

## NIMBIN BOWLO

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### ADVICE FOR MEMBERS & GUESTS

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

**The Club is now open with Covid-19 restrictions**

Wednesday, Thursday and Sunday: 2.30pm – 6pm  
Friday and Saturday: 2.30pm – 9.30pm,  
with Bistro open 5pm – 8pm  
Sundays 9am – 6pm



# 101 ways to eat a cucumber

## Food Matters

by Evie Fairley

The one fruit that has managed to survive the summer rains and provide a continuous abundant harvest in my garden is the cucumber.

Cucumber is indeed a fruit and, although the line that defines a vegetable from a fruit is somewhat blurry in the culinary world and has more to do with flavour and texture, botanically it is very much a fruit.

A fruit is formed from the ovary that exists within the flower and houses the seeds that will eventually grow into new plants. Fruit is what allows a flowering plant to reproduce.

Conversely, 'vegetable' is a term reserved for all other parts of the plant: stem, leaves, roots.

The humble cucumber, with its subtle flavour and crunchy texture, is extremely versatile and can easily cross the blurry culinary line to be used with other fruits or to be used as a vegetable, raw or cooked.

- Blend it with honeydew melon and make icy poles;
- Add it to your green smoothie for extra minerals;
- Make quick pickles with rice wine vinegar, toasted sesame oil, chilli salt and sugar that you can start eating within three days;
- Stir fry it quickly with garlic, and garnish with sesame oil and toasted sesame seeds;
- Chop it up with new season apples to offset the sweetness of the apple;
- Or munch in the garden whilst harvesting more to eat.

So while I've been busily sharing them with friends and neighbours, I have also



been compiling in my head 101 ways to eat a cucumber

Here are a few simple recipes if you find your cucumber vine swollen with fruits:

### Cucumber and cashew nut curry (vegan)

2 long cucumbers peeled  
200gms raw cashews  
1tsp cumin seeds  
1tsp coriander seeds  
1/2 tsp chilli flakes  
1/2 ground turmeric  
400ml coconut milk  
2 small green chillies finely chopped  
2cm cinnamon quill broken in half  
2 onions finely chopped  
8 curry leaves (fresh is better, but dried is OK too)  
1/2 tsp both dill and fennel seeds, lightly crushed

#### Method

Soak cashews in water for 30 minutes while preparing everything else.

Dry roast the cumin and coriander seeds, then grind to a powder and mix with turmeric and chilli.

Slice cucumbers lengthways and remove the seeds, then cut on an angle 1.5 cms lengths.

Place cucumbers, cashews (drained), coconut milk, ground spice mix, chopped chilli and cinnamon in a saucepan. Simmer for 10 minutes until cucumber and cashews are both tender.

Heat sunflower oil in a separate pan and once hot add onion and curry leaves, dill and fennel seeds. Fry over a medium heat for 5 minutes until the onions are golden, then pour over the cucumber curry and simmer for a further 5 minutes.

Season with salt and serve with brown rice.

### Cucumber noodles with avocado and bell pepper sauce (raw vegan)

1 large cucumber  
1/2 yellow bell pepper chopped  
1/2 green bell pepper chopped  
1 red bell pepper (chop one half, save the other half for the sauce)  
1/2 avocado  
Juice of half a lemon or lime  
Cherry tomatoes halved (as many as you care for)  
Pinch of fresh thyme and salt to taste

#### Method

To julienne the cucumber, simply run the julienne peeler lengthways. Once you reach the soft watery centre, turn it around and julienne the other side. Save the centre to use with the sauce.

To make the sauce, place the chopped cucumber centre, 1/2 red bell pepper, 1/2 avocado, lemon or lime juice, thyme and salt into a food processor. Blend until you have a thick creamy sauce – it doesn't have to be super smooth.

Place the cucumber in a large bowl along with the chopped bell peppers and cherry tomatoes, add the sauce and combine.

**Yum!**

## Moroccan Harissa lamb

*with spices, preserved lemons and couscous*

*A food of the Maghreb, the Northwest African lands bordering the Mediterranean Sea*

by Thom Culpepper

The Maghreb is the area that contains the countries of Algeria, Libya, Mauritania, Morocco and Tunisia. The cooks of these lands are Maghrebi and their cuisine is in the main of Berber origin.

The region is predominantly Muslim and as such halal food is usually prepared and eaten.

A broad variety of spices is used in the majority of Berber cooking.

One of the best known Maghrebi preparation is couscous, made from wheat semolina, which accompanies most meals.

The Tagine is the regular cooking mode. These colourful cooking vessels are seen in their true beauty in the souks of Marrakesh.

For cooking, the dishes are loaded into the bread ovens following the morning's baking, allowing for very long low-heat cooking.

Prepare the lamb by rubbing Harissa paste over the whole surface, and allow four hours or overnight for the spices to penetrate.

Pre-roast or grill the vegetables.



#### Ingredients

2 kilo lamb shoulder, boned and rolled  
150 gm of Harissa paste  
2 carrots halved, plus 1 chopped  
1 aubergine (eggplant) quartered  
3 red onions, 2 halved, 1 chopped  
4 pieces of pumpkin  
3 knobs of garlic, 2 halved through the apricots, 1 diced  
16 green olives  
4 tbslp olive oil  
1/2 salt-preserved lemon, skin only, thinly sliced  
3 dspn of 'ras el hanout' spice (see wikipedia)  
1/2 cup of dried chopped apricots or 1/2 cup of dried sultanas or dried figs.  
1 tbslp honey

100 gm of chopped ginger  
1 tbslpn 'smokey' paprika  
1 tbslpn pomegranate molasses  
1 dspn of chopped fresh mint  
Salt to taste  
Pinch of dried chilli flakes  
Pomegranate arils as eye candy  
Couscous: 2 cups plus water and a little turmeric or saffron water if you can afford it. Prepare as instructed, or you may use veg or animal protein stock to make up the couscous

#### Method

Following marinating of the lamb in the harissa paste, fry the rolled lamb in olive oil, all over, 'til it is light brown, then rub the paprika into the roast. Set aside.

In the tagine, lightly fry the onions to wilt. Add the chopped garlic and chopped ginger with a dessertspoon of 'ras el hanout' in olive oil.

Bed the lamb in the tagine on the preserved lemon rind, pomegranate molasses, the olives, the two carrots and the apricots or dried fruits of choice.

Lid the tagine, add some stock or cup of water and cook (low heat) for about 30 to 40 minutes.

Now add in the pre-cooked aubergines, halved onions, pumpkin, extra carrot and cook for a further 15 minutes.

Serve over the couscous, garnish with cilantro, pomegranate arils, parsley, mint and for a bite, a sprinkle of dried chilli flakes.

**Footnote:** We need at least two fully-funded doctors for the Nimbin hospital. 'Health, law and ageing' – it's your remnant-life! Join the number count, speak up together against obscene, inadequate funding. Email: [NorthernRiversSeniorsUnion@activist.com](mailto:NorthernRiversSeniorsUnion@activist.com)

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### Weed Words by Triny Roe

Weeds pop up everywhere. But what you think is a weed, to others it is a valuable food or fibre source.

Maybe that plant is useful, but we all have a responsibility to manage weeds and prevent their spread.

Weeds are considered a major threat to biodiversity and invasive species threaten many vulnerable and endangered ecosystems as well as reducing crop yield.

So what is that new plant that has just appeared?

**Step one:** Identify. Social media pages that cater for specific groups such as gardening or bush-regeneration can help identify plants that spring up in the garden, paddock or the bush.

Post a couple of good quality pictures, preferably the whole plant and a close-up of flowers, if available, and leaves. Something in the picture to gauge scale is useful.

In the case of large trees, a close-up of the bark can aid in identification.

## Options for weed control

Double-check suggestions made by well-meaning people. Not everyone will be right, but once you have a name you can explore further to confirm identity.

Note that some plants can look very different depending on the microclimate where they are grown. Leaf size is often larger in the shade to compensate for the lower light levels.

**Step two:** Once you know what it is, decide how to deal with it. Chemical-free is popular, though labour intensive.

The debate on herbicide use, particularly glyphosate, continues. Tim Low, author of *Wild Food Plants of Australia* (1991) and *Feral Futures* (2002) has recently completed a report into glyphosate.

He explained in an online presentation for the Australian Association of the Bush Regenerators' AGM that he wrote the report to provide some clarity on the issue after concerns about poor media reporting.

Commissioned by the Invasive Species Council, this document is available for download on their website. Low writes clearly and explains the difference between risk and hazard.

While IARC declared glyphosate a probable carcinogen, it is lower on the list of hazards than sunlight, alcohol, wood dust, air pollution and eating processed meats.

Consider hazard versus risk. There might be a hazard present, but when used in accordance with safety guidelines, such as wearing protective clothing, the risk is very low.

IARC assesses only the level of

hazard and not the actual risk. Current research indicates that glyphosate, if used as directed, will not cause cancer. Alternatives to glyphosate, having been much less studied, could be even worse.

Byron Shire Council embraced herbicide-free weed control in 2013, particularly for public areas, and purchased a steam weeder.

While this has been successful on footpaths, garden beds and playgrounds to treat recurring annual weeds, steam cannot kill woody weeds or vines, so is not practical for bush regeneration.

Roadsides were managed by slashing and brush-cutting. However, after a time, it was found that there were even more weeds and a bigger spread.

The current policy is now to use herbicide only on priority species and encourage low-growing species on roadsides to reduce maintenance.

Stopping the spread is important. Some weeds leave the garden by themselves, being carried by wind, water and wildlife to new locations.

Others are aided and abetted by people. They come on earthmoving equipment, mowers and other machinery, in compost and landscaping supplies or animal feed.

Weeds can come in pot plants – just because you buy it in a nursery doesn't mean it's not an environmental weed, so take care where you dump garden waste. Chucking it down the gully, in bushland or on roadsides is not appropriate. Join a Landcare group to learn more about weeds.

Happy weeding.

## Plant of the month



### Native Elderberry *Sambucus australasia*

Selected and photographed by Richard Burer

March brings us a dainty favourite, Native Elderberry.

This small spreading shrub is indigenous to the Nimbin area and can quite get unnoticed. This species can be found on rainforest margins, its yellow cream flowers exuding a heavy sweet scent.

This edible berry can be variable in taste, and this species is a good all-rounder for your conservation projects and or bush food garden.

Don't confuse this species with common elderberry which while useful medicinally and a beverage favourite, it is an exotic weed which can be hard to manage.

*Richard Burer is a Nimbin-based natural area restoration consultant and contract bush regenerator.  
richard.burer@gmail.com*

## Weed ID workshop

Nimbin Environment Centre presents another Weed ID Workshop on Sunday 21st March, 8am – 12 midday, led by local bush regenerators, John Blatch and Tristan Mules.

The weather was not on our side, and the February event had to be postponed.

Join in for a plant identification workshop (weeds and natives), hands-on hand-weeding practice, bring your gloves and hand tools. Please wear a hat, covered footwear, long sleeves and long pants, and bring your water bottle, morning tea, and a notebook and pencil.

Register your interest with Nimbin Environment Centre by email: [nimbinenvironmentcentre@gmail.com](mailto:nimbinenvironmentcentre@gmail.com)



[gmail.com](mailto:nimbinenvironmentcentre@gmail.com) or phone 6689-1441 during opening hours, 11am-4pm.

Or come into the shop at 54 Cullen Street and leave your contact details.

This project received grant funding from Australian Government's Communities Environment Program.

## One second – that's all it took

by Simon Thomas

Recently, a friend shared the following lore: "Time and time again, research shows voters want policies that occupy the middle ground."

It was a good point, but got me to thinking, the middle ground of what?

I think part of the problem is that our brains are not wired to be capable of understanding deep time and how long it took to create the precise Cinderella conditions that allow us to exist as organisms on this planet now. The Earth wasn't always this cushy.

According to studies, life began on Earth some 4.6 billion years ago. Let's call that Lyfe.

If we compressed Lyfe into 46 years, then the two centuries which have passed since the industrial revolution, and the time when European culture was imposed upon Australia, represent only one second.

How much damage have we inflicted in that fragment of time?

I have experienced only a quarter second

of Lyfe, but I feel like I am old and wise. That's a problem. In that same quarter second, humankind not only invented plastic but have filled the ocean with so much of it that soon there will be more rubbish than fish. Remember, it took all 46 years for those fish to manifest.

We understand that our lives depend on a ready supply of oxygen and wholesome water, services which are provided by ecosystems around us, but still our assault on them proceeds virtually unchecked. In Australia alone we cleared 3.8 million hectares of native vegetation between 2010 and 2018.

In one second of Lyfe, the number of people who live on planet Earth has ballooned eightfold, and the quantity of resources which each person uses has mushroomed as well. Even my friend who sits on the sidewalk in Kathmandu shining people's shoes for small change has got a smartphone. It's nuts.

In that second of Lyfe, we have produced thousands of toxic substances, many of which we spray directly on our food and we have built enough nuclear weapons

to destroy all of civilisation many times over. Where is middle ground compared to that?

We barely know what troubles we have already unleashed in our orgy of ecosystem annihilation, patterns that play out over hundreds or thousands of years, we just have no idea. But still we trample Mother Nature with psychopathic zeal.

80% of insects are already gone, thousands of other species extinct, and a million more are threatened by human activity. But if you fight to defend the last few meagre remnants of native forests, you are branded extreme.

Surely, destroying every living thing around you, and then living in a concrete box creating volumes of waste and greenhouse gas would seem extreme to the outsider?

How many seconds of Lyfe do you think this model of society can last?

People talk about goals for 2050 or even 2100. Rarely do people dare predict what this earth would be like to live on 1000 years from now if we retain our current paradigm. It's only five seconds of Lyfe.

## Family Healthcare Open Day

9.30am to 2pm  
Sat 20th March

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### Debbie Rayfield

Debbie has over 35 years experience in homeopathy and naturopathic nutrition, and is a Registered Nurse.



### David Robertson

David has a Bachelor of Natural Health Science in Acupuncture and is a certified Ziran Qi Gong practitioner.  
• [byronthc.com](http://byronthc.com)



### Sonia Barton

Sonia offers Bowen Therapy, Emmett Technique, NST and Reiki healing.  
• [bowenenergywork.com.au](http://bowenenergywork.com.au)



Living with roosters



by Richard Jones

We hung our 'Land for Wildlife' sign on a camphor near the front gate. A local farmer decided "wildlife" included unwanted roosters.

Three roosters came strutting across the green grass one morning in all their elegant magnificence, and were clearly hungry. Jo and I decided to name them after presenters on the *Antique Roadshow*: Alistair, Rupert and Sebastian.

They roosted in a tree up our lane, and at dawn every morning trotted down the road to eat at the newly-installed hanging rooster feeder outside the kitchen door. We bought organic vegetarian layer feed from the farmers' co-operative, and they gave us strange looks when we said it was for roosters.

The three amigos spent every day with us, sitting on the veranda rail crowing, pecking on the lawn and occasionally fighting and always pooing. As the light faded, they walked single file back to their roosting tree. This continued for a while, then one morning only two turned up.

The next day only Rupert arrived, who was third in the pecking order. I went up the road to check and saw feathers by their tree.

Next morning, I arose at dawn to meet Rupert as he jumped from the tree. Further up the road I caught sight of Madam Fox about to cross the road to claim her third victim.

I yelled at her and pointed a warning finger. It seems insane in retrospect, but I continued escorting Rupert down the road for a number of mornings. A neighbour driving to work just after dawn must have thought I was quite crazy.

Finally, I managed to convince Rupert it would be easier if he roosted on my pottery wheel in the studio! He settled into it but wasn't alone for long and was soon joined by others. At one point we had six roosters!

Then one day a fully-grown male peacock wandered in and took up residence. He and the roosters got along quite serenely. We named him Shiva and he spent much of his time displaying his feathers to the roosters and showing us just how magnificent he was.

He deposited the largest poos imaginable all along the veranda and the old slate

pool table outside, purloined from a pub somewhere by previous owners of the property.

One evening Jo found a thin, frightened one-eyed rooster quivering near a post on the veranda. We didn't think he'd survive the night, but we named him Mr Black. After a couple of nights and lots of sunflower seeds later, he joined the others in the Seville orange tree by the house. His closed eye opened.

Apparently Mr Black had been the pet of a young boy and was imprinted on humans. He's the only rooster we were able to pick up easily. One by one, the roosters were taken by foxes or hawks, including the peacock. That's life in the wild.

Only Rupert and Mr Black remained for a couple of years, in a fitful relationship. Rupert had been here a year longer and therefore was the boss. It didn't matter that Mr Black's spurs were twice as big as Rupert's.

Mr Black always acceded to Rupert's seniority. Sadly, a few weeks ago age caught up with Rupert. He fell sick and died of a heart attack.

Mr Black is now our sole rooster. He sleeps quite grandly in the purpose-built Cluckingham Palace.

Mr Black, who's also getting on now, has been sick. We took him to the vet and it appears he had a bacterial infection. We'd love to get him some hens, but he's a still too under the weather to have company. It's a bit of a Catch 22.

Meanwhile he made friends with one of the brush turkeys who live here. They have dust baths together and even sunbathe together.

He follows me everywhere and sits in my studio listening to Mozart and Bach as I throw pottery. We both spend quality rooster time with him during coffee breaks.

As rooster numbers diminished, brush turkey numbers increased. As the forest grows and becomes denser, other creatures are increasing in abundance. Life gradually returns.

What will turn up next?



The election is coming

Time to look at the bigger picture

by Yagia Gentle

When I go for a morning walk I look up at the trees and I don't see any koalas.

A hundred years ago men with guns went around Australia killing them for their fur. The fashionable ladies in Europe and America wore them as coats and scarves. The men got their money and the fashionable coats have long gone, and 100 years later there are no koalas in the trees.

This is an animal that is so evolutionarily advanced that it is able to get nutrients and water from gum leaves. Whole ecological systems have gone for short-term profit.

In Western Australia, bauxite is mined for making aluminium. Jarrah trees, and other specific plants, are unique to this part of the world, as over millions of years they have adapted to using bauxite, and along with them is a whole lot of animals that need those plants.

Take out the bauxite and the whole ecology collapses. A few people get rich, aluminium ladders and aeroplanes last a few years, and that's how our system works.



Truckload of koala skins in the Clermont area, ca 1927

Currently our prime minister, Scott Morrison, is touting a 'gas led recovery' as an answer to climate change. Fracking in Australia has been shown to be unpopular, abhorrent to Aboriginal people, air and water polluting, and employs few people. Beetaloo Basin in the Northern Territory is being subsidised by the Federal government by \$100 million, and there are justified fears that the toxins will spread through to the neighbouring MacArthur basin.

They tried this around here, and were about to send 800 police to break up the protest at Bentley, near Lismore, before succumbing. The reigning politician at the time, Thomas George, lost 17% of the vote.

In the Northern Territory the people with concern

for the environment and Indigenous rights are still struggling with mining companies.

The MacArthur river mine, owned by Glencore, is one of the largest zinc and lead mines in the world, and is geared to destroy the entire MacArthur river ecological system.

The company itself has said that when mining finishes in 17 years, the area will need monitoring and maintenance for another 1,000 years, yet last year the government slashed its environmental bond by \$120 million.

Corruption is rife in the halls of government. Mining companies 'donate' to political parties, and are a big influence on their policies.

This is perpetuated by the likes of the Murdoch media empire, which owns 90%

of Australia's media and is fighting to bring down the ABC, leaving small outlets like the *Nimbin GoodTimes* to carry the banner of holistic news.

The justification is that Australia's economy runs on mining, but the truth is that it's been set up that way.

Norway has a system where the mining companies are kept under control, and South Korea, with a population over 50 million, is thriving without mining anything.

In fact, the only major political party that doesn't accept donations with strings attached is the Greens.

There is an election coming up later in the year, and apart from donating to the EDO, the legal arm set up to fight against environmental destruction, voting appropriately is about the only real influence an Australian citizen has.

So don't be fooled by calendars and fridge magnets the local politicians leave in your letterbox. Look at the policies.

The ogre of climate change is at the doorstep, and the animals and poor people of the world are suffering. This election, vote with a clear idea of how the future should look.

My Reiki story

by Donna Connolly

First of all a brief description: Rei = soul/spirit; Ki = vital energy. Reiki is a subtle yet powerful healing modality, using energy, frequency and sacred symbols originating from ancient Japanese traditional roots. Reiki allows the body, mind and spirit to rejuvenate on a cellular level.

People often learn Reiki because they want to heal as well as evolve, shine and bring healing into their own lives. Reiki is known for being the "hands on healing" technique and while it is, this is only one aspect of a rich and wonderful healing system that always starts with self.

Reiki is a holistic therapy that promotes deep relaxation and restores balance to the entire body, while optimising health including self-soothing during times of stress.

Other benefits of reiki include pain relief, detoxing the body, transmuting past trauma, accelerating recovery after surgery, illness or chemotherapy; and is a wonderful tool for ongoing therapy and maintaining optimal health and well being.

Reiki Precepts. These are basic principles to guide you through life, and assist you with your practice:

- Do not anger;
- Do not worry;
- Show gratitude;
- Be true to your way and your purpose;
- Show compassion to yourself and others.

In 1998 I was studying naturopathy in Sydney. Remedial massage was part of the core curriculum, and I had to find willing participants to practise on, including a gentleman who had muscular atrophy (muscle wastage) who was wearing leg calipers to get around.

During the session, his leg flew into the air and started spasming. I was very apologetic until he explained that I had relieved a blockage. He asked if I had heard of reiki, and went on to explain the basics.

That afternoon I caught the train back to Sydney, and sitting on the seat beside me was a brochure explaining reiki... interesting!

During class the next day, the lady from admin came in and asked if anyone was interested in learning reiki that weekend. I was thinking I'd love to, but I was working. I went to work that afternoon, and they asked if I wanted the weekend off. Well, yes please.

That's where it all began, and on my first attunement I could see auras again. The next day, I gave another participant a remedial massage infused with reiki, and we both saw all the same colours in sequence.

Reiki has been a huge part of my life. I've used it on plants, animals, cars, situations and of course humans and most of all on myself.

I have seen reiki work amazingly well on animals, as they don't have any agenda and they respond so well to the natural healing energy. Whether they are near or far, the outcomes are just as beneficial.



I've since had the great privilege to work with Kathleen Prasad in New York. Kathleen is known as the godmother of animal reiki. It was at Catskills Animal Sanctuary in New York where I gained my Reiki Masters and teaching degree.

We learnt to chant the symbols and precepts in Japanese and saw first-hand the amazing impact reiki was having on these beautiful animals. Even horses without eyes came up to us on their own accord, purely for the reiki energy.

If you are interested in learning reiki, we have a Reiki 1 workshop weekend coming up on 20th-21st March.

This certified class will be interactive, with practical experience. You will learn a unique blend of hands-on applications, conscious reiki, meditation techniques and basic theory which also includes the fundamental differences between human and animal reiki (guidelines and principles) and a comprehensive manual for you to take home.

We would love for you to join us for this awesome two-day journey into self-healing and understanding reiki energy.

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# Animal empathy

by Les Rees,  
Animal Naturopath and  
Massage Therapist

It seems that the human race still has much to learn about the empathy of other animals that inhabit our planet.

I'm constantly seeing images on social media of wild animals connecting with others less fortunate than themselves, offering a protective role to different species. It always surprises me that most of the comments have an element of surprise from people who haven't noticed that animals often display empathy for weaker individuals.

Today there was news of a goose that was found stuck to a pole in ice, struggling to free itself in freezing conditions. It was protecting a young puppy which was snuggled under its wing in an attempt to keep it warm. Fortunately, they were rescued and have been rehomed together.

There was also an image of an orang-utan offering its hand to help pull a trapped man out of a boggy river. I suspect that the orang-utan may have once been orphaned and raised by humans, but it still displayed concern and empathy.

I personally find this very interesting because it proves that animals not only recognise weakness, but they also demonstrate sympathy for others in need. There's plenty of anecdotal evidence to suggest that it's



quite common in the animal kingdom even between animals that would normally be prey.

Many years ago, our house cow struck up an unusual relationship with a duck. They became inseparable in spite of having others of their own species around on our farm. They even lay down to sleep together, Donald lying between Sophie's front legs. Occasionally she'd get up carefully to avoid stepping on Donald and wander off.

Much to our amusement, she was ticked off by an irate Donald for leaving him behind. On another occasion I saw Sophie nose to nose with a wild rabbit. Neither seemed afraid, in fact it was as if they were just spending some time chatting together.

I believe that all animals are sentient, and that like us they have the same needs for

survival in our world. They have a nervous system that enables them to feel things through their physical senses. Like us, they demonstrate fear, happiness, delight, gratitude and unwanted emotions in the form of pain, frustration and fear.

If you have experienced a horse, dog or cat dreaming, why would you imagine that they would be incapable of thought processing. In the past scientists put emphasis on brain size to determine whether other animals were capable of sentient behaviour.

Fortunately, that thinking has changed as they have discovered that animals mostly use nonverbal communication and therefore don't need the extra size of brain. An important thing given that they wouldn't survive in the world if they made too much noise.

It seems to me that humans spend a lot of time disassociating themselves from the rest of the animal kingdom in failing to understand their humble beginnings within the family tree. The word anthropomorphism is bandied about to quash "uneducated" ideas about nonhuman animals but we are all animals and we are discovering that we share far more common traits than was originally thought.

It seems ridiculous to imagine that animals don't feel emotions or have the capacity to feel empathy for others in the animal kingdom when we share a world that is interconnected by symbiotic relationships that enable us to survive together.

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Suzy Maloney B.Eq.Sc. 0401 249 263

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by Suzy Maloney

I am incredibly happy to announce that the Bitless Pony Club is starting in March!

The Club has been created to support young people to become empowered and confident equestrians through compassionate connection with horses. Young people aged 8 to 18 of all genders who desire to interact with horses using Natural Horsemanship principles are welcome.

Bitless Pony Club is a place where you can bring your horse and be with other young horse enthusiasts in a supportive, non-competitive, fun, learning environment. Rally days include

## Bitless Pony Club

jumping, dressage, liberty, yielding, animal communication, desensitisation, clicker training, connection exercises and so much more.

We have three highly qualified bitless instructors each with specialist expertise and a huge year planned!

Our Core Beliefs and guiding principles are as follows:

- Recognition that horses are sentient beings.
- It is not OK to harm others to achieve your goal.
- Understanding that 'Force starts where knowledge ends', we endeavour to impart equine knowledge in such a way that young people have relationships with horses that are kind and compassionate.
- Non-competitive – we encourage young equestrians to help and support each other rather than competing against each other. Young equestrians can measure skill progress against themselves, not others.

In line with these core beliefs, horse gear that inflicts pain on horses will not be used (e.g., bits, spurs, tie-downs, martingales, etc). Participants can ride or lead their horses in the classes. Those who want to ride and are still learning the skills to be able to ride independently, will need a parent or helper to lead them.

The rally days are held on Sunday every four weeks, from March to October (to

avoid the summer heat!) from 10am to 3pm. There will be morning classes from 10 to 12, lunch break, then afternoon classes from 1 to 3pm.

Sessions are a mix of ridden and groundwork activities. Young equestrians will have a chance to experience a wide range of horse activities over the day and be exposed to engaging bitless knowledge and equine concepts.

Dates are as follows: 28th March, 25th April, 23rd May, 20th June, 18th July, 15th August, 12th September, and 10th October.

A one-off Bitless Pony Club membership is \$50. The day fee is \$50 for members and \$75 for casuals. Numbers are capped at 12 to ensure every person receives quality instruction and support from the instructors. The venue is at Teven, with an undercover arena, roundyard and lots of other great facilities.

Enquiries can be addressed to Suzy, contact details and Facebook page below. The rally days for the year are posted as events and can be booked and paid for through the Facebook page. See you there!

Happy Horses Bitless – Considerate Horsemanship. Phone 0401-249-263  
Email: [suzy@happyhorsesbitless.com](mailto:suzy@happyhorsesbitless.com)  
Facebook: Bitless Pony Club  
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# Am I making enough milk?

## Doula Wisdom

by Kirrah Stewart

Although breastfeeding is natural, it is still a learned skill that requires a good support network. The time it takes to exclusively breastfeed is the equivalent of a full-time job, so extra support is essential!

Part of a good support network includes experts that can help if any problems arise.

A common worry that comes up for new mothers is, "Am I making enough milk?"

A huge number of women are not meeting their own breastfeeding goals, and many times they stop early due to perceived low supply, or their baby not gaining weight at the expected rate.

### Is the baby drinking enough?

If you're breastfeeding, you can't 'see' exactly how much milk baby is consuming. But there are some signs that you can look out for. Can you see or hear your baby swallowing? Does baby seem satisfied after feeding? Is your baby wetting at least six nappies a day? Is baby pooing regularly? Is baby gaining weight as expected?

### Does the baby have a health issue?

Some babies are born with



tongue-tyes that make it difficult to feed effectively.

Other conditions that could affect the breastfeeding relationship are Down Syndrome; being born prematurely; and nervous system or gastrointestinal abnormalities as well as other oral-motor dysfunctions.

### Seek the help of a professional

If you suspect something isn't right, it is a good idea to have the baby checked by a lactation consultant or paediatrician to check for tongue-tyes or other medical conditions. It's important to have the latch assessed to see if the baby is efficiently removing milk.

If problems arise, the mother can see a professional to make sure she doesn't have conditions that can hinder milk production (or release)

like inverted nipples, thyroid dysfunction, Polycystic Ovary Syndrome (PCOS) or insufficient glandular tissue (IGT or breast hypoplasia).

It's worth reiterating that adequate support is super important for breastfeeding success. A postpartum doula and breastfeeding counsellor can make the world of difference to your experience in those first few months after birth.

### Increasing milk production

There are many things that can help increase milk supply. It's important to remember the 'supply and demand' philosophy. It's a good idea to make sure you're feeding and/or expressing at least eight times every 24 hours.

It's important to remove the milk frequently. This sends the message to the body to 'make more milk'.

Other things to try are; massaging the breasts before and during feeding or expressing, using heat packs, practicing relaxation techniques, using galactagogues, using breast compressions while feeding, and boosting oxytocin naturally with things you enjoy.

### Supplementing may be necessary

If baby isn't gaining weight as expected, then supplementation may be needed. There are many ways to deliver this. A bottle can be used that has expressed milk, donor milk or formula.

The baby can also use a feeding-tube device at the breast so that they can receive the supplement whilst also stimulating the breasts to increase supply.

Every drop of breast milk is precious. You are most likely making enough milk for your baby. But there are many options available if you are needing to boost your milk supply or needing a little extra help.

Please reach out if you have breastfeeding questions or would like more support during your postpartum. The right support makes ALL the difference to your journey, go to: [doulawisdom.com](http://doulawisdom.com) or text Kirrah on 0429-308-851.

# Counselling and psychotherapy

In wondering what to write about in my monthly articles, I listen to what's going on around me in order to identify what I sense is what needs to be said. For my article this month, I thought I'd get back to basics and examine what counselling and psychotherapy are, as well as that they try to achieve.

Counselling is recommended for specific issues and situations, such as addiction or grief, and takes place over weeks to several months. Psychotherapy, on the other hand, explores issues in greater depth and takes account of past issues and patterns of behaviour that might be contributing to present day problems. This level of therapy takes place over a much longer period. There are many cross overs between counselling and psychotherapy, so what I shall say here, describes them both.

In my own practice, I am always curious about a client's past, their family history and family dynamics, relationships past and present, and when they can identify particular difficulties arising and how they dealt with them. I also want to know how well they sleep, the how and when of feelings of anxiety, moodiness, sense of calm and contentment, excitement, and so on. These

give me significant clues as to how to proceed.

So, what is the main function of counselling/ psychotherapy? It is to help clients come to know their own strengths, discover what is preventing them from using those strengths, and clarify the kind of person they want to be. They are encouraged to honestly examine their behaviour and lifestyle as well as learn how to make decisions to modify the quality of their life.

This is collaborative work, and there are no magic solutions. The pathway for successful counselling/ psychotherapy arises from the quality of the therapeutic relationship that, when it is working well, offers support and warmth as well as challenge and confrontation. The latter is sometimes really necessary if old patterns have a chance of being released.

Contrary to certain popular ideas, the counsellor/ psychotherapist works hard. It may look as though we are just sitting there having a chat with the client. We are, on the contrary, very focussed as we listen, and draw upon our extensive studies and experience of human dynamics and behaviour; ours is a knowledge that takes account of human development,



by Dr Elizabeth McCardell

abnormal psychology, social and individual behaviour, neurology, sociology, cultural ideas, and the like.

Central to what we do together is the keeping in confidentiality of what is said to us. Those of us who are very experienced have practically heard it all, so the client doesn't need to withhold anything. The greater the sense of safety, the more the client feels they are able to speak, and the therapist do their work.

Another tool that the counsellor/psychotherapist brings to the therapeutic situation is an ability to set aside their own assumptions and beliefs. This is called epoche. It means the therapist is present in a better state of clarity, with little agenda of their own, except to

encourage a great easefulness for the client. It is in order to be able to practice our profession with this clarity that it is encouraged by most training institutions that therapists receive therapy of their own.

I began my therapeutic career in the 70s when I studied Jungian psychology (even though I didn't practice as a therapist for many years) and began serious self-reflection through psychotherapy. This continued for many many years. I wrote my Master of Counselling degree dissertation on the subject of therapists who receive therapy. There I noted that such a strategy not only gives insight into one's self, our relationships, and our style of being in the world, but served as an apprenticeship into this field. All of which makes for good therapy.

Probably the most effective tool in counselling/ psychotherapy is the knowledge that the therapist will tailor their work according to the individual client. There is no one-size-fits-all approach. As Jung says, there are as many therapies as there are clients. We work together in the process of your healing and are thus, as therapists, a therapeutic person.



# Us ordinary folk

by Tonia Haynes

I know some amazing beings that live in this area. Powerhouses of good health, they practise and also teach wondrous exercise modalities, like Chi Gong, Tai Chi, Pilates, Aerobics and Yoga, etc.

When I see them in the street, I give a humble nod and scuttle by, filled with guilt that I am such a sooky slack-arse when it comes to pushing my body beyond the pain barrier.

Considering that I am positive I would end up in traction if I ever attempted to sit in a cross-legged, lotus position with my knees to the floor and my eyebrows wrapped around heaven, I am not convinced that the pain barrier would ever disappear, no matter how much they attempt to tell me otherwise.

I can see the raised eyebrows from here. Me, a body realigning therapist? I am supposed to be perfectly flexible and aligned. Well unfortunately, I have had a back problem most of my life.

On that note, what if the small ones in your life are complaining of back and leg pain? Growing pains are a myth. Take them to an Osteopath or Bowen Therapist. Kids do very odd things, and their bodies are not always flexible enough to take the brunt of their adventures.

On the upside, my back problem has given me a passion for bodywork and an empathy for the back and limb issues of others.

So, what do I do to stop this inflexible body falling in a heap? Aside from the friendly

Osteopath, Bowen Therapist and Pranic Healer, who assist in keeping me together, I walk, meditate lying flat on the bed, and I breathe.

Breathing is pretty important and when we do it properly, it can have a most positive effect on our body and state of mind.

The powerhouses mentioned will inform that there are many kinds of breathing for many different situations.

Nevertheless, if one has little desire to be a Ninja, but would like to be healthier, there are a few basic things to remember.

Breathing in and out through the mouth only may bring you sleep disorders, fatigue, decreased desires to produce and general stress.

But, what if you are running a marathon? Mouth breathing can help push oxygen into those pumping muscles.

Breathing in and out through one's nose allows a deeper breath, which engages one's lower lungs and causes more oxygen to be sent to the organs and tissue. It also creates a feeling of relaxation. Good for calming the worry.

Breathing in through the nose and out through the mouth allows more carbon dioxide, which is bad for us, to be released on the out breath. ie: That's why trees are good. They take in carbon dioxide and turn it into oxygen.

If you are interested in improving your health with breath; Wim Hof's breathing exercise is easily available on the net.

This breathing exercise claims to do the following, and because I have tried it, I can guarantee that at the very least it will lift your energy levels.



## Wim Hof method benefits

- boosts your immune system.
- improves concentration.
- improves your mental well-being.
- increases willpower.
- increases your energy.
- manages some fibromyalgia symptoms.
- relieves some symptoms of depression.
- relieves stress.

If you are not prepared to use the Wim Hof breathing exercise, a simple breathing exercise called 7/11 may suffice. It entails breathing in deeply through the nose and holding for seven, then breathing out through the mouth as far as one can and holding for eleven. This enables the body to release more carbon dioxide than oxygen.

10 minutes a day is enough and don't give up. Practice makes perfect. Before you know it you will be free-diving to ten metres and staying under the water for three minutes. I knew a bloke who could do that. And he was a smoker!

If you need assistance with your back, or limb pain, or digestive problems, my mix of Bowen Therapy, massage, spinal realignment and pranic healing may be the answer.

My clinic is 9kms out of Nimbin, but worth the trip. Phone: 0439-794-420 for an appointment.

Love and light.

# Ten things you didn't know about Bowen

by Sonia Barton, Bowen therapist and Reiki master

## It focuses on your fascia

Fascia looks and feels like cling wrap, it's a thin layer of skin that wraps all around your muscles and tendons and throughout your organs, and it is in one piece.

So when you have an injury or surgery it damages the fascia, and this can affect the rest of the alignment in your body and can affect the flow of your lymphatic system.

During a treatment I release the fascia all over your body from top to toe through a gentle rolling motion. It needs fluid to operate efficiently so it's important to drink plenty of water.

## It's a gentle, subtle treatment

"Less is more", so the gentleness and non invasiveness of the treatment is more effective for your body. The body, in response, elicits deep, healing responses on many levels – physical, chemical, emotional, mental, energetic and spiritual.

It creates a vibration with the fluid in the cells to move around your body and it carries on working for up to seven days, sometimes more.

## What can it treat?

Because it's a holistic remedial body technique, it can be used to treat musculoskeletal or related neurological problems including acute sports injuries and chronic conditions.

I see a lot of people with various conditions including neck and shoulder pain, carpal tunnel, plantar fasciitis, low energy, jaw pain, Parkinson's disease, MS, knee pain, and much more.

## It has no contra-indications

Meaning that it's very safe. You can have a treatment immediately after surgery, and it's safe enough for anyone from newborn babies to the elderly.

## It was created by an Australian man, Tom Bowen

Tom Bowen lived in Geelong and started treating people in the 70's. It became a qualified and recognized course in the 80's. 30 countries in the world now offer training.

It used to be covered by the health funds until 2019 when the government disallowed it along with homeopathy, naturopathy, yoga, reflexology etc.

## It uses your body's own innate intelligence to reset, rebalance and heal

We therapists are just activating the body's own healing capacity, (just like in an acupuncture treatment) and it gives your nervous system a big rest during a treatment. You will be delighted by the deep relaxation and easing of symptoms that will occur.

## It helps to move lymph around your body

The gentle touch is very effective in moving blocked lymph fluids that can be trapped in your ankles, legs and arms. Also blood and oxygen is moved and it is the oxygen that brings healing to areas of concern.

## It's important to keep your body in alignment

The main areas that I check to see how "balanced" you are: the psoas muscles, the pelvis, and the jaw. It is from there that I can ascertain areas that feel tense and need to be released through the rolling type moves that send messages to your brain, then the brain sends a message back to help the body to let go and begin to heal. After a few weeks you will see a difference in your posture and energy, and hopeful be out of pain or have less pain, depending on your injuries.

## Bowen therapy can become addictive!

Once you've had a few sessions over time and you're feeling great your body can sense that it would like to return to that feeling of being relaxed, balanced and being pain-free.

Your memory of the session is stored and it's your own wisdom that longs for more of that gorgeous feeling you have when the session is over. Of course a regular maintenance session is very valuable.

## It's like a best-kept secret

Even though Bowen has been around for 40 years, it is still not known very well and you usually hear about it by word of mouth. As more people try it, they tell their friends and the word spreads.

I am very blessed to be able to write a monthly article in this paper to spread the word of this "magical" treatment. Bowen therapy is my passion, and it still blows me away even after 20 years when I see the results it can bring to people's lives.

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# Natural Law

by Helene Collard

**S**amsara is a Sanskrit word, describing the concept of rebirth or "the indefinitely repeated cycles of birth, misery, and death caused by karma." – Merriam-Webster Dictionary

Therefore *Samsara*, a central concept in most Indian religions, refers to the idea that our soul has lived many lives, and in each life, the purpose is to grow through the challenges of life.

In contrast, the concept of *Moksha* refers to freedom from Samsara, which is viewed as an aimless path of suffering.

*Moksha* is "beyond caste, creed, family or lineage" realising the whole universe as the Self: "You are that, God himself; meditate this within yourself." – Verse 254, Vivekachudamani, 8th Century AD

These concepts are ancient, complex and have varied interpretation.

*Samsara* is concerned with our physical truth – our identity, our Stories, our values and beliefs. Whilst *Moksha* articulates a spiritual truth – beyond our identity, our Stories, our values and beliefs, we are One with All that is.

I believe the key to ending the suffering of humanity is to balance these (seemingly) paradoxical truths. If we stand only in our physical truths, it creates division and polarity. If we only focus on spirituality, we become 'floaty' and potentially removed from the bleak reality that many experience now.

This month, stand strong in who you are, and where you come from – your Story. In addition – remember to practice seeing yourself as One with All.

There is but One.

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# The veil between lifetimes

by Auralia Rose

**I**n my past life regression sessions, I usually guide people beyond the time of their death to explore wherever they find themselves immediately after leaving the body.

Most people find themselves floating above the earth in a comfortable sea of nothingness where they are free of all the thoughts, worry, pain and trauma of the life they have just left. Contrary to many stories we have heard of people being met by loved ones, pets, religious figures etc, most people find they are completely alone.

In a recent session with a man I'll call Max, he found himself floating in a sea of nothingness. Here is an edited transcript of his experience:

"I don't seem to be anywhere, I'm floating in a sea of white. I have movement, it's like flying but there's no sense of flying, no sensation of wind against my face, but I feel like I'm moving. I can go in any direction, but there's no place to go. Everything looks the same. I don't know what I'm supposed to be achieving in this place. I'm not



wearing clothes and I don't seem to have any features. But it feels like me."

When I suggested he look into the distance to see if he could see anything, he reported seeing floppy clouds with strips of blue, which was not the sky. He travelled through the floppy clouds into the blue, which he described as feeling like the ocean. He didn't need oxygen; he was not even breathing. Same sense of there being nowhere to go.

His attention now turned to the white nothingness, which he now said felt like a prison for the mind.

"There's just emptiness. I can't touch or smell anything. I can move or travel, but no matter how fast or how far I go, I somehow never go anywhere. I feel caught, trapped. Nothing to do. It's effortless, I'm not using any energy. There's nobody else on that plane of existence, if you

can call it that. It's completely empty and I'm all alone. No temperature, no sensations, just nothingness."

Being concerned that he may be trapped in some place from which he couldn't find his way out, I reminded him that as a magical being he could go anywhere; he could choose a happy place, a place of love, fun and adventure. Where would he like to go?

"I see a black circle in the middle of the sun, don't know if it's a door. Looks like the pupil of an eye. Maybe I'm in the middle of a giant orange eye. As I get closer, it seems to be a doorway, an opening, and then I go through and I'm in a dark place – just emptiness, a complete absence of light except this bright spot where I came through. I could turn around and go back."

"Seems like there's nothing in this place, it seems tedious, I'll go back. I don't seem to get any closer. I'm moving faster. I'm coming up, coming through, now I'm in the sun; it's hot, sticky, viscous, and if I keep going, I'm going through a blue zone, going through clouds and then back to the white plane. It extends in every direction as far as the eye can see."

There seemed to be no way out of this nothingness, so I thought this was a good time to call in Max's Higher Self and ask some questions about this place. His Higher Self explained:

"It has always existed. It's a place between lifetimes, a place between places, a construct. Not everyone finds themselves in this place when they leave the body, it depends on the individual. There are different manifestations, but it is unusual to see two or more versions of the same waiting room. It is a waiting room essentially."

"The thing to remember is that it's part of the process and the lesson here is patience. Be patient, do not panic, don't be concerned. It's a place of waiting, a place of introspection."

"There is a veil between lifetimes. This place is the veil, it is a place of waiting, a place of conscious forgetfulness, so the past will not directly interfere with the future, so the present can be independent of the past and future, so that the timeline will remain linear."

"Anyone can find themselves here, depending on what their soul needs."

With gratitude to Max and his Higher Self for these insights.

[www.auraliarosewellbeing.com](http://www.auraliarosewellbeing.com)  
phone 0422-481-007