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 Bistro thank members and the community for
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The Club has re-opened in a Covid-safe manner.
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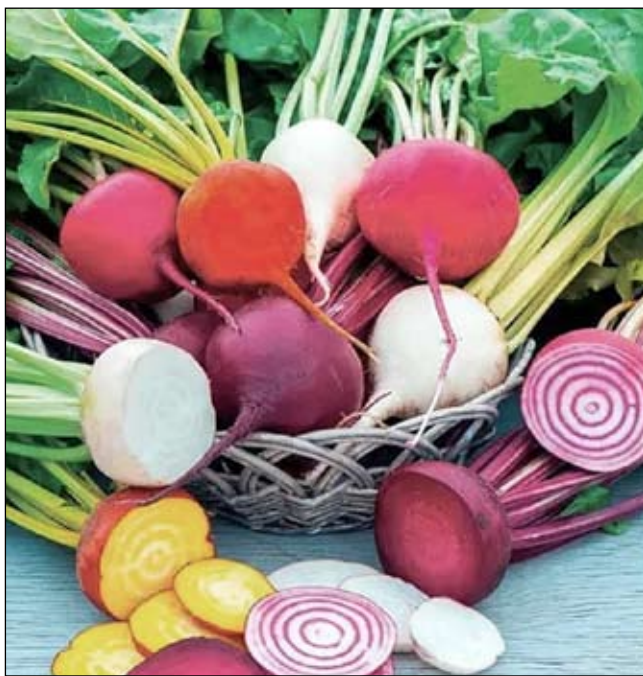
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DOLPHIN FUNERALS

Food matters by Evie Fairley

The origins of *Beta vulgaris* or beetroot arise from the salty earth of the Mediterranean where it is still found growing wild today.

First domesticated by the Ancient Assyrians, where the beet-greens were the favoured part of the vegetable eaten then, much like other members of its extensive botanical family *Chenopodiaceae* which includes Swiss chard, spinach and quinoa.

The beet was also highly esteemed by both the Ancient Romans and Greeks, giving rise to the associated mythology, for the Romans believed it to be a potent aphrodisiac and the Greek goddess Aphrodite supposedly ate beets to make her irresistible among the goddesses and desired by all. This humble vegetable was the secret to her ageless beauty.

There is science to back up the creation of these myths. Being high in boron, a mineral that boosts our sex hormones,

Beet magic

and tryptophan which relaxes the mind, it creates a warm feeling of well-being. It's understandable that it was conceived to be an ancient aphrodisiac and it is brimming with iron, magnesium, potassium, phosphorous and vitamins A,B, C, beta-carotene and beta-cyanine. No wonder Aphrodite looked so good.

So boost your health and beauty with this earthy delight.

Spicy beetroot salad (vegan)

750g beetroots washed and trimmed
 Juice of 1/2 lemon
 1/2 tsp cumin
 1/2 tsp cinnamon
 1/2 tsp paprika
 1 tbs orange water
 2 tbs olive oil
 Salt and cracked black pepper
 2 tbs chopped parsley

Steam the beetroot for 20-30 mins until tender. Peel and slice when cool, reserving the liquid that accumulates on the plate. Toss in lemon juice and coat with spices, orange water and olive oil together with the reserved liquid.

Season, cover and chill. To serve, toss with parsley and arrange on a bed of lettuce leaves.

Vegan beetroot chickpea burgers

1/4 cup grated beetroot
 3 cloves garlic
 2 cups chickpeas
 1/2 cup rolled oats
 2 tsp smoked paprika
 1 tsp cumin
 1/2 tsp turmeric
 4 tbs Tamari or Shoyu
 2 tsp coriander or parsley (optional)

Place the beetroot, garlic, chickpeas, rolled oats, spices, tamari and parsley or coriander or both in the food processor and pulse until well incorporated. Then using your hands, press and form mixture into balls and flatten into burgers.

Refrigerating for several hours is best. Either grill them 4-5 minutes each side or saute in olive oil for 4-5 minutes both sides.

Serve on a bed of lettuce using a marinade of tamari, chilli flakes and lime juice.

Bon appétit.

Sorrel – the sour and yet the sweet of it



by Thom Culpepper

The human pallet and tongue, knows the four main culinary food-homes, they being salt, sweet, sour and umami. Rarely does any food cross the tongue unless it is generally 'acceptable' to one or a combination of these taste realities.

In this article I will discuss one of these taste forms, one of the sour.

To the Western palate they are a minor component, though two, vinegar and lemon, are common imperatives in numbers of culinary demands. They are an adjunct, a dressing component, not a complete food in themselves, although many citizens do imbibe 'cider-vinegars' as a diet food-aid.

I prefer the acid-drop in the original form as wine, being that Aceto-bactors imbibe beautiful Shiraz and/or apple juice, and excrete it as vinegar.

Some veggies, such as the beet family, have some botanical members that are profoundly doped in oxalic acid. Humans can genetically cope with this stuff in their diet, and they use it for some other tricks: sail-makers make bleach-stained sails; stone-masons polish marble with it.

Sorrel is one of these plants of this dock family, the whole plant being

comestible. Rhubarb is another, but only the stems are utilised, never the leaves.

Of the sorrels, several are in common use. The common is the French green garden sorrel, *Rumex acetosa*, making up a universal sauce in Europe to be served with fish and eggs and as a fresh raw green in the salads for bite, and is the prime ingredient of the 'Soup eaux herbes' of the Mache of southern France. It is said the acidity of the sorrel breaks down the small bones of European carp (something needs to).

There's a beautiful type of sorrel, the Red Form, *Rumex acetocella*, sometimes identified as Sheep's Sorrel, a beautiful red-veined-on-green-leaved form.

It lifts a salad into the ethereal. Chopped with avocado, plus a touch of desiccated chilli flakes and Worcestershire sauce, is orgasmic, to say all that could be said.

Sorrel sauce

Wash and dry 150 grams of sorrel leaves, discard stems, chop leaves mid to finely, melt some butter in a pan and add some pepper and salt to taste, saute 'til soft, blend in 200 mls of sour cream and simmer. Add fresh pepper again and serve over grilled eggs and/or grilled snapper fillets.



Sorrel tuna salad

1 medium blanched celeriac or a 200 grams of chopped Japanese 'red' celerly stems.
 50 gms of diced green celerly stems
 4 cloves of crushed garlic
 150 gms of sorrel de-stemmed leaves
 200 gm tin of tuna or red salmon
 100 mls of mayonaise
 10 mls of olive oil
 400 gms of cooked black or red beans
 20 mls of lemon juice

Method

Blanch the celeries, cool. Blend all the hard stuff in a bowl, dress with Mayo and oil, garnish with a fine chopped chilli and serve on a bed of shredded Cos lettuce and red chicory. Salt and pepper to taste.

Should you want dining partner during this monster lock-up and maybe a Chrissy nosh, I do a mean duck, goose, turkey, porker, lamb, etc... plus plant stuff. Email me at: thewholeearthveg@gardener.com (tag it "Chrissy nosh") and we will set up a meal in. I bring it, I cook, you serve. A table for four or six would be a shining event.

Keep eating!

thewholeearthveg@gardener.com



Photo courtesy happiness.com

Very much like the Tibetan meditation of *tonglen*, which is literally, “giving and taking” or “sending and receiving”. It beautifully sums up a gift where the act of giving is the same as the act of receiving, and the act of receiving is the same as the act of giving. There is no difference. Nothing is left out.

There is nothing worse than those who see the giving of gifts as something obligatory, or those who can’t receive a love-filled gift. I’ve certainly known people like these.

I have memories of standing around at Christmas parties where gifts were presented and immediately set aside by certain people. Also those who complain about having to buy gifts for others, seeing the whole process as something somewhat tiresome.

In contrast, there are those who take absolute delight in making gifts and giving something chosen because they are delighted by it, as well as delighting in the very process of giving. In the case of the latter, the very act of giving is felt as continuous with receiving so that giving and receiving are the same process, the same transaction of love.

It got me thinking about how not having a freely given gift received with an open heart feels on an on-going basis, and the idea of suffering moral injury came to mind. A bit extreme, maybe. I note here that moral injury refers to an injury to a person’s moral conscience and values resulting from an act of perceived moral transgression, which produces a profound sense of emotional guilt and shame and sometimes also a sense of betrayal and anger.

Not receiving a gift freely given and not giving a gift in a spirit of love somehow gets felt like betrayal. Perhaps I’m conflating too much here, but maybe I’m not. I suspect that this all relates to attachment theory. Attachment theory is a theory about the evolutionary, ethological (where our behaviour is part of our biology) and psychological relationships between people. Such a theory holds that without a good relationship with caregivers, the infant has difficulty growing up as a social being.

Give and receiving is integral to the healthy development of a human being. If there is just giving grudgingly and taking, without much interest in the



by Dr Elizabeth McCardell

other person, the process of reception is broken and there is little compassionate connection between people. For a little child, this feels like abandonment.

A child can be given hundreds of presents (presented with stuff, but not given with love), but with little interest in what that child actually wants. The child is treated like a stranger, some generic creature disconnected to anybody. How desperately sad this is. His self worth isn’t recognised by those important others and, quite likely, will come to not be recognised by himself in time. There are grave consequences to this. A person can go through life feeling like he cannot achieve much; like all he can hope for is to function, but not enjoy very much of life.

I am reminded of a client I had several years ago. She was a fully trained healer, but didn’t feel she was good enough to work in her field, even though her teachers said her work was very good. In other words, there was a discrepancy between how she perceived herself and how others perceived her. My aim was to allow her to experience herself in the act of giving through her work as the same as how others experienced her work on themselves. Giving is receiving and receiving is giving in that time of connection and this is integral to good healing practices.

I taught her the principles of *tonglen*, where her inbreath was breathing in the light of compassion (a visualisation exercise), and her outbreath was breathing this compassion to self and others, so that the breath itself gathered herself and others into a single act of giving and receiving. In time, such a practice becomes second nature where self worth is experienced as compassion to self and others.

My client, by the way, went on to open her practice and worked successfully in her chosen profession.

Care and protection: costs and benefits

One of my Dip Ed subjects was The Economics of Education, a recent American import. This was before Dawkins introduced neo-liberal economics to the university sector.

The major exam question was: “Complete a cost/benefit analysis of any secondary curriculum”. I chose art, had fun, and failed. Still ended up teaching for a while.

Now, when I’m in a matter funded by Legal Aid, the mind drifts to costs. Care and Protection Law (C&P, aka Welfare Law), a complex subject, doesn’t appear to be offered in law degrees. I’ve looked. There are interesting options these days. Animal Law sounds fun. I suspect universities don’t teach C&P because there’s no money in it. The rich don’t have their kids taken.

Mentored by a lawyer from the Aboriginal Legal Service, I was eventually appointed to the Legal Aid C&P panel, but only for adults. Acting for my favourite people, children, isn’t possible.

Legal Aid’s not a big payer anyway. You have to be

efficient to break even, but they pay promptly. It’s only when there’s a cashed-up relative who wants the child that you can charge normal rates, like double.

The only child I’ve had as a client was a 17-year-old mother. She was not bright, too easily influenced, and smoked far too much dope. Her baby had been taken at birth. They were supervised in hospital and a caseworker appointed, funded by the Department; FaCS or DoCS at the time – I can’t remember – now they’re DCJ. How much, I wonder, does it cost the taxpayer each time a department changes its name? But that’s beside the point. (Caseworker salary 70-97k)

My client “lacked capacity” to instruct me, so a *litigation guardian* (in legal-speak guardian-ad-litem) was appointed to do this for her. He flew up from Sydney for each court appearance. Other lawyers were appointed; one for the Department, one for the father, and one for the baby. (Three lawyers at roughly 2k each for each phase.)



Legal writes
by John Adams

There are two phases in C&P, each of which may, or may not, end in a hearing. First there’s establishment, where the Children’s Magistrate decides that rescuing the child was smart, then there’s the welfare phase, where it’s decided, or far more often agreed, what’s going to happen until they’re 18. Along the way there can be mentions and dispute resolution conferences with the Children’s Registrar and further applications, and so on. It’s complicated.

In one matter, both parents had litigation guardians. Mine was a retired Inspector of

Schools. The court was 100 km from the airport. I have no idea what their travel expenses were, but when they asked for a hire car, the Department refused and organised a taxi instead (200km plus six hours waiting time).

Adding what we pay the Children’s Magistrate and the Children’s Registrar and court staff, to what the Department spends on paper, and the lawyers’ unpaid time reading the inches-thick ‘bundle’, we spend a lot of time and money, as a society, trying to protect our children. Of course, it doesn’t always work, but we do our best.

An email tells me the panel structure is about to change. I have to get a Working With Children Check and do an on-line workshop on acting for children. I diarise the date and enjoy some preparatory videos and podcasts. With my rudimentary knowledge of developmental psychology and vast experience of being a single dad, I feel I’m ready.

Then the readings arrive; hundreds of pages. It’s a serious course; final year university level. And it’s free and I like being a student.

Insomnia: a very common problem

Sleep problems affect 30% or more of the adult population, with approximately 10% of adults suffering severely.

Not surprisingly, I am often asked about natural remedies for insomnia, and it’s never a simple answer. Attempting to find the underlying imbalances and addressing these is will give the best results.

Some of the drivers of insomnia to consider for each person include: adrenal stress, hormonal imbalances, neurotransmitter imbalances (nervous system), anxiety, pain, liver stress, and mineral and/or heavy metal imbalances. Life and environmental stresses can create any of the above imbalances. Good diet and practices such as yoga, exercise, relaxation and meditation can all be helpful.

Herbs to calm the nervous system include withania, holy basil, kava, zizyphus, lemon balm, passionflower, skullcap, nigella, lavender, chamomile, devil’s claw, magnolia, schisandra, copaiba, California poppy and St John’s wort. There are many to choose from. Herbs can be selected to cover multiple imbalances for that person.

An overactive nervous system can cause sleep problems. Our nerves produce substances called neurotransmitters. There are many of these, but a simplified view is that we need the right balance between excitatory neurotransmitters (glutamate) and the calming neurotransmitters (GABA).



California poppy

Glutamate is converted in the brain to GABA, but this process can be impaired in some people, leaving too much of the excitatory transmitters. All of the above list of herbs act on GABA receptors to increase the calming effect.

Prolonged stress can severely disrupt the output of adrenal hormones such as cortisol. We need cortisol to function well and to help the body to cope with stress. Cortisol is highest in the morning, and gives us the “get up and go” boost. However, excessive production of cortisol can correlate with anxiety and insomnia.

One of the best herbal remedies for excess cortisol is withania, an Ayurvedic herb also known as ashwaganda. Another favourite adrenal anti-stress herb is holy basil (tulsi). It is calming, anti-depressant, mood-regulating and helpful with anxiety.

Anxiety symptoms also suggest to include kava, passionflower, magnolia and lavender. If pain is present, I like to use herbs



Nature’s pharmacy
by Trish Clough, herbalist

such as devil’s claw, copaiba, California poppy and kava. These are especially relevant for neuropathic (nerve) pain, and can be combined with herbal anti-inflammatories if indicated.

Impaired liver detoxification can also be a factor in insomnia. Clues are intolerance to alcohol, chemicals, odours and especially caffeine. Some people have a genetic impairment on the detoxification pathway that clears caffeine from the body. I suspect I’m one of these, as I can be awake for hours at night if I have a small coffee late morning.

Liver supporting herbs such as St Mary’s thistle and schisandra can be helpful here. I find also that taking a supplement of Alpha Lipoic Acid (ALA) after having coffee will help significantly with caffeine clearance. ALA is an antioxidant produced by the body, and is in some foods. Additional

supplementation can help with energy production and detoxification via the liver. It also protects the nervous system.

Mineral imbalances (eg. calcium to magnesium ratio, copper to zinc ratio) and/or heavy metal exposure can be investigated with a Hair Mineral Analysis test. It provides very useful information so insomnia treatment can be tailored accordingly.

One of the most useful additional remedies I find is L-theanine powder. It is extracted from tea and is the ingredient that causes the comforting calming property of “a nice cup of tea”, but without the caffeine aggravation. A small dose combines very well with the nighttime herbal mix.

A prescription for insomnia might involve a daytime herbal mix to address the individual drivers of insomnia, and a simplified night remedy of perhaps two or three herbs in higher doses. I use several herbs in the night mix as they have different clearance times, to give a longer lasting effect.

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.

Man or man-child?

Tarot Musings
by Grant Walker
and Amy B

The time to act is now! Summon the power of the neighbouring red planet Mars, embrace the forcefulness of the Ram. With the rising light of the traditional Spring Equinox, sow your seeds now for a big return. Act without

thinking, do without trying, but know that now is the time to move. *"So can you understand I want a daughter while I'm still young I want to hold her hand Show her some beauty Before this damage is done But if it's too much to ask Too much to ask Then send me a son"* – "The Suburbs" by Arcade Fire They say that any virile man can make a baby, but it will take much more than the successful act of conception to make him a father. Most fathers will tell you that the act of childbirth was the most amazing experience of their life, yet the witnessing of the birth of a child pales in comparison to the divine mothers' enduring, humbling and often painful experience.

A man's own future is determined by how he nurtures his own child, how he rules upon his own begotten kingdom. The witnessing of childbirth is not enough for the man, a man must be truly humbled to become an initiate of life; he must endure the pains of spiritual labour in order to claim his own crown and be seated alongside the initiated mother.

The man-child, raised in a patriarchal society; bombarded with profane images and structures representing war and corporate aggression, a boy must attempt to find his own feet, in a world surrounded by failed male ineptitude.

The young male child attempts to fit in; mimicking aggressive male role models from literature, television and the internet. All too often the boy is left abandoned in a nursery of sport which serves only to perpetuate the aggressive style of the modern fired up man.

The boy's opportunity to grow from witnessing and experiencing the nurturing side of his own mother is often and invariably

stolen by his own father, even grandfathers, as they collectively and wilfully degrade her divine soul, regularly in front of his own eyes.

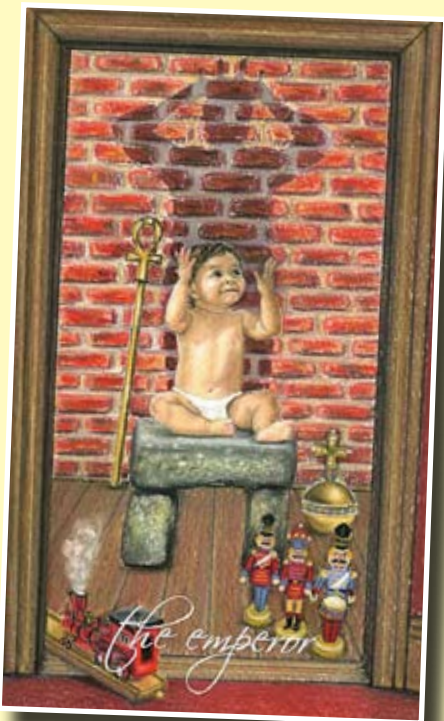
As the man's self-confidence grows, he strikes out on his own path, yet so often he is let down by his own infected DNA; impregnated with a childhood littered with failed masculine images and ideas. He must too deal with his own father, the image of him and determine what he means to him.

Yet the man-child is given a gift, his invitation is at hand, he has been given the hand of hope and it fits snugly within his own. His own child is his invitation to initiation, deep down he knows it and the sooner he abdicates his own throne and places his child in his place, the sooner he will start his own journey to enlightenment.

Tarot can be much more than a one-off market-stall divination to help answer our pending questions in our daily life. The tarot tells the human story from beginning to end, offering an invitation to initiation through constant self-reflection and discovery. With a fearless heart and surrendering mind we can reclaim our divinity in this world. Seeds of Initiation offers a unique perspective to initiation through the observation of ourselves through our own children; we believe it is written in the cards and available to all.

"Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it." – Mark 10:14-15

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



Reincarnation

by Donna Conolly

Reincarnation is a topic that comes up a lot in my life as an Animal Communicator and Psychic/Medium.

It is one of the most common questions that is asked in a 'Rainbow Reading' (communicating with animals after they have passed). "Will they come back again?" Or, "Is my current animal from childhood?" Or sometimes, "Is my cat Auntie Gladys?"

As much as we would love to have our precious friends incarnate with us again in this lifetime, it is actually quite rare, despite what Hollywood would have you believe! I have seen a direct reincarnation twice, in hundreds of readings.

Here is my understanding, and what I have been privileged to witness in my journey thus far, with my own pets and clients' loved ones.

Before we decide to (Re)incarnate, our souls/higher selves choose multiple companions to have soul contracts or agreements with. These will be humans and animals. They help us as much as we help them. Oftentimes, we have soul families and groups that reincarnate in multiple lifetimes.

When we connect with these beings, there's a familiarity, a knowing, a part of us that "tingles" or reacts when we meet them. As souls we come to earth to grow and evolve. And in the grand scheme of things, our lifetimes are relatively short and sadly, our animals even more so.

When our animals do choose to transition, it usually represents a graduation of sorts. Sometimes the grief itself cracks us open to a greater acceptance of new concepts or a deeper understanding of ourselves.

Sometimes they are making room for a new animal companion to enter our life and offer us a new set of learnings and lessons, while our beautiful animals step into their new, non-physical role of guidance, wisdom and advice.

They become our angels and are happy to assist us from the other side. The soul/light is eternal, allowing us to still connect intuitively.

Another thing to keep in mind is there is no pain or suffering in the spirit world, especially if they pass at an older age, of a terminal illness or an unexpected accident.

It is important to send gratitude for all they offered you, be open and willing to receive what the next level has in store, knowing that your animal companion is waiting for you on the other side. Sometimes the actual lesson is letting go.

I would like to share a couple of amazing anomalies that have come through in the course of my work.

A beautiful cat that I have communicated with, is currently with a young boy (who is on the autism spectrum). The cat will be reincarnating with him again when he is around 21-years old and will require comfort, as there will be a lot of changes to navigate.

Another client who I have had multiple animal



communication and healing sessions with, including her and her gorgeous doggos, living and passed. Her living dog allows the soul of the passed dog to inhabit her body to comfort his Mum. They were practising this for a few months before he passed.

Animals are an extraordinary part of our souls' evolution and growth. Oftentimes they assist us where humans can't. They "know" us better than we know ourselves. They are a true reflection of where we are in this lifetime.

Take some time to reflect on your life thus far. Remember all the animals that have been a part of your journey. How and when did they show up? How long were they with you? What are your strongest memories of them? How did they choose to leave? How did you choose to grieve?

Really feel into the answers, sometimes hindsight and time can give you an even deeper perspective.

We can help you to connect with your Angel Animals. A reading with a beloved animal can help you process grief, and answer any questions that you may have, leaving you with a sense of peace, acceptance and deeper understanding of their purpose in your life.

"Dogs die. But dogs live, too. Right up until they die, they live. They live brave, beautiful lives. They protect their families. And love us. And make our lives a little brighter. And they don't waste time being afraid of tomorrow." – Dan Gemeinhart, *The Honest Truth*

You can connect with Donna for animal communication and healing sessions at: www.rivergem.com.au



Nimbin Herbs – transform your life with plants

by Elen Jones

What goes up must come down; hopefully to get well-composted for healthy new growth.

This transformation cycle is one we earthy types know and love, and in that spirit, on the day of the spring equinox, the renamed and refurbished Nimbin Herbs shop emerged on Cullen Street.

After more than 20 years, the iconic Happy High Herbs Nimbin sign has come down. In its place, a new trinity of spheres now graces the Nimbin streetscape, representing the more mature, life-affirming principles of plant-use culture in our beloved community.

Nimbin Herbs was initially launched as a tea brand back in 2017. By renaming the shop, we have consolidated our entire project under one coherent banner comprising our newly redesigned tea

range, our on-line store, the Nimbin Herbs Learning Centre (situated at the Nimbin Community Centre), and the street-front store.

The team at Nimbin Herbs would like to express its thanks to the Nimbin community for such amazing support over the years. So many people have been a part of this process, guiding, encouraging and caring. Thank you – you all know who you are!

The now historic Happy High Herbs Nimbin shop opened its doors in the late 1990s as an expression of our community's second-wave counter-cultural psychedelic glee. Since then, the shop has occupied a unique role as a place where locals and visitors can come together to discuss the weird and wonderful ways in which plants can help us understand the mind, the body, and the emergent phenomenon of consciousness.

Nimbin Herbs will continue to function in this way, as a space for education, connection and conversation, expressing vital elements of the Nimbin community's philosophy. Our complex relationship with the Happy Herb Company (based in Uki and recently purchased by Laura Howarth from its founder, Ray Thorpe) has ended.

With our cultural ecology teetering on the edge of chaos and collapse, Nimbin Herbs is committed to supporting people to make sense of things by sharing mature, psychedelically informed perspectives. Herbs and plants can help us, and perhaps it is now more important than ever to ground ourselves in the earth-based wisdom traditions of our elders.

Feel free to pop into the store to chat with us anytime and check out our new herbal tea range. If you can't make it to Nimbin, visit our website at: nimbinherbs.com.au

Adaptation and communication in horses

by Les Rees

Having worked with horses for many years, I've noticed time and time again just how amazingly adaptable they are.

They're way ahead of many humans, who find it difficult to accept change in their lives, constantly complaining when they have to adapt to new circumstances they're facing in their world.

I firmly believe that is why horses have been so successful living and working with humans for hundreds of years. They've been used for farm work, pulling heavy loads and ploughing up the land, for riding and as carriage horses. Many over the years, worked in and lost their lives during various wars.

They've even adapted to police work in our heavily crowded cities, often in dangerous and frightening circumstances, and many are used for sports and as recreation horses. I often find myself asking how much more they can take, as people find new ways to boost their egos by imposing more and more ludicrous demands on these beautiful animals.

I believe that the importance of adaptation in the horse's ability to communicate with other species is the reason why humans have been so successful in taking



advantage of their vulnerability. It's the "Give an inch, why not take a mile?" principle.

I like to think that I have a great rapport with my horses because I respect them and try to communicate with them in their own language, even though that part can be confusing as misunderstanding intentions can be a problem at times.

If that happens, I return to the beginning of the conversation and present my discussions in a different way until I'm successful. Horses can become quite adept creating new ways to communicate if they're being misunderstood. They're far from stupid, and can be very

enlightening if you take the time to listen to them.

An example of this happened the other day when I went out to give my horses their morning feed. Normally they wander up to the stable yards just before breakfast and are usually waiting for me to arrive to feed them. Sometimes they just go into their stables and wait for me to bring their feed, so I wasn't alerted to the fact that one of them was missing.

I started to make up their feeds when Red, my young horse began trying to get my attention. This isn't necessarily unusual, because he always has a lot to tell me. So I continued getting

the feeds ready. Red then grabbed and tugged at my jumper. I told him not to be so impatient and continued what I was doing.

He then noticed that I had put down some new gravel in the yard in order to create a gradual slope for the horses to use. Red started to paw out the gravel in order to get my attention. By this time I knew that he was trying to tell me something, so I went out to chat to him about it. His reaction was to move away to the gate a few metres from where I was standing, then back to me and away again.

By this time I wasn't feeling so sleepy, and realised that he wanted me to follow him. When I got to the gate I saw his best friend Gypsy at the top of the paddock and realised that something was wrong. As I walked up the paddock, Red galloped past me to be with Gypsy, who was stuck with a leg caught in the fence.

I don't know why I find this so astounding, because the horses constantly alert me to amazing things happening in their environment, for which I'm eternally grateful and totally humbled by the incredible patience and adaptability of horses finding varying ways to communicate with me.

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



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Keeping it simple

by Suzy Maloney

Do you find yourself sometimes over-analysing things? I think we all do at times.

When we are with horses though, this can be a block to true connection and understanding with your horse. I'll explain why.

Imagine you are talking to someone, and you can tell they are analysing you, and probably the next step, judging you as well. How does that make you feel? I know I end up feeling separated from that person and uncomfortable in their presence (unless of course I'm with a therapist).

It's the same with horses, with a bit extra. Horses start to feel stressed in the presence of a human who is analysing every little thing they do. For horses, the intense mental focus that people use when they're in analysis mode is felt as a pressure by the horse. I'm not saying to not think about what a horse is doing; that is necessary, especially when training, but it's best kept short and kept light.

If when we are with horses we are constantly in our heads, thinking, thinking, thinking, then we are not in our hearts or bellies, not in our bodies. Coming from these places when with a horse allows you to feel them and listen to your intuition. There is a lot more information there than will ever be found in the head. That's just not how horses work.

Sometimes I'm with a client and they are so busy analysing every little thing

the horse is doing they are not actually seeing the horse that is standing in front of them. Everything is filtered through the brain, and as we know, that always results in changes in the message. Feeling what's happening is much more likely to give us a true picture of what's going on, and then we can work with that.

In some ways, analysing is a form of resistance in the human to perceiving what's going on for the horse at a deep level. It separates us from the horse, the opposite of what we want.

Sometimes if a horse is misbehaving or fearful, people may take it personally, especially if they feel they have a deep relationship with the horse. When the horse does something undesirable, it's taken as a personal affront. The brain will try and justify and explain and analyse and blame and any number of other strategies, so the human can feel better about what's happening.

What if we just accepted it? I love the old saying about separating the behaviour from the person, or in this case the horse. This allows you to maintain compassion, plus view the current behaviour as a separate thing from the core of the horse. This removes the emotional content, it's just a thing, perhaps a challenging thing, but just a thing all the same. Then we can relax and just work with that.

The prime focus when with horses is relaxation. When a horse feels stress, their cortisol levels increase. High cortisol levels elicit the flight response



which prepares the horse's body to get out of there so they can survive. In this state a horse is unable to think, and unable to learn, so there's no point in doing any training if this happens. Therefore, it's important to look at how we handle horses, so they remain in a calm and relaxed state.

This is not done just in the physical world, in what we do and our body language. What's happening inside us is read by horses as much as what is happening on the outside, perhaps even more. If we are not aware of our own internal emotional and mental state, then that's what we need to work on first, self-awareness.

Then we go near the horses. And the horses will reflect to us ourselves.

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Birth and Beyond is back!



by Kirrah Stewart

A sense of community and belonging is so important, especially during pregnancy and early parenting. We have booked the beautiful Birth and Beyond space in Nimbin, and are so happy to let you know that we are running a group there this month.

Five reasons to join us

- Connect with other like-minded people on a similar journey in a beautiful space;
- Be supported by amazing midwives, doulas and lactation specialists – bring your questions;
- Eat delicious snacks made by The Golden Month;
- Discover local resources we have in this area; and
- Boost your oxytocin levels and leave feeling happier and more relaxed

Who is running this?

Kirrah Stewart is a doula, masseuse and lactation counsellor. She has a background in complementary medicine and knows that the right support makes ALL the difference to your journey.



Astra Joynt is a homebirth midwife and lactation consultant. She is a birth nerd with a big laugh and is passionate about making sure families are well supported in their choices during all stages of the birthing journey.

They are excited to be hosting the Birth and Beyond group. Other midwives, Kelly Walker and Emma Ryder will also be there to provide support and good vibes.

When is this?

The group will be held on Wednesday 27th October, 12-3pm at Birth and Beyond (54 Cullen Street, Nimbin). Fingers crossed that we don't have a sneaky lockdown at this time.

If you're keen, the Nimbin Farmers Market is on afterwards.

Who is catering?

We are so lucky to have a yummy, organic, plant-based afternoon tea made by The Golden Month. They make delicious lactation snacks to nourish and heal.

The snacks are based on the pre + postnatal healing properties of Traditional Chinese Medicine (TCM) and Ayurveda. It's worth coming to this group for the treats and teas!

What is the topic?

The topic for this gathering is: Getting breastfeeding off to a good start.

Anthropologist Dana Raphael discovered that breastfeeding actually requires the support of the whole culture in order to work.

We'll be talking about setting yourself up for a

successful breastfeeding experience including: the early days, longer term support, local resources and natural suggestions for promoting a healthy milk supply.

Who can come along?

All pregnant and postpartum people and their babies are welcome to join. This is a great place to meet other like-minded people while being supported by caring professionals and enjoying nourishing treats and teas.

There is also the opportunity to have bulk-billed one-on-one consults available for pregnancy check-ups and lactation consults (under six weeks postpartum).

How to book in?

Save your spot by going to: <https://calendly.com/doulawisdom/birth-and-beyond> or text Kirrah on 0429-308-851 or Astra on 0400-626-207. It's only \$13 and includes delicious snacks and teas. See you there!

Kirrah is a postpartum doula and lactation counsellor supporting families in the Northern Rivers.



View from the loo

by Stuart McConville

It's a week past lockdown and things are returning to some semblance of normality.

Many of my friends have relished the opportunity to spend time at home, fixing and building, gardening and cleaning. Momentum for projects outside the home has slowed, and sometimes I forget why I even started them.

For those of us with young kids and no relief from day care or play dates, my heart goes out to you. Parenting is tough at the best of times let alone without the support networks we normally

Target practice for kids

rely on. Here are a few ideas to help pass the time productively.

Toilet training for kids can be either a fearful trial or a lot of fun. I vaguely remember visiting a toilet that turned green when I pissed in it. Ever since then (I was about 4yo), I have been slightly disappointed every time nothing happens.

Toilet training starts when kids don't like wearing dirty nappies. This can vary but is usually around the time they start to walk and show interest in things about the home.

The first thing to remember is to not make a big deal out of setbacks. Guilt around toilet training is often one of the first instilled negative emotions we experience, and is easily avoided with a relaxed and patient attitude.

I remember taking my young sons to the toilet when I wanted to go, so I could show him how much fun it could be. I'd

wee really hard and make the toilet turn into a sea of bubbles, or piss as far as I could and shoot a leaf or a rock. In the men's room, I'd squirt on the little urinal puck to send it as far as I could toward the drain at the end.

I even taught my kids to shoot wee like a machine gun in stops and starts so they could learn control of the sphincter muscles necessary for controlling the flow. It wasn't long before my kids were looking forward to beating me both for distance and accuracy (it's amazing how far young kids can pee).

Toilet training is a consequence of discomfort, so it's no point starting unless you are willing to give up daytime nappies. Start by giving kids their own potty, which eventually should be placed in the toilet room. Find a solid potty with a bit of weight in it so it doesn't end upside down on the floor so easily.

Boys can have a ping pong ball with a face drawn on it to aim at placed in the toilet bowl. This is something that you can take with you to encourage kids to use other loos. Alternatively a face or a target can be drawn/stuck on the back of the bowl.

Pick the best time to sit your child on the potty for five minutes or so, after a bath or a feed perhaps. Ask questions regularly about their need to pee, and try to make it relevant to fun things i.e. when you've gone to the loo we can read the story.

Patience and perseverance are your biggest allies, as is the knowledge that we all get there in the end. And remember, pee is sterile, don't be scared of it and don't teach your kids it should be feared.

Stuart runs Pooh Solutions, waste water consultants and composting toilets. Phone 0427-897-496 or email: poohsolutions@gmail.com

When healing becomes a target

by Miriam Latif

Living in the modern Western world comes with a whole lot of baggage. We are consistently encouraged to achieve big things and 'have a purpose'. Yet the myth of purpose can become profoundly pathological.

Mytho-poetically, one could say that our culture is somewhat possessed by the God Apollo. The thing about Apollo is that he is always pictured with a bow and arrow. He is the embodiment of purpose, focus and vision. Apollo never misses a target.

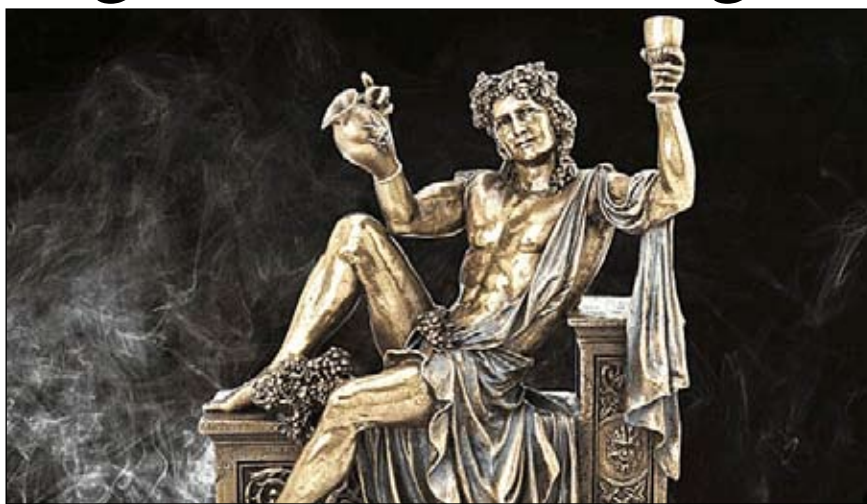
Diametrically opposed to Apollo is his brother Dionysus – God of ecstasy, wine and the sensuous pleasure of the present moment.

What has this got to do with the healing process, I hear you ask?

The wounds of our culture speak through our bodies. The Apollonic not only possesses the collective, but can come to possess the individual too. These are the trailblazers in our society. Yet since each of us is the entire pantheon, we all have an Apollonic aspect to our psyche.

Now, don't get me wrong. We need the Apollonic, both personally and culturally, otherwise nothing would get done. Yet too much time spent in one mode of being is a sure way to imbalance.

For those of us who are wounded in a way that our worth is tied to what we achieve, it is easy to turn our healing into a target. We each know someone like this. They do yoga every day, hit every online wellness workshop on offer, drink litres of celery juice and have an exhaustive list of herbs and supplements that they take on a tight schedule.



Even though it appears healthy on the outside, intrinsically it is a really unhealthy pattern.

Not only do I see this pattern come up in clinic over and over again, I have struggled with it myself. I personally know that when your only weapon is a bow, the whole world becomes a target.

In order to remedy this pattern, we must turn toward Apollo's shadow-brother – Dionysus (*representation pictured*).

A tight schedule of food, herbs and lifestyle practices is not what you need here. Rules and boundaries will only exacerbate the 'problem'. You need to unwind, step away from the rigour of routine and learn how to languish in the moment.

You need to put down the bow, and simply laze in the shade of an apple tree. That will do so much more good than any herb, supplement or wellness workshop.

The undoing of the narrative that self-worth equals achievement is big work, because it is consistently reinforced and amplified by our meritocratic culture.

Yet undo it we must, because the world is begging to be healed through us, not by us.

Again we can turn to the Ancients for guidance: Apollo was the God that presided over the temple of Delphi in Ancient Greece. Yet each year, as the sun waned, the sign at the temple would be 'switched'. For half the year, Dionysus would reign over the temple.

You see, the Greeks understood that Apollo and Dionysus, though opposed, were two faces of the one God. Apollo cannot reign year-round. We must have access to our Dionysian aspects if we are to be in health. Not the picture of health Instagram has bestowed upon us, but health as in *balance*. Health as in the integration of all the different parts of our being.

Miriam is a Traditional Western Herbalist who works in Nimbin. You can contact her at: info@theopenheartapothecary.org or find her on social media by searching for The Open Heart Apothecary.



Natural Law

by Helene Collard

As humanity plunges deeper into the valleys of dark, there are many that are courageously being beacons of love and light.

"Love is patient and kind, love does not envy or boast, it is not arrogant or rude. It does not insist on its own way, it is not irritable or resentful, it does not rejoice in wrongdoing, but rejoices in the truth. Love bears all things, believes all things, hopes all things, endures all things. Love never ends." (1 Corinthians 13: 4-7)

In a recent interview, researcher and storyteller, Brene Brown identified a leadership quality that, in a decade of leadership research, she named as very rare. I have mentioned this in a previous issue of Natural Law, and I am naming it here again. The quality that Brene identified, is: *"the transformative power of holding opposites, knowing that two things that feel competing and conflicting can both be true, and how the ability to straddle these kind of paradoxes really leads to transformation"* (See: <https://brenebrown.com/podcast/brene-with-president-barack-obama-on-leadership-family-and-service/>)

In this valley of dark, amidst the fear and instinct to survive, we must feel the stability of the anchor within, to access the softness of pure and unconditional love.

In the dark, with this love, comes a light, which casts a shadow. When we focus light into dark places, we unlock the potential for an unleashing of transformative power that is regenerative.

These are the parts of ourselves that we have ignored and buried away. It is time to bring into the

light, gaze in the mirror, and embrace these shamed and shunned parts of ourselves. It is time to welcome them and love them back. Unprecedented self-acceptance.

To undertake this 'Hero's Journey', make time for self-reflection. Due to our status quo, the usual 'rat wheel' world has slowed down, at least periodically for many of us. This is the perfect window to open your heart and mind to positive change. Anchor in, and allow the storms of transformation to whirl through your life.

When you open to accept and love ALL the parts of you, especially the parts that, deep down, you believe/d (through acts or omissions of others), made you unlovable, the more deeply whole (healed) you will feel, and the brighter and more enduring your light will shine. In this dark valley, we need many torches of pure light, and unconditional love.

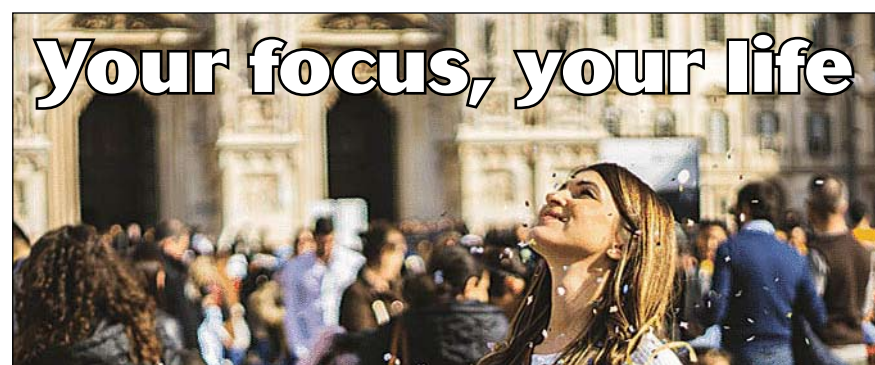
Calling on YOU (yes YOU!) to stabilise, light up, and lead with pure Love. You are all my relations. All is One.

This edition of Natural Law is dedicated to my Mother, Roselyne Collard. A beacon of pure light and love, every day. Love you Mum!

The Yemaya Centre is always open! During lockdowns or when face-to-face services are not available: remote reiki treatments, remote deep listening sessions, Zoom yogalates classes, endorphina creative on-line sessions.

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Check this out for yourself. At the end of a day do you recall all the good points or highlights that occurred for you, like a positive comment, a smile from the person you admire, the smooth way your day ran?

Or are you recalling the not-so-good things that happened, shitty little incidents, negative comments or looks, mistakes and so on?

Where was your focus? A lot of people focus on the latter. Not only that, there is a tendency to almost obsess on what did not go well for them, and they rerun these things many times in their head and by telling their associates, family and friends (and anyone else who cannot escape) of the injustices done.

For the good stuff, these people may re-run the event/s once or twice when telling a friend or family member... maybe.

Each time we re-tell our story, or recall it in our head, or think about what we should have done instead, or re-imagine and build on it a vengeance scenario and so on, it is faithfully recorded by your unconscious as another event and categorised in the "shitty stuff" file in the all-powerful unconscious mind.

That is the all-powerful unconscious mind that controls our automatic responses to the world around us, based on our record of experiences. It cannot

(or does not) distinguish between the actual event and the 'replays' that we initiate ourselves and so sees each as a separate event reinforcing the trend.

So now at the end of the day when we think back and dump on those around us our daily experiences, we have recorded dozens if not hundreds of not-good events in our unconscious when truly only three or four not-good incidents occurred, and we have recorded maybe six good events when maybe five occurred (we recalled or told someone once about a good event only – the other good recordings were the actual event).

When someone now asks, "How was your day?" your unconscious retrieves the daily ledger of incidents and sees hundreds of negatives and only six positive incidents. This creates a bad feeling immediately in the gut, the shoulders round and droop, weak feeling in the legs, shallow breathing and a despondent emotional feeling as you reply, "It was shit, everything went wrong today."

So what to do if this is a little like you? Start by taking five or maybe 10 minutes at lunchtime and review your morning recalling the positives that occurred for you. Remember how it felt when these occurred.

If you can feel the feelings again, anchor these physically to yourself by say



by Peter Ganser,
NLP Master Practitioner

tugging an earlobe while experiencing the feelings, or tapping your leg or pressing your thumb and little finger tips together on the same hand. By repeating this anchor later, you can access the feeling that you anchored and enter a positive state of mind whenever you need the boost.

Then, briefly recall the not-so-good stuff and expand on the memory by imagining what you learned and how it has provided an opportunity to learn and improve or benefit you with the insights it provided. Basically, you are looking for the good within the event; it is all perspective in the end.

Then before you go back to your afternoon, trigger the anchor and go off with a positive mind-set.

Repeat this when you are home in the evening reviewing first your afternoon, then the whole of the day. Only then, allow yourself to talk about your day.

So, how was your day?

Peter Ganser is an NLP Master Practitioner. He can be contacted on 0444-561-541 or email: www.peterganser.com.au