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ADVICE FOR MEMBERS & GUESTS

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

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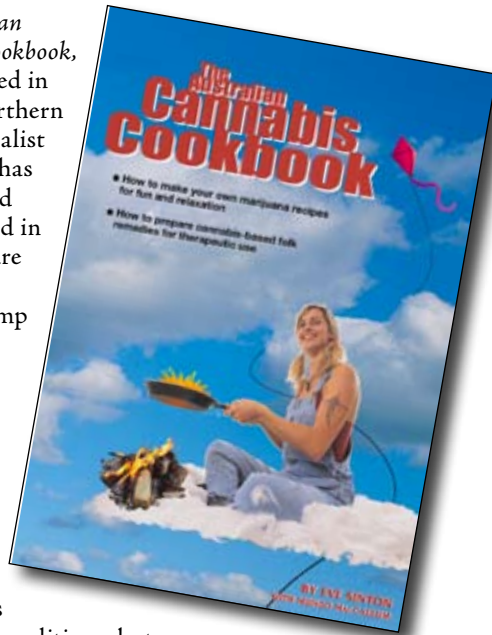
inspirational recipes

The Australian Cannabis Cookbook, first published in 1998 by Northern Rivers journalist Eve Sinton, has been updated and reprinted in a joint venture with the Nimbin Hemp Embassy.

"The book has always been popular," Eve said, "especially for people looking to use cannabis for medical conditions, but don't want to smoke. It's also fun for people wanting a memento of their journey to Nimbin, or a talking point sitting on the coffee table."

Nimbin Hemp Embassy president Michael Balderstone said, "Eve was ahead of the times writing this over 20 years ago, but not any more! We are pleased to have been involved in the reprint of the Cannabis Cookbook and to have it on our shelves once again."

Eve Sinton has worked in media in the Northern Rivers for almost 30 years, including the Byron Echo,



The Northern Star and the Permaculture International Journal. She lives on a rural property near Mullumbimby and publishes a regular newsletter on energy and the environment.

The Australian Cannabis Cookbook includes a contribution written in the 90s by the late Mungo MacCallum.

The new edition was launched at Nimbin MardiGrass, and can now be found on the shelves of selected shops, including the Hemp Embassy. It will also soon be available as an e-book.

What is NLP, and how can it benefit you?

by Peter Ganser, NLP Master Practitioner

NLP is the abbreviation for Neuro Linguistic Programming, a process that allows the optimisation of human development and the facilitating of human excellence in any field of endeavour.

NLP focuses on a person's neural pathways via the five senses, their language patterns, both verbal and non-verbal, and the way this results in behaviour, emotion, physical and intellectual abilities.

An NLP practitioner can support the reorganisation of these characteristics to allow an individual to attain desired behaviour and mind state, which can be readily achieved and maintained by any individual who is congruent in their desire for change. Often the changes are swift.

In a nutshell, it means you can change how you address your life on a day-to-day basis. The catch is that you need to be responsible for the decision and the actions required to allow a change to occur.

The up-side is that when you accept responsibility for yourself, you also empower and enable yourself to change to something else... if you want to.

Where can you use NLP in your life?

An NLP practitioner enables you to understand and model your own successes. It is a way of unfolding your personal genius and bringing out the best in yourself and others.

Humans are experiential creatures and respond to their world, based on past experiences. Often experiences in childhood are still influencing our behaviours in adult life, and their suitability in an adult world may be questionable.

NLP offers a path to redress these types of issues, which include behaviours, habits, phobias, wellness, and our ability to relate.

An NLP practitioner can work with individuals to develop meaningful and achievable goals and facilitate appropriate changes in mind state and beliefs.

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Galactic gelatine for potting food

by Thom Culpepper

A glimpse into the clarity of the wonder protein, the animal fundamental, gelatine.

Wikipedia gives the science/food information of this complex protein input into the culinary arts, to get to 'know' the base for understanding this compound. Do go there, for the science.

I will take you on a journey into some simple and safe methods of food preservation, by way of a simple example. I will leave more of the chemistry and sociobiology to the better informed.

This article exempts by its very nature, vegans and the associated co. Gelatine is an animal product. Sorry. Few vegetable gums can be used in this process.

Historically, the human brain grew by continual access to the chemistry of protein for its existence and growth that utilised the animal yield of the skills of hunters. Plant gatherers, an addendum, added minerals etc in other forms, and by continual input these collective materials enriched the social diets of these cultures and the human brain grew.

Men hunted as a reality, trusting, planning across informative bands about one week in three in the field and for subsequent success or before 'outings', and drew images of these events-actions-expectations.

Viable women, who would in the main have been perpetually pregnant, dug and sourced roots and plants on most days or on a three-day regime, care of young being in the main their biological imperative. Men, it appears, were for security and to support child care.

Hunting required planning and terrain intelligence and pursuit strategies. The hunted, having a determined imperative not to be the game or victim, they moved. Plants, as we know, are fixed and



accessible, the roots usually don't survive removal, though some have developed some survival strategies.

Stolen-transplant reproduction requires site removal and transplanting by other agents, though most are propagated by seed by various strategies.

In Aspic

'Potting' foods is one way to keep food safe from air contamination, keeping food turgid and moist.

Broken materials such as brawns, head meats, offal and long slow-cooked or roasted meats, cut vegetables and other small food matter, seafood, small fruits and so forth can be preserved in a servable manner and displayed aesthetically. We eat with our eyes, in general.

Warning: Do not attempt to 'pot' raw or untreated foods. Previous cooking of animal products is a minimum. Blanching, scalding and immediate fast ice-cooling (pasteurisation) of vegetables is preferred, preserving the qualities of freshness, taste and colour.

To prepare the veg, boil lightly salted water to a vigorous boil, add the veg until the water returns to the boil, allow a minute or two, no more, and transfer

immediately to a vessel of iced water; leave until needed.

Boil measured lightly salted water. To 1 cup of this water add 1.5 tablespoons of gelatine, let it absorb. After 5-10 or so minutes, heat again, stirring continually, leave to cool. Lay out the material for the gel-mould, set a glaze layer, cool in the fridge, now arrange the 'stuff' as you must.

Do it by cooled layers. Top it off with a coloured gelatin – tomato paste works well.

Select a mould: pyrex works and silicone cookware is the most useful. Remember you are working upside down. Transparency helps.

Refrigerate, until very firm, decant by fast heating the mould, 30 seconds-1 minute. Having reversed the mould over a flat plate, it will drop free.

You may want to glaze this issue, light being the genius. Make a double gelatine solution and pour it over the cast. Voila, it gleams!

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What is flowering?

Weed Words
by Triny Roe

You can tell the time of year by what is flowering. Easter cassia, *Senna pendula*, provides a spectacular floral display at Easter time. Golden rod, *Solidago altissima*, heralds Nimbin MardiGrass with a glowing yellow spray of floral spikes at the eastern approach to the village. By the time MardiGrass is here, the showy, snowy groundsel bush, *Baccharis halimifolia*, is blooming beautiful.

Some species, known as weeds, are worse than others. They can be judged on their potential to spread and ability to colonise new areas often in harsh conditions. Left alone and unmanaged, these weeds can cause serious environmental damage as well as degrade pastures. All landholders, whether farmers or life-stylers, have a biosecurity obligation and duty to manage their weeds.

Groundsel is a serious weed. Officially designated as noxious due to its high level of invasiveness and ability to spread, it is easily recognised in May with dense heads of white fluffy flowers, infesting roadsides, creek banks and paddocks. Horses and cattle don't graze it, and so it grows.

In its native habitat in the south-eastern USA however, it is browsed by white tail deer. When the 1.5 million seeds per plant are mature, about half of them fall around the parent and the rest can travel up to 40 kilometres

on the wind, or be carried by water or mowing machinery to new locations. Check your contractor's equipment when it arrives to ensure everything is free of mud and plant material. Plenty of weeds are introduced this way. When they do come, not managing them appropriately will allow them to become worse.

Groundsel takes two years to mature before flowering so plenty of time to deal with it. It has a gnarly root system but can be hand pulled or teased out with a weeding tool when it's small. Large specimens may require drilling and follow up will be essential.

Easter cassia is not on the noxious list but it too is a vigorous invader of road sides, creek banks, orchards and regenerating rainforest. It looks so pretty with its bright yellow blossoms but every bush has displaced a native.

While cassia usually presents as shrub it is also considered a creeper as it scrambles up trees given the chance. While a legume, in the family *Fabaceae*, it does not fix nitrogen in root nodules with rhizobacteria. This species is from the sub-family *Caesalpinieaceae*, and members of this branch do not nodulate.

Wattle, *Acacia spp*, is a better choice for companion planting to raise nitrogen levels. (BTW: Lantana also does not fix nitrogen, though this is claimed repeatedly on social media.)

Plant native rainforest cassia, *Senna acclinis*, to replace the exotic species. Fairy Wrens need yellow petals for



Goldenrod

their courtship rituals. Also known as brush senna, this delicate shrub is practically extinct in the wild because of clearing.

Golden rod slowly spreads, creeping through grassland via rhizomes – underground roots. The patch along the roadside gets slightly bigger each year, vegetatively. It also produces seed which can land up to a couple of metres from its parent and propagate that way. Seeds can lodge in mud on car tyres and be taken down the road until they drop off further along.

If flowers are picked on a whim when passing by, carried for a while and then discarded, this too can lead to a new infestation in another location. Use caution if picking roadside flowers, as they are usually weeds.

Take care when discarding cut flowers. Florist bouquets can contain invasive species like gloriosa lily, *Gloriosa superba*, and balloon cotton bush, *Gomphocarpus physocarpus*.

Plant of the month



Indian Hemp *Cannabis sativa*

An attractive shrub, growing to 4-6 metres, this popular plant is a worthy addition to any garden with its serrated foliage and sweet fragrance.

Fast-growing from seed or by grafting from a healthy female, *Cannabis indica* prefers well-drained sandy soil and a sunny north-facing position, but will grow satisfactorily in a range of locations, including indoors.

Care must be taken to protect the plant from air-borne pests, including helicopters, and it is prone to attack by pigs, wallabies, brush turkeys and some neighbours.

Historically, this versatile plant has many uses, but is most valued for its medicinal qualities since antiquity, with seeds found in the ancient tombs of Egyptian pharaohs.

Medicinal preparations can be made from the flower heads of the female plant, either dried and smoked in a pipe, or processed into resin, tincture or butter.

The plant will continue to grow after maturity (90-100 days), but to ensure a long-lasting display, collect the seeds for future germination.

Fantastic flower show



by Peter and Mary Constable

The Kyogle Garden Club – Flower and Foliage Display held on 16th and 17th April was a great success, with over 700 people visiting over the two days.

St Brigid's school proved to be a great venue with the main Garden Club Displays in the Hall along with many local businesses promoting their products.

Clay Corner, Kerrie McElroy with her Clivia plants, Kyogle Library promoting their Seed Bank, Chris Heeley with her beautiful paintings, Deb from Flower Affection, Casino Orchid Society, Lismore Bonsai Society, Greg McPhee

from Petite Paradise Flower Farm and local photographer Keith Parker with his beautiful photographs of local scenery.

The larger stalls were outside and in the weather shed. Plants plants and more plants were available from Harley & Co (CRT), Beautiful Abundance, Advantage Plants, Darren with Bromelads and much more and Chris Gee who specialises in some more unusual plants such as succulents and picture plants.

The Garden Club also had a great plant stall with a wonderful variety for people to choose from. Not many people left without buying a plant.

Another highlight was a visit from Phil Dudman from *ABC Gardening* fame on Saturday. Phil was suitably impressed



and spent time mingling with visitors and answering questions about gardening problems.

St Brigid's School Parent Forum operated the canteen for the two days and kept everyone refreshed with tea, coffee and beautiful home made slices, scones and a great selection for lunches.

We would like to thank committee members and club members for their support with supplying plants, flowers and foliage for the display; and for help with setting up and dismantling and for manning the door and selling raffle tickets. Without your help the Display would not happen.

We look forward to some more surprises for next year's event.

Bore testing in Nimbin

Lismore City Council will shortly start testing an existing water bore near the Nimbin Caravan Park as part of an investigation to secure the village's water supply.

The testing will examine the quality and quantity of the groundwater available to determine if it can be used to supplement the village's water supply from DE Williams Dam.

The testing of the bore is expected to be complete by the end of this month and will involve a small drill rig

on the site.

There has been a lot of interest in Nimbin's water supply in recent times as a result of water restrictions early last year at the height of the drought and Nimbin Development Review.

As part of the on-going upgrade to the water supply, Council will also construct a Water Treatment Plant at the DE Williams Dam late next year.

If you would like more information, please call Lismore City Council on 6625-0500.

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Nimbin’s very own Goat Girl judges 2021 Royal Easter Show



by Tim Tonkin

One of our local gals has recently judged the dairy goat competition at Australia’s most prestigious agricultural event, the Sydney Royal Easter Show. Rachelle Garland’s Arcadia Goat Stud farm, located in Nimbin, has been breeding some of the best British Alpine dairy goats in Australia for 20 years. In the past, Sydney Royal judges have been sourced internationally. This year Covid restrictions on overseas travellers meant an Australian judge was called for, and the Royal Agricultural Society of

NSW offered Rachelle this great opportunity to share her expertise. Rachelle told us, “The standard of dairy goats at this year’s show was world class. It was a pleasure to see so many top quality dairy goats. The camaraderie amongst the exhibitors created a friendly atmosphere. “It was encouraging to see many young people involved with the show. The future of goat farming in Australia is in good hands. “Being asked to judge at this year’s agricultural show was a huge challenge and a great honour, and I felt very proud to say I come from Nimbin.”

What does animal communication and healing feel like?

by Donna Connolly

This month I thought I would address the question I am most commonly asked: “What does it feel like”

- When you are communicating with Animals?
- When you are giving a Medium-ship Reading?
- Giving a healing?

There are some distinct commonalities and differences in all three. Obviously, I can only speak to my personal experience. Other people do have different ways of receiving information and delivering healing. I love sharing what I do; it is a unique vocation! I welcome any questions and healthy skepticism. Also, I am a channel; stream of consciousness for the information that comes through. Very rarely do I have a memory of the messages, unless we discuss them at the other end.

Every person is capable of all of these modalities. The only difference is that as a professional, I practise every day. It really is like any other skill, daily workouts, tune-ups, ongoing learning, retreats, research and professional development allows me to keep on top of any new information or easier techniques I can use to assist clients and pass on as interactive learning to my students. In fact some of my best teachers have been the animals themselves. Here is my interpretation of how the process happens for me: Each living being has a very unique soul, frequency, vibration and lightness. A signature. This is the part of the being that I am in connection with, sometimes referred to as their “higher self” or “consciousness”. This gives me the ability to connect with all beings living or passed away. The soul light is eternal and accessible to most.



The similarities

In most cases when we have connected, I feel a distinct change in energy, sometimes flashes of visual information, and temperature changes can accompany this. Oftentimes the character of the animal or person is very strong. Usually the first few pieces of information that comes through is for the sitter (the person/guardian who I am bringing the information through for). This verifies that we are in contact with the right soul. With intuitive healing, especially Reiki, I am a conduit for the healing frequency. I allow the energy to come through and go where it’s required. I trust that the person or animal recipient’s higher self will accept as they choose, and the healing energy will go where required. In most cases I receive impressions via “biofeedback” where I feel some aches or pains, lumps, blockages or system disruption in my body, so I can pass on that information. Over the years, certain illnesses and diseases have imprinted a distinct frequency, which are familiar to me now. Sometimes, the ailment or disease comes through with possible solutions or pain relief. It can be in the format of a modality, herb, a form of massage, a

combination of physical, mental and/or spiritual remedies. Occasionally, I will be shown symptoms and causality. For example, I may feel bloating in the stomach, in conjunction with dairy or carbs showing up as the reason. Also, allergic reactions present as itching on certain parts of my body, usually with a clear vision of the culprit.

Some of the differences

- Animals seem easier to connect with, lighter in being, also they are always seeking homeostasis and optimum health. So they seem to accept healing more readily. Especially if the reason/ lesson/purpose has been dealt with.
- People on the other hand, tend to have illness or disease present on multiple levels. Body, mind and spirit. So often it can be dealt with in layers or with a multifaceted approach and only when the person is ready. Also it is worth mentioning that although I am fortunate to receive these messages and offer healing services, it does not in any way replace medical or veterinarian advice. I believe all options work in harmony when we use our own intuition and take advice from professionals. More importantly, every single person and animal has ultimate free will and choice always. So if you have a “feeling” or unexplained “knowing” about yourself or your animal, please follow your instincts. Intuition really is the GPS for our souls. A friendly reminder that we are on a break until 25th May. Looking forward to connecting with everyone on our return. Meanwhile, you are welcome to use our on-line booking system to secure your appointment after the 25th to take advantage of our current rates, as there will be a slight price increase from the 26th May. Book at: www.rivergem.com.au/book-online

Friends of the Koala bushfire recovery nursery launched

Friends of the Koala, the peak koala conservation group in the Northern Rivers have launched their new Bushfire Recovery Nursery made possible by Foundation for National Parks and Wildlife (FNPW), the charity partner of Australia’s National Parks. The grant awarded to Friends of the Koala will extend the capacity of its current nursery enabling the group to propagate and distribute 240,000 koala food tree seedlings over the next three years, a major step towards supporting the recovery of critically impacted koala populations and their habitat following the 2019-2020 bushfire season. Native seedlings, such as the Forest Red Gum, Tallowwood and Swamp Mahogany, will be planted in the nursery over the coming months. Once these trees have reached maturity, they will be planted across the Northern Rivers region of NSW. Mark Wilson, Friends



of the Koala Nursery Manager, said that this grant will enhance the group’s commitment and support the conservation efforts of other restoration groups in creating more habitat corridors of food and shelter for koalas, particularly in the Northern Rivers region. “The support of the Foundation for National Parks & Wildlife has meant that we are now a step ahead in our mission to protect NSW’s declining koala population. The Black Summer was the worst environmental disaster witnessed in history, killing or displacing three billion animals, so it’s our first

priority to start rebuilding habitats to protect our beloved native wildlife.” said Mr Wilson. The nursery expansion comes with thanks to Southern Cross University, after the land was generously donated, 200 metres from Friends of the Koalas’ Care and Research Centre in East Lismore. Unlike the existing nursery site, the Bushfire Recovery Nursery site receives sun all year round, providing ideal growing conditions for propagated seedlings. The new site also has additional volunteer facilities to enable potting up and tree maintenance activities.

Natural Law

by Helene Collard

“Empathy without boundaries is self-destruction.” – Silvy Khoucasian

This quote could not be more relevant, as humanity stands on the precipice of paradigmatic change. This quote also challenges the theoretical practice that many with caring personalities, and those in the caring professions, have been guided by for eons. This quote challenges our ‘helping’ and ‘caring’ culture. This culture shift must be looked at in our personal relationships and at executive levels of organisations, to truly create cultures of wellbeing. The theory is there, yet the embodiment of it is lagging. Boundaries are something many of us have had to learn on our own, and the hard way, often through burnout caused by cumulative stress. It’s about maintaining our own health, while we open to the Stories and needs of others, and that looks different for everyone. Burnout is a tell-tale sign of imbalance. Also, when we become closed to the perspectives of others; find it

difficult to join our family and friends; and when we can’t separate from our caring role, to enjoy other areas of life... Dr Usui, the original Grandmaster of Reiki says, “There has to be a rise in consciousness, in order for true healing to occur.” This means that we must allow a person to be in charge of their healing process. We must wait for them to identify what is a problem for them, and then, how they would like to manage that. We can make suggestions, and even provide resources, but ultimately, we must allow a person, to take responsibility (or not), for their own healing journey. That can be a tough journey in itself, it is difficult to witness people suffering (and the suffering that causes for those around them)... yet true healing is a self-directed process. Therefore, while walking alongside, or simply loving someone in pain, it is crucial that we identify our own needs for balance and health – what it is that keeps us safe and strong – and following through with that.

In addition, you may need to put boundaries in place, when a person’s stress behaviours are now causing you stress and anxiety. One of the ways ‘helping’ turns destructive is when we become a ‘crutch’ for someone, which essentially creates an emotional diffusion between you and that person – which is another way of describing co-dependence. This has the opposite effect of supporting someone to heal – what it does, is enable. Everyone will have a different threshold, and reasoning around their style of ‘caring’, but I feel it’s important we consider these points, to ensure that constructive ‘caring’ is actually what we are doing. Because balance is inherent in wellbeing and imbalance is inherent in illness. This month, practice articulating and then doing what you need for restoration. **Yemaya Centre offers:** Reiki Treatments; Reiki Courses; Yogalates; Craniosacral Energetics; Shiatsu; Yoga Deep Immersions; Family Constellation; Astrology; Art Therapy and much more. Visit: www.yemayacentre.com.au for more information.

The soul of the horse

by Suzy Maloney

It is amazing just how much horses change when we change. They let go of everything we did in the past, forgive us all our mistakes, and embrace the new path of kindness that we walk with them effortlessly. There is so much to learn from these inspiring creatures, a lifetime of learning.

In my interactions with horses, I do not follow a system, rules, levels, stages, or any other horse training technique. I have explored many, and learnt valuable things from each, but I feel the whole idea of applying a system to a horse is flawed in the most fundamental way.

Each horse, each human, and each horse/human combination is different. To apply one system to multiple horses means ignoring the uniqueness of both the horse and the human, their past experiences, their personalities, and their desires.

I find it helpful to learn as many things as possible from everywhere, about how to deal with things that may come up with horses. Then, if I try something with a particular horse and they do not respond or understand, I can reach back into my pocket and pull out something else to try in that situation.

In this way, the training that is done with each horse evolves to suit that particular horse only and their needs. Each time it is totally new.

Horses are so incredibly different. Each has an essential soul, an energy signature, that we also need to be aware of and open to. Some horses are like delicate flowers, and need the softest, most gentle of touches. If they are handled roughly, they crumple and can



have their spirits completely broken.

Others are born strong, assertive types, and if you show weakness, they will not heed you at all, they want a strong leader they can trust. And every shade between. The incredible diversity of horses delights and amazes me and makes my work incredibly varied and interesting. I love the diversity in horses and would never try and make them all conform to one shape.

When with horses, it changes everything if you come from your heart and own soul. It is extremely easy in these days of internet access to become a mental expert on anything. While head knowledge is necessary, it can also get in the way.

When with a horse, to meet them where they are, we need to come from our centres, not our heads. We need to turn off the constant chatter and allow ourselves to be open to the constant communication that is coming from the horse in front of us.

Sometimes I see people drilling a horse on something they have seen on U-tube. They become so intent on trying out the new thing that sometimes they do not even ask the question, "Does my horse need this?" The head has taken over and the horse pays the price.

And then there is us. One of the most important parts of developing into a horse person is self-development. Not horse development. As we grow as humans and move into our authentic and powerful selves, the horses are right there by our sides, changing and evolving along with us.

Sometimes I think the evolving of each individual human into their true selves is the most important part of horse training. Working with horses triggers and brings up so much in humans. We have a choice, to look at it and learn from it, or to tuck it back under the carpet and get back to 'fixing' the horse.

This is probably the most challenging side of horsemanship, but without it there is no movement forward. It is the key to everything.

My goal is to act as a guide to others who seek the considerate path. I dream of a world where interacting with horses in a compassionate and considerate way will be normal, and all pain-based methods of horse control will be legislated against. It seems like a huge step from here to there, but every day I see more and more people choosing this path.

I invite you to join us.

All past articles can be found in the blog at: www.happyhorsesbitless.com or phone 0401-249-263

A balanced view on behavioural issues in horses

by Les Rees

I was reading something on social media concerning a behavioural issue with their horse.

The general consensus of opinion was that the horse was "banging it on", meaning that its behaviour was deliberate in order to avoid being ridden. Moreover, a number of people totally agreed, claiming that their horses displayed similar work-avoidance issues.

Reading things like this sends my mind into overdrive, because in my experience it is never that simple and generally means that the horse is trying to communicate that there are underlying issues causing this behaviour.

Even if you suspect that your horse is "banging it on", it's important to find the source of the problem. Many people talk to me about a love/hate relationship with their horses and my advice is always the same: take time to get to know your horse and never ask your horse to do something that it isn't ready for, because if you don't listen to your horse you'll set up behavioural barriers.

Learn to understand its language and respect that there can be many reasons for it to display negative



behaviour patterns.

I firmly believe that behavioural issues are used as a last resort to alert you to the fact that the horse is unhappy and/or unwell. Problems can arise from a number of reasons, some physical, some psychological; in my experience, it's generally a combination of both aspects.

A horse isn't a machine, it's a living being and like us they have good and bad days. They deserve better than to be expected to perform consistently every time their owner feels like a ride.

There are a number of issues that can cause behavioural problems, and a huge amount of them involve pain. Horses can be their own worst enemies because they tend to be stoic by nature. In the wild they would stand out if they appeared weak and look like

easy prey.

Therefore, problems often go unnoticed until the pain barrier becomes too much for the horse initiating behavioural issues when their owner fails to understand that there's something wrong.

A few years ago I attended an equine biomechanics course and one of the things we were asked to do was to partner up with someone and attempt to synchronise our legs imitating a horse's movement in walk, trot, canter and gallop. Each partner would have a go at being either the front legs or the back legs.

I found this very interesting because it not only gave us a direct understanding of how a quadruped used its legs in all gaits, but also taught us to how to think about co-ordinating with another being. This is something that

we all need to be aware of when that being happens to be a horse.

There are many causes of pain in horses that can range from badly-fitting tack, particularly with saddles as they can cause a number of issues; feeding regimes including over-supplementation, too much or too little feed for energy output; poor conformation; concussive elements and associated muscle strain; poor rider balance; over-working your horse; lameness; ulcers, colic etc.

Sometimes the signs are not that obvious, but if you get to know your horse, watch its movement and check the eyes, as they're always a great indicator as to how your horse is feeling. Ask yourself how it reacts to being touched.

Psychological issues can fall into a much harder basket, especially when you know nothing of your horse's history. Traumatized horses can be very difficult to work with, but it always involves gaining their trust.

Be consistent in the way you handle and feed them, even down to the time of day you feed and work with them, as it allows them time to settle into a regime.

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How I nurture new mothers

Doula Wisdom

by Kirrah Stewart

People often ask me what I do as a postpartum doula. I'm pretty sure my mum thought I cuddled newborns all day until I shared with her recently what I *really* do.

Newborn mothers need even more love, care and nourishment than their babies. New parents have the most important job in the world. It is important they receive the right support so they can transition into this new role as easily as possible.

◀ *As a postpartum doula, these are some of the things I do:*
Birth debrief

For many people, their experience of giving birth is not what they imagined or hoped for. Sharing their birth story can be very healing. I listen deeply and validate their experience and help them understand and make peace with what happened.

Massage

After birth, a newborn mother can feel exhausted and very sore. Massage is an age-old tradition for helping new mothers feel nourished and contributes to their healing and recovery from birth. I love massaging women during postpartum. It helps relieve those sore 'breastfeeding shoulders', helps them relax, feel calmer and more connected to their baby.

Organise nourishing food

Food is so much more than just 'fuel for the body'. It also helps nourish and heal and boost oxytocin. I've teamed up with 'Golden Month' so that my clients can be fed with healing postpartum meals. I can also help organising 'meal trains' with friends and family so that home-cooked meals are always available.

Lactation counselling

I help new mothers feel confident with positioning and attaching their newborn to their breast. I can provide education

around normal newborn behaviour, feeding cues and how to tell if baby is getting enough milk. I can help assess any issues that may come up and refer when necessary.

Belly binding

The practice of binding after birth is common across many cultures. It helps provide back support, improve posture, stabilise loose ligaments and assist organs to return to their original position. Belly binding is also supportive and grounding for the nervous system. It can also help the body to recover in a shorter period of time.

Mother Warming with Moxa

This gentle warming of the lower back and abdomen feels amazing and is very nourishing during postpartum. It is great for aiding recovery from the birth.

Herbal foot bath

This calming foot bath is very grounding and nurturing for the new mother. The added benefit is that it can be enjoyed while mama is breastfeeding.

Birth closing ritual

Closing the birth journey is important for so many reasons. Energetically it helps bring closure, physically it helps the body to heal and mentally/emotionally it helps the mother to transition to the next chapter. Ritual is important to help the mother feel honoured and celebrated.

Emotional support

My doula clients can reach out to me any time they have a question or need more support. This helps them feel supported the whole way through their postpartum journey. Regular check-ins are great for mental health.

◀ *These are some of the things I bring to a postpartum visit:*

Yoni herbs

After giving birth, many women experience soreness in their vagina, vulva and perineal area. Often, urinating can elicit some stinging. This can be helped or alleviated by using a perineal bottle whilst going to the toilet. I bring a herbal rinse



Kirrah doing a birth closing ritual

that is soothing and helps with healing and providing relief.

Breastfeeding balm

I've found a great naturopath-formulated nipple balm that helps soothe and heal sore, cracked or worn-out nipples.

TCM postnatal tea

This tea has been specially formulated by a Traditional Chinese Medicine Doctor to build blood and restore yin and Qi (vital energy). It also helps mothers to stay hydrated and nourished.

Herbal lactation tea

This delicious tea is well-loved by everyone. The herbal brew is beneficial for healthy milk production and calming baby's digestion.

Postpartum library

I have lots of books available to loan. Some of my favourites are: *The First Forty Days* (Heng Ou), *The Fourth Trimester* (Kimberly Ann Johnson), *Mama Rising* (Amy Taylor-Kabbaz) and *The Postnatal Depletion Cure* (Dr Oscar Serrallach). I also have other postpartum and lactation supplies that can be borrowed if needed.

If you, or anyone you know may like postpartum care, please reach out to me.

Visit: www.doulawisdom.com or text Kirrah on 0429-308-851.

Experimenting

Some years ago I had a client who believed he was possessed by the devil.

He'd been sexually abused by the Roman Catholic parish priest in England as a child and was left with what could've otherwise been described as panic attacks that consisted of violent shivering, at various points of his life.

He interpreted the shivering as demonic possession. No amount of trying to redefine his symptoms was having any effect at all, and, frankly, I was at a loss as to where to proceed.

Then it struck me in the middle of the night, as it often does, that I should propose we prepare for an exorcism. Having studied Theology and Church rubrics many years ago, I was sort of familiar with what that might look like, but the whole idea filled me with trepidation. I was suggesting something that scared me. What if this experiment went horribly wrong?

When his next appointment came around, I put my proposal to him. He thought this was a good idea, and so we began identifying the symbolic items that might form part of an exorcist

ceremony. Did we need holy water, a cross, a sacred icon? What specifically spoke to him?

We went into great detail in the shaping of this ceremony, but part way through that session (the exorcism was to take place at the next appointment), my client sat up and said, "I don't need to do this anymore. I feel good. I feel like the devil has left me." I breathed a sigh of relief. Thank goodness, I thought.

This whole process taught me a fundamental truth, that using experimentation in the therapeutic environment is extraordinarily powerful. It's a central truth, that experiencing something teaches us much more than merely talking about, or analysing, that something.

I'd already known that talking with my client about his symptoms wasn't changing anything. His anxiety levels remained the same. But taking the path of actually preparing for possibly a life changing event had profound effect.

What was critical here, was to take the client's concerns very seriously and to be prepared for entering that space, without flinching. He



by Dr Elizabeth McCardell

knew I was serious, and thus he entered the arena of his own anxiety. He owned it, and he knew I was with him where we were safe.

Experimentation in the therapeutic space needs to be safe and secure and for the therapist to check with the client that the direction chosen feels appropriate. It should also have enough energy within itself to remain interesting to the client. There is no point attempting to go where the client has lost interest, or that the whole thing feels too massive and fills the client with fear. Gently, gently, is the principle.

It's sort of like adding, bit by bit, a titration of a change agent to an existing mindset, so that what was once a problem isn't anymore. The thing about it, though,

is that the outcome cannot fully be predicted. It is an experiment, after all, and some experiments fail. That's the beauty of it, actually. It's a risk, but it has the potential to radically change things for the client.

Experiments, in therapy, can be much less dramatic than the one described above. It may simply consist of suggesting the client does gentle breathing exercise, or sounds a note, or starts to dance, or draws a dream, or engages in script therapy, or does some active imagination, or empty chair work, or any other manner of appropriate things, anything that brings a sense of safe supportive engagement in the here and now of experience.

It is the trying of something new to see what will happen. It is the lived experience of something that can sometimes be otherwise a little too abstract and intellectually remote to effectively integrate.

It is a wonderful privilege for a therapist to be part of a client's healing journey. Experimenting in that journey brings me delight, especially when I see the lifting of what was previously problematic, smoothing out into acceptance. It's there in their whole demeanour, they're relaxed and able to move forward comfortably.

Bowel cancer tests

It's that time of the year again. You know! The one-when the letter arrives in the mail that encourages one to have the check up for signs of bowel cancer.

It is very kind of the government and medical association to take such an interest in our inner stuff. And the more shitty it is, the better they like it.

Mind you, as any advertising executive will tell you, our inner stuff has been diagnosed and psycho analysed for many a long year, because, if they are aware of the stuff we think we can't live without, it makes them lotsa money. And I would ascertain, after many years of discovering the benefits of cynicism that bowel cancer tests are also making someone, lotsa money.

Not that I'm fully against them. If one doesn't dump with grace and ease at least once a day, the test may be a good idea, because the thinking that pooing every third day is quite

normal, is a total lie.

One may not have bowel cancer, but a full bowel leaks all sorts of poisons into the blood stream that in the future may create a shitty outcome, which will appear to have nothing to do with one's lack of excretory finesse.

I have mentioned the illiocecal valve in articles before, but on listening to a mate, who is good at marketing, say repeatedly. 'Tell im, then tell im that ya told him. And then, tell im again.' I'm telling it again.

The illeocecal valve, is a small valve that opens to let the waste leave the small intestine, or small bowel, (where we digest our food) and enter the large intestine, or large bowel (which wriggles around with much enthusiasm in order to evacuate the waste into the loo.)

Due to stress, injury, medication etc. the valve, after doing its job, instead of closing until next time, sometimes throws a tantrum and stays open. This allows the waste



by Tonia Haynes

from the wriggling large bowel to return to the small bowel, where the poisonous waste reabsorbs into the blood stream and associated organs; especially, the stomach.

When the valve stays open it is a bit like vacuuming with a cleaner that has a hole in the tube. It doesn't suck very well. And so it is with the large bowel. It loses its wriggle



power, because it has lost the vacuum pressure that pushes the waste down to where it belongs- out of our bodies.

These are some of the symptoms that may be caused by a blown illeocecal valve: Constipation, Sudden lower back pain, Pain around the heart, Dizziness, Tinnitus, Bowel disturbances, Headache, Bursitis, Nausea, Allergies, Bad breath, Body Odour, Excess flatulence, Dark circles under the eyes, Lethargy, Colic in babies

But for all the damage that a blown illeocecal valve can do, it is relatively easy to kick start again. After all, it may think it its ten foot tall and bullet proof and has us by the short

and curlies, but really, it is only tiny and quite vulnerable to the right sort of tickle.

If you are suffering from back, neck, shoulder, limb pain or any of the above listed symptoms give me a call and make an appointment. I use a mix of massage, kinesiology, Bowen Therapy and spinal realignment to rectify the problem. I also have a few techniques that will help you feel better emotionally and I am an excellent listener.

Love, light and giggles.

I'm Nimbin-based in a delightful cabin in the country, 9km from the CBD. Phone 0439-79-420

Scar tissue: why it shouldn't be ignored

Surgical interventions around the world continue to rise. The resulting scars never go away. They are an ever-present reminder of the day of that surgery.

Scars also arise from accidents, wounds from wars and conflict, personal attacks, burns and many other traumas.

Effective treatment of scar tissue is, for a big percentage of the population, left untreated and is probably the most neglected of bodywork skills for the manual therapist.

Why should the physical therapist be interested in scar tissue treatment? The effects of post-surgical scars on the human body cannot be underestimated. No matter what physical therapy intervention is used, untreated scars may thwart

our best efforts to remedy related pain and restrictions in mobility.

The body forms scar tissue as a natural response to trauma when the skin is lacerated or punctured, either by accident or purposefully ie surgery. Collagen being laid down during the repair process results in a thickened, fibrous mass which can impede proper circulation of blood, congests lymph flow, and can even impact on Range of Motion.

Additionally, the severing of delicate nerve tissue often results in dyesthesia or abnormal sensation of not only the scar but the adjacent, surrounding tissue. As the scar is fibrous and non-elastic it will have a dragging and pulling effect on bio-mechanical function of all physiological systems



by Sonia Barton

particularly the fascial membrane covering muscles, organs and glands.

The effect of scar tissue in the physical body is just the beginning. Every scar represents an event that created the scar. Many of these are traumatic events: • Emergency life-threatening surgeries

- Cesarean section
- Joint replacement surgery
- Automobile accidents
- Childhood cuts and scars
- Non emergency surgeries

But now a really quick, specific method of the treatment of scar tissue is available. It is called McLoughlin Scar Tissue Release and was discovered and taught by Alastair McLoughlin who was a Bowen Therapy instructor in the past.

If you have a scar and experience any of the following, it can help you:

- Numbness • Tingling • Pain • Burning • Itching • Hypersensitivity • Muscle and tissue wastage (atrophy) • Postural distortion • Reduced range of motion • Loss of flexibility • Feeling of coldness • Feeling of 'disconnection' between lower and upper parts of the

body • Feeling of nausea.

These symptoms may persist for decades after surgery or injury with the loss of sensation being an ongoing experience to the patient that interferes with daily life.

There is an acceptance by the patient that the scar will never change and that normal feelings or sensations in the scar and surrounding tissues will never return.

The patient is often unaware of the implications and effects of scar tissue in the body and does not see the necessity of addressing this area. So consider what happens when, over time, scar tissue shrinks, thus creating unequal tensions within the structure of the body. These distortions affect blood flow, restrict movement and create inflammation.

Imbalances in the mechanical function of the skeletal structure surely follow with, over more time,

deformation of the joints – also known as arthritis.

I have seen some amazing results over the last few years, many life-changing for some people. For instance, bowel movements improved; fears removed after working on a scar from a dog bite; emotional releases and family reunions after working on cesarean scars.

Healing can be attained, on mind, body and spirit. It's quite incredible to observe, and I feel honoured to be able to help people to release traumas which have been held in the scars for many years.

Each session takes no more than 15 minutes, with a very light pressure, but I allow an extra 30 minutes in case you experience an emotional response, which is quite common.

If you'd like a chat to discuss any concerns, you can call me on 0431-911-329.

*BowenEnergyWork.com.au
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THE LOST CONTINENT OF LEMURIA

by Auralia Rose

Our earth is populated by people whose souls have experienced lives on other planets, star systems, and various historic epochs of earth's history. Two that many people revisit in past life sessions are the lost continents of Atlantis and Lemuria. Let's talk about Lemuria, also known as Mu.

The Lemurian Age took place approximately between the years 4,500,000 BC to about 12,000 years ago and existed prior to the time of Atlantis, although some historians believe Lemuria and Atlantis co-existed. It is believed its geographical location largely lies in the South Pacific, between North America, Asia and Australia.

Lemurians lived in a loving, thriving community. Around 14,000 years ago, prophets, with their strong connection with the land, began to realise that the Earth was going to go through a very dramatic shift, which became what we know as the Great Flood.

About 2,000 to 3,000 years beforehand they began making plans to preserve their ancient knowledge, technologies and wisdom

and began spreading their teachings about Earth and mankind's history to as many people as they could.

Very cleverly, the information was stored within the DNA of the human body, where it would lie dormant awaiting the divine timing until the sacred teachings would emerge. Crystals were also used to preserve the ancient knowledge, and were buried deep within the Earth. We know these crystals today as Lemurian Seed Crystals.

For the next several thousand years, the Lemurians prepared themselves to be the sacred record keepers of Earth. They also created detailed maps of underground tunnels that existed between earth's power grids which they planned to retreat to when they received signs that it was time to go underground before the floods came.

Some of these underground areas have been found recently by archaeologists, one of which is under the left foot of the Sphinx in Egypt. Without the actions and foresight of these ancient peoples, the entire history of Earth and the sacred teachings of the world would have been lost forever. We are eternally grateful to them.

When the waters receded, the people



emerged from underground, finding the land they once knew was now very different.

The Prophets of Lemuria also knew that when the New Time came, after the flood, mankind would move away from the sacred teachings. They knew there would be a very long period of time (about 13,000 and 26,000 years) during which the teachings would have to be kept hidden, and also knew that one day that cycle would end and the teachings would once again emerge from each and every person.

That is what is happening now, we are feeling this ancient knowledge beginning to rise to the surface within us and are seeking ways in which our memories can

be activated. As our Lemurian memory is activated, it does not necessarily take the form of information, rather it simply takes the form of our own spiritual and inner wisdom.

The basic beliefs of Lemuria were the belief in a higher power, love and respect for each other and love and respect for the Earth. That is the very basic foundation of spirituality and that is the spirituality that is awakening within us. The important Lemurian concepts were unity, community, awareness, centredness, absolute love, respect, love of others and unconditional love.

There was only one emotion – Love, Absolute Love. One of the most important teachings was the understanding of non duality, as everything was One, where all consciousness knows itself to be utterly one with all, having no separation.

If you feel a strong connection to Lemuria, or any other time period for that matter, and would like to explore it further to find out what particular soul gifts you bring into this life, it would be my pleasure to go on the journey with you.

*Reference: 'Legend of Lemuria' by Jean Sheehan
www.auraliarosewellbeing.com
Phone 0422-481-007*