

NIMBIN BOWLO
25 Sibley Street Nimbin
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ADVICE FOR MEMBERS & GUESTS

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

The Club is now open with Covid-19 restrictions
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Living organically

Food Matters
by Evie Fairley

At the Nimbin Organic Food Co-op, we love organic food. What does it mean for you when you choose organic food?

- The absence of harmful pesticides, fungicides and herbicides;
- Organic foods are not irradiated;
- Certified organic foods do not contain GMOs;
- Soil integrity is preserved and enhanced in organic farming;
- Conservation of pollinating insects due to biodiversity within the organic farming system;
- A higher nutrition content and more flavour;
- No artificial preservatives, flavours or colours are permitted in the production of organic foods;
- Organic farming helps to sequester carbon;
- Reduced exposure to antibiotics;
- Better animal welfare;
- No sewage sludge used to grow crops; and
- No nitrogen or phosphate fertilisers contaminating groundwater and leading to further environmental degradation.

At the Nimbin Organic Food Co-op we strive to support our local growers,



Quinoa seeds, Food of the Year 2013. Photo: weekendnotes.com

and summer is an abundant season for our Northern Rivers gardens.

Some of the local fare available at the moment: Russian/Italian garlic; Dutch cream, nicola and sebago potatoes, carrots, beetroot, sweet corn, zucchini, black sapote, tomatoes, cucumbers, onions, spring onions, mango, banana, papaya, tropical apples, button squash, radish, celery, salad greens, gourmet mushrooms, beans, sunflower sprouts, edible flowers and micro greens.

What doesn't grow locally we source from other parts of the country. As most foods are available all year round, we could eat broccoli and cauliflower in summer, but this would entail the burden of many food miles, which could be considerable.

There are many foods we cannot grow in our

subtropical climate, so we try to source Australian-grown, and have made the decision to support our local farmers instead of having a constant supply. We want to bring awareness to our customers, so we display the food miles on our vegetable and fruit tags, and the country of origin on most of our bulk products.

When the price of oats skyrocketed last year due to severe drought conditions, many customers would have been happy for us to stock oats coming from the Netherlands for half the price, but we continued to support Australian farmers, even if people went elsewhere for their oats.

We buy quinoa from Tasmania, which may be more expensive than the imported variety, but for the sake of a few dollars,

who should bear the cost? The global demand for this nutritional food has driven the price of grain beyond the affordability of the average Peruvian, where it is one of their staple foods, and caused widespread environmental degradation.

Small farms have been pressured to turn their land that once grew a diverse range of crops into a quinoa monoculture sacrificing their health, their country's food security, and destroying their local environment.

At what point should we question whether something can still be labelled organic? What if it has travelled half way across the globe and comes in shiny packaging, adding more plastics into our food chain? Would food grown organically still have any life-force or nutritional qualities if it has travelled so far?

Or whether for example our Western thirst for coconut water strips South Pacific islands of their forests for coconut plantations, boosting their farming economy perhaps, while causing environmental degradation. Just food for thought.

That's why this year we hope to keep expanding our bulk foods and reduce the packaged goods that line our shelves, and to continue to support our local growers and producers, and in turn reduce the food miles so that we consume less petrol and plastic with every mouthful.

SALADS OF THE FUTURE

by Thom Culpepper

Stuck as we are in the reality of WWII, these times need new solutions, for what had become the 'norm', the everyday, will not be from now on.

Food has become weaponised. "Get 'em by the gut and the heart follows, inevitably." Food logistics is going on line. This means the importance of delivery. Drones are being invested in this role. Frozen foods will be the general norm.

This will be an opportunity to change your domestic food order. Cooking from your freezer will be the increasing norm, if only to reduce the massive waste of so called "fresh food". Local farmers' markets and backyard gardening will supply a tiny amount of fresh food needs, not anywhere enough to supply the needs and certainly not the desires of the average family, year-round.

Precarious labour will not buy enough to harvest the sown fresh-food crops.

Transport costs will prohibit these methods of collection, and corporate logistics will capitalise and profit from these opportunities, mechanical harvest and field processes will be the norm. Consumption will be at the mercy of corporate logistics control.

But opportunities edge forward for the aware. Change is needed early in this paradigm. Eg. Get rid of that humungous fridge, get a super-insulated top access freezer and buy or construct a water-based 'Coolgardie' evaporator safe. Grow in elevated and



screened-vertical, low-pest, vegetable systems.

Plant long-sequence-harvesting veg types, learn about continual-pick and ratoon planting techniques and learn to exchange, collectively. Become competent on a specialty family of foods, be an egg-grower and root veg specialists and save seed. Propagate the best and eat the culled.

The following is an example of using the corporate freezer. These salads utilise hard to find frozen inputs and they are quite inexpensive.

This week, reports on matters of Covid-19 implicate two important retail outlets (one an Aldi, the other a Bunnings). This correspondent, who wears a mask at all collective venues, noted that in both the local outlets, few people were masked.

Driving to retail, lots of fuel and time? Fools' economy! Get the stuff

delivered, it's safer. Only buy the frozen and dry goods stuff this way.

Note the Chinese have established this system in a massive way to serve remote communities that are not yet effectively road serviced, a local agent managing the end leg. Some drones are flying with 100 kilo loads! Drones micro-pest-manage with precision, targeting in hours amid the crops which once took days to achieve.

'Orzo' and black or red rice salads

- Ingredients, for four**
- 200 grams of orzo, aka risoni (micro rice-like pasta), cooked to 'al dente' in 2.5 litres of salted water. Drain and set a side to dry a little. For a colour change, soak some of the pasta for 1/2 an hour in beetroot broth.
 - 100 grams of shelled edamame (salted and blanched, unprocessed soya beans)
 - 4 cups of cooked black or red rice or a mix of them both
 - 100 grams of frozen peas, or fresh if you have them, blanched
 - 75 grams of fine chopped, blanched silver beet
 - 400 gram tin of drained chickpeas
 - 50 grams of deep fried sweet potato pieces
 - 1 tablespoon of green olive oil
 - 10 grams of finely chopped parsley stems
 - Juice of half a lemon
 - Salt and spices to taste
 - Toss together, garnish with red Korean chilli flakes to taste and lemon juice
 - Most of the frozen material is to be had from Coles, delivered.

thewholeearthveg@gardener.com



Rural roads in ruins

Deep potholes pock-mark Tunttable Falls Road, following the heavy rains in December.

Highly visible outlining has been taking place, following the excellent example set by Roa Dart, but locals still fear that a serious collision is a real possibility as drivers attempt to avoid the deep holes, some on blind corners.

Attempts to bring the issue of urgent repairs to the attention of Lismore Council have so far fallen on deaf ears.

The parlous state of Council's rural roads, drains and culverts is one reason why village residents are expected to stand as candidates for the Council elections in September.

Plant of the month



Straw Tree Fern
Cyathea cooperi

Selected and photographed by Richard Burer

Look at the optimism of this New Year specimen. The handsome new growth, the sun, the rain and the perfect conditions for this plant of the month.

This old friend has done it rough over the last few years, the dry and of course fire have impacted this rainforest species, but the 2021 new year has brought this stunning tree fern back to life and to the front page of our local!

Growing to around 12m, *cyathea cooperi* is very common in the area. Rainforest gullies, wet eucalyptus forests and water courses are typical habitat for this popular rainforest plant.

It's certainly the season to plant, propagate (from spores) or regenerate tree ferns.

Freeing up large ferns impacted by woody weeds in undergrowth such as lantana is particularly pleasing, with the glorious lime green new-growth responding within a few days of reaching freely to the light.

To see lots of tree ferns, head up into the Nightcap NP where this plant is very common, and the specimens are simply stunning.

At home, plant near creek lines, southern aspects and rocky gullies.

Near the house is OK, such as above a stone wall where spores grow out of the damp crevices for propagation activities, but beware the fronds can cause itch when working around them.

*Richard Burer is a Nimbin-based natural area restoration consultant and contract bush regenerator.
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Spotlight on Nimbin water supply

by Triny Roe.

Mulgum Creek is flowing again. Rain finally came in December with over 130mm in a couple of hours in some areas.

However, this Spring there were dry stretches in the creek again, places where there was no water at all.

A small weir on the upper reaches of Mulgum Creek collects water running off the Nightcap Range to supply the Nimbin village.

The water is piped from there to a dam just outside the village where it is treated and distributed to residences and businesses mainly within the central precinct.

Water from this supply is also provided to private water carriers and for roadworks. When rainfall is low and the level of the water in the weir drops, all the water goes to the village.



Mulgum Creek, Spring 2020

There is no requirement or provision for environmental flows downstream of the weir. The creek stops running.

Lismore City Council uses water from the weir under licence from the NSW Natural Resources and Assets Regulator. While the licence limits the amount of water extracted each year and this is metered, there is no accommodation to allow for

any creek flow downstream during dry periods.

The weir is struggling now to provide enough water during dry periods for the current level of consumption in the village.

Water was trucked in during the 2019/20 drought. Residential and commercial developments already approved and yet to be built will only increase the pressure

on a vulnerable waterway.

Lack of water and no flow seriously compromises the creek and the wildlife sustained by it.

Platypus, turtles, water birds, crayfish and several species of fish inhabit Mulgum Creek. Their future depends on a healthy waterway.

The water needs of the growing village need to be balanced with the importance of a healthy creek.

Residents are meeting at 4pm on 13th January in the Community Centre ComSkool Room (before the NEC monthly meeting) to discuss the issue.

As we need to ensure a Covid-safe event, please register your intention to attend by emailing: nimbinenvironmentcentre@gmail.com or phone 6689-1441, or leave your name at the shop.

How Australia became the international pariah on climate change



Young Marian at her first journalism job at community radio 4ZZZ, Brisbane

Book Review by Jim Beatson

Marian Wilkinson's edifying book *The Carbon Club* (Allen and Unwin) details how huge oil and coal interests in the United States and Australia combined over 20 years to prevent effective action on climate change by successive Australian Governments.

Today they effectively enjoy majority control of both the federal Liberal and National parties.

Author Marian Wilkinson is acknowledged as one of the giants of Australian investigative journalism. She is the winner of two Walkley Awards, from working for the ABC-TV *Four Corners* program.

Previously she had a meteoric rise from community radio journalist to the New York and Washington correspondent for both the ABC and Fairfax's SMH and Age newspapers, later inducted into the Australia's Journalists Hall of Fame.

Although colleagues urged her to write *The Carbon Club*, the project started as a UK-funded TV documentary. "Then the film company

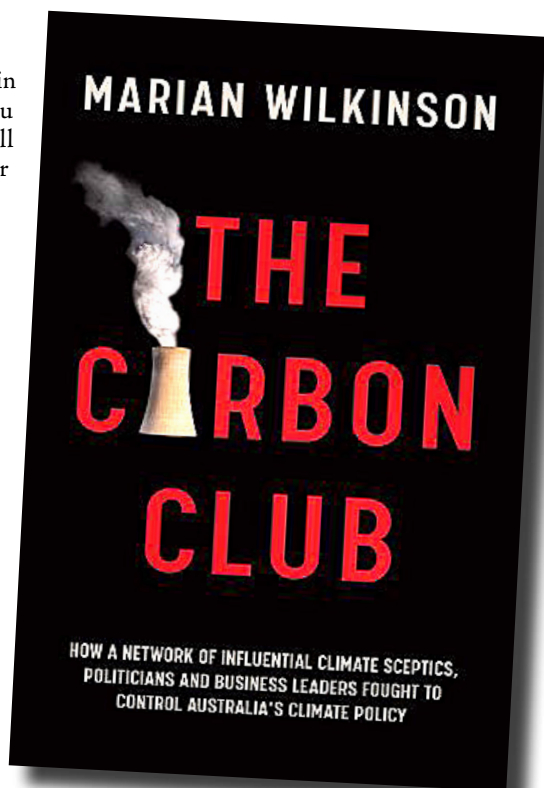
said, 'Kevin Rudd's been elected... that's all dead now, you've got big climate action in Australia.' Well, of course you know, 13 years later, we're still waiting. And when I left *Four Corners* at the beginning of 2018, a lot of people were pressing me to write a book, and I was equally determined."

The book works through the obvious villains: Abbott, Murdoch, Morrison, media shock jocks and social media. But her focus introduces us to lesser-known but more important players: Hugh Morgan, the principle owner of Western Mining, and Senator Cory Bernardi.

"Hugh Morgan is a fascinating character in the book, his real power came through the [dominant] Victorian state branch of the Liberal Party... and that power then emanated out from there [as] Chairman of its cash cow, the Cormack Foundation, one of the most important funders of the Liberal party federally, and of its Victorian and Western Australian divisions."

"He [Morgan] would later tell members of the conservative Lavoisier Group [a group 'diligent at maintaining the deep connections between the Australian and US climate-sceptic movements'] that the deluge of emails and calls that rained down on Coalition MPs in the fortnight before the [last] Liberal leadership ballot had swung the vote against Turnbull. 'This was the first time in Australian political history that a political leader has been deposed by the rank and file of the party,' said Morgan."

This climax, resulting in the election of a coal-lover, Morrison, had been carefully planned over many years following Sen Cory Bernardi's election and employment in PM John Howard's office. "Bernardi looked like a cross between an evangelical preacher and a



financial advisor, which in many ways sums him up."

Bernardi learnt the art of how policy and lobbying intersect throughout the Coalition while working in Howard's office. He decides it's time to learn how to work on a bigger scale by moving to the US as the Koch brothers, billionaire oil and coal barons, pour literally hundreds of millions of dollars through countless Political Action Committees and lobbyists to take over the Republican Party, its membership, and through preselection contests, determine elected Republicans in state and federal elections.

And then there are all the compromises and divisions between Labor and the Greens, where Marian provides a brilliant forensic examination of the dysfunctionality of Australia's political system and the existential threat of climate inaction.

A must-read for all those who want to understand the normally under-examined underlying mechanisms of Australian government processes.

Soul lessons and how we chose to evolve

by Auralia Rose

Julie's recent hypnosis session was very interesting for many reasons, most notably her soul lessons across the three lifetimes we visited. In the first past life she explored she was a wealthy woman during the Victorian era. She belonged to a charity that distributed food baskets to the poor and needy. The houses were overcrowded and many people were unwell.

When she knocked at one of the doors to distribute her food basket, she was met by a very angry and violent man. He had killed all the people inside and came out after her, wielding a knife. She fled but he caught her and stabbed her to death.

Julie then regressed to a place somewhere in Europe during the 1500s. She was a young male child about five, dressed in a long white garment, standing in a very ornate hall with lots of marble and gold columns. The boy felt uncomfortable. Although the place was beautiful, it felt frightening – a deadly place.

I will spare you the gory details, but the boy was sacrificed and killed. During the ordeal he felt protected by a strong spiritual presence which merged with him.

What was remarkable about this was that as the boy was being killed he felt forgiveness for his murderers. His soul knew in order to evolve he needed to forgive them in that moment, for he was more evolved than his killers.

Although very young, the boy's soul, being eternal, took over during the grisly events. As a result of him being able to forgive his killers, his soul not only evolved spiritually but it also helped his killers to evolve.

They were not able to hurt anyone else after that and made more life affirming choices. It was, in effect, an act of grace, for they had more spiritual light in them afterwards. Julie felt many of them went on to help others.

When we forgive we release both ourselves and the other party. Had Julie not been able to do this her killers would have been bound to her, keeping them all locked into the wheel of karma and tied to one another for who knows how many lifetimes?



Even though that life was very short lived, Julie's soul chose it to be that way. It was her mission to help the evil ones evolve.

I then regressed Julie to another lifetime where she was killed. Poor Julie, I was beginning to feel sorry for her, wondering how many lifetimes had been ended at the hands of others! There were different reasons for each one and different lessons for Julie to integrate into her current life.

In the third regression Julie actually found herself in some place between lives, but her spirit had somehow been captured by evil beings and had been imprisoned and trapped for a very long time, continually abused and tormented. During one such horrid occasion, her spirit seized a split second she had to escape.

She suddenly remembered her power and literally thought herself into the light, thereby escaping the place where she was trapped and finding herself back with her spirit family and guides. Her Higher Self explained the whole experience was to strengthen her on a soul level.

Later when I called in Julie's Higher Self to explain why they chose those particular lifetimes for her to see, they explained about the power of forgiveness and also wanted her to remember the power and strength of her spirit.

They also reminded her the light is always with her and she is always safe no matter what happens to her body.

Our soul lessons are not always that hard, it is always up to us how we choose to choose to evolve, Julie opted for the airplane method!

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Watch for weeds

Weed Words
by Triny Roe

A variety of plants pop up by themselves. Is it a gift from the goddess or your next nightmare? One person's weed is another person's feed. It might be useful, or will it become a problem if left alone to do its thing? Many useful plants are not a problem, that is, if they get used.

The pods of leucaena, *Leucaena leucocephala*, are tasty and nutritious in stir fries but when they are not harvested, they have an opportunity to mature, produce seed and spread further.

Common along roadsides, they can also appear in gardens and in the bush. Carefully managed on farms to provide nutritious fodder for fattening cattle, it became an environmental weed when it escaped the paddock.

Sometimes we create the issue ourselves. A seemingly dead house plant is hoicked off the verandah or added to the compost pile, only to recover when it rains and gets enough light. *Callisia repens*, turtle vine orinch weed; *Hypoestes phyllostachya*, freckle face or polkadot plant; the many *Tradescantia* spp, wandering jew/dew, creeping Christian, are

readily available at nurseries and market stalls.

These plants cannot die and will regenerate from a tiny piece of stem or root. Inch weed can survive in a bucket with no soil or water for more than three months.

Never dump garden waste down the gully or in the bush. If you can't take it to the tip or put in your green bin, chipping and composting onsite can deal with some species. For plants that will grow from small fragments, as in the previous paragraph, make a weed soup. Steep them in water in black plastic bins placed in a sunny spot for a few months. Give it an occasional stir. The plant material turns to mush as it rots down and the resulting liquid watered down makes a great fertiliser and plant tonic. The remaining pulp can go in the compost bin.

Sometimes eradication is not possible. Creepers like *tradescantia* and inch weed will require repeated follow-up. Containment might be the best option. Make sure it doesn't spread beyond the initial infestation.

Wallabies like to munch on *tradescantia*. They often regurgitate half-eaten plant material to re-chew and can carry little bits a distance away. Hand weed new isolated occurrences as they



Tradescantia goes wild

occur. Don't mow them as this will just spread it further.

New species can arrive any time, anywhere, and via a range of methods. Regularly check areas where animals are fed. Hay and other grain-based feeds can often have contaminants.

Parthenium weed, *Parthenium hysterophorus*, widespread in Central Queensland, arrived and established on a couple of properties in NSW last year via bags of organic chicken feed.

If you see a plant you don't know, quick identification can save you a lot of work and headaches down the track. Check before you eradicate. It might be a welcome visitor depending on location and purpose.

Roadside flowers should be left on the roadside. They may be pretty, but they're often hardy, weedy exotics. Unsuspecting travellers are responsible for movement of weeds long distances. The flowers will die and get chucked out.

Be careful where you shake out the floor mats after a long distance trip. Ensure boots, vehicles, boats and camping gear are free of plant material, especially when visiting national parks and areas of high biodiversity.

Bindi season is over – look at the bottom of your thongs. Are you still carrying around the tiny prickles?

Weeds will always be with us. Prevent first and persist with regular follow up.

Happy weeding.

Birds of a feather

by Donna Connolly

“Unprecedented times.” Although very true, it was definitely the catchphrase of 2020.

On the morning of the solstice, I was especially pleased to awaken to a beautiful clear day, given that the Jupiter/Saturn conjunction was to occur that evening. The energy was very powerful.

As I stepped outside, I was greeted by the gorgeous chatter of a variety of birds covering the trees in the backyard and surrounding bushland. Their busy behavior continued despite the fact that a human was now directly below them.

I have always been mesmerised by the way flocks of birds and all animals live together in harmony. To be so divinely interconnected to a grander consciousness, it is how we are all designed to be at our core. All species. We are all a part of the great fabric of life.

Then suddenly the birds began taking flight to come together to perform their beautifully orchestrated dance above me in what's called a murmuration. They swooped back and forth directly overhead as I stood below them with my heart opening wider with each moment.

As I reflected on the message of the birds, my first thoughts were about how we are all taking flight, and seeing things from a higher perspective.

My incredible experience with the birds that morning gave me hope, and confirmed that we are giving birth to a new way of being that can be less divisive as we walk a new path to living in harmony.

Our souls are being beckoned to expand into our greatness. We have all

been stuck in an uncomfortable birth canal this past year, and if we've utilised this time to change, grow, heal and find ways to stay connected as we shift old patterns, 2021 will be easier.

This year I have repeatedly witnessed hundreds of courageous souls who are taking a deep dive into their inner healing journey. I send gratitude to each and every person (and animal) that has utilised this extraordinary time for inner transformation.

Each person that lightens their load, lightens the loads of all those around them. Thank you for your courage to intentionally take steps to hold more light.

As we move into the New Year, here are a few tips with guidance from the animals to help you to expand into your greatness:

1. Make this the year to create a new relationship with your heart, therefore with all beings. Breathe into your heart to connect to your soul as often as you can;
2. Build your inner-observer muscle. When you can simultaneously observe yourself whilst also feeling the emotions that are longing to be free, you will have less fear around the release. All emotions long to be released. Pain and fear want to be out of your body for you to feel good. shake it, or dance it out;
3. In the midst of challenging interactions, seek to understand the other person's viewpoint. Instead of seeking to be heard, or be right, acknowledge their struggles, in your mind or verbally. Everyone has gone through many struggles that created their defense patterns and beliefs. Honor them by letting them be where



Kookaburra in flight
Photo: Creative Addict

they are on their journey. When you can accept others (and yourself) and view each situation from a higher perspective, you contribute to the creation of more light in the world. Remember that all the birds need to be heard to create the symphony;

4. Create an affirmation to live by for the year. Change things up! Opportunities really are limitless. The biggest thing to remember is to align with your truest purpose. If you really “listen” or feel into your body. There is a distinct difference between a yes or a no. Practise with this. It can be life changing and assist with all of your decision making; and
5. Do more things that bring you joy. Reconnect to your inner child. That is exactly what the animals do to keep themselves light.

We wish you all a wonderful New Year. Looking forward to connecting with everyone in 2021.

Stay in touch for upcoming workshops and courses: www.rivergem.com.au

Environmental enrichment for horses

by Suzy Maloney

When I was at university doing my Equine Science degree, I chose an elective called Captive Animal Behaviour.

I had completed Equine Behaviour and Horse Training as part of my degree, and was fascinated by animal behaviour. Captive Animal Behaviour brought in a whole new field of information, as it focused on wild animals within a captive environment. The strongest component of the course was the topic of Environmental Enrichment.

This dictates that the human handler of any animal is responsible not only for the physical needs of the animal; food, water, shelter etc, but also for the emotional and social needs of the animal. How this is achieved is to enrich the environment such that it resembles as closely as possible the natural environment.

For wildlife parks and zoos this is a primary concern. Animals provided with an enriched environment are happier, healthier, live longer, breed more easily and are easier to handle.

While this is recognised in the field of captive animals, it is often not addressed with domestic animals. Horses are kept in small stables and yards, without other horses and sometimes even without basic needs such as shelter. A horse's environment needs to be interesting and varied and provide social interactions for them to thrive.

The natural environment for horses is the open plain. They can roam up to 40km per day in search of food and water. Every day they move over varied terrain, rocky areas, hills, waterways. They live within a herd of other horses



and have regular interactions with the other members.

Social structure and friendships within a herd are extremely important. When horses want to lay down to sleep, others stand guard over them so they can relax and sleep safely. Horses are forever on the lookout for predators, and the safety provided by a herd can never be replaced by a human. The solo horse spends most of their life alone, no matter how much attention a person gives them.

Our history with horses started with them being food: first we ate them. Then we discovered they could pull things for us and carry us on their backs. The use of horses enabled humans to expand their geographical horizons, go to war and embark on large scale agriculture. As the number of humans grew, we started living in cities and horses were relegated to stables as there was no longer the room for more natural environments.

In our contemporary world we have cars, tractors, and tanks. Horses are now relegated to the position of leisure. They are kept for pleasure riding and competition. The days of

treating them as beasts of burden has passed. We are now keeping them in a captive environment for our own entertainment.

As such, we are obliged to see that the environment we provide resembles a natural horse environment as much as possible. As an absolute baseline they need pasture to eat, water, room to roam, a herd (or at least one other horse), varied terrain (not a flat clear rectangle) and adequate shelter to seek refuge under during storms and hot summers.

All animals in our care have fundamental needs for their species. As their custodians we have an obligation to provide for these needs. By ensuring we provide an environment suitable for each species we not only improve their health and happiness, but also the amount of work we need to do for their care is reduced, as they will be healthier and more resilient.

Happy Horses Bitless
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Storms cause mayhem for horses

by Les Rees

Everyone is looking forward to a new year free from fires, drought and hopefully, Covid-19.

Finally the La Niña has kicked in, delivering some decent rainfall, offering hope for regeneration of our parched landscape.

It never fails to amaze me how nature bounces back so quickly creating dripping forests, wild running rivers and a fairytale full of abundance.

Sadly, some of the old trees have lost their hold, their shallow roots unable to cope with the sudden influx of moisture in the swelling earth.

We recently lost a beautiful huge tree when unrelenting strong winds finally knocked it over. Other trees on our property dropped heavy branches, damaging fences and other trees.

I'll miss this old tree. It offered shade to many animals on long hot sunny days, nesting sites for birds and a sanctuary for flora, insects and small animals.

A whole ecological system wiped out in the blink of an eye and a lot of timber left for burning or making furniture.



I'd prefer the possibility of morphing into another life as a musical instrument perhaps. That way its resonance can continue to live on.

Our horses were already stirred up by the storms, and when the roots of our tree finally gave up the fight and came crashing to the ground, they reverted to their wild ways, running for their lives, instinct driving their flight mechanisms. It took a long time for them to calm down as the unrelenting gale continued to wreak havoc.

I love that wildness about horses because it makes it even more special when you gain their trust and become an accepted member of their herd.

Working with some rescued traumatised horses teaches you to become aware of the fine balance between the tame and the wild side of their natures. Every step has to be considered to match the degree of negative energy with positive loving energy. Tip over the balance point and they resort to old behavioural patterns.

It's worth the effort to check on your horses during and after storms because so many get themselves into trouble running through fences and debris from falling trees. If you lose a shade tree, ensure that there is an alternative source during the heat of the summer months.

A good shade tree can offer a huge amount of protection from the heat and, if a breeze is blowing, can reduce the heat considerably for the animals using it. Several people have told me that many horses choose to graze in the full sun and they do for some of the time. But they should still be given the choice.

The New Year brings new resolutions to change old ways in an attempt to change ourselves, but I ask how many of us actually stick to these self-inflicted rule changes. It's hard to walk forward when the continued battering from the past year still prevails.

My choice is to move forward and disregard the past. If nothing else, it teaches us to live in the present, accepting things the way they are and adapting as circumstances change.

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Can hypnosis retrieve memory?

Every now and again, I get requests from prospective clients to help them remember something they've forgotten, using hypnosis. I generally say I don't do this sort of thing.

There are three reasons for this, and I say so to these people. One is that memory isn't a large, permanent and possibly accessible storehouse of information, nor is it a recording device. Two, hypnosis isn't a searchlight into such a storehouse, and three, hypnosis wrongly done can plant false memories, and I'm uninterested in doing that.

Memory is already a distortion of experience, since it is an internal representation of an event and not the event itself. No amount of uncovering bits of information through hypnosis will get to an absolute truth.

What hypnosis might do is allow a person to think about a situation or event differently, and this is useful therapeutically, but as a possibly inviolate forensic tool it is generally not admissible in a court of law, with few exceptions.

It should be remembered that hypnosis isn't a powerful tool to recover accurate memories under a variety of conditions, including accurate

memories as far back as birth or even past lives. You may get glimpses of ideas, but that's about it.

Digging into memory using hypnosis, it has been found through years of considerable research, is as susceptible to the problems of distortion and confabulation as any other method of trying to remember something. It would be unethical of me to use hypnosis to fulfil someone's desire for memory recovery, and I won't recommend any other practitioner who might claim to do this dubious thing.

My interest as a clinical hypnotherapist, as opposed to a forensic hypnotist, is the loosening up of rigid ideas about oneself. I use hypnotherapy as an adjunct to my psychotherapeutic practice, but only by client choice. I am a psychotherapeutic first and foremost, and my participation in my clients' healing is my actual interest in the field.

I have helped some clients find missing objects, but not by directing them to that object. I know from personal experience that when something is missing I am more likely to find it when I'm not concentrating on looking for it. It's when my attention



by Dr Elizabeth McCardell

is elsewhere that I can find pointers to the lost thing.

When preparing for exams, I used to play difficult fugues on the piano and in this way solve the mathematical problems by approaching the issues from other directions. This, to me, is a far more interesting way of approaching difficulties.

This loosened therapeutic direction, valuable as it is as I use it, actually also points to the inherent danger of trying to hypnotise someone in order to direct them to actual memory. A hypnotised person's openness to suggestions, as well as an expectation that hypnosis will work, sets the stage for possible confabulation.

Memory is easily contaminated by a whole range of things (just like a

crime scene), including the very desire for hypnosis to uncover truth. If you believe something will work, you are most likely to believe the veracity of the something.

In court cases where hypnosis is used to trigger memories (real or not), the person is likely to say they are more than 100% sure that such and such is true. This is a red flag. Nobody can be so sure of anything.

I note that I avoid such directness by saying something like, "Maybe you will find it; maybe you won't, and that's alright." I try to avoid direct statements of any kind, as I do not wish to create stories for the other person.

By avoiding direct statements during a hypnotherapeutic session, I also avoid client resistance, which is just more inflexibility to a much more fluid approach to life. Loosening anxiety around a problem has the capacity for releasing a person from the problem itself, and that matters enormously.

So, hypnosis is an unreliable means for uncovering things unremembered, but it's a wonderful tool for learning to think outside the box; it is a doorway to greater creativity and self confidence.

Breastfeeding basics

Position and latch

There are many ways to hold a baby while breastfeeding. The way they are positioned and latched can make a big difference to how much milk they are drinking, and to overall breast and nipple comfort.

It's good to try a few different positions to see what feels the best for you and your newborn. Here's a few general tips:

Get ready

When you start breastfeeding you may not be able to get up for a while, so try to go to the toilet beforehand.

Make sure you have your water bottle or a cup of tea (or someone who can get it for you!) before you breastfeed. It's good to have some snacks at arm's reach, and perhaps a book.

Get comfortable

Find a position that you feel comfortable. When learning to breastfeed, you may find it helpful to use pillows to help assist with positioning.

Generally, as you and baby get the hang of breastfeeding, you won't need any props, which makes it easier to feed anytime, anywhere.

Tummy-to-tummy

This means the baby's body is kept facing you. It's good to check their alignment too.

Doula Wisdom

by Kirrah Stewart

Try to keep baby's body (head – shoulders – hips) in a relative line so they don't have to strain their neck or twist their head in an unusual way. Bring baby close to you.

Nose-to-nipple

I know it makes sense that you would line your nipple up with the baby's mouth, but when they open their mouth wide, they tip their head back a little.

So, line your nipple up with your newborn's nose, and this will help it be in the right position when they open their mouth.

Bring baby to breast

It's best to bring baby to the breast, rather than try to bring the breast to the baby. This means you can stay comfortable and line their latch up correctly.

Breastfeeding positions

The laid-back or reclining position

This can be a good position for early breastfeeding. It allows the baby to self-attach and can be a relaxing position for the mother.

If you need help trying this position, ask your midwife or lactation counsellor to guide you.



The cradle hold

This is the 'classic' position shown in most breastfeeding photos or paintings. You can sit naturally with your baby in your arms. If they are feeding from the left side, the baby's head is in the crook of the left arm (and vice versa for the right side).

The cross-cradle

This is similar to the cradle hold except you can provide extra support to your baby's head by using your opposite hand. This helps bring the baby to your breast and provide more head support.

The football hold

This position is also known as 'clutch' and helps provide good support for the newborn's head. This is a good position for pre-term or small babies or those with low muscle tone. It's also helpful for someone who has had a cesarean, as it keeps

the baby away from the incision site.

The side-lying position

This is a great position for resting while feeding. Simply lie down on your side and your baby lies down facing you, tucked in close. You may like to use a rolled up towel behind your baby's back for support. You may also like a pillow between your knees. It can be difficult for you to see the latch, so you may like assistance at first.

Out of all these positions, the main take-away message is to try different holds and find what feels best for you and your baby. Good positioning and latch are fundamental for breastfeeding success.

Remember to reach out if you need more support. Visit: www.doulawisdom.com or text Kirrah on 0429-308-851.

Transmuting collective trauma

The more I spend time here in the limited density of 3D, the more I see the effects of collective trauma.

Racial trauma, gender trauma, western cultural trauma handed down through the generations, but it all stems from the trauma of our sense of separation from connected oneness. This may sound like ‘lentils and rainbows’ thinking, but this gives us a very practical approach to deal with the difficult aspects of our reality and is maybe why we live in the Rainbow Region.

Max Tegmark from MIT, states: “The universe can be entirely described by numbers and maths,” and our holographic co-creation is the sum of our combined frequencies. He compares human experience with characters in advanced games who would think the soft ware codes they were bumping into are real objects.

Our interactive VR simulation is directed by electromagnetic stimulus through a system of activation and reaction (in -out) of the five senses. Plato talked about our perception of reality as us watching our shadows playing out whilst actually being stuck in a cave.

If the basis of matter such as protons and electrons are merely spherical wave-fields of information, which come into 3D density by ‘observation’, ie conscious or unconscious beliefs (yes Tinkerbell was right), then this guides what humanity decodes into holographic reality.

Professor of Physics, James Gates and his team discovered computer codes of digital data embedded in the energetic fabric of our reality, which take the form of 1 and 0 – a binary system used in computers as on-off electrical charges, which the yes or no in our thoughts collapse into reality.

The amino acids C,G,A,T that make up our receiver/ transmitter DNA, also have binary relationships eg A and C= 0 and G and T = 1, that turn on and off potential expression of our genes so our body is also affected.

What you believe you perceive, and what you perceive you experience.

Limited perceptions transmit limited frequencies which can only connect or entangle with like-frequencies. Perception confined to the separate Body-Mind, addicted to drama by the five senses, perpetuates our entanglement with the ‘lower mind’ simulation. Ancient spiritual teachers described this as being repeatedly pulled in to the Karmic cycle of life. Resistance = Persistence.

Are we just re-creating lower vibration experiences that keep us trapped in this reality by affirming that we are separate, that there is an us and a them, that those outside



In the moment
by Dr Jacqueline Boustany

of us have control and are to blame?
My favourite version of the many worlds theory if that we are all our own universe, and I mean everything has its own universal experience. We can only really be 100% responsible for our own sensations, perceptions and manifestation. The more that we expand our own sense of self-identity and perception of reality the more the frequencies we generate expand and quicken and the more of Infinite Awareness that we can consciously access and co-create. Our brain pathways will re-form to sync with expanding consciousness and process information beyond our own bubble.

This requires stepping in to the sensations of the heart. To actively sit in the pain of grief that has been generated by our past trauma. This seems to be associated in many minds with ‘being a victim’ but I can sit with my pain and your pain and be stronger for doing so because I am acknowledging the truth.

“You can argue with the truth but you will only lose 100% of the time.” – Byron Katie
This isn’t easy and can be very uncomfortable, but it is just a strong sensation in the body after all and despite what your mind might tell you, it won’t kill you. Just the opposite, when we are open completely in the heart, open to the pain of the whole situation, us and them, trapped in this collective trauma, we feel into a higher frequency state of heart connection, which will transcend and directly affect the simulation.

We can see separation through eyes or feel unity through hearts.
“Control your vibrations to be a master of your own harmony.” – Suzy Kassen
When we see disharmony we can seek a solution or remove the cause.
“Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.” – Rumi

A small book with a big goal

by Tania Spiers-Phillips
A silent friend, a reminder that you’re not alone – that’s what Kingscliff author Stuart O’Neill hopes his book, *Just One Reason*, is becoming.

Aimed at people having suicidal thoughts and those dealing with friends and relatives with depression, Stuart (pictured) hopes that the small tome, which came out in July last year and is already on its third print run, is fast becoming a trusted companion, useful to other people at their lowest ebb – particularly men.

Not a doctor or medical professional, Stuart has based his book on his own experiences, opening up about his own life in a hope to reach out to others.

Just over 80 pages long, the book is hard-covered and pocket-size. Stuart said the aim was to make it accessible and easy to personalise, with plenty of spaces for the reader to write their own thoughts and reasons.

“The book is a tool kit designed to get yourself or someone you care about through the next minute or hour or day,” Stuart explained.

“Suicide ideation is an unpleasant experience and one many people have in their darkest hours. The book was conceived a few years ago at a time of personal need.”

Raised in Melbourne, Stuart has been mostly self-employed – a lifestyle that has provided its fair share of highs and lows. He is a well-known member of the Cudgen Headland Surf Lifesaving Club after first becoming a surf lifesaver in the 1980s.

He said it’s a passion that he still finds fulfilling, and his desire to save lives now includes his book.

Stuart said putting his story out in print had been an emotional challenge, a catharsis in itself that had helped him come to terms with moments in his life, including the dramatic breakdown of his marriage, where he was



seriously considering ending his own life – to the point of leaving a suicide note.

For Stuart, finding one reason in that moment had been a revelation and a turning point, one that had led him to want to help other people at the same point in their life.

Wanting to particularly reach out to other men, he said he made the decision to reject an international publishing deal to keep *Just One Reason* small, written conversationally and in hard cover so it would last and take the rigors of being thrown in a pocket or bag.

“I read a book called *The Four Agreements* and there was an abridged version of the book and a friend of mine had my copy of it for ages,” he explained.

“I just watched how they interacted with that book – the size of it – they carried it around and constantly opened it up, and it never deteriorated in quality. So, I knew then that would be the format of my book.

“I had already, in my head, started to conceptualise it, based on a blue day book with photos and a short story. I knew from teaching other adults over the years that men want the short version of everything. I had to think of how I wanted to send my message on how to overcome the situation in the shortest possible way.”

The resulting book, complete with helpline numbers, is available through the website: www.justonereason.com.au

Attend to those aches and pains

Why carry on with those pains and misalignments, those twingey necks and shoulders, and all the other annoying things that are going on in your body? Just a few sessions with me could help you to be pain-free and feeling more balanced.

I’ve been doing Bowen therapy for 20 years now, and every year I have to train for 20 hours to stay qualified in my Bowen Association (BTFA). So after all those years it’s sometimes hard to find something fresh to offer my clients.

Well, in November I was very excited to find a three-day course which has proved to be getting great results so far, and it has helped my lower back condition as well which has impressed me. The course was called Applied Myoskeletal Soft-Tissue Therapy. It’s not that different to Bowen therapy, but it gave me a new way of looking at body alignment and treating patients.

Believing that no one therapy has all the answers, and that soft tissue governs the alignment of the skeleton, Applied myoskeletal brings together many effective manual therapy principles, enabling the treatment of many connective tissue conditions that normally would warrant a referral to



by Sonia Barton, Bowen therapist and Reiki master

a therapist trained in joint manipulation.

It starts with a foundation treatment where I do a quick global assessment and corrections, and incorporate it into the full body sequence, especially the pelvis which is often the underlying cause for pain elsewhere in the body.

I also focus on the client’s injury areas identified during the foundation treatment that may require additional attention.

Muscle re-education

There is sometimes a need to give the client a daily, take home, muscle re-education exercise, if applicable, to reinforce the clinical corrections. This is an extremely valuable tool and cannot be emphasised enough.

It is beneficial in chronic conditions where the

soft tissue has undergone physiological change to adapt to the stress it is under.

Just treating often isn’t sufficient, and although at times stretches or strengthening exercises are beneficial, they commonly aren’t specific enough to change muscle tone long term and the soft tissue reverts back to a hypertonic state within hours or days, pulling the joint out of alignment again and re-starting the pain cycle.

Neuromuscular re-education exercises have a high success rate in breaking this cycle.

Bowen therapy is one of the safest therapies available. It works gently with the body and does not apply force to any skeletal structure nor use high velocity thrust-style manipulations. All techniques are safe, non-forceful soft tissue techniques, and treatment takes around 45 minutes.

So if you are suffering with a sore back, neck, shoulders, sciatica, TMJ pain, knee or ankle pain, plantar faciitis or any other niggling condition, why don’t you give Bowen therapy a try? I am sure you will enjoy the experience.

If you’d like to know more or book a session, just call me for a chat on 0431-911-329. I work in Nimbin and Byron Bay.

Natural Law

We emerge from the ‘hard’ energies of 2020 and into the free, innovative, yet sensible energy of 2021.

As is life, there are challenges we must continue to navigate, however the energetic backdrop stimulates a new way of seeing things, bringing forward creative solutions that seek to benefit all.

Times in the recent past have felt like climbing a mountain, testing our endurance and faith, and requiring we stop to rest and recoup.

This feeling will slowly recede over the year; however, there will be important decisions to make and critical boundaries to set, to ensure you flow with

the greatest amount of love and ease available to you.

There is much to integrate, and many shifts will happen, to create space for this process to occur. Some will happen by choice, and others will happen to you.

Either way, it is likely these changes will require courage to step out of what is familiar, your comfort zone, to embrace something (you view as radical, or) new.

If you are unsure, or feeling resistance, ask yourself – what is the solution that will most benefit myself and all involved?

Just because it is socially acceptable, or what you are used to, doesn’t mean it is the best solution for you and all involved. If there was ever a time to implement a

progressive solution... it is now.

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by Helene Collard