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# Tantalise your taste buds

## Food Matters by Evie Fairley

At the Nimbin Organic Food Co-op for the month of June we are offering our members and those wishing to become so, 15% discount on their shopping.

Locally grown seasonal foods available in our shop include mouth-watering greens such as sunflower sprouts, micro greens, broccolini, kale, parsley, dill, rocket and coriander, bursting with captured sunshine to detoxify and transform your being.

Also ginger, turmeric, garlic and spring onions to bring warmth to your cold nose and toes and to spice up a soup; colourful carrots and beetroots to brighten a winter salad; organic Mycelium fruit bodies (mushrooms) in all colours and shapes, and shifting varieties: Shitake, Oyster, Chestnut and Nameko to name a few.

There are oranges, lemons, mandarins and kiwi fruits full of juicy vitamins and colour to ward off the winter blues, while custard apples and passionfruit satisfies the sweet palate.

There are also many locally-produced foods that have been transformed



slightly from their original form to tantalise your tastebuds. Locally grown and produced apple cider vinegar, vegan coriander pesto, sauerkraut and kimchi, handcrafted tempeh and tofu, brown rice miso, lime cordial and an array of jams, chutneys and a variety of local honey.

So come and support your local growers, and you will not only benefit your body with great organic seasonal fare but support your

local and diverse economy too. The recipes for June are full of green goodness; super protein kicks providing amazing life force without harming another living being.

### Kale pecan pesto, vegan

This uses all the locally abundant foods right now in our Northern Rivers gardens and of course the co-op.

3 cups packed kale, stems removed  
1/2 cup pecans

1-3 tbs lemon or lime juice  
(the amount can be adjusted according to how much zing you like)

1-3 garlic cloves  
1/2 tsp sea salt  
1/2 cup extra virgin olive oil  
2 tbs nutritional yeast for B12 and a cheesy flavour

Combine all ingredients in a food processor and serve with pasta, mashed or roast potato, spaghetti, squash, or mash with avocado and spread on toast.

### Kale guacamole, vegan

3-4 large kale leaves, stems removed

4 medium ripe avocados

3/4 tbs lime juice

3/4 tsp salt

1/3 cup prettily chopped red onion

1/4 cup coriander or parsley  
1 small chilli

Marinate kale with lime juice and salt. Meanwhile in a bowl, mash avocados with lime juice then add the kale, coriander or parsley, salt and chilli. Once combined stir through the red onion.

Serve with locally made Dona Cholita corn chips or tortillas, traditionally produced using a process known as Nixtamalization which removes close to 100% of aflatoxins present in the corn, allowing for better nutrient absorption and digestibility.

## Culinary salts (NaCl)

by Thom Culpepper

Salt is one of the principal organisers of the blood-water balance.

One teaspoon of general salt contains 2,400gms of sodium. WHO says more than 1500 grams per day of sodium could be a journey to hypertension (high blood pressure), leading to cardiac issues, kidney problems and stroke risk.

Commercial foods, restaurants, cafes and take-aways are super salters. Contributing 75% of the western diet, they add about 10 grams of salt per day, double what is needed.

Home cooks mostly salt to lower levels, allowing for eaters to taste before adding salting, but we have all been in the company of the salting-before-tasting cohort, the "I need it" clique. Such could be their early demise!

Small amounts for general cooking are not a serious matter, fractions of teaspoons of salt are manageable. Again, 1500 mgs per day of sodium is generally adequate.

In these troubling, Covid times, we are awakening in the home to the need to learn the preparation of food and preservation techniques not requiring energy-expensive refrigeration. Lacto-fermentation preservation could well be the path to secure health and longevity.

Bacterial processes and in particular lactic acid/salt preservation have been for aeons a proven, successful and safe technology, by generations in a broad range of hemispheric cultures. It all begins with salt.

Fermentation involves big volumes of salt, often by the cup-measure, 2 to



3% by weight for most ferments. Most of the salts are utilised by the lacto-bacteria in the fermentation process, but the per cent to the salt-ferment volume is important, otherwise residual salts make the ferments 'salty' to taste and sometimes 'bitter'.

Below is a sample of the commonly available salts used in achieving the kimchis and other food-families, from land and marine vegetable material to seafoods in regional circumstances. I have listed them by sodium content, lower being thought to be the better. But is it the potassium that matters?

Kimchis seem to keep longer according to sodium/potassium balance, sodium being more effective in fermentation and post-fermentation integrity. In a coming article I will test the various salts on the various European brassica (sauerkrauts) and South American ferments, such as the San Salvadoran, Curtidos.

Here are some types of salts, by 1/2 tsp amounts, showing sodium (mgs) and weight (gms):

Table Salt (Australian sea), un-iodised.  
1180 2.9

Rock Salt (Australian sea). 1180 2.8

Pickling Salt, fine (Australian sea). 1180 3.0

Table salt (Australian sea), anti-coag +iodine. 1160 2.6

Coarse Mediterranean. 1160 3.0

Himalayan pink rock salt. 1100 2.8

Celtic sea salt. 960 3.0

Fine sea salt, Euro. 880 2.4

French guerdande, sea cooking salt. 760 2.0

Korean sea salt, cheonilyeom 700 2.0 (3-4 year aged to de-bitter)

The above figures are a general guide to what is readily available.

I have material on another 20 or so salt types, such as Maldon, Murray-River pink, Black Pakistan, roasted bamboo, Persian blue, smoked salts etc.

The Koreans (kimchi-masters) counsel against, as they say, 'bad' salts. They know, and I believe them. Fermentation is a thousand-year technology and salt is the 'fossil' of the uncounted millions of aeons of the previous seas. Think about it!

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



# Do not plant Singapore daisy or ice-cream bean

**Weed Words**  
by Triny Roe

Recent social media posts discussed using Singapore daisy, *Sphagneticola trilobata*, aka *Wedelia trilobata*, as a ground cover. This is not a good idea, though it has been touted by a well-known permaculturist. He recommends planting this scrambling vine as a ground cover when trying to establish trees. The trees, he said, when they grow up, will eventually shade it out and it won't be a problem.

Other gardeners report this creeper is adaptable and grows equally well in sun or shade. It can tolerate a range of soils from sandy to clay, from acid to alkaline. An aggressive vine growing up to 70cm, it smothers seedlings, ferns and even shrubs. Found in areas of bushland and creek banks in Northern NSW and Qld, probably the result of garden waste dumping, it grows rampantly and chokes out the natives. I wonder how Mr Permaculture keeps the daisy at bay while his trees are growing?

Despite its misleading common name, Singapore daisy is a native of Central America. It was introduced to Australia in the 1970s. Widely promoted as an excellent plant for erosion control, it has since been shown itself to be a menace which grows out of control. There is good reason that it is banned in Qld and NSW. If you already have it, it is difficult to eradicate and maybe you



have to learn to live with it. Perhaps this is what the permaculture practitioner is actually trying to say. Work with what you've got. However, do not introduce this plant to new areas, and take measures to limit its spread. Mowing or slashing just makes it thicker, as cuttings put down new roots and it keeps on growing. Choose native ground covers like scurvy weed, *Commelina cyanea*, to plant instead. Endemic to most of the east coast of Australia this trailing creeper is bush tucker. Shown to be edible by the First Australians, it became popular with the early colonists as a fresh green. Some find this plant can become a bit weedy, but when it grows too much, harvest the excess and cook it for dinner.

Ice-cream bean, *Inga edulis*, is another Central American import that is hard to eradicate. If you are worried yours is self-seeding a bit too enthusiastically, and they have a tendency to, chop it down and chip to make some tasty mulch. As it suckers and grows back, lop the leafy branches and use them to mulch around seedlings. The wide leaves cut the light and suppress weeds. As they break down, the soil gets a nitrogen boost because this plant is a legume.

In South America *Inga spp.* are utilised in intercropping practices to replace the traditional slash-and-burn agriculture that threatens the dwindling native forests.

**Caveat emptor**  
Looking to buy some real estate in the beautiful Northern Rivers? If you're not familiar with local vegetation, get a botanical survey done. What's on your block? Isn't it pretty. Look over the fence. While the property may look lovely at this point in time, maybe the neighbour hasn't dealt with their weeds and they will constantly invade.

Is there a creek or a river? Floodwaters are notorious for spreading weeds. Some you can live with, or even eat, but others will put a dampener on your rural dreams.

Beware of 'priced low for a quick sale'. A thorough slash and a tidy-up before listing can hide a lurking menace. As they say, since the middle ages, 'caveat emptor'.

## Plant of the month



**Rosewood**  
*Dysoxylum fraserianum*

by Richard Burer, Bush regenerator

This tall glorious local tree is in flower this month with cream flowers being followed by a pink fruit capsule and red seed which can be collected once the capsule starts to open in spring. This valuable rainforest tree is common in the valleys of Nimbin and throughout the Northern Rivers, despite it being a logging resource not that far back. Good ID skills will locate this tree in remnant and regrowth dry and subtropical rainforest in the area, its dark glossy compound leaves making an attractive plant for your conservation projects. Easy to grow from seed and with maybe a little care planting in the ground, will get a reasonably fast growing tree, but it needs protection and quality well-drained soil.

## Tarot musings: the moon and the pomegranate

by Grant Walker and Amy B

On a beautiful sunny day while travelling around Australia, I was fortunate enough to come across a pomegranate farm. I had always been fascinated with both the size and colour of the fruit and with some haste I quickly indicated and turned into the driveway.

Luckily for me there was a small kiosk and some pomegranates for sale; I felt welcome enough to place my vehicle into park and after waiting for the dust to settle, open the door on an experience that would soon change my life.

The High Priestess is perhaps the most mystical card of the entire Tarot, regularly it rightly adorns the cover of the Rider Waite Tarot deck and is so often envied by young maidens looking for some magic to enter their lives. The secret to the High Priestess is that the card is full of secrets. Where the Magician invites querants on a journey

of enlightenment with a wondrous experience of the four major elements of earth, this Queen of the Arcana offers no such invitation.

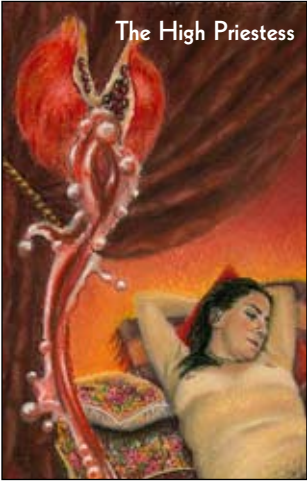
Arthur E Waite left no stone unturned when he instructed the incredibly talented Pamela Coleman-Smith to devise his mystery woman; invoking Hebrew, Greek and Christian mythology. Persephone, matriarch of the seasons, loosely holds in her hands the mythical Torah and placed at her feet, secured by her blue draped dress is a crescent moon.

The daughter of Demeter is magically symbolised by the moon; a divine reference to a woman's close association with our lunar neighbour. One can't help but wonder whether the earth's relationship with the moon is much more than a tidal push and pull on our oceans... but moreover, a clear and ever-present reminder of woman's amazing and often thankless role of menstruation and the providence of divine seeds for the earth's continual renewal.

The fact that the average length of a woman's menstrual cycle sits safely between the synodic and sidereal cycles of the Moon is extraordinary enough, however if we examine Arthur E Waite's card a little closer, we find the mystical fruit responsible for Persephone's seasonal demise into the underworld – the pomegranate.

The presence of the Torah is an invitation to discovery; the solemn tome of course, represents the first five books of the Bible (if you can get past the first chapters of Genesis, I respectfully suggest that it may be worth a read). I was lucky enough to meet a Hebrew scholar in my travels who was kind enough to listen to a heathen's excited praise for a book that he had dedicated his life to.

Before I could leave the scholar, he reminded me sternly, "Beware my friend, our book is much more than just beautiful stories describing my family's heritage; contained



within are in fact 613 commandments from my God." I nodded, thanked him and continued on my way.

The kiosk door swung open and I was greeted by a jovial, large strong gentleman. He introduced himself as George, and I immediately complimented him on his beautiful farm. George was the no-nonsense type and duly informed me, "It's an orchard son, not a farm." With a look that suggested that pleasantries were now over, George kindly invited

me onto his farm for a tour.

The farm, I mean orchard, glowed in bright green and astonishing red; from a distance it appeared to be long lines of jersey-clad supporters from a football game. George was kind enough to tell me about Ph levels and all sorts of mysterious orchard talk, which all went over my head. Then George grabbed a fruit off the tree and split it with a knife off his belt... the fruit spilled forth a bounty of glistening red seeds, worthy of a Queen.

George, from the bottom of his belly, declared without shame or reservation, "God's fruit!"

I meekly asked George how many seeds do you reckon are in there. George laughed and answered: "613! Every pomegranate from the beginning of time, whether it does in fact or not, contains 613 seeds, every pomegranate

farmer knows that."

After I collected myself, I asked George, "Have you heard of the Torah?"

George answered with a puzzled look, "The what?"

"Nothing," I said to George and we continued on with the tour.

Be patient; perhaps now is not the best time to act, instead consider retreating and reflecting under the protection of the mystical High Priestess and her sacred energy.

Rest in the glow of her Moonlight; permit yourself to surrender to a deeper understanding of all things, give yourself more time to unveil the intended meaning of your current circumstances and beyond.

Grant Walker (author) and Amy B (illustrator) are creators of the Seeds of Initiation Tarot Deck and book. See: [www.seedsofinitiation.com](http://www.seedsofinitiation.com)


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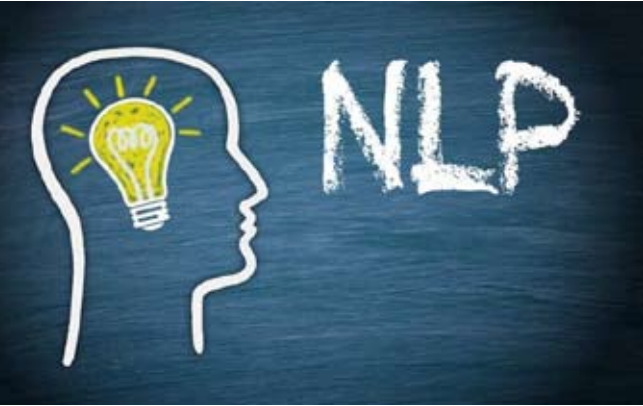
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Language creates reality – an NLP perspective



by Peter Ganser, NLP Master Practitioner

Neuro Linguistic Programming (NLP) can be described as a set of insights that enables adjustments to occur within the “programming” of our minds that allows different results to become manifest in our outlook and day to day behaviours. With change, our interaction in the world changes and the world responds accordingly. One of those insights involves language that we use and how it influences and how our internal world is structured (or programmed). This internal structure determines how we go about our day-to-day life in our outer world. So it follows that by adjusting how we use language, changes will occur to our inner structure and this will result in changes in our day to day outer world. We learn our language from our earliest moments on the planet. We learn that by crying we get attention. We learn that by smiling and “gooing” that we get hugs and cuddles. Later we learn that specific sounds also get results. We learn that the sounds are called words. We learn that how we say the words and how we hold our body can vary the results we get. Most of this we learn by trial and error and based on what we experience from those around us; family, friends, peers, teachers, clergy and so on including TV and video games.

**What do you really understand about the language you use?**

For instance, do you know that your mind cannot understand a non-thing? A non-thing is the absence of anything and everything. This means that when we use negative language, the mind interprets first the opposite (the actual thing) and then negates it or removes it from the way it is represented in your mind, for example as a picture, words or sensation. So if we say, “Don’t think of pink elephants,” our mind immediately creates a representation of pink elephants, and then deletes it. Too late, pink elephants have been registered in your mind and recorded as an event somewhere in your

unconscious. What often happens when a parent says to their child, “Don’t spill the milk” is the child’s mind first makes the representation of spilling the milk then... whoops, too late, the milk is split. Are you blaming the child? I hope you have found another path.

**What can you do to make changes to your language?**

Well, I like to have something that is fun when making a change. It will mean that there is a better chance of sticking with the task for as long as it takes. What I created some years ago was a system based on the swear jar concept. I called it the ‘Don’t Should But Box’. I’ll discuss the words “Should” and “But” at some later time. So what you do is get a large jar or cup and write “DON’T Penalty 50 cents” on it. Why a large jar? Well, it is because you will fill it quickly, especially if you play this ‘game’ with friends, work mates or family. When you are caught using the word “Don’t” in your language, you must pay the penalty. Then you must restructure the language you have used to say what it is that you want to convey with “Don’t” excluded from the language. Best to say what you DO want instead, for example “Drink the milk at the table please.” It sounds simple. Try it for a month, after all it’s simple to do, right? Also, “Do Not” = “Don’t” so find more creative alternatives for your sentence and focus on positive structures. Also think about how you will be spending the “Don’t penalty” earnings – maybe a charity. By doing this little exercise, you are retraining yourself to think in the positive rather than the negative. You will be thinking about what you DO want and so your thoughts and efforts are directionalised unconsciously to achieve them more effectively. If you want to challenge yourself more, extend this to include “Not” and all of its derivatives. You may also want to adjust the penalty amount to suit your budget.

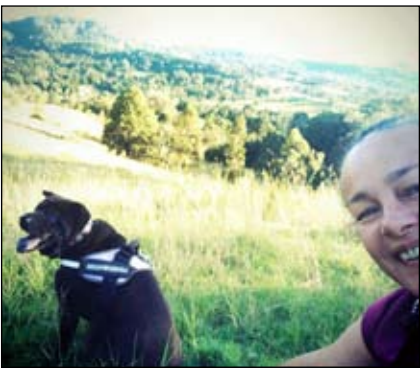
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Being strong for our animals

by Donna Conolly

Being strong for our animals isn’t about being the “Alpha”, nor is it about domination. It is about being a true guardian and caretaker, taking responsibility for our feelings and thoughts while being mindful of the impact they can have on our animal companions. Awareness of this connection can very well assist in strengthening bonds, deepen understanding and allow for clearer communication. We are the emotional thermostat in the household. If we are generally happy, our animals are happy. If we are experiencing lows, our animals will definitely be aware. Sometimes they will do all sorts of things to ‘get us out of’ the funk. If the highs or lows are as a result of something outside the home, or experiencing stress with other humans in the household, the animals will feel this. It is important to maintain some sense of self and take emotional responsibility. Or they may try to “parent” or condole us. This can show up as misbehaviour, disobedience, dominance (taking control) etc. That’s not to say that when you are upset, you can’t cuddle with your cat or your dog or allow your horse to take you for a long relaxing ride to decompress. Make sure that you thank them and let them know how much they helped. We can be emotionally vulnerable and still maintain a certain sense of centeredness. Animals are a lot more understanding than we give them credit for, and are fantastic master healers in their own right. I’m not suggesting that your feelings are invalid or unimportant; it is necessary to

understand the reason for your feelings and process the lessons, rather than creating a feedback loop of thoughts, which can create anxiety in you and your furry companion. Taking emotional leadership in your household also includes controlling feelings of guilt because you have to leave them at home while you work. They can pick up on this, and it can be the seed of separation anxiety. Also be totally accepting of them as whole, healthwise, not focusing on their ailments, or holding unreasonable expectations, such as expecting a “miracle” at the end of life. Instead you could be enjoying those last precious memories. Being with them is everything. A great way to change the situation is through visualisation and seeing exactly the behaviour you DO want and replaying that image in your mind. For example, if you have cats that don’t get along, and your dream would be to sit in harmony on the lounge, then visualise this. Every time you picture them or remember them not getting along, replace the image with the desired outcome, immediately. As humans, we tend to conjure up the “image” of the undesirable action/ situation. Let’s say you have a dog and every time it sees another dog, it gets leash aggressive. We tend to remember the last event on a cellular/energetic level, our body, mind, voice remembers; therefore, our reaction is to become strained, expectant of a similar event. Later that day, the event flashes in our mind on that scene and we carry all of that baggage with it. Accidentally we have sent the image to the animal, they will receive this message with the embedded feelings involved.



To undo this, you need to see this image appear in your mind, take a moment, breathe, remember one of the best moments of your life of joy, excitement, pride – when the impossible was possible! Feel that for a moment and then imagine walking down the street with your dog poised and friendly. Imagine sitting on the couch with your zen cats. If your pet has inherited bad behavior as a result of an adoption, this is the perfect time to help rewrite the story for this animal. You have the chance to rename, and recreate the narrative and potential future of this beautiful animal. Animals would prefer to live in the moment. Taking leadership in these situations is empowering and allows us to develop a sense of our true selves. It is so important to say what you mean, mean what you say, and step up your emotional leadership role in the household. Make sure your ‘projected’ image and emotions are in alignment with your expectations and desires. It is nearly always miscommunication that leads to undesirable behaviours. If this is an issue with you and your fur family, feel free to contact us. We can schedule an appointment and work on some strategies that will create harmony in your home.

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# Natural Law

by Helene Collard

*“Don’t be afraid of being alone... (solitude will) give you the courage to clear your heart.” – R M Drake*

**Slow down. Please.**  
Create space for quiet time...to be...  
This quiet space is sacred. Stop doing in the world. Stop knowing in the world – by this I mean, having an opinion on this or that, or directing yourself (or others) in this way or that. Stop!  
One ingredient many have forgotten in healthy relationship is space. It is in this magical space, when we are still and silent that we can reflect (rather than react) and gain clarity.  
Life can be wonderful, with so many things to engage with and stimulate our senses. Choose carefully and healthily.  
Make time for solitude. From a physiological perspective, this is about giving your ‘stress system’ (sympathetic nervous system) a break, and activating your ‘rest and digest system’ (para-sympathetic nervous system). As well as facilitating the physical process of digestion, the para-sympathetic

nervous system assists us to digest life.  
If we cannot make sense of our world, and all the interactions within it, life becomes something that happens to us, which evokes feelings of powerlessness or loss of control. This in turn, brings on general feelings of not being safe in the world, or in life.  
Feelings of unsafety, have the effect of emphasising our stress system, and we begin to live normal life, feeling as if we are under constant threat. We feel out of control, and become irritable, reactive and defensive – often hurting our loved ones in the process. Their (natural) reaction to our behavior, creates the perfect storm for a cycle of conflict to become the norm, quickly creating a culture of dysfunctional and harmful relating.  
Within this pattern, we begin to perceive every interaction as an attempt to undermine our personal power. Our regular behavior becomes a see-saw pattern,

oscillating between exerting power-over people, and being submissive.  
Understandably, this has the effect of alienating those around you, including those that genuinely care for you. In addition, on the other end of the scale, this pattern also creates ‘idolising’ – where we lift up others to the extreme, praising them at every opportunity, whilst turning a blind eye, (or remaining silent) to their harmful or dysfunctional behavior.  
Even in the most healthy, compassionate environment, if one factor isn’t present, this dysfunctional situation will never change – that factor is physical, emotional, mental and spiritual safety. If your environment, and the people, and other elements in it, are not safe for you (in even one aspect e.g. it may be physically safe, but not emotionally safe) – use this month to create intentional quiet time, to explore and implement ways that increase physical, emotional, mental and spiritual safety for you.

Perhaps though, you may also acknowledge, that you are tangled up in wounds from the past, where, although your current external world may be safe, inside you are still living the pain of your past. Wreaking havoc on you and your current world. Isolating you from the people you love. Robbing you from experiencing joy. What will you do?  
Do you have the courage to create intentional time for yourself, where you can truly sit and reflect? Or will it be, that the people that care about you, will need to create distance from you?  
Either way, this month, healthy distance needs to occur, in order to gain clarity, increased self-awareness and perspective. You will not move forward without it. What will you choose?

*“With (healthy) isolation, everything you feel will sort itself out. I promise.” – R M Drake*  
You are all my relations. All is One. Blessings of love and light.

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# You are not alone

by Suzy Maloney

I recently received a phone call from a woman who rides in a bitless bridle. She had a new riding instructor, who uses bits. The instructor told her she was open to bitless bridles, so my client felt she would be OK, but then the new instructor announced that all the horse's problems were due to not having a bit.

This is an extremely hard situation for any rider, because obviously we go to someone far more experienced than ourselves for lessons. The instructor will always hold power because of this, and we can easily doubt ourselves or even do things we are uncomfortable with because the instructor tells us to. I am so glad she rang me to talk about it.

The thing is, if the instructor had ridden the horse with a bit in his mouth, she would not have attributed all his problems to the bit. The moment a bitless rider has a problem with their horse, the first thing you will hear is it's because they have a bitless bridle. I have yet to hear anyone say that a horse's problems are due to having a bit in their mouth so it should be removed immediately. But the topic of bridle style is first up with a bitless rider.

Other potential reasons for a problem – body pain, lack of training, incorrect riding, environmental issues, poor communication, wrong horse breed or any other reason – disappear. And no horse is ever going to be perfect, regardless of the gear.

Some people have their horses at agistment centres where they are the only bitless rider. Other people can be judgemental about a bitless rider, and just like the instructor, blame any



imperfections on the bitless bridle. The newness of bitless bridles can be confronting for people who are uncomfortable with change. But change is inevitable, and desirable.

Bits have been around for over 5000 years. The modern-day design is almost identical to that from 5000 years ago. We have advanced so far in so many other areas, but the method we use to ride horses has stagnated for far too long. It is time for an upgrade. Bitless bridles are here to stay. All around the world, people are discovering how amazing they are and throwing their bits in the bin.

If you are surrounded by bitted riders, hold your head up high and proud, knowing that you are thinking of your horse's welfare and taking a huge step toward improving this by throwing out the bit.

If you have an instructor who is pretending to support bitless bridles while undermining your confidence in them, but you want to continue with them, you will need to explain that you are not going to ride with a bit for any

reason and ask them if they are happy to continue knowing this.

If they are not, then it is not the right instructor for you. I know it can be hard to state your wishes with some people, but again, if the person is not open to your wishes do you really want them in your life anyway?

There are other people in the same situation. It's a great idea to join bitless Facebook groups or sign up for my newsletter (link at bottom of homepage on the website). There are so many bitless riders now, reach out and feel the support of a likeminded community. Together we can help make the world a better place for horses and grow strong in ourselves as we do it.

If you want to ring me about anything in this article, or just to chat and share your story, please feel free to do so, on 0401-249-263

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## Conversations with horses

by Les Rees, Equine Naturopath

I have a passion for understanding and communicating with animals, especially with horses having grown up with them in my life, and it is my belief that learning the language of Equus opens a door into the fascinating world of animal communication. Once I'd stepped through, there was no turning back.

It can be very confusing sometimes, especially when beginning the journey into a mostly non-verbal language. This is due to the fact that there are so many variations in the degrees of intention, which are defined by specific cues of body language as well as changes in energy that are used in the dialogue.

Given that horses are also attempting to converse with us, both humans and horses can sometimes become confused and isolated, leading to frustration and negative behavioural patterns when these cues are misunderstood.

Unlike horses, humans mostly use a verbal form of communication and don't need to have such a huge dependence on visual cues. Confusion often occurs when horses are expected to learn the meaning of certain word



commands, and this can present difficulties especially when humans don't always use the same word when asking the horse to perform a task.

Therefore, it makes sense that it would be less confusing to use the same word every time you ask for something that needs a specific verbal command.

Horses use varying degrees of visual cues that can also confuse humans. One of the best examples is the reaction humans have to the pinning back of the horse's ears. However, there are several degrees of intention that horses use when pinning their ears back which is often mistaken for aggressive behaviour. Sadly, it is easy to see that either of these examples can lead to confrontational issues.

Each of us has a complexity of indicators defined by our use of verbal and visual language. This can also have an added complexity when you throw individual personalities into the equation. Like humans, horses have specific personalities that help define character traits in the way they connect with others.

This can also lead to challenging behavioural issues if vital cues are missed during communication. A horse with a strong personality may well be pushy and in your face, so it needs to be treated in a different way to a shy horse, and this is exactly where understanding the language of Equus can help to keep things on an even keel.

Continual misunderstanding between

horses and humans can reflect on the feeling of safety together. If your horse feels unsafe with you, why would expect to feel safe with your horse? The failure to recognise the cues of language will define your relationship with your horse which can lead to emotional breakdown on either or both sides.

Horses are excellent readers of energy and can divine your emotional state long before you actually interact with them. This acute awareness forms a huge part of their language, so it's important for them to make accurate judgements concerning visual cues in order to keep within safe boundaries.

Horses are amazing teachers if you're willing to listen to them, they're full of information concerning specific needs and they're excellent communicators when it comes to alerting you to what is going on around them.

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## Help bring back the village



**M**any of us think we know how to be 'a good visitor'. But when it comes to supporting new families, there are some common do's and don'ts which can help everyone feel more supported and supportive.

In our culture, we sort of expect to be hosted when we visit someone. But the opposite is true when visiting a new family.

New parents are most likely exhausted and feeling overwhelmed. So, the last thing they need is someone in their space that needs their attention or expects to be hosted. Meeting the demands of their newborn means parents have little time for cooking, cleaning, housework or shopping. But that's where we can help!

### How to be a good visitor when seeing a new family

1. Give them space at first so they can have time to bond (unless they specifically ask for an early visit)
2. Find out what they like to eat and make a nutritious meal that is easy to digest

3. See if they need you to pick anything up from the store before you come over
  4. Encourage them to rest when you arrive
  5. Ask what they need help with (for example; cooking, washing, laundry etc)
  6. Don't ask to hold their baby (they will offer if this is what they want)
  7. Listen to the parents speak and validate their feelings (don't try to problem solve)
  8. Keep communication open – ask what they need
- This can be a really enriching time for the parents and their friends and family. It's good to keep communicating and really listen to what each other needs. This is not the time for guessing or assuming.

Many people have trouble asking for or accepting help. If you are going to be supporting a new family it can be good to have a conversation during pregnancy about their expectations for postpartum.

Ideally parents start building their support network before their baby is born.

## Doula Wisdom

by Kirrah Stewart

### You can help new parents by:

- Reassuring them that they can reach out to you for help
- Let them know that you'd like to help
- Ask them what they would like help with and learn their way of doing that thing (for example; many people like their washing done a specific way, learn how to use their machine before baby is born)
- Reassure the parents that asking for help is a healthy thing to do and that you are genuinely excited to support them
- Let the parents know when you could be available to provide the support
- Ask the parents what they think they would most like help with
- Offer to help instead of waiting to be asked. This lets the parents know you are willing to help in whatever way you can

By supporting new parents in the early weeks and months, it will make a huge difference. It will give them time and space to heal and recover from the birth and bond and learn to feed their baby.

We can help make this time more peaceful and supported.

With the right support, we can help parents enjoy their fourth trimester and feel rejuvenated and peaceful rather than overwhelmed and exhausted.

It's up to all of us to help bring back the village.

*Kirrah is a postpartum doula and lactation counsellor supporting families in the Northern Rivers. Email: [kirrah@doulawisdom.com](mailto:kirrah@doulawisdom.com) or text 0429-308-851.*

*You can download a free checklist for natural birth at: [www.doulawisdom.com](http://www.doulawisdom.com)*

## Treating Borderline Personality Disorder

**W**hen I first started practising as a psychotherapist, I had a client who intrigued and confused me. We'd just be getting somewhere (or so I thought) after tumultuous emotional upheavals to a quieter place, when another tsunami of emotions would come battering her.

More calm, more intense emotion, more calm... This went on, over and over, for a couple of years, week after week, to the point that I really didn't know what to do. I sought advice from other practitioners and they said all I could do was 'be there for her.' Somehow this didn't sit well with me, but maybe, maybe not.

This behavioural pattern fits the borderline personality criteria. The core features of borderline personality disorder (BPD) are impulsivity and instability in relationships and mood. Their emotions are intense, erratic and can shift abruptly and move from passionate idealisation of the other to contemptuous anger and back again.

I experienced all this. One week, I was glorified and worshipped; the next, I was wrong, wrong, wrong. Neither attribute had any real reference to the me-ness of me.

People with BPD haven't got a clear and coherent sense of self. This manifests sometimes in their ideologies,



by Dr. Elizabeth McCardell

career choices and values. My client, for instance, moved from career to career to career, saying each time that now she'd found what speaks truly to her heart – until the next bout of severe depression swamped her, and then the burst of grandiose discovery of something else more appealing.

The borderline disorder of self is characterised by a reliance on others (a sort of "you are, therefore, I am"), and a particular sensitivity to signs of rejection and abandonment. They equate individuation with withdrawal of the other, and thus they avoid self-expression and self-activation in order to maintain what they see as closeness.

When they feel abandoned, rejected, there is an upswelling of intense affect that may manifest as hopelessness, helplessness and rage, and

thus the giant wave of seeking closeness to the detriment of developing their own agency begins again.

Some may experience transient psychotic and dissociative symptoms when extra stressed. They are also likely to have high levels of anxiety and engage in self-harming behaviours, like binge drinking, cutting (maybe in order to "feel"), suicide attempts, eating disorders, and the like. Such clients, thus, do need support from their practitioner.

Why do some people suffer in this way? There are a few theories, ranging from neurobiological factors: deficits in sensitivity to the neurotransmitter serotonin and frontal lobe problems (the brain's frontal lobes are thought to regulate emotions); social factors, such as childhood abuse; to object-relations theory, a psychodynamic approach, that focuses on the way children internalise how they felt about their caregivers (a relational way of thinking).

The internalised images (object representations) become part of the person's ego and influence how the person reacts to the world.

Object-relations theory, as a way of understanding our inner world, most appeals to me probably because I was shaped by these ideas of psychodynamic therapy since

the age of about sixteen and it is integral to the way I live and work. Our inner life interests me.

In object-relations theory, the person with BPD was a child who experienced and internalised a confusing mix of parental behaviour. They knew love and attention inconsistently given. The child was praised when she achieved scholastically or out on the field, but rejected when she was frightened. In this way, she internalised the disturbed object representations of caregivers.

The why of this, relates to the caregivers' own style of being in the world, their own core sensitivities. These might value achievement over autonomy and individual agency, rewarding dependence over individuation. The child, having such ideas about what it is to be human in the world, modelled by such caregivers, develops an insecure ego that always seeks attachment and always fears being alone but doesn't have the inner resources to seek enduring and nourishing long term relationships.

This is where psychotherapy comes to its own, in the bringing to awareness and activating what inner resources may be drawn upon when feeling abandoned, is where psychotherapy becomes useful, thus providing much more than mere support.



# Bowen Therapy for Parkinson's Disease

While I was living and working in Sydney, I had a few patients who were diagnosed with Parkinson's Disease (PD). Over the years they had weekly or fortnightly Bowen treatments with me, and none of them really showed signs of getting worse. Which is remarkable, don't you think? Their neurological specialists were always happy to find they were stable, but never wanted to know why, even though their medications didn't have to be increased. The symptoms of PD are complex and usually develop gradually, being mild at first

and affect different people in different ways. Main symptoms of PD are rigidity, slowness of movement, tremor, sleep problems, speech and communication problems, fatigue and sometimes depression, memory problems and anxiety. Anyway, the point of my article is that I had amazing results with everyone, in that they followed a protocol by John Coleman, who had recovered from PD. He had two types of Parkinson's but healed himself with naturopathy, Bowen therapy, aqua hydration therapy, Bach flower essences, herbals taken morning and night,

meditation, counselling, and eating a good diet with no added chemicals. Of course it is your dedication to returning to wellness that is the key. When I was still in the UK, I had a man come to me for Bowen therapy and he told me about John Coleman's protocol. He communicated on-line with him, as John lives in Victoria. I followed the frequency of his treatments while he followed the protocol and I was astounded to see this man improve on a monthly basis. He was quite young, in his early 50's and was recently diagnosed. When I migrated to

Australia in 2003, I was lucky enough to be trained by John to assist Parkinson's patients, while they communicated with him at the same time. Treatment for PD sufferers using Bowen therapy will differ to other therapies you may have tried, due to the gentle pain-free technique. Many report a reduction in stiffness, and finding longer-lasting effects after three or four sessions. Bowen is not a cure, however it has shown to be beneficial to those suffering from body stiffness and restriction, allowing them to move more freely. Also the added benefit is complete



by Sonia Barton

relaxation of the nervous system, and the effects of the treatment can last for up to seven days. John Coleman has completely recovered from PD, even though his doctor told him it would be a losing battle. He used

all the methods that he is able to offer to you. His website is called: [www.returntostillness.com.au](http://www.returntostillness.com.au) He offers consultations in his clinic and also lectures to help PD patients and their carers. Bowen is a very gentle treatment that helps the fluid balance and flow of energy, taking away pain and help to restore physical mobility. As your therapist I will encourage you, support you on your journey, and be caring and loving. If you would like to have a chat about how I can help or assist you, please call me on 0431-911-329. I work in Nimbin, Byron Bay and Lismore.

[www.bowenenergywork.com.au](http://www.bowenenergywork.com.au)

## Things that hold us together

I recently experienced an unwelcome sojourn with a well-known phone company – the one that many of us in country areas are forced to deal with, because they're the ones who got here first. There are times, when no known expletive, swear word, is strong enough to fit the expressions of distaste at the corruption we have innocently allowed to slowly, but surely, control our lives. But on reflection of the many English expletives we are inclined to use these days, it appears that every one of them relates to an intrinsic part of our physical form and well-being and turns it into something nasty. So, no wonder we have difficulty with loving ourselves, because every day we are faced with and use affirmations that are demeaning to our well-being.

Decision made! In future, no matter what the blight on Mother Earth, who lack a conscience throw at us, I will not swear! Having seen Telstra in Lismore and after more than normal driving, walking and crying with frustration, painful cramps in the legs forced me to leave my bed in the night, to walk the cramps away. After a third march around the bedroom, I desperately grabbed the bottle of colloidal minerals, which had been hidden in the cupboard for a week, and threw a teaspoon of the unpleasant tasting potion down my throat, diluted with coconut water. Within minutes the cramps had disappeared. Colloidal minerals (always a liquid) do not pretend to appear pretty, but they do much magick in keeping our bodies and minds

together, because a body that is not fuelled with the full quota of trace elements and minerals is a body and mind that will never be totally healthy. They are the fuel that keeps everything else working the best it can; particularly during times of stress. Externally, nails, skin and hair will show a marked improvement if the body has its full share of trace elements and minerals. Internally, the breakdown of connective tissue that causes arthritis and other diseases may not be allowed to take hold, because minerals and trace elements are warriors at the front line that assist in keeping these enemies at bay. And as I have remarked before, unless the food you eat is grown in highly mineralised soil, it does not contain all the minerals and trace elements one needs to be fully



by Tonia Haynes

fuelled for an active and healthy life. A note of caution: if one decides to be clever and begin taking colloidal minerals, start with half the dosage for a couple of weeks. These little warriors clean the rubbish out of the cupboards and shed and the only waste truck available is the blood stream, which takes the rubbish to the dump of

our excretory system – the kidneys and bowel. So too much too soon can make one feel a tad off-colour, until the waste leaves the body. My healing mix of Remedial Massage, Bowen Therapy, Spinal Realignment and Pranic Healing can also do much to remove back, neck, shoulder and limb problems and assist in digestive and emotional issues. And if you have a recurring shoulder or arm problem, or your breathing is less than comfortable, it may be that you have a slightly displaced rib or ribs that so far have not been attended to. Generally, ribs are relatively easy to realign. Like us, they just need the right attention. I am in clinic in the cabin 9kms from Nimbin. It is a delightful spot – well worth the trip. Phone now for an appointment, on 0439-794-420. May we all dance on the barbed wire fence with grace and ease.

## Past life regression, karma and ascension



by Auralia Rose

Have you ever considered how Past Life Regression can accelerate your ascension process? The past can hinder your present. It can weigh you down and hold you back from becoming who you are really meant to be. If a past life is negatively affecting your current lifetime, you have karma which still needs to be cleared. I think we can all agree that we are currently going through a tumultuous time on earth and most of us have accepted life will never return to "normal", which is a wonderful thing as far as I'm concerned. Powerful cosmic energies are flooding our planet through mass solar activity,

becoming exponentially stronger, having the effect of exposing all the old dark energies and entities that have controlled us and affairs on earth for many thousands of years. We are in the long-prophesied Great Shift, which tells of a huge revolution in human consciousness, a phenomena which happens approximately every 26,000 years. We all carry light and dark within us and these powerful energies are forcing us to clear our shadows and heal as much karma as we can to prepare for this Great Shift. This needs to occur within us before it can occur around us, and will happen when enough of us have done sufficient inner clearing of our density to allow more light to enter our Beings. So where does karma come in to it? To go through this shift, we must be in alignment with our soul purpose and true divine essence, and take the appropriate steps to clear our karma. In this way we clear the long held traumas, beliefs and fears that have impeded our ability to experience our true Being and bring more

peace into our lives. When energy blockages resulting from our past are released and removed, they impact the cellular memories held within our body, clearing many other blockages. Most people currently on earth have chosen to clear large amounts of their karma in order to ascend out of 3rd dimensional consciousness into 5th dimensional consciousness. Our families are often a hotbed of karma, amassed over several lifetimes together. Love 'em or hate 'em, we provide each other with a perfect opportunity to clear masses of karma. Sara Wiseman, author of *Heal Your Family Karma: Release The Seven Shadows*, states that most families struggle with one or more karmic shadows: abuse, addiction, violence, poverty, illness, abandonment, and betrayal. Past Life Regression gives us the opportunity to recognise the lessons embedded within our family relationships. If we can find compassion and forgiveness for our family members for whatever the karmic shadow is, we can release the karma. Of course, this is not limited

to family relationships, but all relationships. In this way we clear the long held traumas, beliefs and fears that have affected our ability to experience our true Being and bring more peace and love into our lives. When an old pain or trauma which is held in the body and the soul as an energy blockage is released and cleared, it also impacts other cellular memories, clearing many other blockages. If this all seems like hard work, remember you have volunteered to be here at this time in order to heal the wounds of your soul, through finding forgiveness for self and others, releasing karma and density held in your cellular memory, in order to find more ease, peace, love and joy. You then naturally raise in consciousness, reconnecting and integrating with more of your Higher Self. Believe me, everything we can do in this way is so worth the effort! Be the Light. If you think I can assist you in clearing some of your karmas and shadow self, please contact me on 0422-481-007 or go to: [auraliarosewellbeing.com](http://auraliarosewellbeing.com)

## Bitcoin what?

by CryptoHippy

The crypto party has reached the mid-level bush doof scale. It's starting to attract some big names (the banks), there could be cops (regulation and tax) coming to bust it up, but it's still pretty hard to get to, you sort of need to know the right people to get in, and it's just not for everyone...not yet. Of course there are some people at the doof that have been coming for years, before there were toilets, and you had to walk in, and there was that one time when people's tents got robbed. OK, that happened a few times. Now there is a road in and parking at least, and unless you take the really weird drugs (shitcoins) it should be possible to party safe and find your way home again. Maybe poorer, but maybe richer, from the experience. To further strain the metaphor, I am pretty sure that this party is going to have its Woodstock (and Aquarius Festival for that matter) moment at some point in the future. When the culture gets up enough momentum to actually change the world, at least some small part of it.



This is most likely when there is another inevitable catastrophic global economic disaster, and then the crypto world actually holds up better, and recovers more quickly than some of the other more traditional global economic systems. You should probably at least learn a bit about it before that mania sets in. But that is the future, and for today, it's still a pretty rough bush party where you don't really 100% know where you're going, definitely want to keep an eye on your stuff, but could be the most fun and rewarding time you will have with your gambling money for a while. If you think the time might be right for you, and want to know a good place to begin, google "go bankless" and click the ultimate getting started guide link near the top.