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Healthy quick-fix tucker

Food Matters by Evie Fairley

The Nimbin Organic Food Co-op is supporting a new venture driven by Adam Bell.

His spark and initiative is providing an alternative to the lack of healthy vegetarian /vegan takeaway foods that unfortunately exists within our hippy community, by providing food lovingly prepared in Lismore and delivered fresh by Adam around 2pm on Wednesday afternoons.

Each Wednesday through to Friday, the Co-op will stock 'Soul-food': vegetarian and vegan pre-packed meals, using seasonal ingredients, and organic where possible, such as vegetarian lasagna, yellow dahl and rice, vegetable curry and rice, and desserts such as rose sago pudding or semolina pudding with dates.

These will surely provide the community with healthy alternatives to other takeaway foods, a healthy work lunch, or ready to take home, heat and eat, for those nights when you are just too tired to think, let alone cook.

When you do feel like whisking up something quick for dinner, here are two chickpea recipes to warm your winter bellies.

Chickpea balls vegan and gluten-free

1 cup cous cous or quinoa (for gluten-free), cooked and cool enough to handle
 1 can organic chickpeas
 1 red onion
 Garlic, paprika, black pepper (measure according to taste)
 Dash of Tamari
 Fresh parsley or coriander

Whizz all of the above in the food processor, roll into balls and bake at 200 degrees Celsius for 30 mins.

Meanwhile in a large frypan, make a hot sauce with chilli sauce, pepper, tamari, brown sugar and corn starch to thicken. Add balls to sauce and serve with fresh parsley or coriander.

10-minute chickpea curry vegan

Sauté onion, garlic, ginger, chilli. Add seeds or powders of cumin, coriander, curry powder and paprika. Once golden add 1 can chopped tomatoes and a large handful of English spinach.

Add 1 can chickpeas, 1 can coconut milk, salt pepper to taste and lime juice and zest. Cook for 10 minutes and serve with brown rice, which you can cook before starting the curry.

Garnish with fresh chopped parsley.

Ginger: food and medicine

I'm sure I'm not the only local person harvesting ginger this month.

I've been busy making a fresh plant tincture for my dispensary, and drying some to powder for the kitchen spice rack. I have included a photo of my spice rack, as I had a visiting friend who liked it so much, she took photos of it. I think the matching labels were a hit.

Ginger has interesting medicinal properties. It is both anti-inflammatory and anti-microbial. It therefore can be used for pain as well as infections.

It is perhaps better known for its warming digestive properties. It stimulates fat digestion and movement of food through the system. I have used it effectively for gastroparesis (slow stomach emptying, leading to early morning nausea). It helps with nausea from travel sickness and pregnancy.

Ginger is beneficial for cramping, both digestive and menstrual. Used at the first signs of a cold or respiratory infection, warm ginger tea (or better still, fresh ginger juice with warm water added) can induce perspiration and boost immunity. It helps clear mucus from the throat and lungs. Herbalist Matthew Wood writes that it is suitable for people who feel "cold, depressed, cramped up or inactive".

While fresh ginger contains volatile oils (hence the pungency), these are significantly reduced in the dried herb. According to Stephen Buhner in his book Herbal Antibiotics, the fresh



Nature's pharmacy
 by Trish Clough, herbalist

roots contain six to 15 times more volatile oils than the dried form.

These aromatic constituents have the most anti-microbial action. Studies have confirmed that fresh ginger is beneficial against a long list of bacterial, parasitic and fungal infections.

The dried roots (technically rhizomes) however, show very little antimicrobial activity, although they do retain their strong anti-inflammatory properties. My strong fresh plant tincture is in a high ethanol base to maximise the extraction of the volatile oils. I will use this specifically in herbal mixtures to treat infections.

In addition to its anti-microbial action, ginger also is a 'synergist'. This means it increases the actions of other herbs (and pharmaceuticals) by carrying other substances throughout the body.

It does this by relaxing blood vessels and increasing circulation, but also by increasing the permeability of cell membranes so that medicinal substances accumulate higher levels in the cells.

For those interested in the science, this effect is known as a p-glycoprotein inhibitor (P-gp). Ginger specifically helps the action of many prescription antibiotics, making them more effective against resistant bacteria such as staphylococcus, helicobacter and enterococci.

Traditional Chinese medicine has long recognised ginger as a 'guide drug' through its action of carrying the other herbs in a formula to where they are needed. It is also used to lessen the toxic effects of other drugs and herbs.

It helps also with heavy metal detoxification, especially cadmium, and reduces the toxic effects of organophosphate insecticides in the body.

Ginger is often used for its pain-relieving effects. Compounds in the rhizomes specifically inhibit the action of several genes involved in the inflammatory response.

A study found 75% of people reported relief from dried ginger for conditions including rheumatoid arthritis, osteoarthritis and muscular pain.

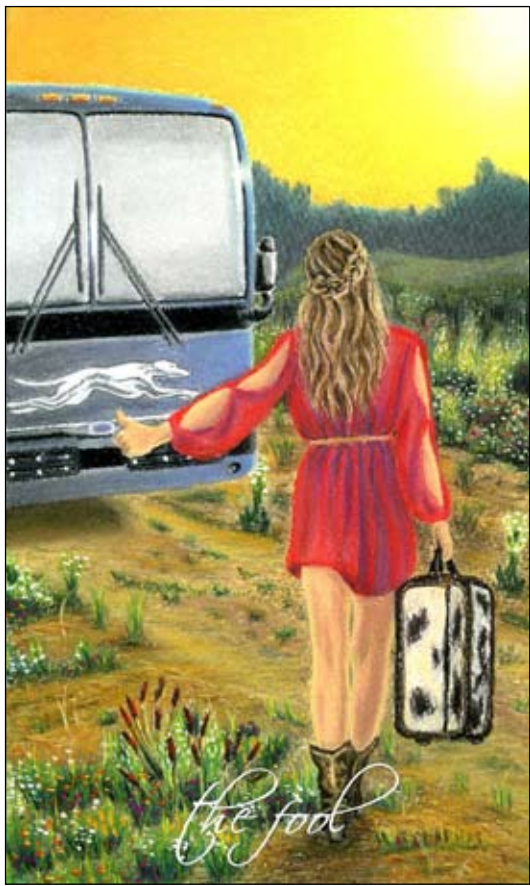
In a further placebo-controlled clinical trial with osteoarthritis, ginger was as effective as ibuprofen (a non-steroidal anti-inflammatory drug) in relieving pain and swelling. This anti-inflammatory action is maintained even when the ginger is dried.

While generally safe, ginger is contra-indicated for anyone taking prescription blood-thinning medications such as warfarin, as the herb can have an additive blood-thinning action. Less of a safety issue, but I have found ginger can increase menopausal hot flushes, so it is best avoided especially in a herbal tincture mix designed to be taken several times daily.

Trish Clough is a Lismore herbalist who has been practising for more than 30 years.

Trish 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..

Tarot musings: The bright-eyed hero



by Grant Walker and Amy B

“Hey! I’m walkin’ here!”
When the masterful artists Dustin Hoffman and John Voight catapulted themselves on to the cinema screen in the dying months of the tumultuous decade of the sixties, in the gritty film *Midnight Cowboy*, no-one could have possibly known the long-standing impact the film would have on audiences.

Movies from the era were suddenly beginning to reflect both the pain and wonder of the time; the rolling green hills of *The Sound of Music*, were soon to be geographically upstaged by both the filthy streets of London’s Oliver, which was then shortly followed by the equally grimy streets of *Midnight Cowboy*’s New York.

Midnight Cowboy introduces us to the perfect fool. The film opens with the audience witnessing our bright-eyed hero Joe Buck packing his meagre possessions into his cow hide leather suitcase, on his way to his own hustling misadventure. Much like the Tarot’s own fool, he steps blindly and naively into the combined abyss of nothingness and unknowing.

The Fool suggests that a unique opportunity is knocking at your door, by

opening the door you risk never returning from whence you came. Your frivolity will serve you well, for the path will often be dark and rarely lit. The Fool must leave behind his concerns for yesterday, but nor should he worry of tomorrow. The Fool, for the lack of a better word, is cradled precariously by what we all of a sudden refer to as Mr Eckhart Tolle’s ‘Now’.

So why would anyone dare follow the instructions of the Fool, why not just swerve his message and move onto something less daunting and more pleasant? The reason why is because you can’t avoid your own destiny: your heart will pull and push you until you are rightly directed upon your own path to salvation.

Your personal salvation has no concern for your money, car, home or any other worldly possession.

*Salvation is free, but not a gift
If you search for it, it will elude you
There is a door, but it is left unlocked
There is no cost, but you will be left with nothing
You can possess it, but you cannot share it
It’s inside of you, but it isn’t you*

Your journey will begin when you accept that you have nowhere to go and nowhere to be, when you have no axe to grind or point to prove. You are a fool on a journey in a strange

land; where the wonders are magical and the terrors terrifying. Ask the people around you to forgive you while you take a little while to walk your own path. If need be, declare assertively with your voice as Hoffman’s Enrico ‘Ratso’ Rizzo did:

“Hey! I’m walkin’ here! I’m walkin’ here!”

The final heart-breaking scene of *Midnight Cowboy* awkwardly exposes us to Ratso being cruelly plucked prematurely from the earth whilst travelling on a coach to what he ironically believed would be his final destination. And it’s at this moment that the audience realises that hustling Joe Buck has most certainly arrived at his own, because we know that Joe’s own journey to his own salvation could not begin, until he truly was alone in his own world, and similarly, nor can yours.

“I’m going where the sun keeps shining
Through the pouring rain
Going where the weather suits my clothes
Banking off of the northeast winds
Sailing on a summer breeze
And skipping over the ocean like a stone”
– *Everybody’s Talkin’* by Harry Nilsson

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



by Thom Culpepper

Home-grown vegetables may be the way for families to overcome the dominance of the retail tri-opoly. Corporate foods are becoming quite expensive, as the powers that control are playing all elements against their demands for increased return on their inflated profit expectations.

The implications of the outcome of the Covid pandemic are not yet understood. With the approaching financial implosion, and the further moves by the food corporations to reduce competition in distribution, that lawn has to go.

Taking regional and personal control over some of our local food needs may be a way to offset some of the coming supply anomalies.

Most gardeners who are left with the general nature of home gardening have little choice than to obtain seeds or transplants from a national corporate seed monster, although a limited amount of supply is offered

by smaller nurseries and plant retailers.

The choice of seed selection is limited. In Australia, most retail seed is sourced from major seed companies and re-packed. The days of the professional ‘seedman’ is long gone, though a couple of the seed-masters still hang on. Royston Petrie Seeds of Mudgee being one, Diggers being another and Eden Seeds one of the others.

A history, Mesopotamian and Chinese, of agricultural seed use has led to time-related, regional seasonal propagation. Seedling transplants, a shorter way to access nutrients to a harvest pathway, still need a lengthy time for root development. These plant’s roots, together with light on leaves (photosynthesis), are what most viable botany on this Earth is about.

In some culinarily-needed plants, ratooning is eminently useful, after all most sugar cane world-wide is ratooned, and so are the good spuds – few have ever planted a spud ‘seed’, or a ginger ‘seed’ or a garlic ‘seed’. All of this

is by ratooning. It is about cloning of sorts from root and in some cases, stem material (basil, the mints, Vietnamese mint, watercress and so forth).

But there are others, about 20 or so that may prosper by these techniques.

Some (many) of you are being “Right-Royally-Ripped-Off”, by these vegetable imports, especially here in the sub-tropical Northern Rivers. Try and find a Daikon radish (FC), \$8 a kilo (Brissy market \$2 a kilo); garlic you can afford, (some to \$45 a kilo); ginger, too many \$ to bother about discussing – the family of ‘gingers’ are feral in the Northern Rivers. No-one needs to buy ginger, or cilantro, or garlic, or 20 other plants that can be rotated by ratooning.

A ratooning list: angelica, from root; beets, for leaves not roots; celery for stems and leaves, three generations; radishes, for leaves; cabbage for full heads; brassicas Euro and East; sweet potato, root and leaves; all of the marvellous Chilean root species of earth

“Yam-iness”; lettuce, of the general species; leaks, onions, eshallot, eschallots, perennial garlics; Welsh onions, red shallots; kale, all forms; Brussels sprouts; fennel, bulb and seed; chicory; rutabaga; mint, cilantro; parsley; the basil and more that you may try.

Suspending in water in glass, for root observation and indirect cool light, is generally all that is needed to promote root formation. Some specific hormones can help, indole acetic acid and naphthalene acetic acid being two of the main root propagation hormones in regular use, 0.05g/l being the usual dilution.

Some hours or days are needed to get the hormones transposed to the root zone, and changing cool-water daily is imperative. If not, beasties, (bad-bacto) will grow. Once new roots are eyeballed, plant the subject out into plant-welcoming ‘stuff’, coconut modified fibre is a good starter, as is John Innes rooting medium (1 sand, 1 compost (or coconut fibre), 1 sterilised loam, all appropriately sifted.) Keep moist, but don’t drown!

Spray the leaves with clean water judiciously, to which has been added very dilute root propagation hormones. Watch for nasties: fungi, white-fly, aphid and such ag-gangsters. The bacterial spray BT (Kocide), admitted under bio-farming protocols, is an effective biological suppressor of the leaf-mulching, introduced Lepidoptera (brassica and vine moths), it does not affect any of the indigenous species.

Shop for vegetables with remnant root material still in place, enjoy the principle veg-mass and strike the root material in water, as above. You will have repeat edible material months ahead of seed-propagated plants, with less water and less plant management.

You will also be propagating superior types of vegetable plants to which you will have little or no access, many being x3 hybrids that do not breed true from seed; the plant breeders,

the likes of Monsanto and co, having engineered into plants non-propagation, ‘seed-terminator’ genes.

This method, ‘the scrappy one’, may give you as much as 3-4 generations of top forms of vegetables in faster yield times. Much of this material may be grown in container plantings or verandah planters. How much cilantro or celery do you really require? Container-grow them.

Garlic, ginger, turmeric, leaf greens, cabbage, root veg etc, onions (allium) should be confined to a protected garden or under cloches to protect them from chooks, so they may get on with their food-scratching egg-making needs and to your benefit, weeding the ferals.

The photo shows commercial celery, (*Dutch Dolche*) at four weeks from striking, as against 21 days to germinate the seed; rare red-leaf celery, (*Red Secalinum*), six weeks from striking, against 25 days to germinate the seed; and red-leaf giant mustard, (*Osaka Purple*) at one week from striking, as against 8-10-days to germinate the seed.

Should you be a senior, where time and space clash, this may be a way to bring manageable foodstuffs under your control.

A new society is being formed to look to the securing seniors’ life survival imperatives. Join us to have the numbers-of-strength to put our collective demands and wisdom, a social-freedom position.

Email: TheNorthernRiversSeniorsWelfareSociety@activist.com A blog and podcast are being established.

Fermentation supplies

I have a new selection of valved, ‘Fermipot’ fermenting jars, for kimchis, krauts, other food-ferments, etc, and I deliver, avec carbon-mask.

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thewholeearthveg@gardener.com



by Donna Conolly

This month's article is focused on phobias, and how they can be tools for transformation and soul evolution. In particular, I'm looking at phobias that involve animals. In order to cover the concept of phobias, we need to understand fear and its basic function and purpose. Fear is one of the most basic human emotions. It is programmed

into the nervous system and works as a survival instinct, allowing us to respond with fear when we sense danger or feel unsafe. Fear helps protect us. Feeling afraid is very natural, and helpful, in some situations. By contrast, a phobia is an intense fear reaction to a particular thing or a situation. With a phobia, the fear is out of proportion to the potential danger. But to the person with the phobia, the danger feels real because the fear is so very strong.

Scared of snakes?

Phobias cause people to worry about, dread, feel upset by, and avoid the things or situations they fear because the physical sensations of fear can be so intense. So having a phobia can interfere with normal activities, and can be quite debilitating. Some phobias come from actual life events, memories, familial experience, societal ideas and in some cases past life events. Wherever the phobia stems from, it feels very real to the person experiencing the reaction. I once had an intense fear, a phobia of snakes, and it wasn't until I moved here (Northern NSW, 12 years ago) that I realised how irrational and debilitating it was. In hindsight, I also recognise the magnetic resonance of fear, actually drawing the experience to you. By living in perpetual fear that snakes were going to show up everywhere: "They were out to get me and my animals" meant that they did show up quite regularly, and a python did eat one of my chickens. Which made me hyper-vigilant to the point of exhaustion. In fact the night the python got into the coop, I set up a hammock nearby, madly googling information on how many chickens a python can eat in one sitting! I fundamentally understood that I had provided a convenient and tasty food source for this fella, and the onus was on me to create a more secure space for the girls. The next day a wildlife carer came out to capture and relocate this beautiful specimen. The python was close to three metres, and the guy

mentioned that he could possibly be around 40 years old, and would only move him 400 metres from the coop. Then I came home from an Animal Communication Retreat. I went to check on the chickens and was hand-feeding lil Pearl (a polish hen) Less than a metre away was the biggest brown snake I've ever seen. As thick as my wrist. I threw Pearl in the coop, ran behind the gate and watched him slip into a hole under the coop. I was shaking, sweating, my legs were jelly. I was a mess! And then I had a thought: I've just spent a week communicating with animals, maybe this is an opportunity? So I centred myself and began channelling/being Reiki. He came out of the hole in a figure 8. I telepathically said, "I'm so sorry. I'm just so scared of you!" Then I heard in response, "I am scared of you too!" That was a huge lightbulb moment. I had never thought of snakes being scared of us. Yet we are their biggest threat, us and our animals. This started my journey into research on reputable internet sites. Books, even a snake-handling course, while tuning into snakes themselves for information and wisdom. What I noticed the most was how clear my "signal" was with them, and there's no doubt that comes from my original fear. So connecting with them had assisted me with my work greatly. I still come across snakes regularly, in fact I had a sweet tree snake in my house a month ago. My body still initially reacts

and responds when I have a snake encounter. However, I have a deal with my guides that they send me a vision/heads-up if I'm likely to see a venomous one within 48 hours. Normally that vision/information will come with a "sign", such as a where I will see them. Something that triggers the keep-an-eye-out response. It's all energetic and happens almost instantly. Which leaves me to get on with life, knowing that each encounter is a privilege. I have so much respect and admiration for these gorgeous souls now. Is there a phobia in your life that you would like to conquer in this lifetime? My advice: make yourself familiar with your fear/phobia, almost an expert. As I was researching, I realised how many urban myths and untruths are repeated without regard to the facts. Facing your fears and phobias will allow you to feel empowered, and the learning is multi-layered with a flow-on effect that can be truly freeing. Obviously, it is a work in progress, and won't happen overnight. However, any step towards informing yourself will help, I promise. We are available for Animal Communication and healing sessions and have a convenient on-line booking system at: www.rivergem.com.au and some great new ways to learn animal communication while working with your own fur friends. Looking forward to connecting. www.rivergem.com.au/book-online



by Les Rees

Due to the recent Arctic weather conditions, hibernation has begun earlier than usual. Wood smoke drifts in the air from log-fuelled fires and extra blankets are added to our beds to keep out the chill of long wintry nights. I call it the stew season, as that's the time I begin making dinners designed to generate warmth in our bodies. For me, that also includes extra fodder and rugs for my horses. There are many who have staunch views on the rugging of horses, and I appreciate that they have some validity in terms of natural thermo-regulation. But I hold the view that every horse has a unique set of requirements, and there are many horses that need a little extra help to alleviate the stress that extreme weather conditions can cause to their well-being. I've been using warm rugs during the cold nights because my horses haven't yet grown their winter coats and could easily get a chill leading to respiratory infections if left to their own devices. I rarely use any during the day unless it is a light one to protect against cold windy conditions. I'd never leave a heavy rug on during the day, as they can stress horses if they become over-heated.

Keeping horses healthy during the cold season

One thing that I've been noticing a lot recently is the number of thin and ribby horses around. These are the ones that will be at risk as cold weather conditions set in. It's normal for animals to eat more during the autumn months in order to gain enough body fat to enable them to keep warm and healthy over the winter. If the horse has failed to gain the extra weight during the autumn, it may have problems when the cold weather starts. Therefore, it's important that they're fed enough to meet their individual requirements, both during the time leading up to and during the cold season. The grass may still be green, but it generally has far less calorific value during the winter season. Horses need to be fed for their energy requirements. If these are not met, fat reserves will be utilised to keep warm, eventuating in weight loss and subsequently compromised immune function, leaving the horses vulnerable to disease. Energy requirement input equals energy output, so you have to also add extra feed for horses that are ridden, especially sports horses as they have added requirements carrying the extra weight of their rider, as well as requirements for their own needs. And some sporting activities use far more

energy than others. I'm also a believer in the use of seasonal herbs that help to maintain balance within the body as they add important nutrients that aid health maintenance. These can easily be added to their feed according to individual needs and weather conditions. This time of year has the most impact on ageing horses that need extra care as their bodies are often already compromised. There are many that have been left to their own devices, their bodies depreciating, leading to a miserable long slow and painful road to demise. Sadly, being no longer useful, they are easily forgotten. Horses are not commodities, they're sentient beings and certainly deserve better than this especially as they have given so much to their owners. Social media is full of people wanting to rid themselves of aged horses. They're moved on as companion horses, or just sent to the saleyards where they will end up as pet meat. In an ideal world, it would be great to have retirement homes for horses to spend their older years in a safe environment where they can socialise in the company of others. "Horse Utopia".

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Freud and his dog

Quite a few years ago, I had a client who it seemed didn't wash often; his hands and usually bare feet, were dirty and, frankly, he smelled.

He wasn't down-and-out, he had money and a house with working plumbing, but he just wasn't aware of personal hygiene. I found it difficult being in the same room with him, having my own thing about cleanliness.

I was rather too willing to dismiss him, except for the fact that my cat Paschie loved him. She would race inside and get on his lap and stay there purring happily.

He, in turn, was fond of her. He'd pat and talk gently to her. Through watching this interaction, I learned probably more about this man than I could've by just talking with him, at least in the short term.

Sigmund Freud acquired a chow dog for his daughter, Anna, and then another for himself rather late in his life. This dog accompanied him into the therapeutic space, and he observed what the dog did in relation to the patients.

On one occasion, the dog got up during a session and scratched at the door. Sigmund got up and opened the door and said to the

patient, "You see, he couldn't stand listening to all that resistance garbage. Now he is coming back to give you a second chance." (p.76, I. Yalom, *The Gift of Therapy*)

The therapeutic space is not empty of personal encounter on a whole range of levels. The therapist's idiosyncrasies, whether through the presence of a loved pet animal, the décor of the room, the actual therapist his/herself, is there for the client to engage with, or not.

Contrary to what many think of psychoanalysis as a situation that provides a tabula rasa (an empty slate) for the patient to project all the contents of their unconscious onto the therapist in an act of transference, it is becoming clear that even Freud didn't do this entirely.

Freud's room was filled lushly with Persian carpets, ancient figurines, and books. How could his patients remain unengaged? Traditionally, patients had their eyes closed during the therapy, but not when they walked in and out of the room. In modern non-traditional psychoanalysis, bizarrely, the tabula rasa idea attempts to persist. This seems to me to

require enormous cognitive calisthenics.

I am not a psychoanalyst, and did the bulk of my training where the therapeutic encounter and the therapeutic conversation, is paramount. So I make little attempt to conceal my presence in that encounter.

I dress professionally and don't wear house clothes; my hair is brushed and I'm neat. My consulting room is comfortable, idiosyncratic to a degree, but professional looking. My current cat, Pusski, sometimes comes in, but I always ask my client if this is alright for them.

I need to note that I'm not talking here of self-disclosure in the sense of revealing my personal life, except sometimes when directly asked, or if I want to suggest that the client's worry is more common than they thought.

Such disclosure is a therapeutic tool and it is not a self indulgence, nor an attempt to get the client to switch roles with me. That is unethical. I am talking about the here-and-now of ordinary encounter, found in the interaction of people in their environment.

Ordinary encounter has many levels to it already. It



by Dr. Elizabeth McCardell

is interesting that what is an assumed awareness of the things in one's environment isn't necessarily so. I have a large Russian toy brown bear called Ruach (Hebrew for spirit, breath, mind) that sits in a corner of the room which not everyone notices.

Yes, my clients are mostly preoccupied with their own worries, but seeing, or not, the things in their environment tells me a lot about them: information that comes in handy when I contemplate a therapeutic strategy.

As Freud's dog and his Persian carpets created a unique comfortable therapeutic environment and tool for himself and his patients, so my room and the sometime presence of Pusski is useful for me and my clients.

All contribute to a place where healing can happen.

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The power of language

by Suzy Maloney

When we talk about horses we use pronouns, the most common one being 'it'.

I often find I'll be reading something written by someone who I admire for the wonderful way they work with horses, when unexpectedly they use the word 'it'. Suddenly, I feel like someone has popped my balloon.

When we describe someone/thing as 'it' we are instantly relegating them to an object. According to google and the Oxford English Dictionary, 'it' usually refers to an inanimate object. A horse when referred to as 'it' becomes an object and not a sentient being, instantly.

That one little word puts us in the position of master, and the horse in the position of an object that we own. This is not the language we use when we refer to someone or thing that we love and admire. So, when we say we love, admire, and respect our horses, then refer to them as 'it' there is a huge incongruency.

Is this our subconscious coming to light or is it habit and patterning? Perhaps a bit of both?

I was a victim of this thinking, until a few years ago when someone pointed it out to me. I am forever grateful, thank you. For me it was habit, I had been raised in an environment where horses were referred to as 'it', so I just adopted it without ever listening to myself or thinking about it. A classic case of lack of awareness.

Like any reformed smoker, of course now I am super-sensitive to it and see it everywhere. Here are some examples of things I have read; I think you will find



this all quite familiar.

"Don't ask your horse to do something it's not ready to do"; "Understand its body language"; "It displays many behaviour changes"; "It's a living, feeling being"; "Be aware of its movement"; "Look how it reacts to grooming."

The use of the 'it' word when discussing horses is everywhere. Start looking for it and you will be surprised how often you find it. And not just the written word, but also when people are talking about horses.

Another word commonly used with horses is 'use'. This one is especially prevalent in the equine industry where there are multiple horses on one property. People say, "I'll use Ben next time"; or "Which horse do you want to use today?" I still find this little gem slipping from my lips sometimes.

I try to use the word 'play' or even 'work' is better than 'use' (other suggestions are 'go with', 'have' or 'choose'). According to Google, "Using someone means to play with someone like a tool to get your work done and

forget them without continuing any relationship." Wow!

Considering what it actually means to use this word, it definitely falls into the category of one that we need to bring awareness to, and change in our daily language around horses.

Then there are all the abusive words people use when describing horses, many are human characteristics and not equine, such as stupid, lazy, plotting, stubborn, naughty etc. These are all applicable to humans, but with horses we need to look deeper than name-calling.

A 'stupid' horse may have never been taught what you're asking; a 'lazy' horse may be old and sore; a 'plotting' horse may just be reacting to what's happening; a 'stubborn' horse may be suffering from learned helplessness; and a 'naughty' horse may be in pain. These are just off the top of my head, but you get the idea.

And there is another one! Sexist horse language. Some people use the word 'he' instead of 'it', but this is just exchanging one problem for another. Gender-biased language needs to be addressed as much as objectification.

How do we move away from the term 'Horsemanhip'? Horsepersonship sounds dreadful. The only neutral one I have come up with is 'Horse Handling', but it is two words not one. If anyone has come up with an awesome gender-neutral term, please let me know!

As always, wishing you all the best on your horse and soul journeys.

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The World Health Organisation states that if all children were breastfed within an hour of birth, exclusively breastfed for the first six months of life and then continued to be breastfed (in addition to other food) up to the age of two, over 800,000 child lives would be saved annually.

This is why we ALL need to become breastfeeding advocates.

The anthropologist Dana Raphael explored breastfeeding and postpartum care in nearly 200 different cultures. She discovered that women and families that had more support were more likely to breastfeed easier. It's really important that anyone supporting families in the early days and weeks of childbirth are also supportive of breastfeeding.

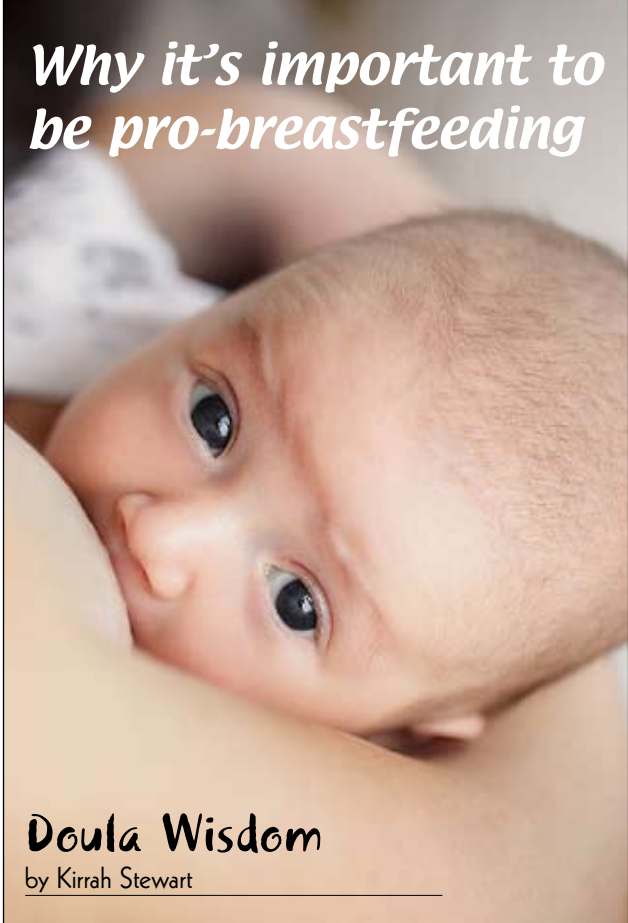
Understand how often babies feed

It's quite normal for a newborn to feed every 2-3 hours around the clock. This helps to establish breastmilk supply. Babies also have a very small stomach, so they need to feed this frequently. This is biologically normal and anyone around new parents needs to understand that breastfed babies will be feeding 8-12 times a day.

Know the signs that baby is happy and well-fed

Understanding the signs that baby is full/happy may help parents feel reassured they are doing the right thing.

Why it's important to be pro-breastfeeding



Doula Wisdom
by Kirrah Stewart

Baby is probably content if they appear more relaxed/sleepy when they stop suckling. In the early weeks, we expect around 6+ wet nappies and 3+ poo nappies every 24 hours.

It's also good to remember that babies seek comfort and connection, not just food. For a baby this young, it's normal and healthy to be feeding every couple of hours.

Be supported

In the early days, parents may need space to adjust to being a new family. It is

important that the newborn is spending lots of time with their primary carers. Grandparents could help in other ways, like bathing or dressing the baby and making meals or doing housework.

Seek support

I encourage my clients to trust their intuition when it comes to feeding their baby. But sometimes, a little professional help can make the world of difference.

Questions may come up, or some suggestions for different things to try could

be really helpful. Rather than relying on grandparents or family members for advice, it's probably best to ask a lactation professional.

Some advice from family members is outdated, so asking a lactation consultant or lactation counsellor what is evidence-based and current will be more helpful.

Set boundaries

New mothers may not have the bandwidth or headspace to have conversations with well-meaning visitors. This is where the partner or support person can step in. It can be difficult when family or friends comment on breastfeeding, and may put doubt in the parents' minds.

Instead, thank the visitors for the helpful things they have done, outline other ways they could be helpful and also reassure them that you have professional lactation support for any issues.

New parents need to feel well looked after and supported. Reassurance is helpful and reminding them to trust their intuition is key. We need to protect the breastfeeding relationship and nurture confidence in new parents. Let's raise the breastfeeding rates and save more lives.

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

When the pain refuses to go

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

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

There are a few reasons, apart from a stubborn optimism that decides to do nothing, why the pain won't leave.

Dehydration has more negative effects on the body than we already know, so drink water.

This is a lofty request in a country where water is becoming more precious than gold. So, before one turns up their nose at the thought of drinking water, remember that this clear liquid, which keeps everything alive, is slowly being allocated to the rich.

And there may come a time in the future where a water bottle slung around one's neck will bring more respect from one's peers than a large diamond



by Tonia Haynes

necklet, or ring.

A glass of warm water, laced with fresh lemon juice first thing in the morning assists in clearing the acids from the system. Because, unfortunately, it is the excess of acids we eat in our Western diet that keep the pain alive: sugar, red meat, dairy and wheat to name but a few.

Digestive issues may also be feeding the pain, because digestive issues create an imbalance of acid throughout the body.

If you have already sought assistance to no avail, these

tips may help.

One may not have had enough treatments to change the habit of a body that is used to carrying itself in a particular way. A bad habit that does you no service.

Your mattress, or pillow might need changing to give you a better posture. After all, we spend quite a bit of time in bed. And check the driver's seat in your car. Is it fully supportive of your body?

Are the vertebrae in your spine fully aligned? And if you still have shoulder pain, are your ribs all sitting as they should? Misaligned ribs can cause pain and stiffness in the shoulders, neck and arms.

Strange as it may seem, if your jaw is out of alignment, the rest of your body will be as well. The jaw hinge, or temporomandibular joint, has an extensive nerve system that affects the whole system, and the jaw moves every time we breathe.

Finally: at times, muscles are reluctant to do their job, because they are irritated by other muscles. This is called Muscle Reactivity and unfortunately, unless your

therapist knows how to clear away Muscle Reactivity, a muscle may still be pulling other muscles out of position. This will continue to cause pain and stiffness.

Reactive Muscles need to be treated in a particular manner, before they will behave themselves.

Clearing muscle reactivity is a favourite of mine, along with settling digestive issues and checking the jaw, spine and ribs, when treating those with back, neck, shoulder or limb problems.

I use a mix of Bowen Therapy, remedial massage, Pranic healing and spinal realignment to create the best outcome possible.

I also discuss with the client the ergonomics of their bed and car seat, because they are an important part of a pain-free future.

I work from 'The Cabin' nine km out of Nimbin. A delightful spot that is green and peaceful.

And quoting the words of a clever someone else, "Just when the caterpillar thought the world was over, it turned into a butterfly."

Phone 0439-794-420 for an appointment.

Breathing in and out

I recently asked a couple of regular readers (thanks guys) what they would like me to write about. The answer was Breathing.

Apart from doing it in every moment of my life, I am hardly an expert on the subject compared to many others, but I recognise its bewilderingly powerful influence on our lives, and the only physiological process we have direct influence over.

Even if we can alter our nervous, circulatory or musculoskeletal systems, we do this through altering or becoming conscious of the breath. This has been recognised by multiple healing modalities around the world for eons of human existence, and has led to multiple methods of breathing techniques.

I have certainly used a variety in my practice to modulate mood and physical symptoms.

Thankfully I was taught Buteyko breathing quite early in my career, and have used it in multiple situations, including for asthma in hospitals, to calming blood pressure in minutes, in my clinic.

The findings of Buteyko were initially based on observations that infants with respiratory issues would grunt as they expired to apply positive pressure back into their lungs and maximise lung volume.

This is also supported by the positive effect on asthma in children, of blowing against pressure such as in water as a swimmer, or into a horn instrument. The premise of positive expiratory back-pressure is also utilised in CPAP and other ventilator machines.

Basically, by holding your breath at the end of expiration for as long as you can consistently, we are also increasing carbon dioxide in our blood. This has the physiological effect of relaxing smooth muscle like around our blood vessels and bronchioles, causing them to relax and we get the added benefit of



In the moment

by Dr Jacqueline Boustany

feeling more relaxed ourselves.

The premise of slowed controlled breathing has been shown to be just as effective in reducing blood pressure as a medication, again if practised consistently for at least 10 minutes per day.

But this seems to be the tricky bit. Allowing oneself to actually stop and just breath consciously for 10 minutes per day seems to be challenging for many of us. The Dalai Lama once said that the reason so many Westerners smoke is to give them an opportunity to take a deep breath. Is that why we still call having a break from work a 'smoko'? Like we need to give ourselves an excuse to have a break?

I remember seeing Riley Lee once, a spectacularly skilled flute player, for a breathing workshop at Woodford. He was happy to share the breathing techniques that allowed him to do what he did, and would allow us infinite healing potential, but really doubted if we would ever employ them.

Perhaps this is because our rate of breathing and its co-ordination with heart rate and brainwaves comes into some kind of agreed set balance in the body when you are 9-10 years of age, taking their influences from the earth

Schumann frequency and integrating this with the emotional well-being of the world and its people around you at the time.

Children may grow out of asthma at this time, and their health forces are established to aid in their meeting of the world as they grow. Maybe it takes effort to change this initial experience of the world and its influence on our own physiological development. But what if it only took this little bit of time-out care to make all the difference?

From Pranic breathing to Rebirthing circular breathing, civilisation has recognised that our ability to heal originates with the breath. "All the mysteries of healing are indeed mysteries of respiration." – Rudolf Steiner.

Studies in religious chanting and prayer have found that they tend to slow breathing to six breaths per minute. This has been shown to stimulate the vagus nerve, part of the parasympathetic nervous system, which resets the body to a state of calm after stress.

"Incredibly, when you regulate your breath, what you are really doing is taking charge of your brain waves and tying them to the rate at which air travels in and out of your nose.

"This allows more co-ordinated, rhythmic activity across different regions of the brain to share and process information as well as improving oxygen saturation.

"At three breaths a minute, the brainwaves synchronise in the low frequency delta and theta bands, particularly in regions involved in emotional processing and are associated with deep relaxation and a state of 'being' rather than 'thinking'. It really is a no-brainer!

"Slowing your breathing is a free ticket to an altered state of consciousness, no added chemicals necessary" – *New Scientist*, May 21



Of culture, medicine and tradition

by Miriam Latif

The way a culture functions often dictates the way it does its medicine, and natural medicine is certainly not exempt!

A great example of this is our approach to parasites, the microbiome and gut culture.

Parasites are rife around these parts, and it is not uncommon to walk away from your local naturopath with the usual culprits – clove, black walnut, wormwood. These are your typical 'anti-parasitic' herbs, and while they certainly have their time and place, much like antibiotics, they should certainly not be the first port of call.

Why? Because whether we are working with herbs, pharmaceuticals or even society or politics at large, the 'kill the bad guy' approach is doomed to fail if it is not contextualised inside a consideration of the environment or terrain that makes it ideal for those bad guys to proliferate.

On a global-political scale, this is much like trying to 'seek and destroy' terrorists or weapons of mass destruction without acknowledging the larger, and often more complex socio-economic forces that lead to things like oppression and radicalisation.

A more local version would be asking for more police presence in Nimbin to combat 'crime' instead of looking at the social and cultural factors that create an environment where 'crime' is prevalent – things like access to mental health services, education and of course, drug law reform. And in the microcosm that is our biology, it looks like blasting invading pathogens with non-selective anti-parasitic herbs without attending to the surrounding physical and emotional terrain.

Treating the terrain is a pillar of the traditional medicine approach, and not only applies to gut health, but to every kind of 'dis-ease' in the body. You see, many of the things modern medicine considers a diagnosis, traditional medicine considers a symptom of an imbalance in your terrain. This applies to everything from parasites to arthritis, to anxiety and beyond.

The beauty of this lens



is that it is holistic in the truest sense of the word. It goes beyond functional physiology to consider the entirety of your environment, which extends far beyond the physical body and into the transpersonal aspects of your relationship with the world around you.

I believe these things have to be a part of the conversation for a return to health that is deep and sustainable. Zoning in on individual symptoms will only take us so far, even if those things are treated naturally.

We have often heard the maxim 'heal yourself, heal the world'. I prefer to tell my patients that the world is begging to be healed through us, not by us. Traditional Medicine preserves a way of seeing the world that is fundamentally healing in and of itself.

If we practise an approach that teaches us how to see symptoms and dis-ease as part of a web of relationship, whether they are personal or collective, biological or political, medical or cultural, rather than 'problems to be eliminated', we develop a much larger and inclusive language and tool-box for approaching the challenges we face today.

A traditional medicine lens need not only be applied to the body, it can be applied to our culture and society. This way, we can transcend binaries of 'good' and 'bad', and be a part of a healing that is, at once personal and collective, microcosmic and macrocosmic.

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.

An NLP perspective on change – is it private?

by Peter Ganser,
NLP Master Practitioner

Neuro Linguistic Programming (NLP) is a collection of tools that allows change to occur in how you go about your life. That is, it allows you to re-pattern your neurology to provide new options for behaviours and responses in your life.

What if my issue is deeply personal in nature?

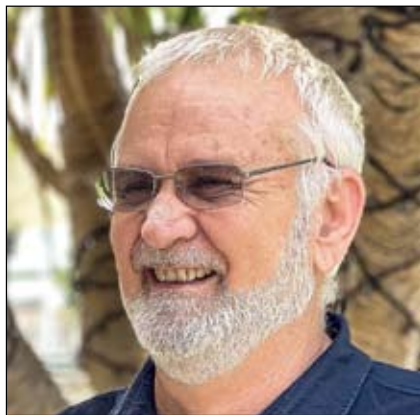
One question put to me recently was: "How invasive is the technique; how personal does it get when I want to discuss uncomfortable issues in my life?"

The answer I gave was, "I don't need to know the details; you need to know the details. You need to know the details and you can keep them in your head – I don't need to know what they are". In summary, NLP process maintains your privacy. Details are not required.

NLP focusses on the process of your neurology: the how you do what you do and not the what it is that you do. It helps if there is a context provided to establish a basis for our communication during the process, and this is high level (and vague) and away from the detail of specifics.

So what does it mean – focus on the process?

NLP uses how your experience is coded in your neurology in terms of the



qualities of how the experience is stored in your memory.

If there is an image, NLP looks to the image qualities such as, colour, movement, focus, and if you are in it or not, or on a screen, and so on.

The feeling or body sensation area is also important for NLP processes, and we look to how an experience affects your body. Do you experience heat or cold, pressure, tightness, clenching and so on and importantly where does it occur in your body?

Similarly, we check the auditory and self-talk modalities, and sometimes the smell and taste modalities.

There are many NLP techniques that can then be employed to adjust these qualities so that a new pathway of response can be generated. The NLP technique selected, is based on the individual to best support the change.

What is changed is found from within the individual. My role is to facilitate the process to allow your neurology to adapt and discover what will best suit your need. NLP processes also check to ensure that the change made is supportive of other aspects of your life.

What sort of changes can NLP support?

I have provided NLP support to individuals with issues such as:

- Sporting performance (swimming, motocross, athletics, personal training)
- Bad habit adjustments (such as speeding and road rage)
- Learning and exam performance
- Relationship matters
- Work issues (such as performance, stress and bullying)
- Limitations from past experience (what we bring from our childhood experiences or past dramas)
- Self-esteem and self-worth, which links to personal performance
- Effective goal setting

How can you find out more?

Through my website, you can book a free 30-minute discovery session where we can discuss what you are seeking support with. If I believe NLP can assist and you want to continue, we can decide how to proceed from there. It's all up to you!

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