inflammatory reactions of the immune system. Immune cells produce proteins called cytokines as a necessary part of an inflammatory process to target the virus. However, this process can also cause tissue damage to organs and blood vessels, which can create major



symptoms and even death.

US herbalist Stephen Buhner has put together a protocol of herbal medicines that address the damaging impacts on the immune and organ systems of the virus. These recommendations are based on our knowledge of the herbs and their actions, not on research done specifically with Covid-19 as it is such a new virus. I believe the same herbs can be considered to support the immune system before and after vaccinations, as some people get quite sick for 1-3 days after the vaccination. I had a severe illness for 2-3 days after my vaccine so I was reminded of the savage nature of the virus. Many people don't have adverse effects so it is hard to predict.

A key herb in Buhner's protocol is Baical skullcap (also known as Chinese skullcap). Its numerous protective benefits include:

- It is a strong antiviral against the coronavirus group of viruses;
 - It reduces specific inflammatory cytokines that are damaging in this disease;
 - It protects against damage at the entry point of the virus into organs;
 - It protects the lymphatic system including the spleen.
- Dan Shen (red sage) protects the endothelial linings of the blood vessels, and also reduces specific inflammatory cytokines. Some of its actions are particularly appropriate to the type



Nature's pharmacy

by Trish Clough, herbalist

of immune response in older people. Astragalus reduces inflammatory cytokines and can reduce autoantibodies that attack host cells. Angelica and Kudzu protect the lungs as well as reducing cytokines. Some of the immune responses to the virus need to be upregulated, and others need to be damped down so the selection of herbs is very individually tailored.

There are just a sampling of herbs that can be used. Depending on individual symptoms and history, I would include other herbs from the protocol. They should not be taken without professional advice as a medical history forms part of the prescribing information. Additionally some are contraindicated with specific prescription medications, and some are unsuitable due to pre-existing medical conditions. Any serious symptoms from vaccinations or the virus itself need urgent medical assessment.

Trish Clough is a Lismore herbalist who has been practising for more than 30 years. She is available for consultations by appointment on 0452-219-502 or email: trishclough@internode.net.au The information in the column is meant for general interest only and should not be considered as medical advice.



Photos: Chibo Mertineit

Assange turns 50 in London prison

Julian's Assange 50th birthday was commemorated at Byron Bay's main beach in wind and rain on 3rd July. Among those who spoke at the gathering was Julian's father, John Shipton, who had returned from a four-week speaking tour of 17 cities in the United States, where he was trying to solidify solidarity for his son and pressure the government to drop its extradition claim.

So-called Special Administrative Measures [SAMS] in the US meant authorities there could have Mr Assange arbitrarily detained in solitary confinement indefinitely if they suspected he would "reveal the name of a United States agent to a prisoner or to anybody else," Mr Shipton told Bay FM's John Jiggins.

Australians given jail sentences in either the US or the UK already had the right to serve their time on home soil, Mr Shipton said, but US law dictated that all avenues of appeal must be exhausted first.

Mr Shipton said by the time the appeals process of three courts in the UK (the High Court, Supreme Court and the European Court of Human Rights) was combined with those in the US, Mr Assange could easily have served up to 20 years in jail overseas.

"The average time that it takes to get to the Supreme Court in the United States is between ten and fifteen years," Mr Shipton said.

For more, go to the US website: <https://assangedefense.org>

Tarot musings: The young man and the old man



The Magician (Seeds of Initiation tarot deck)

by Grant Walker and Amy B

Mercury. No other planet in our solar system seems to have the same power as this mighty little rock that sits perfectly between the Sun and Venus. In fact, Mercury is so close to the sun that it has its own orbit uniquely adjusted due to its solar relationship.

Both mythology and astrology tell the story of Mercury as the great communicator for the father Sun. The story is so entrenched in society and culture that the planet's perceived retrograde can have society in a communicative tizzy until the retrograde's conclusion.

Over the ages the world has been afforded many great messengers, including the great Magician himself Jesus Christ, apparently with the ability to turn water into wine, cure the sick and with a simple raising of his hand create his own personal zombie apocalypse; Christ represents mythological magic in every sense.

Yet it's another messenger that fills the

"I am the way and the truth and the life. No one comes to the father except through me."

– John 14:6

space for the purposes of the Tarot's Magician. The Magician typically stands aside an altar dedicated to the four elements of earth. And there is no other philosopher throughout history that encapsulates this particular type of magic than the father of Taoism, Lao Tzu.

Lao Tzu, much like Jesus Christ, is probably a convenient composite of inspired sages of his time. In the 81 short verses contained within the Tao Te Ching, Lao manages to carve out a path of enlightenment worthy of all the ages. Armed with nothing more than his senses for observation and adventure, Lao exposes both the peace and savagery of a nature, relating it cleverly to the human experience.

The resultant philosophy of Taoism is best described as a path of least resistance; that leads to a path less travelled. Often Taoism, being based on the unforgiving aspects of

nature, is rightfully classified as a selfish philosophy, but in the current self-empowered vernacular may we say; self-full.

Modern representations of ancient ideas are a fascinating excursion for an open mind; of course, not much has changed since the dawn of man. As much as we consider ourselves superior to previous generations, the joy and struggles of daily life have not changed at all. Where once we looked to the stars for our nightly entertainment, today we face a confronting cacophony of audio-visual stimulation. Yet rest assured, gems are contained within:

"It's not a case of doing what's right. It's just the way I feel that matters. Tell me I'm wrong, I don't really care. It's not a case of share and share alike, I take what I require. I don't understand... You say it's not fair." – Play for Today by The Cure.

There is no doubt that the path to enlightenment must

be selfish in many ways. The reality of course is that if your people are not getting your true authentic self in every interaction, are they really experiencing you at all?

The Magician is asking you to be selfish with your time in learning the skills towards your personal salvation. Consider rejecting the illusion of magic; instead consider a constant exposure to your natural environment. Within Lao's humble world lay the seeds of salvation. As you walk bare-footed upon the natural sanctuary of life, burn away unnecessary baggage, wash away the illusion of sin, and breathe new life into your body in anticipation of the greatest journey of your life.

As the sun must first come through the East to see the West; Is it no surprise that the West must first come through the East to see the sun? For the West to hear the message of the young man, he may first wish to consider the message of the old man.

Grant Walker (author) and Amy B (illustrator) are the creators of the Seeds of Initiation tarot deck and book. See: www.seedsofinitiation.com

Alternative healing for animals

by Donna Conolly

This month I thought I would share my top three products in my first aid kit.

I like them because they have proven effective for myself, my animals (from chickens, goats, dogs, cows and natives), and I've also seen the impact they have had on clients' pets.

Please note this does not in any way replace Veterinarian advice, nor does it take into account the different dosages required or the wide variety of manufacturing processes, and integrity of the people making these products.

Please use your due diligence with research, see them as suggestions, and most of all only use them if it feels right.

Colloidal Silver

I've had success with Colloidal Silver as an ear cleaner, using make-up wipes, and also for teeth issues, hot spots and small cuts.

It is a natural antibiotic and antifungal. It is also effective in removing impurities in water. These natural properties make this an ideal solution for skin irritations on dogs, and superficial injuries as well as internally for minor infection.

Some people think that if it kills bad bacteria it must kill the good stuff too. Not so. Colloidal Silver for dogs can only kill pathogens that do not have lipid coating. The bacteria that are supposed to be in the gut system have a lipid coating that the silver cannot break through, thus making it perfectly safe.

Gently misting your pet's mouth

and feet can eliminate germs both inside and out. You can also spray into water and on food. Lightly mist your pet's skin to help heal abrasions, superficial cuts, allergic reactions and hot spots.

Dragon's Blood

As a liquid dressing, this is a pure, natural resin extracted from the Croton lechleri (Sangre de Grado) tree, found in the Peruvian rainforest. This dark red viscous sap is excellent for use as a dressing on cuts, scratches, abrasions, insect bites, stings or rashes. Dragon's Blood dries quickly and forms a barrier, much like a second skin, which seals the wound to assist healing and help prevent contamination and infection.

The liquid nature of the dressing means there is no need to touch the affected area, thus avoiding further trauma or risk of infection.

I have used this on shallow wounds that are bleeding quite profusely. It tends to stop the bleeding rapidly and the cuts seem to heal quicker.

CBD oil

I first came into contact with CBD oil when my father had throat cancer (in remission now). It also helped him in very unexpected ways. He weaned himself off anti-depression medication. (after 20 years). His overall health showed improvement, with better sleep, increased appetite etc.

I started using the pet version on my dog, Dora, who is 11 years young. She has a few lumps (benign, but growing). Her overall condition and health has



improved. Her coat is amazing.

I've also seen incredible benefits in people and animals with anxiety and pain relief.

It is important to note that human and pet CBD oil have very different strengths and are not interchangeable. And of course doses vary according to the ailments that are being treated.

In humans and dogs alike, the therapeutic applications of CBD oils are still being explored. But the compound appears to have many health benefits, including the treatment of osteoarthritis, stress,

and old age. It's also favoured as a general health supplement.

These benefits are all derived from the close relationship between cannabinoids and the human endocannabinoid system. This system regulates multiple physiological functions and maintains homeostasis, or collective bodily balance.

Aside from promising pioneer trials, there are many testimonials of people using CBD for anxiety symptoms, epileptic seizures, and inflammatory illnesses, as well as dermatologic issues.

What is CBD oil?

Cannabidiol, also known as CBD, is one of the many naturally occurring chemical compounds known as cannabinoids in the cannabis plant. CBD is known for its many therapeutic effects and non-intoxicating nature.

The well-known "high" of cannabis is mainly induced by another cannabinoid called Tetrahydrocannabinol or THC. CBD by itself does not cause any psychoactive effects, and has recently gained notoriety in the medical field due to a wide range of therapeutic properties.

CBD oil (isolate) is simply the isolated compound extracted from the cannabis plant, removing any other cannabinoids such as THC in the process. By removing the psychoactive components from the product, it should not induce the "high" or make your pet "stoned" when administering the CBD oil.

Some of my clients have noticed improvements in terminally-ill dogs, as well as elderly dogs with deteriorating health, creating a better quality of life and end of life experience.

The biggest benefits I see with these products are they are naturally occurring, and seem to have very few side effects. When Dragons Blood and Colloidal Silver are applied topically, they are non-toxic.

Also it is worth understanding what the underlying issues and causes are before treatment. All of these can be discovered in an Animal Communication Session.

Connect with us today to learn more.

www.rivergem.com.au

Equine sports therapy

by Les Rees

The development of sports therapy has produced some excellent results in recent years, due to the increasing demands of therapeutic services for equine sports.

This has created a whole new field of interrelated health services that provide a range of specialist treatments for the industry aiding better performance and the reduction of injury.

Massage involves the assessment of the soft tissues and joints and the treatment or prevention of dysfunction within them. Therefore, it can be used as a treatment for specific problems as well as for the maintenance of health of soft tissue and joints in order to prevent future injury.

However, there are many other aspects that have remarkable effects that trigger reactions leading to psycho-physiologic self-regulating balancing within the whole body. It achieves this because massage stimulates the nervous system by activating triggers within the body that determine its physiological functioning. As these responses take effect, they can also lead to positive changes in behaviour as the body returns to normal function.

Massage affects the muscles, skin, tendons, ligaments, blood and lymph vessels, and nerves that lie near the surface of the body. However, it also affects the deeper areas of the body via blood flow, nerve conduction and the subsequent release of chemical messages

that activate various systems within the body.

As a sports therapy, massage is also used to rehabilitate sites of specific pathology or injury promoting rapid responses and subsequent recovery. This often involves other therapies working together to gain complete balance within the body and promoting a happier, healthier disposition in the horse.

It is also used to keep the horse supple and flexible, optimising the horse's potential in sporting activities. Its strength lies in an understanding of equine biomechanics in which muscular, joint and skeletal function work, especially when under the pressure of performance.

Stretching is used for therapeutic purposes and can easily be used as an aid to maintaining muscle health, flexibility and range of movement. This also acts as an aid to prevention of injury and can be achieved by a series of exercises that address the whole body. Benefits include the reduction of tension and subsequent pain, by increasing circulation and warming up the muscles in preparation for work and improving the overall balance of the whole body.

The benefits of Equine Sports Massage Therapy have significant effect on the health of our equine friends. Its non-invasive techniques can be used to promote, maintain and rehabilitate the function of structures anywhere in the body aiding the balance of health within the systems that control it. It has a profound effect as a preventative therapy



that aids increased flexibility, mobility and suppleness improving performance as well as having a positive effect on behavior.

Its techniques safely affect the whole body by regulating co-dependent functioning and aiding balance to both body and mind. It has kept pace with the changing demands of performance sports and is highly thought of as a therapy in the forefront of equine health, combining well with other therapies as well as providing valuable back up to veterinary procedures.

Given the continuing growth in popularity of Equine Sports Massage Therapy, our horses are beginning to see some significant psycho-physiologic benefits and as our knowledge expands, so does our respect for the incredible feats they willingly perform for us opening up a deeper connection and increasing our mutual trust.

When combined with specifically targeted herbal medicines, it can enable particularly effective responses helping the body to repair and regain balance.

www.horsetailherbs.com.au
Phone 0437-586-705

The working trot

by Suzy Maloney, B.Eq.Sc

A steady, forward, working trot is the jewel in any horse's crown. Whether you are riding for pleasure or competition, this is an essential component of your horse's education.

If you are having to squeeze every step out of your horse to keep them in the trot, this is no fun for you or the horse. Conversely, if you spend the whole time holding your horse back and checking their pace, this is also not good for either of you. The aim is to ask the horse for a trot and feel them pick up underneath you into a forward-flowing trot that feels like it will go on forever.

Before we start training, we need to see if there is anything that could be influencing the horse. We need to look at the health of the horse, and any possible pain or injury issues that could be affecting them. We need to look at saddle fit and what other gear we are using. We need to look at ourselves. Do we have an independent seat in the trot?

When we transition upward, do we restrict or grab with the reins, grip with the legs, lose our balance? Do we know how to do a balanced, flowing, rising, and sitting trot without getting in the horse's way? Do we have fear or confidence issues around the horse in general, or trotting specifically? All these need to be addressed before we start training.

First off, let us look at the blocked, resisting horse that is making you work harder than they are. At the end of the day, this is a very clever horse! They have managed to turn the tables and get the human doing all the work while they take it easy. But really, being hassled constantly by the rider is no fun



for them either. This type of horse is looking for a rest, all the time. So how are we going to address this? By giving them exactly that. Sounds strange? Yes, we are going to use psychology instead of brute force.

Transition to the trot and notice at what point the horse starts to slow down or block. Let us say you are in an arena, and it is after one lap. So next time ask for the trot then do a downward transition to walk after ¾ of a lap. This way the horse can mentally relax, knowing there will be a break coming up soon. We need to tell this to the horse first up, that we will stop and not continue forever.

Once you have done this a few times, the horse will start to relax more into the trot, confident that a break is coming. At this point increase the distance to a lap before stopping. Continue increasing the distance in increments and eventually you will have a horse that trots for as long as you like. It may take a few sessions to reach this point.

Now let us look at the rushing horse. These horses may be afraid, anxious or have high energy levels needing a release. Guess what, we are going to use our transitions with these guys too. Begin in walk and achieve a nice steady

walk first. Then ask for the trot and do a downward transition back to the walk the moment your horse starts rushing, even if this is after only five steps.

Clock where and how long into the ride they started rushing, and try to do your downward transitions before this happens. Re-establish the calm walk. Transition to the trot again. Keep repeating this until the horse knows the routine. By now they should be starting to relax more in the trot. Up until now the time spent in the trot might have been short. As they relax, slowly start increasing the amount of time spent in the trot.

Both these types of horses respond to the same tool, transitions, but the focus for the rider is different. Both will result in a steady working trot with repetition. Horse training is never done in a single session. When you see an improvement, resist being greedy and finish your session there.

The last thing you do is the first thing a horse will remember, so always finish on a good note.

Happy Horses Bitless – Considerate Horsemanship, phone 0401-249-263
Email: suzy@happyhorsesbitless.com
Web: www.happyhorsesbitless.com
Facebook: Happy Horses Bitless Bridles

EarthBound Bodywork



Therapeutic Massage

- Relaxation
- Deep Tissue
- Cupping

76 Cullen Street,
Nimbin

Call or text for
bookings:

0481742471



Miriam Latif
Traditional Herbalist

In person consultations
at Nimbin Apothecary
Payment plans available
Holistic & foundational
approach

info@theopenheartapothecary.org

0416 073 097

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



Happy Horses Bitless

Considerate Horsemanship



Suzy Maloney B.Eq.Sc. 0401 249 263

Bitless Lessons and Bridle Sales

happyhorsesbitless@gmail.com

www.happyhorsesbitless.com



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



Birds & Bees Cards

Set of four cards and envelopes printed in Bangalow on 100% recycled paper by local artist Holly English.

Blue-banded Bee, North American Honey Bee, Eastern Barn Owl and Tawny Frogmouth.


Purchase at: hollyenglish.com and selected retail outlets in the Northern Rivers.



NIMBIN HOMEOPATHICS
 – For all your homeopathic supplies –
02 6689-1452
tarangbates@yahoo.com.au

Past Life Regression
Quantum Healing Hypnosis Technique (QHHT)

*Free your Mind, Body & Spirit.
 Live with more purpose, balance, ease & joy*



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



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

Your-Pace Counselling
 Kind, compassionate counselling
 For more info: www.yourpacecounselling.com



Sonia Barton
Bowen Therapist

Bowen Therapy
 Scar Tissue Release
 Reiki Master

www.BowenEnergyWork.com.au
 Mobile
 0431 911 329

THE ORACLE

-VIA TEXT-
 "For more private readings"
0466 211 473
 \$15 or \$30



Midwifery and Lactation Community Clinic

I have teamed up with local legend Astra Joynt (midwife and lactation consultant) to bring people in the Northern Rivers area more opportunities for breastfeeding support. Yay! Our community clinic allows for people to connect and receive support for their pregnancy, breastfeeding and postpartum journey.

At our last lactation community clinic, some mothers wanted tips for how to make more milk. Low supply is a common concern so I wanted to share more tips about increasing breastmilk production.

Making more milk

I can highly recommend the book *Making more milk* by Lisa Marasco & Diana West (both International Board Certified Lactation Consultants). In this book they discuss the components necessary for good milk production.

There are primary factors

Sufficient glandular tissue:

+ intact nerve pathway and ducts;

+ adequate hormones and hormones receptors.

There are secondary factors

Adequate lactation-critical nutrients:

+ frequent, effective milk removal and breast stimulation;

+ no other lactation inhibitors;

= good milk production.

This is a complex equation!

In this article you can learn more about some of the factors like:

Effective milk removal

Poor attachment to the breast is a common reason for low milk production

in the early weeks. A good latch is important because it helps stimulate the breasts correctly and helps remove milk effectively.

Experiment with different positions until you find what works best for you and your baby. The laid-back position can be a wonderful one to help baby self-attach. Pay close attention to how the latch feels. If it feels painful or your nipples are becoming damaged, seek out support from a midwife, lactation counsellor or lactation consultant as soon as possible. Early adjustments can save a breastfeeding relationship.

Frequent milk removal and breast stimulation

The more milk that is removed from the lactating breasts, the more they will try to produce. This 'supply and demand' pattern sends the message to the body to 'make more milk'. So it's important to make sure you're feeding and/or expressing at least eight times every 24 hours.

Massaging your breasts before and during feeding can help baby to more effectively remove the milk. Gentle breast compressions while feeding can help baby stay interested and keep suckling. If you find any 'lumpy' areas, massage gently to help the milk to flow.

If you're using a breast pump to remove the milk, it's important to have frequent and good quality suction.

Adequate hormones

In order to help maintain sufficient levels of prolactin (the major milk stimulating hormone), milk needs to be taken out of the breast often.



Doula Wisdom by Kirrah Stewart

A baby who has a strong suck will stimulate a higher prolactin surge than a baby with a weak suck.

If you're trying to boost supply, make sure you are breastfeeding or pumping through the night to take advantage of the higher levels of prolactin. Learning how to feed side-lying can be a game-changer for those night time feeds.

Join us at the Nimbin Midwifery and Lactation Community Clinic

If you are pregnant or postpartum, you are welcome to join Astra and Kirrah on August 13th. You can have a bulk-billed antenatal or postnatal check-up (under 7 weeks postpartum).

We can help you feel more

prepared for breastfeeding and also help with: milk supply concerns, latch issues, position advice, fussy babies, breast refusal, nipple damage, baby weighing and other lactation advice.

To book please head to: <https://calendly.com/doulawisdom/nimbin-midwifery-lactation-community-clinic> or send a text to Kirrah on 0429 308 851 to save your spot. We look forward to seeing you!

Kirrah is a postpartum doula and lactation counsellor supporting families in the Northern Rivers. Email kirrah@doulawisdom.com or text 0429-308-851. You can download a free checklist for natural birth at: www.doulawisdom.com



View from the loo

by Stuart McConville

I confess to have been using a flush toilet lately. I feel a sense of guilt as I flush it all away and strangely even more guilt if I let it linger. Such is the dilemma. Pity the human condition or the condition of the environment.

Back when I was on a real dunny, I began considering the possibility that the transition from human to God was occurring directly below me. This apparent apotheosis from human DNA in my scat to being a part of the earth for evermore, fits nicely with my

The lore of Pooh

idea of God being everything that there is everywhere (bit like having a bet each way).

I liked the idea so much that I began considering the possibility that compost toilets are actually God recovery and regeneration devices and not "waste" management facilities after all. I mean, we deposit human by-products and receive compost, so where is the waste in a compost toilet anyway? It's only a definition in the *Local Government Act* (1993) that defines them as such.

The same regulation that every local council uses to determine whether you are allowed to build your own "God production facility" or not could be interpreted in many ways by councils if they were brave enough to stand up to NSW Health. Let me try to explain how I see it:

Section 41 of the regulations to the *Local Government Act* says that

you can't have a sewage management facility unless the design is accredited by NSW Health. There are however, three exceptions to the rule. Where the facility: (a) is to be installed or constructed as a model for the purposes of testing (this means in conjunction with a well thought out and paid for testing regime), or (b) is designed, and is to be constructed, by the owner or occupier of the premises on which it is to be installed, (i.e. you must provide drawings and build it yourself) (c) is designed by a person other than the owner or occupier of the premises on which it is to be installed, specifically and uniquely for those premises.

All North Coast councils now consider anything other than accredited composting toilets illegal. However, there are exceptions if you build one yourself that meets the Australian Standard

for compost toilets (copy available upon request).

As a consequence, I no longer build my pre-cast concrete Thunderloo toilets (which were too costly to get accredited) and sell only Clivus Multrum accredited products. Death to another local manufacturer!

The current Lismore City Council blitz on Tuntable community's on-site wastewater management systems has inspired me to cut a deal and offer a 20% discount to bulk buyers on communities where orders come in at over \$10,000. This is for accredited compost toilets only. Discounts also apply for customers who engage my services for council greywater system approval reports.

Stuart McConville runs Pooh Solutions Waste Water and Compost Toilets, www.poohsolutions.com 0427-897-496

The medicinal virtues of myth



by Miriam Latif

For all the herbal medicine at my disposal, I like to think of herbs as allies, as opposed to ‘the solution’. For me, Myth is medicine, and I will tell you why.

80% of chronic disease is lifestyle driven. Our lifestyle is dictated by our behaviours and attitudes, and our behaviours and attitudes, usually unconsciously, are informed by the stories we believe in. In other words, *we always live inside a myth*, whether we know it or not.

The imperative thing to remember is that myths are not simply words, they are vehicles for images. In Ancient Greece, the word for image was *Eidolon*, which also meant *power, force or archetype*.

A culture selects its myths according to its current cultural agenda. Today the modern West lives inside the myth of the meritocracy, hyper-individuality and the in-animacy of the Earth, just to name a few.

These myths keep the wheels of capitalism turning, but also drive us to burn out, leave us isolated and inflamed, and justify our excavation of the living,



“Stories are powerful, but gather too many of the words of others in your heart, and they will drown out your own. Remember that.”

- Zeynab Joukhadar, *The Map of Salt and Stars*.

breathing Earth because we have fallen deaf to her cries.

On top of that, the myths our culture has selected for us convey images that are dualistic and polarising, images that continue to fortify the primary wound of separation. If we understand image through its ancient Greek interpretation, these *Eidolon* have a terrible effect on us. Every day we ingest pathological imagery.

This is why returning to the Mythos of the ancient West is very important, because it is only Western myth that can speak to western woes. The language and imagery of the ancient West is borne of, and therefore transmits, a psychic stance

that understood the world was integrated, paradoxical and achingly alive. For me, a diet rich in ancient mythic imagery is the best diet one can have.

But what does all this mean for the practice of medicine? Why is a herbalist talking about myth?

Because from what I have seen, in clinic and outside of it, is that myth is some of the most powerful medicine we have. It can either be poisonous, or it can be extremely healing.

So, what to do? The first, and most crucial step, is to make visible the myths you unconsciously hold, or rather, *the myths that hold you*. For when the unseen becomes seen, consciousness changes.

The beauty about the body is that eventually, it will tell you via your physical symptoms that your pathological narrative needs to be examined. Thus, when medicine is practised through a mythic lens, we are able to connect our physical symptoms to something larger.

I call this the mythic container, and find that once the invisible thread between psyche (or as the Greeks called it, Soul) and symptom has been drawn, people undergo deep and sustainable change.

Inside the mythic container, herbs are allies while you reclaim authorship of your story. While you replace your pathological image with a more healthful and beautiful one.

Medicine is a mythic art. It is the sacred marriage of both word and herb. That’s why I believe storytelling (and story-listening) is fundamental to the art of medicine.

Miriam is a Traditional Herbalist who works in private practice in Nimbin. You can contact her at: info@theopenheartapothecary.org or find her on social media by searching for The Open Heart Apothecary.



Projections, dispassion and equanimity

by Dr Elizabeth McCardell

Imagine you are watching a rather intense movie with a group of people and one of them sneezes. Immediately your attention is drawn away from the screen and you return to the present moment with someone saying, “ssshhh”, or “bless you”. In that moment you are aware of your surroundings: the darkness of the room, the layout of chairs, the faces of the crowd and then your attention is back with the movie. The interruption is nothing more than a brief thing that soon passes, like the upwelling of wind in the trees outside.

Then you are with a very angry member of your household accusing you of things you know you didn’t do, but they did. You listen to them rage at you, but you take a breath and recognize that their raised temper is their issue, not yours. You recognize that they are attempting to use you as a screen for their own projections, but you feel calm and composed and let them carry on until they lose interest or you simply walk away.

Then there is a child not doing what you want them to, but instead of screaming at them, you watch your breath and a passing surge of anger, breathe out and – creating space – become mindful of yourself and the situation and calmly choose a different strategy in being with the little one. You might decide to talk with him about what was going on when both of you are happy and calm, or not.

When we are caught up in the drama of it all and we react with anger, we risk losing friendships, burning bridges, damaging our relations with children and partners, and fuelling the fires of our own discomfort and when they get too hot, we often project our antagonisms onto other people, thus repeating the reactive process.

In an equanimical space of calm, we can learn new ways of being. In that space, the projections of others feel like nothing more than pictures on a screen that we can respond to, or not,

without automatic reaction.

Here we are able to see what’s happening and why, and we can care about the other dispassionately (caring and not caring at the same time), and we become more resilient.

Caring, but not caring is to be dispassionate. It isn’t detachment; on the contrary, it is a deep engagement, a loving that isn’t arrogant nor aloof, nor self indulgent. It is a state of being mindful, without discriminating thoughts. From a dispassionate place we can choose right actions, right words as needed by the person and the situation.

We have choices. We can react in irritation, return anger with anger, or we can let that all pass. This doesn’t mean that we become passive and let things just happen to us, nor allow others to continue to abuse us. We can choose to speak up, and do whatever is actually required of us, or not. Our words and actions then come from a place of deeper understanding than mere reactivity.

Reactivity often comes from a place of feeling out of control, but sometimes it is habitual and a habit that developed within our family system: all the members of the family operated this way. We can choose to continue to behave like this, or break the cycle and do and be something different, something kinder to our own and others’ mental health. Rage doesn’t do us any good if that’s all we do.

We can learn to maintain mental calmness, composure, and evenness of temper, especially in difficult situations. This is what equanimity is. Equanimity brings us the pause to recognize we are wanting things to go a certain way and highlights our resistance to feeling out of control. Knowing when and what to let go of gives us peace as well as a better capacity to speak with other gently, firmly and caringly.

Mindfulness is key to all this. When we learn to monitor our reactions, slow them down through watching the breath, we have a means to the gift of equanimity.

Language creates reality – an NLP perspective

In an earlier article, I focussed on the word *don’t* and by extension associated derivatives arising from no and not. I claimed that by eliminating this word (and its associated derivative words) from your language, your thinking would shift and affect your outward behaviour. Did you give it a go?

I also mentioned two other words to consider eliminating, the words *should* and *but*.

So why shove *should* out?

Consider where you use the word ‘should’ in your language. Maybe you use it something like this; “I should go on a diet” or “I should make a move and mow the lawn”. You get the idea.

What does it really say from deep inside you? Are you committed to the action that you are “shoulding”? No, you are not! The real message is, “I know I need to start on a diet but I am not going to make any effort in that direction”, or “I know the lawn needs mowing and it can wait (hopefully indefinitely).”

When the word *should* is used in our language, it shows lack of commitment to the statement being made. In fact it becomes a waste of breath and energy to even say it when it is clear that there is a lack of intention to act on it.

Consider saying instead what it is that will be done, or say nothing at all if nothing will be done. For example our statements from above may become, “I’ll stop snacking after 7pm” and “I’ll engage a mowing contractor to mow the lawn fortnightly”, or maybe “I’m getting a goat to do it.” And now we have a statement

that we can hold you accountable for and so it is more likely that it will happen.

And butting *but* out.

Okay, now we are onto the word ‘but’. So let’s start like we did for *should*. Where do you use *but* in your language? Maybe it goes something like this; “I like the dress but it is the wrong colour for you”, or “I hear what you are saying, but I know this idea will work”.

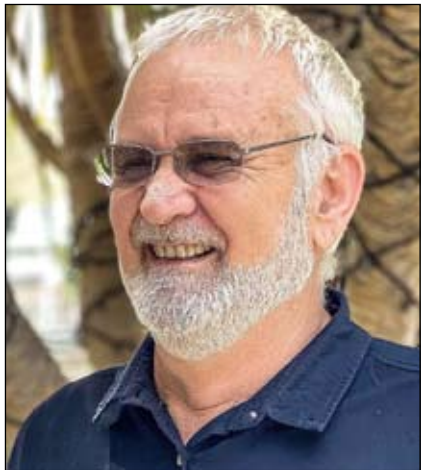
If you consider the first part of the statement it sounds okay, and then we have the *but*, which implies that this part of the statement is not important, and in fact negates its value. This leaves the last part of the statement that occurs after *but*, and this becomes the real value or content of the statement and the message being sent. If you are negating the first part, why even say it at all? Why put out what essentially is being turned into a non-thing or negative.

Looking back to our statements above, we are really saying “the dress is the wrong colour for you” (and you don’t really like it by inference). In regard to the idea statement it says, “This idea will work and we are going with it” (and by inference it doesn’t really matter what you said).

You could argue that *but* makes communication a little softer. It may also make it less accurate and deceitful.

What to do instead? Try restructuring your language to build on rather than negate. The easiest way to do this is to use *and* in place of *but*. It changes the meaning and allows creating and building on an idea.

For example with our dress, “I like the



by Peter Ganser, NLP Master Practitioner

dress style and a different colour would better suit your complexion.”

Is this easy to do?

Not at first, but with a little practice it becomes part of who you are. At first you are working against years of language habit and you need to stop and think to change it consciously. This is where you can add to the ‘Don’t jar’ (based on a swear jar concept) that I suggested in the earlier article. Add *but* and *should* to the words being penalised so that you now have a ‘Don’t, Should, But’ Jar.

Get your family, friends and workmates involved to support you and help them at the same time. This could very well be the change that changes everything as it spreads out into other communities and into the world at large.

www.peterganser.com.au 0444-561-541