

Is NLP for you?

Book a **FREE 30 minute** discovery session at www.peterganser.com.au

Tools and techniques to change your mindset and the way you respond in the world.

It's all about YOU,
BE MORE - Your Life, Your Choice, Your Action.

M: 0444 561 541 E: bemore@peterganser.com.au



NIMBIN
CHAMBER of COMMERCE

Nimbin Post

Open 8am – 5pm Monday – Friday

- BANKING • MOBILE PHONES
- IT SUPPLIES • BILL PAYING
- WESTERN UNION • GIFT CARDS

Mail leaves at 2pm sharp

Locally owned and operated 

(Rods) ALL PROPERTY MAINTENANCE

0428 891192

- 1.7 ton excavator with auger
- 4wd 72 inch mower
- 12 inch wood chipper
- +Plus more





SEPTIC TANK PUMPING

GREASE TRAP CLEANING
 LIQUID WASTE REMOVAL
 & OILY WATER PROCESSING

NIMBIN & ALL SURROUNDING AREAS
 Local Since 1932

RICHMOND PUMPING
 6621-7431 After Hours 0407-433-405

A PRIVATE CREMATION
– \$2530 includes GST –

- ✓ Loved one taken into our care 24 hours, 7 days
- ✓ All required mortuary attention and preservation
- ✓ Completion of all application and registration forms
- ✓ Doctor's cremation certificates
- ✓ Environmentally friendly cardboard coffin
- ✓ Private transport to crematorium and cremation fee
- ✓ Death registration and official BDM death certificate
- ✓ Return of ashes to loved one's family or friends

Pre-Paid Plan Available – No Administration Fees

Locally owned by Ben & Emma Little
 Servicing Nimbin and surrounding areas

All Enquiries Welcome
1300 678 443
mail@dolphinfunerals.com.au



Out and about at Nimbin Farmers' Market



by Sue Stock

What a joy it has been during lockdown to get out of the house and isolation and go to the Farmers' Market in Nimbin.

Full of life but respectful of Covid, it is managed by the indomitable Steph Seckold (pictured above).

It has been one of the few outings permitted under the pandemic in the abnormally quiet streets of Nimbin.

You can find produce such as award-winning brie, pecan pies, chocolates, locally baked breads and of course fresh fruit and vegetables.



Dave Davies

The Stannaries of Cornwall and the stuff of the miners' Sus

by Thom Culpepper

To 'go below' for the miners of Cornwall's tin, meant the energy expended in the 'winning' of tin had to be sustained on a whole shift basis. 12-14 hours below needs at least one substantial caloric replacement.

Mining was an extremely dangerous work activity, and the miners need to have access to 'efficient' foods for replacement of expended calories.

Prior the development of mechanical mining access (whim-heads and lifts), access in the case of shallow alluvial mines was only by ramps, and in all other deeper mines, by ladders.

The economy of the mine owners did not allow the miners to leave the mine-face for any 'personal' purposes during a shift. Eating least of all.

So came into general existence, the Cornish pasty, prepared above ground and utilised usually cold but in some cases, heated on a shovel by a 'safe' mining candle. Difficult, as 'exposed-flame-below' was generally prohibited because mine disasters were in the main caused by ignition of inflammable mine-gases.

Climbing to the surface, for a food break, was not a

possibility when mine access was by the 400-600 steps of level-ladders. "In at shift start and out at shift finish."

The other reality was the miners were only paid on outcome by piece-work, so much a measured shovel-full of ore, the currency. Any time 'off-the-face' would not be paid for.

The mine owners' factotum was the Foreman, the 'tally-clerks'. Bring into being the creative ironic stanzas of the singing men's pit-choristers: "The working-class can kiss my arse, I've got the foreman's job at last!"

As heard with much gusto when the future coal miners were being monstered by the inhuman, political-whore to the City of London, Margaret "Nuc the Argis" Thatcher.

Historical Cornish women created the Cornish pasty, later to be suppressed by the corporate marketers' power of the garbage of regional copyright, under the nonsense of protecting women's work- rights.

It did nothing of the kind, but it did preserve the monopoly and the economic-duopoly of the 'Bigger-Fud' racketeers, throwing the men out of their unionised industries and enslaving the working factory women further.

Is it ever different?



The Cornish pasty

Ingredients

Casing
 600g prepared shortcrust pastry

Filling

300g skirt or lean braising steak
 150g chopped brown onions
 2 cloves of garlic, or some wild garlic weed
 150g peeled and thinly sliced swedes
 200g of thinly sliced waxy potatoes
 4 tbsp beef or veg stock
 25g butter
 Thyme, fresh or dried
 Spices to taste
 Egg glaze
 1 beaten egg + salt

Method

Form the pastry into four circles.

Lightly fry the meat in some butter and wilt the onions and garlic, herb and mix in the balance of the filler ingredients.

Heap the filler on one half of the pastry circles, fold over the other half and brush with some egg wash on the edges, seal the edge by rolling or pinching the edges together.

Place on a baking mat, poke a couple of punctures in the pastry, glaze with the balance of the egg wash.

Bake at 200C for an hour, 'til golden brown, turn heat down to 180C for a further 20-25 minutes.

Serve hot or cold, with salads or potatoes of choice.

Somatic OCD: an attempt at quelling anxiety



by Dr Elizabeth McCardell

When I work with a client with particular issues, I think about what they're going through and set about expanding my understanding of these through extensive reading and research, and I don't stop, even after the client has moved on.

So it is with a particular person who came to see me some time ago where they were obsessed with controlling their breath. I knew that such a somatic (bodily) compulsion was a form of a obsessive compulsive disorder (OCD) that arises originally to quell upwellings of anxiety, but, to be honest, I couldn't get much of a shared sense of what that felt like to the person. I've never experienced such a thing.

Yes, I've experienced anxiety; we all have. It's part of being human. Anxiety is our body's natural response to stress. It's a feeling of fear or apprehension about what's to come. Things like the first day of school, or giving your first speech, or going to a job interview can stir up feelings of nervousness and fear.

There's nothing wrong with us in these circumstances in feeling this way. It's only when such feelings last a long time and are interfering with our life that the natural response has become an anxiety disorder. You might have sweaty palms, increased heart rate, rapid breathing, restlessness, feeling spaced out, trouble sleeping, difficulties concentrating most of the time. Medication may help, but the source of the condition still needs to be addressed. But, hang on, let's not go there yet.

How might a person deal with this sense of anxiety interiorly? You might put your focus on such things as blinking, swallowing, tapping your tongue on the roof of your mouth, cracking your knuckles, or noticing how you're breathing through taking deep breaths and counting

them, or any other repetitive behaviour, and in this way you might temporarily quell your anxiety. We are after all always looking for ways to soothe ourselves.

Unfortunately those ways of self-soothing can become a problem in themselves and come to be associated with feelings that unless these actions are done, we will be doomed. Thus a cycle of intrusive, unwanted thoughts (obsessions) and urgent-feeling behaviours to try to stop the thoughts (compulsions) or prevent feared outcomes from occurring is set up.

For someone with OCD, the obsessions can centre on or be triggered by a number of things. In the case of my former client, her anxiety had to do with fear of dying and she had been told by someone, using a mindfulness meditation as a reference point, that when such feelings arose, to focus on taking deep breaths.

Very unfortunately, such words of wisdom became a problem in itself. She became hyperaware of the automatic process of breathing, such that she thought that if she lost that concentration on breathing, she would die, and so she took to counting each breath, to keep track of it.

Bringing awareness to the breath or any other somatic activity may be a good mindfulness technique, but is clearly counterproductive for someone already preoccupied with their feelings of anxiety. Preoccupation is already a problem, so to add to it just exacerbates it all.

It is much better to take the focus away from the compulsion to breathe deeply and count each breath, and put the client's attention to what breathing actually achieves: to release and then to take in the new. Most of my focus in my hypnotherapy sessions with OCD clients is on the letting go and relaxing side of things.

It is interesting that the process of breathing out, and letting go, is when the parasympathetic nervous system is happening. It is a quiet "rest and digest" period and helps the body-mind to literally recuperate its energies. The inbreath, the inspiration, is the responsibility of the sympathetic nervous system, that system that stimulates the heart beat and gathers up the body's resources for flight or fight.

OCD feels to the person all about hypervigilance/hyperawareness, thus the therapy needs to enhance just letting go, letting be, and relaxing.



Legal writes
by John Adams

Last month I was learning to represent children. When I'd finished reading, I tried to answer, the night before the workshop, the list of questions, and found myself underprepared. Then an email arrived from Legal Aid: a reprieve. I can do it later.

As nearly 40% of children in out-of-home care (OOHC) are Aboriginal, much of the course is on why this is so and what can be done about it. Coincidentally, a friend, a member of Grandmothers Against Removals, lends me a copy of *Family is Culture: Review Report 2019* – Independent review of Aboriginal Children and Young People in OOHC.

And I'm exposed to the deeper reality of intergenerational trauma. My

Jarjums 'in care'

initial white racist thought, long before I started working with indigenous people, would have been that it was hopeless; they keep getting pissed and beating up the wife and kids, so what can you do? The kids have to be saved.

My friend was taken from her mother, under a different government policy, in the sixties. Her son, as a child, would sit with her while she cried herself to sleep. Her daughter is still fighting to get her own child back. On my wall is a caricature of a judge lecturing an Aboriginal defendant: "Your grandfather was Black. Your father was Black, and you are Black. You are a repeat offender!"

As the *Uluru Statement from The Heart* puts it, "Proportionally, we are the most incarcerated people on the planet. We are not an innately criminal people. Our children are alienated from their families at unprecedented rates. This cannot be because we have no love for them. And our youth languish in detention in obscene numbers. They should be our hope for the future."

The Review, chaired by Professor Megan Davis,

is the latest in a number, from Rudd's *Apology* and the *Bringing Them Home Report* and some Legislative House Select Committee reports a "well-trodden reform landscape that is littered with comprehensive and unimplemented recommendations for reform." Hers has 125.

When a white nuclear family explodes, the least objectionable parent gets to keep the children, 'to preserve the family relationship', or, if both parents are a worry, another relative or foster-carer gets them. Historians suggest that the nuclear family structure became dominant in England in the thirteenth century and was possibly a contributing factor to the Industrial Revolution. And look where *that's* got us.

For indigenous children, The Aboriginal Child Placement Principle (ACPP) applies. Governments, influenced by Aboriginal activism, seem to have listened. Section 13 of the *Children and Young Persons (Care and Protection) Act 1998* lists the "general order for placement" of an ATSI child. First, with a member of their "extended family or kinship group", then, if they

can't do it, someone from the local aboriginal community, and so on.

It's understandable that mistakes are made, that caseworkers and lawyers don't ask enough questions, that suitable carers are missed. The Department is a complex and unwieldy bureaucracy, and humans are fallible, with their own cultural baggage. Some carers are amazing. Others can't cope and call the police. Interestingly, half the children in custody in NSW are indigenous.

Professor Davis explains: "The state has adopted many rituals of listening to Aboriginal peoples, from government advisory committees, to glossy brochures and policies espousing 'self-determination' and Reconciliation Action Plans, but it does not often 'hear' what Aboriginal people are saying."

She calls for "greater transparency, non-secrecy, yarning, building relationships, more intuition and judgement, less risk aversion and less ritualistic compliance."

We could all do with more of all that, I'd venture to suggest.



Nature's pharmacy
by Trish Clough, herbalist

I've noticed a lot of confusion with the NSW so-called 'Roadmap out of Covid' and how it affects access to natural therapy services. The rules change frequently, so this is my understanding of the situation in NSW from late October and onwards.

My clinic practice and dispensary service continue to be open (by appointment), with no limitations based on vaccination status. There is no requirement for people to show a vaccination certificate. I have chosen to be vaccinated, but am approved to consult with people regardless of their vaccination status. The official statement from my professional association is this:

"As an essential health service, there is no mandate or rule that compels vaccination of practitioner or client. All

The Roadmap out of Covid

infection control and pre-screening Covid-safe protocols should remain in place for all treatments."

Herbal medicine consultations and prescribing of medicines are classified as essential services. As such I have been able to continue my practice in Lismore during recent months. Some consultations have been by phone or video when travel to and from our LGA (local government area) has had brief restrictions.

Although this no longer applies in the Northern Rivers, I am continuing to offer these consultations when requested as some people feel safer to avoid the CBD or they live some distance away. I am also continuing to do face-to-face consultations. Covid-safe precautions are used, including hand sanitiser, social distancing and masks. I also diffuse antiseptic essential oils such as eucalyptus and lemon myrtle to purify the air.

The restriction from 18th October until 1st December where people have to show proof they are double vaccinated applies only to non-essential shops and services, which are obliged to check that people are fully vaccinated before entering their premises.

To make things more confusing, there are some

natural health services which have not been deemed 'essential services'. These include home clinics, gyms and 'massage parlours', and these have been closed during lockdowns. From 18th October, these can only re-open to clients with proof of vaccination, and the practitioners are required also to be vaccinated. These restrictions are only in place until 1st December.

However, 'remedial massage' by appropriately qualified natural therapists is an essential service, and doesn't require that clients show proof of vaccination status. The rules around the vaccination status of practitioners, however, are not widely understood. It is not mandated that natural therapists must be fully vaccinated. Because in many health settings it is a requirement, people tend to make the assumption that their practitioner is vaccinated. The official ruling is:

"A clinic may decide a policy of the clinic regarding vaccination status of practitioners."

In other words, the business decides on its own policy. Clearly this means that some clinic practitioners will be unvaccinated. Many people are not aware of this. My recommendation is that people should ask

the vaccination status when making an appointment if they have concerns and/or health issues that they think could put them at risk when attending a clinic.

Most of this becomes irrelevant from 1st December. The Roadmap moves to a new stage where many restrictions will be removed. There will no longer be the requirements to show vaccination status for clients or practitioners whether the businesses are currently classified as essential or non-essential.

This is based on the assumption that there will be sufficiently high vaccination uptake (estimated 80% of over 16 years of age) that the risk will be low. This strategy is expected to lead to increased infections and hospitalisations, but is deemed by the government to be an acceptable trade-off for the economic benefits and giving people freedom of movement.

Trish Clough is a Lismore herbalist who has been practising for more than 30 years. She conducts her own clinic practice in Club Lane in Lismore.

Trish is available for consultations by appointment on 0452 219 502 or email: trishclough@internode.net.au The information in the column is meant for general interest only and should not be considered as medical advice.

Restoration of the Matriarchy

Tarot Musings
by Grant Walker
and Amy B

The last great Restoration was in 1660, when the wild and untamed Scottish monarch King Charles the Second was summoned to the English throne in a brazen and dramatic attempt to reinstall the divine right of rule for Great Britain.

King Charles II was no ordinary man; he possessed a distinct respect and admiration for women, from his debauched merry court, the king immediately and solemnly proclaimed that women were to be invited onto the stages of theatre and that the fertile taverns of London were to be graced again with their feminine presence.

Such decisions parlayed into a wonderful era of societal success, so much so that divisional restrictions were dissolved; the luscious green parks of London were transformed into utopian havens; catering equally for both the common and upper crusts of society, where people of the great city were permitted to socialise together free from the restrictive conformity previously perpetrated by those of title and wealth.

Hierophant: spiritual leader, summoner of congregants, interpreter of sacred mysteries and arcane principles.

There is a teacher in your midst, fortified by the feminine power of Venus, steered forward with the quiet ferocity of the determined bull, Taurus. The combination of Taurus and Venus is a lusty blend of desire for beautiful things encompassing all the delights of our world in every sense.

The new Hierophant invites you into a world of pure pleasure and satisfaction, she strikes at the heart of the insecure patriarchal chest of secrets with her wooden Bacchus staff, releasing the seven sisters of Pleiades. The plight of both man and woman rests on the wings of the liberated doves escaping upon the earth.

For the Earth and its inhabitants to receive its true divine purpose, we must take bold and fearless steps towards restoring not the monarchy, but the matriarchy.

God knows that men have had their chance; with their senseless wars, corporate greed and ungodly demands for inequality; the entire patriarchy and their towers must fall to reveal a more



nurturing experience for earth.

The new Hierophant isn't any particular woman; she is every woman; your wife, your lover, your sister, your daughter and her sermon will be served in all the modern courts of our world; the kitchen, the dinner table, the bedroom and the boardrooms, she has had enough and her voice will not be silenced any longer.

No other monarch in history achieved such universal popularity as Charles the Second, he relied solely on his true sense of fairness, justice and equality in restoring imbalance. Women of his court invariably ruled his kingdom, their combined influence was undeniable in both social and official decision making throughout the king's reign.

The restoration of his monarchy provides a delicious insight into a world where women are not only treated as equals but are permitted to rule. We should have no fear in restoring matriarchal rule in both society and family, we need only look at the alternative, which I'm afraid is much more of the same.

We must trust the guiding light of Venus; the goddess of love, beauty, desire, fertility, prosperity and sex.

We all know that King Charles II trusted the light, for in the course of discharging his duties in providing a fairer and more equitable society for his realm, he was so busy entertaining his court and kingdom, that out of his twelve children, he incredibly forgot to provide a rightful or at least legal heir to his throne.

Charles II was a truly bullish Hierophant in every sense and a king worthy of all the ages.

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



Shout out to our proofies

Each month our erstwhile team of volunteer proofreaders toil over a vast array of pages of the *Nimbin GoodTimes* with their red pens at the ready, ensuring all the i's are dotted and t's crossed.

Unlike another local paper that is full of typos and inconsistencies, the pages of the *NGT* pass by five or six sets of keen eyes before it hits the presses each month.

Pictured (l-r) are Dusty the news hound, Sue Stock, Lynne Wood, Kitty van Vuuren, Cath Smith and Claire de Lacey (missing: Karen Welsh).

Thanks, ladies.

Animal totems

by Donna Conolly

Have you ever had an animal or animals that just keep showing up? Whether in physical form, telepathically, or in unexpected ways?

Such as random advertising, books you're reading, someone giving you a statue or choosing the same animal in oracle cards, even from different decks?

Indigenous peoples from around the world have looked to animals for messages, omens and prophecies for centuries.

Animal totems, sometimes referred to as spirit animals, assist us with altering our frequency and vibration, in fact we can call them in, or focus on their specific energy if we would like to empower ourselves with their attributes. Such as:

- Dogs (even a specific breed you may be drawn to) – loyal, faithful and like to have a master;
- Eagles – fly high gaining higher perspective and use the wind currents to sail through the sky effortlessly;
- Whales – are the wisdom keepers of ancestral information;
- Lizards – enjoy movement and have smart tactics to avoid becoming prey;
- Swans – are pure ease, grace and strength; and
- Bears – also strong, but in a more confronting way, they

stand in their power.

Keep in mind, animal totems tend to hold the resonance of the animals as a collective, their higher consciousness, rather than the nuances of the individual.

Sometimes there can be a significant soul memory from a previous life, so their energy feels familiar to us and can sometimes cause an unexplained fear response.

For example, dolphins have played a huge role in my life. Ever since I was a little girl, I would dream of them, play with them, even sleepwalk and feed them!

They feel like coming home to me, definitely kindred spirits. When I swam with them daily in Hawaii, I felt the most alive I have ever felt. And they continue to visit me in Dreamtime, so I can swim and frolic with them in another realm.

I wake up from these sessions feeling like I've been in the ocean. I can taste the salt water on my skin. I would readily journey with these magical beings anywhere!

Dolphins are the absolute embodiment of pure joyfulness, play and connection. The way they communicate with other sea creatures and one another is extremely advanced. Almost like a holographic frequency, yet from a place of pure and unconditional love.

It is an incredible energy to



be immersed in.

I have all sorts of Dolphin paraphernalia, purely because every time I see them it reminds me of their beautiful essence.

Goats also have a huge place in my heart. My whole being responds to their gorgeous cheeky ways. They see what they want and will let nothing get in their way, while happily employing anything to climb upon to reach those higher branches.

There are some wonderful on-line resources and information you can look up for specific animals that keep "appearing", and meditations by Steven D Farmer that can help you discover and journey with your totem animals.

In my experience, we seem to have a main spirit/

totem animal, and a variety of others that assist us with different phases of our life and changing circumstances.

Keep your eyes peeled and your heart open, as doing this sort of work can be life changing, or at the very least it's a lot of fun!

Contact us today if you would like to gain a greater understanding of your pets and any unusual behaviour, dietary concerns. Learn more about their purpose or you would just like to deepen your connection.

Hearing things from their perspective can be hugely beneficial. It's like a therapy session for you and your best friend.

Looking forward to connecting.
www.rivergem.com.au

Handy hints for responsible cat ownership

Did you know domestic cats are estimated to kill around 53 million reptiles and 61 million birds in Australia each year?

Byron Council's website (www.byron.nsw.gov.au/cats) now has lots of handy hints to help people keep their cats healthy and happy, while also reducing the impact of their pets on our precious native wildlife.

"There's a lot more involved in looking after pet cats than people may initially think, and if you want to be a responsible pet owner there's quite a bit you need to know," Council's biodiversity team leader, Liz Caddick said.

"Cats that roam are much more

vulnerable to snakes, ticks, parasites and diseases like Feline Aids. They are also more likely to be hit by a car, particularly at night. Keeping your cat indoors, especially at night, is the best thing you can do to protect your cat, and also helps protect native wildlife," Ms Caddick said.

"And an indoor cat doesn't have to be a bored cat, as long as its owners make time to give it lots of attention, and a variety of toys to play with. Our new web page includes tips on building your own enclosed cat outdoor play area, or 'catio', as well as video links explaining how to train your cat to explore the outdoors on a lead," she said.

Byron Shire Council is one of 11

NSW councils working with the RSPCA on a joint project to reduce the impacts pet cats have on native wildlife.

If you'd like to find out more about where your cat goes at night, nominate your pet to wear a GPS tracker for a few days, or you can host a remote sensing camera on your property to find out what critters are out and about.

To get involved, visit go to Council's website and click on the 'What do you think about cats?' survey.

You don't have to be a cat owner – the RSPCA wants to hear everyone's opinions.

See Council's website for all the details: www.byron.nsw.gov.au/cats

Dog talk

by Les Rees

This beautiful boy, Thor (pictured) was 10 years old a few days ago, and I can honestly say that life with him has been an extremely special experience.

He was such a gentle puppy and never destroyed his toys. He often moved them around the house putting them together into piles in the places he had selected for them. Occasionally I would remove some of them to see what his reaction would be, but he always retrieved the toys and put them back with the others. It was like watching a female with her puppies, but it could also be his herding instincts directing his behaviour.

One day a friend brought her dog over for a play, and as soon as Thor saw them arriving he collected his box full of toys removing them one by one from the house and secreted them in the garden, out of sight behind a huge tree. He then played happily with his friend until it was time to go, after which he collected his toys and casually brought them in again. Much to our amusement, he repeated this behaviour on several occasions.

The Australian shepherds, border collies and kelpies are well-known for their



intelligence and learning ability, and also have a natural instinct for rounding up animals and protecting them.

There are many accounts of them performing incredible tasks in extreme conditions that involve the round-up and protection of livestock. They are quite capable of thinking for themselves and can make the decision to collect sheep and cattle from paddocks by themselves and bring them home unaided.

The other day I was reading about an incident

when some cattle were being driven from one station to another when, in the middle of the night, they were caught in a huge thunderstorm. The cattle took off in all directions making it impossible to search for them and the station's dog disappeared and wouldn't return when called.

It was decided that the workers would have to return home to wait out the storm and resume the search in the morning. When they returned, they found the cattle and the dog

who had worked tirelessly to round them up waiting for them.

Most people would find this astounding, me included. But I also think that it is a demonstration of loyalty, courage, intelligence and ability to make important decisions that makes these dogs so special.

I can't remember a time in my life without a dog, and really couldn't imagine life without one by my side. They are exceptionally clever at reading our emotional states of mind and also capable of understanding several words of our language. They may not have the verbal capacity to talk to us, but they can adapt their behaviour to let us know their needs and desires in so many ways.

Thor always says good morning to me as soon as he hears me stir. It sounds like "woo woo", that's all, he doesn't repeat it. Our other dog Molly always knows which car we are going to use and will rush out and wait beside it before we've even left the house. She's never wrong. It is incredible that these once wild animals are capable of happily fitting in with our lifestyles as members of our extended families.

Les Rees is an Equine Naturopath and Sports Therapist, and runs Horsetail Herbs, email: horsetailherbs@bigpond.com

Tired, sore and stiff? Get moving and book in with your local Osteopathic clinic!

Osteopathy is a holistic form of "hands on" manual therapy which primarily focuses on the muscles, joints and bones to improve their function and overall health.

Guided by the osteopathic philosophy which considers the body-mind-spirit as a unit, we aim to empower people to regain control of their health and get back to doing the things they love.

Thrive Health Care Nimbin provides affordable osteopathic care to the whole family. SMS or call 0421 178 269 today to book your next appointment or visit us online at: www.thrivehealthcarenimbin.com

Miriam Latif
Traditional Herbalist

→ In person consultations at Nimbin Apothecary

Payment plans available

Holistic & foundational approach

→

info@theopenheartapothecary.org
0416 073 097

The stages of horsemanship

by Suzy Maloney

I suggest there are three main horsemanship stages – riding, training, and connecting. I will look at these in a linear way, while being aware there is variation.

Sometimes people may be working in all three at the same time, or be experiencing them in a different order, but frequently they are lineal.

Riding

Often the first experience a person has of horses is to ride them. When we are small children, we delight in having a pony ride. Older children and adults go on trail rides. Often all the rider is told is the horse's name, and then they ride. There is no relationship between the rider and horse, no connection.

Some go to a riding school to have lessons and learn more. Again, the focus is on riding, although in some places students may experience other horse skills, and there is a better chance of connecting with a horse, as you may meet them multiple times.

We are taught how to make the horse do things, how to make them listen to the rider. Some people stay at this stage. I have known some beautiful riders who have no interest in the next stage and send their horse to a trainer if they have problems.

Training

Some discover the world of horse training. This may come about because they get a horse of their own, or they find themselves working with young horses, or horses that need to

learn new skills for competition, or a myriad of other reasons. Some people choose to stay in this stage too.

To become a successful horse trainer, you must be able to show a change in a horse's behaviour. There are books available with 100's of training tasks. The idea is to fix, improve or change the horse in some way.

Connecting

Then finally there is connecting. If people go as far as this third stage it becomes less about what you do and more about how you do it. Riding and training may be components of this stage but are experienced in a different way.

This is where we have cowboys who have been in the game for years becoming 'horse whisperers.' Or dressage riders who reach the point where they are talking more about philosophy than actual riding or training skills.

If people reach this third stage, they have realised that it is more about listening to the horse than telling them. They have seen the huge shifts that can occur by connecting with the horse on the deepest level, before beginning to ask anything of them. And they ask, they do not tell.

This year I ran a monthly pilot program with groups of people, called 'Connection with Horses'. It became so successful it became booked out months ahead.

I had no idea people would be interested in skipping the first two stages and going straight to the third.



Or that people would be interested in a horse event where there was no riding.

The participants have been a mix of experienced horse people, beginners, and young children, and all have gained from the experience. That it is possible for children and beginners to start at the third stage has been a huge revelation for me. And it means that if they decide to explore the other two stages, they will be doing it in a totally different way.

I am beginning to see this as the way forward for the evolution of the horse world. It goes hand in hand with natural horsemanship, bitless bridles, and seeing the horse as sentient, all of which is now happening in the equine industry. The future of the horse human connection looks very promising indeed.

Happy Horses Bitless – Considerate Horsemanship, phone 0401-249-263
Email: suzy@happyhorsesbitless.com
Web: www.happyhorsesbitless.com
Facebook: Happy Horses Bitless Bridles

Dr Elizabeth McCardell
Dip Clin Hypnotherapy, BA, BA (Hons), M. Couns, PhD

Counselling, psychotherapy, clinical hypnotherapy, supervision

Monday – Saturday: Clinic in Lismore Heights
Online sessions also available.

For appointments phone/text: 0429-199-021
email: dr_mccardell@yahoo.com

Happy Horses Bitless
Considerate Horsemanship

Suzy Maloney B.Eq.Sc. 0401 249 263
Bitless Lessons and Bridle Sales
happyhorsesbitless@gmail.com
www.happyhorsesbitless.com

Northern Electrical Solutions
Electrical Contractor

Domestic | Commercial | Industrial

- Safety Inspections • Smoke Alarms
- New Installations • Renovations • Phone
- Mains Power • Switchboards • Solar • 12v
- Ovens • Hot Water • Appliances

NSW Lic# 299571C

0427 803 251

NIMBIN BOWLING, SPORT & RECREATION CLUB Pty Ltd

2021 ANNUAL GENERAL MEETING

Sunday 5th December, 9.30am
in club rooms at 25 Sibley Street, Nimbin
Please bring your membership card

Business: Financial Report
Election of Office-Bearers

Available Positions:
President*
Vice President/Secretary*
Treasurer*
Bowls Co-ordinator*
Greens Director*
Director (3)

* These positions may only be held by full club members. Social club members may only apply for one of the three Director positions.

Nominations close 9.30am, Sunday 21/11/21
Nomination forms are available, please call James on:
0482-429-412

A taste of postpartum care



by Kirrah Stewart

The First Forty Days by Heng Ou talks about 'the five insights' of traditional postpartum care: Retreating, building warmth, having support, resting and honouring the mother with ritual.

Staying home and 'laying low' with minimal distractions helps the mother and baby's brain waves to stay in sync and lays the foundations for a healthier postpartum and smoother transition.

Warmth is particularly important for healing. This includes eating delicious warming foods that are easy to digest. Eating nourishing easily-digested food also helps with the production of breast milk.

Support is incredibly important during postpartum. This will take some planning but it will make a significant difference to healing. Caring support means there is more time to rest, bond with baby and be nurtured.



Help is an essential ingredient in the mother's recovery and healing. Ideally, the family can get a support network in place before baby arrives.

The importance of rest needs to be emphasised. It helps with healing and recovery and a happier state of mind. Taking time to rest and have quiet time is essential so saying yes to help is very important.

Birth is a rite of passage and 'the time of becoming a mother' is transformational on many levels. Honouring and celebrating this transition acknowledges the enormity of this metamorphosis.

Rituals can be as simple as a foot massage or more elaborate and ceremonial.

Seasonal greens soup

This delicious recipe is re-printed with permission from Heng Ou, author of *The First Forty Days*. I highly recommend you get yourself a copy of this book, it's life-changing.

This warming seasonal greens soup allows you to 'consume a gardenful of greens in one brightly coloured and very easily digestible bowl'. Serves 6-8.



Seasonal greens soup

Ingredients

3 leeks, white parts only, cut crosswise into thin slices
1/2 cup (55g) peeled and roughly chopped white or yellow onion
3 medium parsnips, peeled and roughly chopped
3 tbsps olive oil or coconut oil
2 quarts (2L) vegetable broth
1/2 tsp sea salt
1 cup (170g) quinoa
3 loosely packed cups (90g) fresh organic spinach
1 loosely packed cup (30g) chopped chard
2 tbsps soy sauce, tamari, or Bragg Liquid Aminos, or so to taste
2 tbsps nutritional yeast (optional)

Method

In a large pot over medium-high heat, saute the leeks, onions, and parsnips in the oil until lightly browned.

Add the broth, reduce the heat to medium, cover, and let it simmer for about 30 minutes, or until the parsnips are soft.

Meanwhile, in a small pot, bring 2 cups (480ml) water and the salt to a gentle boil. Add the quinoa, reduce the heat, and simmer, covered,

for 15 minutes, or until the quinoa is fluffy and tender and has unfurled (opened) slightly.

When the soup has finished cooking, remove it from the heat to cool down a bit.

Working in batches, transfer the warm soup to a blender, along with the fresh spinach and chard, and blend until everything is incorporated into a vibrant green puree (or use a hand blender).

Return the puree to the pot, stir in the quinoa, and season with the soy sauce and the nutritional yeast, if using.

Warm up the soup over low heat before serving. Store leftovers in the fridge for up to five days, or freeze in zip-tight plastic bags or glass mason jars for up to three months. Enjoy!

Kirrah is a postpartum doula and lactation counsellor supporting families in the Northern Rivers. To download a free natural birth checklist, head to: www.doulawisdom.com or text Kirrah 0429-308-851.

Past Life Regression

Quantum Healing Hypnosis Technique (QHHT)

Free your Mind, Body & Spirit.

Live with more purpose, balance, ease & joy

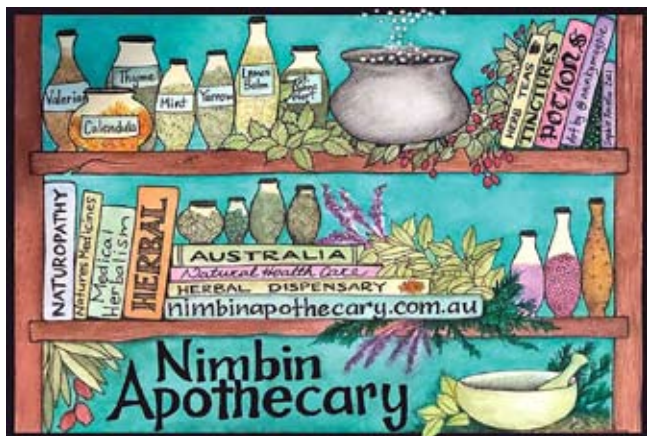


Auralia Rose

0422 481 007

auralia_rose@hotmail.com

www.auraliarosewellbeing.com



Your-Pace Counselling

Kind, compassionate counselling

For more info: www.yourpacecounselling.com



Sonia Barton
Bowen Therapist

Bowen Therapy
Scar Tissue Release
Reiki Master

www.BowenEnergyWork.com.au

Mobile
0431 911 329

IT MIGHT BE SMALL, BUT IT STILL GETS NOTICED!

Promote your business with this space for only nimbin.goodtimes@gmail.com

\$30



Success on your own terms

Success is often the name given to the issue people seek assistance for. This can be closely accompanied by the desire for happiness too. Are the two the same thing? Are they related or linked? Or are they completely separate.

The answer is maybe all of these or one or two of these. It depends on the person. I prefer to believe that happiness is a transient state of mind that is influenced to a degree by success.

What is Success?

Success in my thinking is a complex entity with as many definitions as people existing on this planet. Success is unique to the individual and then varies for each of the contexts of their life. For example success in business is different from success in profession, or marriage, or parenting, or football, or health, or

by Peter Ganser,
NLP Master Practitioner

education and so on.

Often a person may think success is something like reaching a high rung on the corporate ladder, only to find that when it was reached that family and marriage and friendships were lost, collapsed or disappeared and with it happiness.

So, you want success? And I will ask, "What is success for you?" I will also ask after you answer this: "Are you sure that this is success for you and not the expectations of your family, peers, or culture?"

The trap of buying into expectations of others

From my own experience, I had taken on a belief from my father that required

I have a company car in my position if I was to be a success at work. He pointed out that both my brothers had got one (as I recall) on nearly every phone call we had.

Having ventured into the learnings of NLP at about that time, I recognised the impost of this belief on my life. I decided to put it to rest by moving past it altogether. I started a business, got an ABN and organised a company car for myself; after all I was a director and owner of a business.

I rang Dad. "Hey guess what?" I began, "I got a company car in my new job."

Understanding Self and setting realistic goals to find success

And so we need to explore who we are and why we are the way we are. We need to assess where we came from, the values and beliefs that we hold as a result of our path to now, and what is useful and what is not.

By consciously determining what success means for us at this moment (yes, it can change as you grow) we can set our path forward.

Our success then, is achieving our goals.

When our goals are set up well and consider the whole of our life and are congruent with our values we can get great outcomes and probably some happiness or at least contentment to go with it.

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

What a waste!

by Nala Vos, Year 6,
Tuntabla Falls Community School.

Have you ever felt that amazing feeling when you recycle something? Don't you just feel so generous when all the food you haven't eaten still gets eaten by your chickens, who then turn that into more delicious eggs for you again? Wouldn't it be awesome if every single person would feel that good every day? Imagine...not ever producing rubbish ever again... Then we would breathe fresh air, sip crystal clear water and eat plastic free fish! Just imagine a world without rubbish...

Unfortunately, that's not our world today; waste generation is rising globally. Humans generated 2.01 billion tonnes of solid waste in 2016 and by 2050 that could rise to 3.4 billion tonnes according to the World Bank.

One of the outcomes of overflowing garbage is air pollution. The toxic substances in air contaminated by waste include carbon dioxide, nutrients oxide and methane. Those gases cause various respiratory diseases and other adverse health effects as contaminants absorb from lungs into other parts of the body.

Additionally, overflowing garbage is causing marine pollution. Marine pollution occurs when substances, that get used or spread by humans, enter the ocean and cause a harmful effect. At least eight million tonnes of plastic end up in our oceans every single year and make up 80% of all marine debris from surface waters to deep sea sediments. Marine species eat or are entangled by debris which causes severe injuries and horrible deaths.

This plastic is not only a problem for marine animals; it's also a problem for you. You see, all this plastic turns into micro plastic once it's in the ocean, which then the fish mistake for food and fish are what we eat. So, what I'm getting to here, is that we then also eat that micro plastic. Partly because of this, the human species consumes between 39,000 and 52,000 plastic particles every year. Yeah! this is bad...

Another problem caused by garbage is leachate. All landfill sites are supposed to have a leachate barrier to keep the leachate inside the landfill and prevent the contamination of surface water and groundwater over the life of the landfill. Even if all landfills followed this practice, leachate from old landfill sites needs looking at because the problem stays for many, many years.



Amelia Falomir and holding the recycling bin, Nala Vos

However, in developing countries these rules do not apply. Therefore, leachate is leaking into our oceans, rivers, any water you can think of really. We are polluting our source of life! Yes, really that's what we spend every single day doing, killing ourselves! Leachate is in the water we swim in, shower in and the water we drink every single day.

These problems are serious. These problems are real. Luckily social media has ensured public awareness of the problem. Campaigns like 'Planet or Plastic' from the *National Geographic* and 'Stop Plastic Pollution' from WWF show people the big problem they are causing.

After being exposed to all this information, you might think it's too late to solve this massive problem, not to mention you will probably think there is already too much rubbish and that you are only one person so you wouldn't be able to change anything anyway. I think we can... all we need to do is have a limit to our waste; it's not that hard. Here are some great ideas we can use to change the trashy world we live in.

A few years ago the council of Australian governments agreed to create a National Waste Policy Action Plan (NWPAP) which included a timetable to ban export of waste, and the phasing out of microbeads in rinse-off cosmetics, personal care and cleaning products.

CSIRO has made a circular economy roadmap, for plastics, tyres, glass and paper in Australia January 2021, meaning circular so everything gets recycled and waste gets avoided, and the government is working on the plan now.

Luckily there are suggestions that the government has the following things planned: the phasing out of PVC packaging labels by December 2022 and an 80% minimum of supermarket products displaying the Australasian Recycling Label by December 2023. The national packaging targets are that 100% of packaging must be reusable, recyclable or compostable.

Also, all 70% of plastic packaging will go on to be recycled or composted, 50% average will be recycled content within packaging, problematic and unnecessary single-use plastics packaging phased out. Lastly the government will work with textile and whitegoods industries to phase in microplastic filters for washing machines.

OK... you might think that if you miss out on that one straw with your milkshake, or you bring your metal water bottle instead of buying a plastic one; that's just one thing you do and no way that it'll make an impact on the super big problems we have in the world. Well actually it will, because if you don't, nobody will!

But if you do, we have a chance to save our world. If you stop using plastic pegs, your friends will too, and their friends will too, and there will be no use for business to sell them, so there! One thing down already! Just by doing things like buying a re-usable coffee cup or bringing a glass honeypot or your own bread bag to the market, or choosing wooden take-away cutlery instead of plastic, and using bamboo cotton buds, it can really help us end the nightmare we have made.

Recycling can be fun, so just give it a try.

Lismore on the ball with recycling

Recycling polystyrene at the Lismore Recycling & Recovery Centre has been given a big boost, thanks to the installation of a new dedicated polystyrene recycling machine.

In 2009, the NSW Environment Protection Authority's Better Waste and Recycling Fund allowed Lismore City Council to be one of the first Councils in Australia to have a dedicated polystyrene recycling machine.

Lismore City Council's Commercial Services Business Manager Kevin



Trustum said, "We were already recycling around 30 tonne of polystyrene every year which saves around 550 cubic metres of landfill, and now the EPA has provided extra funding to upgrade the capacity."

The total cost of the project is \$191,000 with a contribution of \$131,378 from the NSW EPA's Waste Less, Recycle More initiative, funded from the waste levy.

The new machine can process up to 300 kilograms

of polystyrene per hour by crushing and sorting the foam which is then pushed through heating rings that melts and cuts the foam.

The product is then cut into golf ball-sized material and cooled and ready to sell to countries such as Malaysia where it is recycled into items such as photo frames and architraves.

Residents can recycle polystyrene free of charge by taking the material directly to either the Lismore Recycling & Recovery Centre or the Nimbin Transfer Centre drop-off area.



Natural Law

by Helene Collard

There is a juicy portal opening up, can you feel it? This is a magical doorway of reclamation.

What is it that has been hiding in the shadows, or suppressed in the dark?

I am not talking about some shallow detail. I am pointing to the deepest yearnings of your body and soul, that have been present for as long as you can remember.

It is likely these desires belonged to your ancestors before you.

As multi-dimensional, multi-faceted Beings, we have myriad ways to explore and express who we are. However, often we feel boxed in – captive to limited and confined messages of 'how we should be'.

These (often) unspoken and unconscious rules come from cultural conditioning, including colonisation, and can involve: family and extended family roles and norms, religious/spiritual teachings and wider societal norms.

Now we have an opportunity to break free of a deeply-set template that we have taken on, yet have now outgrown. In fact, this ingrained pattern holds us back from experiencing freedom and joy.

Great courage and focus is required to trust the emerging foundations of strength and safety, to dissolve this outdated frame, and expand into the new horizons that beckon us.

Make no mistake, this is all about self-sovereignty.

Slow down, have your feet on the ground, body in the water – flow and breathe. Take two steps forward and one step back. Do not be discouraged. It is a process, stay with it. Presence.

"The mind is a wonderful servant, but a terrible master" – Robin Sharma

Above all, begin to re-program your mind with the ideas and beliefs that will gently shift you into a new paradigm of Being. The energy is perfect for this transformation now.

Use prayer, meditation, visualisation, intentions, affirmations, ritual and ceremony to change your reality for the better. Bust out!

For those wanting to sit in Circle, a beautiful Sister, Sally Davis and I are offering a four-week on-line Intention Circle Series. We welcome all who identify as women from anywhere in the world to join us. For info and bookings:

Mornings: <https://events.humanitix.com/intention-circle-mornings>

Evenings: <https://events.humanitix.com/intention-circle-evenings>

The Yemaya Centre is always open!

During lockdowns, or when face-to-face services are not available: Remote Reiki Treatments, Remote Deep Listening Sessions, Yogalates on Zoom, Endorphina Creative Online Sessions.

All other times: Face-to-face Reiki Treatments and Reiki Courses, Yogalates, Shiatsu, Endorphina Creative Workshops, Sessions and Programmes.

Go to: www.yemayacentre.com.au for more information.

This edition of Natural Law is dedicated to all women of colour, busting out of patriarchal ways of knowing, being and doing, and reclaiming rhythms of life that are self-empowering and enriching to their bodies, minds and spirits – for the benefit of themselves, their family and community and all life.

THANK YOU

for 8yrs of
Natural Law
in the NGT!

Subscribe to our website for info on our remote and in-person services.

Yemaya Centre
for Reiki & Wellbeing
www.yemayacentre.com.au • yemaya@yemaya.com.au • est. 2016