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## Pull yer head in

by Scott O'Keefe

Freshwater turtles are some of the most ancient animals on the planet. Turtles have been around remarkably unchanged for about 280 million years and were present in Australia 200 million years ago. They're obviously well-adapted to have persisted for so long relatively unchanged.

There are 23 species of freshwater turtles in Australia with seven in New South Wales and two species in the Northern Rivers district. Most Australian turtles are members of a family (*Chelidae*) whose other members are found in South America.

Turtles are amazing. A soft animal is housed in a hard 'box' that resists predators, impacts and adverse conditions. The box has two parts: the upper shell (carapace) is made of fused ribs. The bottom of the shell, called the plastron, is made of boney growths covered in keratin sections (scutes), the same material as cow horn. The shell prevents dehydration and allows its owner to survive droughts, which makes them well suited to Australian environments.

Although turtles have keen vision, this is not always useful in murky water. Turtles also have good hearing. This probably assists them most in

negotiating murky water. A recent discovery is that turtles "sing" underwater. They emit low frequency sounds which travel well through water. Each turtle species has a unique song, just like birds. The frequencies are so low that we can't hear them but they can be detected with hydrophones. Turtles also have scent glands which emit a peculiar odour that repels predators but may also have some role in communicating underwater.

Freshwater turtles worldwide are declining. Habitat destruction and the illegal animal trade are serious threats. In Australia, introduced animals are also a big problem. Turtles are especially vulnerable when nesting. So in addition to their natural predators, turtles must contend with feral pigs, foxes, domestic and wild dogs. These destroy enormous numbers of nests, eggs and hatchlings.

Road traumas kill and maim large numbers of turtles, especially those that migrate long distances between water bodies. Locally, our degraded aquatic ecosystems appear to support few turtles, possibly because of the absence of aquatic invertebrates.

Turtles are pretty robust animals, but they must have access to stable, vibrant water bodies and adequate food.

Saw-shelled Turtles (*Myuchelys latisternum*) are the



Saw-shelled turtles basking beside a local farm dam

easiest species to see locally. They are large, dark-coloured with a short neck and a pointy snout. They have large relatively flat, round shells with serrated edges. They can often be seen basking on logs in and around their home waters. They are carnivores that inhabit billabongs, small dams and streams with areas of still water. They lay their eggs in shallow digs close to their home water bodies. They may lay more than one clutch between September and January. A single clutch contains about 15 eggs.

Saw-shelled turtles live for approximately 50 years. The species is one of only a few native animals that are able to eat cane toad eggs, tadpoles and adults without ill effect. This might explain why this turtle does well locally despite the absence of macro invertebrates in our waterways.

The Snake-necked Turtle (*Chelodina longicollis*) is a

species not often seen in the Northern Rivers. It is easily identified by its large size, very long neck and yellow underside. This is a so-called "side necked turtle". It does not withdraw its head straight back into its shell, but tucks its enormous neck and head in sideways.

This is a very hardy species able to migrate long distances between water bodies, so they are often seen crossing roads. Not surprisingly then, road trauma has a serious impact on populations. Snake-necks are ambush predators that will take small animals, invertebrates and carrion.

They inhabit still water and slow-moving streams, preferring those with dense aquatic plant growth.

If you have observations of turtles, you can submit them to the Atlas of Living Australia: [www.ala.org.au/home/record-a-sighting](http://www.ala.org.au/home/record-a-sighting) Or send me your observations: [malurus@posteo.net](mailto:malurus@posteo.net)

## Another pesky weed

### Weed Words

by Triny Roe

Another pesky weed, 'isn't it pretty', tree is golden rain tree, *Koelreturia elegans*.

A striking feature tree, GRT is fast growing, has a short display of yellow flowers and then a longer spell of dusky pink pods which eventually blow off and carry fertile seed to new locations. Some of the seed falls close by, spawning a forest.

A hardy species, originating from north-east Asia, it tolerates drought and a range of soil conditions. GRT was planted extensively in gardens, streets and parks in subtropical Australia in the 1980s. These trees are now known to spread readily, too readily.

Mature specimens produce vast quantities of viable seeds. These seeds can be carried on the wind a far distance from the parent tree, six per light papery pod. There are several well established patches around the Nimbin Valley where this tree is entrenched, including in the village itself.

It has also made itself at home in Lismore. There are street trees on the Bruxner Highway heading out to Casino. It features on the golf course and there are a few other pockets of solid infestations. New seedlings can pop up anywhere along fence lines, in gardens, in the bush, on roadside and creek banks.

While not yet declared noxious, it is on the watch list for environmental weeds. A relative new-comer to Australia, it has not had time to establish on the scale of camphor laurel. Prompt action and management will reduce its impact. If you have only one or two, consider replacing them before you have a forest.

"Although only in the early stages of establishment, this weed has the potential to seriously degrade Australia's ecosystems," states DPI NSW on their website. If not brought under control, GRT could become another camphor laurel establishing on creek banks and roadsides, invading bush regeneration sites and degrading neglected pastures. Get onto it early.

White cedar, *Melia azedarach*, is a look-alike native, so take care when weeding bush regeneration zones. Both have bipinnate leaves with serrated margins. Seedlings can be distinguished by the leaflets. White cedar leaflets are always opposite whilst in GRT the leaflets are alternate or slightly offset.

Replace with native species like crown of gold, *Barklya syringifolia* or firewheel tree, *Stenocarpus sinuatus*, both of which have splendid floral displays.

Also watch out for water weeds. With an ability to spread vast distance via the waterways particularly during flood events, they can negatively impact on water flows and hinder recreational activities. Check boats and trailers for plant debris when travelling from one area to another.

*Sagittaria*, *Sagittaria platyphylla*, has flowers with white petals and a yellow centre. While not yet prevalent in the Richmond River catchment, it is listed as a Weed of National Significance and has the potential to become a serious economic and environmental pest in this region.

Introduced into Australia in the early 20th Century as an aquarium plant, it is a vigorous grower. Escaped into the wild it clogs waterbodies and chokes out native flora. *Sagittaria* is problematic in the



Sagittaria

Murrumbidgee Irrigation Area, blocking channels and invading rice fields.

Resist the temptation to keep this plant in your pond. Visiting birds can carry seed to the local creek and initiate a new infestation. Prevention now is much easier than having to remove it later.

Research thoroughly before introducing new plants into your garden. Exercise caution at plant swaps and roadside or market stalls where enthusiastic gardeners pot up plants they have culled from their gardens or ponds.

These plants often grow prolifically and require thinning out because they have weed potential.



# Cooking with hemp seed

## Food Matters

by Evie Fairley

When looking for a great plant protein, we need look no further than hemp.

Hemp seeds are a balanced food providing much of the nutrition your body requires. They are highly digestible and they don't require cooking, soaking or crushing.

They also happen to be a truly sustainable food source. You don't have to kill anything, exploit the ocean, or poison the earth to obtain hemp seeds.

Hemp grows just about anywhere without fertiliser, pesticides or herbicides.

When grown organically, they require far less water than other crops such as wheat, rice and soy.

So whether you are embarking on a plant-based adventure or just want to add another plant protein to your repertoire, here are a few recipes to keep you both busy and super-energised between the seemingly endless raindrops.

## Beetroot and hemp seed burgers

- 75g hulled hemp seeds (1/3 cup)
- 175g sunflower seeds (2/3 cup)
- 2 beetroots (slightly smaller than tennis ball size each)
- 1 tsp sea salt
- 1/2 tsp ground cumin
- 1 heaped tsp dried parsley
- Pinch of black pepper
- 1 tbsp ground coriander
- 2 tsp onion powder
- 1 tbsp coconut cream
- 3 tbsp hemp seeds (keep separate from the first lot above)
- 3 tbsp sunflower seeds (keep separate from the first lot above)
- 4 tbsp oatmeal

In a food processor grind 75g of hemp seeds and 175g of sunflower seeds down to a coarse meal consistency. Grate two beetroots. It's fine to leave the skin on beets.

Put the ground seeds and grated beetroot into a food processor. Add the salt, cumin, parsley, pepper, ground coriander and onion powder. Blend for a few seconds to bring everything together. It should be a rustic blend (not a puree).

Transfer to a large mixing bowl and add in the coconut cream, oatmeal and the final 3 tablespoons of whole

hulled hemp seeds and 3 tablespoons of sunflower seeds. Mix everything together with a spoon until everything is evenly combined.

Shape into patty shapes. The mixture will be really moist although it should hold together easily. You can pop these in the fridge until you are ready to cook them. Putting them in the fridge will also help them to firm up a little (although it's not essential). If you want to stack them into more than one layer (i.e. in a container) then separate them with parchment paper.

Fry on medium heat for 10 minutes each side or until golden brown. Serve with a green salad include some wild greens from your garden and squeeze a lime over for extra zing.

## Garlic and dill hemp cheese

- 1 cup hemp seeds
- 2 cloves garlic
- 3 tbsp lemon juice
- 2 tbsp almond milk (unsweetened)
- ¼ tsp salt

Place hemp seeds in food processor and blend to a thick paste. Add garlic and lemon juice, blend once more. Lastly add milk, dill and salt and blend until creamy.



## Hemp seed pesto

- 120g hemp seeds (hulled)
- 60g hemp or olive oil
- 40g basil
- 40g baby spinach
- Lemon juice
- Garlic
- Salt/pepper to taste

Place in blender and whizz. Serve with roast veggies or on pasta, dollop onto veggie burgers or on toast with avocado, tomato and fresh greens.

## Vanilla hemp milk

- 100g hemp seeds



- 500ml filtered water
  - 1 tsp vanilla essence
  - 2 tsp coconut sugar or maple syrup
- Blend all ingredients, pour into glass bottle and refrigerate before serving.



Melina Stirling, on a visit to her family and former home in Blue Knob from upstate New York, giving her sister Myfanwy a hand at the bread stall at Nimbin's Wednesday farmers Market.

## More fresh fruit and new signs!

by Louise Plant

The Nimbin Farmers Markets have had their new signage put up and it is looking fabulous. Thanks again to Steph for her artwork.

Not only is there new signage, there are also new stalls that have joined the market.

Jacob has joined the crew with his unique bananas, passionfruit, chillies and pumpkins. It is great to have some more fresh fruit at the markets.

Nugulingah Nursery will also be joining us with their native plants stall.

Blue Knob Community Market also has new stalls. Leanne with her Flower Essences, Bowa and her



delicious Thai food, Jennifer with her Tribal barbies, and Carol teaching us about the many benefits of Agni Hotra.

Blue Knob will be having their next Trash 'n Treasure on 9th April. If you have some excess 'stuff' to pass on, stalls start at \$10.

It is exciting to see both the markets growing. Come along and check us out and support your local community sharing their productivity.

## A Bengali Kasundi for the New World Spiced tomatoes and tomatillo grande

by Thom Culpepper

Now that the tomatoes are swelling their way to usefulness, time to think and act for their preserved usefulness for the possible coming famine. And famine it could be.

Most of us can grow some form of tomatoes wherever our abode. This gift of the Aztecs has populated the world culinary and can be just about found in /on every land and continent on our Earth, and they are found in many as 'reformed' types, bringing into being the self-pollinators, those crosses, landraces and hybrids that bring into existence the hundreds of examples that are so perennially in demand of national and cultural kitchens.

The guiding loveliness that has in all manners entered into our collective world has emerged and given notice of that Umami taste that is part of a natural human palate, one of the gorgeous tastes of the true palate and the knowledge of that reality of human taste and consequent nutrition.

The 'taste' the Eastern peoples have always known as that sense of 'dashi', is known to these peoples as a culinary truth. The seaweeds (and tomatoes et al) in essence, the MSG of Umami allows for the full breadth of the compound, human culinary existence



Kasundi is a Umami palate experience, it is humanly real, it is common and as it is vital to anyone. Kasundi compounds are most definitely Umami. Check out the web listings on recipes for this simple sauce, 100's of them! And that's not allowing for 'machine-trans' (via YANDEX or so) of Indian sub-continent web-inputs.

Everyone on Earth appears to be knocking-up a batch of Kasundi, or so it seems. Tomatoes beware! You could end up going the way of *Toona australis* (the Oz cedar).

And so to the recipe.

## Kasundi

### Ingredients

- 1½ kilos fresh picked 'about to be ripe' Tomatoes, (skinned and diced)
- ½ kilo green or purple diced tomatillos
- ½ kilo diced brown cooking

- onions.
- 1 head of crushed garlic, (ten cloves)
- 500 gms fine-diced red capsicums
- 3 shredded preserved lemons
- 25 gms of dried and shredded 'Wakame' or 'Dulse' seaweed
- 200 mls of cold pressed olive oil
- 100 mls of sesame or soy oil
- 50 mls mustard oil
- 100 mls Chinese cooking vinegar
- 150 gms dried Korean chilli flakes (those you make Kimchi with)
- 50 gms black sesame seeds
- 50 gms brown mustard seeds
- 50 gms dried basil, (Oriental or Euro (powdered leaves, Thai is best).
- 25 gms caraway seeds
- 25 gms ground cardamons
- 15 gms ground fennel
- 100 gms dark muscavado or demerara sugar
- 100 gms shredded fresh ginger root
- 200 mls of water

20 gms salt

### Method

Fry all the spices and herbs, salt and chilli flakes in the mixed oils, (saving ½ the mustard and sesame oils to cover the sauce for preservation), for 3-4 minutes.

Add all remaining vegetables into the pan, heat and mix until all is wilted. Bring to the boil, sauté for 40 minutes. Adjust the consistency of the cooking sauce with water.

Mash or lightly beat the cooked sauce and bottle into sterilised small jars. Cover the bottled sauce with retained heated oils.

A universal taste experience. Umami. Use it often with flesh and veg in all of their forms.

Peace citizens, PEACE! A new world cometh.

thewholeearthveg@gardener.com



# The Arcana Tarot: The greatest story never told

**Tarot musings**  
by Grant Walker

The connection between the Tarot, the astrological chart and each of our neighbouring planets is well established. What is less established is the connection between the Book of Revelation and the Tarot.



When Arthur Waite and Pamela Smith devised the Rider Waite Tarot cards, they drew from a very rich vein of inspiration that included astrology, mythology and the elements of the world in which we reside. Any person who had the audacity to furtively flick to the final pages of the New Testament in Sunday school will tell you that the Book of Revelation, which incidentally consists of 22 chapters, has a striking resemblance to the 22 cards of the Rider Waite Tarot deck.

Consistent with the astrological chart displayed in the skies above, the Tarot outlines a story that has encompassed us since time immemorial. Before the advent of television, the skies above served as our original form of entertainment. Before street lighting and cities, I believe the spectacle would have far exceeded our current experience.

The stars viewed from the Australian outback is testimony to the extreme level of entertainment that was on offer, before our slow descent into the ever-evolving tube of entertainment that is currently on offer.

And if the message of the skies hasn't changed, but for some slight movements on the ecliptic, should it come as any surprise that both the author of the Tarot and the Revelation were inspired by the exact same story?

So what is the story of the sky and how does it correspond with the Arcana Tarot? To say the least, we have the Spring lamb equinox represented by all the virility of the Ram, we have a Crab that is barely hanging on to the ecliptic, a further equinox representing the idea of Justice and a final traditional winter represented by the sea-faring Goat; Capricorn.

The signs between these celestial season-bringers are no less important and in the spirit of procession, it's worth undertaking a linear examination of each constellation that sits on the ecliptic or at least close to it, we're looking at you Cancer.

The Ram represents new beginnings, the advent of the zodiacal calendar, with a burst of male energy, we discover the inertia that is required to get things done, that very same inertia is responsible not only for creation but also the creation of the community, the village and ultimately the city; the city itself being male in nature and perhaps sadly degrades into conquest and furthermore Empire.

Cities result in opportunities and opportunity results in hierarchy; ancient cities much like our own, result in a spiritual vacuum and thus we have the Hierophant or Taurus. A paltry exchange of spirituality in place of the village mother or High Priestess, she representing Venus was replaced, men took over all aspects of the city, including spirituality and as they say in Latin, *res ipsa loquitur* or, the results speak for themselves. The tithe indeed turned on spirituality, needless to say there is no cost associated with enlightenment.

Yet the biggest crime was yet to come, one could still attain enlightenment; even if the ancient scroll of the Dead from Egyptian priests cost an entire year's wage. Not being satisfied with the villagers' souls, they came next for their sovereignty.

The first Beast of Revelation was upon us in the form of the backward-peddalling Crab; the crustacean's time was short but its devastation would stain the landscape for all eternity.

To be continued...

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

# Sovereign citizens and revolution

Last month we were waiting to see whether police would charge a neighbour with criminal defamation. Then it rained a lot and his house lifted off its pads, floated the length of the backyard, crossed the lane and the neatly-mowed back lawn of a house in the next street and stopped at the house, with a new front lawn to the lane. He, like me, won't be back.

Since then, having replaced the Mercedes, famously for a day or two abandoned at the roundabout near the pie cart, with a more appropriate old Ford ute, the house exchanged for couch-surfing, the office being renovated, I am now a mobile lawyer with new phone, computer and printer/scanner.

Driving around, seeing clients, meeting their friends, I keep hearing the term 'common law'. One asks what it means. To a lawyer, it has different meanings depending on context. Internationally, the Common Law, derived from English Law, rules in places like Australia, New Zealand, UK, US and India, while Civil Law rules in European, South American

and other countries.

In New South Wales we have two Chief Justices, one in Common Law, the other in Equity.

Another distinction is that between statute law (legislation) and common law, or case law, that created by decisions of judges in interpreting the statutes, which act as binding precedents for later decisions. Then there's the obsolete 'common-law marriage', now 'defacto'.

Since the glaring failure of government to protect people living on floodplains, local heroes doing it instead, I hear that groups of locals are coming together to discuss the future, citing 'common law' and claiming 'sovereign citizenship'.

The internet is seriously amazing. I think it's far too good to last. And the law's all there, but you must know how to read it. Pseudolaw (see Wikipedia) is all over it too. Dodgy lawyers promise to fight the Covid mandates all the way to the High Court. A woman resists arrest, crying out, convinced by pseudolaw, 'I do not consent!'



**Legal writes**  
by John Adams

– incontrovertible evidence of the offence.

A barrister mate had a client of this persuasion, charged with cultivation and firearms offences. When a client refuses to act on advice – in this case; *ignorantia juris non excusat* (ignorance of the law excuses not) – their lawyer is obliged to withdraw, which my mate did.

It costs a bit over \$100,000 to keep someone in gaol for a year, but criminal trials are also expensive. When defendants waste the time of the court by running frivolous defences, judges tend not to be lenient. Instead of something

like three years, I recall the client got more like five.

When government is ineffective, and community takes over, and that community happens to live in the most flooded city in a nation, it takes me back to the late sixties, when, over wine and cheese, heavily influenced by US writers and musicians, we talked of non-violent revolution. Thinking about what Lismore's going to look like in a year or two, seeing Sue Higginson on the latest Juice Media podcast, it's starting to look like something other than a sixties hippy fantasy.

But, to get to the point, if activism and argument are to be effective, we need to be persuasive. Pseudolaw, the Magna Carta, the Bill of Rights etc, are not part of the law of Australia, they're history and politics. NSW Police has identified sovereign citizens as a potential terrorist threat.

It could just be possible that we're at a neat place and time to influence the future. Sensibly, without frightening those who don't give a shit about floodplain dwellers.

# Turmeric

I'm surprised to realise I haven't written a column about turmeric, one of my favourite herbs. Most people are familiar with using it as a kitchen spice, and it is also well known as an anti-inflammatory herb with many health benefits.

One of the main active ingredients in turmeric rhizomes (the yellow below-ground portions) is curcumin. It is the major component that gives pain relieving benefits. However, unfortunately curcumin has poor absorption in the body, and poor tissue distribution. It clears very quickly, making it less effective as an anti-inflammatory. Humans in their wisdom have created several novel ways of increasing the bioavailability of curcumin.

Consuming turmeric with a fatty or oily food increases the bioavailability of the curcumin. Taking it with black pepper increases its uptake into the bloodstream from the intestinal barrier. Interestingly, this sounds like a curry with turmeric, black pepper and other spices heated in ghee or oil.

For a more medicinal action, some of the most effective turmeric tablets are made by bonding the curcumin to a 'phospholipid complex' (some brands use lecithin for this).

I recommend this form for patients who have chronic pain and inflammation as I have found it to be the most effective. It also enables it to

cross the blood brain barrier, giving valuable neurological support.

There are huge numbers of scientific studies, including clinical trials (not just laboratory studies on rats), showing excellent benefits from turmeric. Positive results have been found with rheumatoid and osteoarthritis, inflammatory bowel diseases, diabetes, obesity, depression, Alzheimer's disease and multiple myeloma in helping to manage symptoms.

Turmeric has very few side effects, and has been used by people who are not able to tolerate prescription anti-inflammatory and immune modulating drugs. *The main precaution with turmeric is that it is mildly blood thinning, therefore contraindicated in people taking anti-coagulant medications.*

Previously I have written about PEA (palmitoylethanolamide), a naturally occurring 'fatty acid amide' which is now widely used as a safe natural treatment for nerve pain. I have found it very useful in my clinic for a range of chronic pain conditions. I often prescribe it in addition to curcumin, which then provides both anti-inflammatory and nerve pain management.

Apart from my liquid herbal dispensary, curcumin and PEA are my most useful remedies. So I was very excited to see the release of a new capsule combination



**Nature's pharmacy**  
by Trish Clough, herbalist

of curcumin plus PEA. This new supplement is more convenient and more cost-effective than taking both supplements.

One of the fascinating aspects of the curcumin plus PEA is the curcumin has been made even more bioavailable through bonding it with a soluble fibre (galactomannans) from fenugreek. The curcumin is impregnated into the soluble fibre. The indigestible fibre undergoes fermentation in the gut to release the curcumin in a highly available form.

Studies with healthy humans showed this form to be 45 times more bioavailable than for the equivalent unformulated curcumin. So you would need to take 45 tablets of a standard curcumin supplement to get as much benefit.

The fenugreek form also showed 39 times more exposure to the tissues, and lasted in the body ('half life')



for significantly longer.

I do find this fascinating. In general, I prefer to use herbs in their more natural state, such as fresh or dried whole plant tinctures. But I do make an exception for a product such as this, because chronic pain is so hard to manage naturopathically, and the pharmaceutical options for pain relief can have very undesirable side effects.

I found many years ago the bioavailable form of turmeric was the only natural remedy I could find that enabled me to manage my chronic Lyme disease inflammation so I no longer needed prescription anti-inflammatories.

Experiences like this do tend to make me an enthusiast.

STOP PRESS: The TGA has listed Wild Cherry bark (*Prunus serotina*) as containing a scheduled substance (amygdalin), so we are effectively banned from using it. Traditionally it has been used as an effective herbal remedy for coughs. More information next month in my column.

Trish is available for consultations by appointment on 0452-219-502



# Kintsugi When will I meet my soul mate?

Kintsugi, or Kintsukuroi, is an old Japanese art of repairing broken pottery with gold or other metals so that the reconnected ceramic pieces celebrate the breaking, repairing and transformative process of becoming something even more beautiful. The name kintsugi means “golden joinery” and the healing in the gleams of gold, if I may put it this way, emphasizes the fractures instead of hiding them.

That which was broken has the possibility of becoming something beautiful, but only if we do not try to conceal our anguish. Our lives are continually changing, continually being broken and repaired. We tend to want to dump everything of our lives when dramatic changes are thrust upon us, which is understandable, but the saving of the pieces of our lives as well as the memories and the instances of delight of the vessels that contained us before the devastation help the rebuilding, the re-making of us.

As I’ve said, above, that which was broken has the capacity of becoming something beautiful, but only if we do not try to conceal our anguish. It is perfectly understandable that we want to press on and rebuild our lives as if nothing was broken. Try as we might, however, the pain remains until it is literally visited and transformed.

Compare the repair of broken pottery with invisible superglue, where the vessel looks sort of ok, but nevertheless retains at a hairline level evidence of a break, with the outright golden repair of metal in the joins between ceramic pieces. The first declares itself as a shadow of its former past, while the other says, effectively, “Here I am, I’ve experienced damage in my life, but now I am even more extraordinary than before. I am empowered by my experiences and I can participate in the lives of others, and myself, with deeper authenticity.”

This metaphor of healing has huge implications for us in the healing professions. Our knowing of our own pain can become the tool of our empathic capacity to enter in the healing of others. If we do not acknowledge our own pain, our injury, but pretend to know everything there is about trauma and healing, we, paradoxically, cannot actually heal. A cognitive understanding of emotional injury really is no substitute for the participation in one’s own therapeutic healing. Get therapy, if you feel you



by Dr Elizabeth McCardell

need it. Post-traumatic stress injury isn’t inevitable after dramatic and life-altering events, like the recent devastating floods in northern NSW and Queensland. After going through a traumatic event, it’s natural to experience some emotional repercussions. Anxiety, fearfulness, irritability, and numbness are all normal feelings that may arise in the wake of a trauma, but in most cases, these feelings will subside as time goes on. I note here, that fear and stress are vital to a person’s safety as they trigger physiological “fight-or-flight” responses that help us be protected from harm.

For those with post-traumatic stress disorder, or PTSD, these symptoms of anxiety, fearfulness, irritability, and numbness persist, and sometimes intensify over a two, or more, month period. A characteristic of PTSD are avoidant behaviours, such as an endeavour to avoid talking about the traumatic event, or to stay away from places or things that remind them of the incident, but this strategy backfires. It’s like trying to apply superglue to the broken pieces, in an endeavour to hide from feeling frazzled, while feeling even more anxious than before. Talking with someone in a safe, confidential environment is a useful step in the healing of the person.

In the therapeutic supportive conversation, insights into positives – like, for instance, ordinary people helping one another, people saving animals and animals saving us, even just a flower floating by, or noticing the subtle shifts in interests in special activities, like music, gardening, painting – can be part of the gold melding the broken bits into something new.

Kintsugi is a playful art, and art in the making of something new from the broken old. It is, literally, golden joinery, golden healing.

by Auralia Rose

One of the most common questions people have when they come to me for sessions is when they will meet their soul mate.

Totally understandable and expected: love rules, love is our true nature, the whole universe exists as and because of love!

Grace requested a Higher Self session to get an answer about this and other burning questions she had. One of the reasons I love working with people’s Higher Selves is that they receive their answers and information directly from their own higher consciousness rather than from a third party. I am merely the facilitator, helping them to relax deeply enough to access those higher levels of their Being.

It was a very powerful session for Grace, her Higher Self guiding me to first balance her masculine and feminine sides. Grace was able to quickly drop into an altered state of consciousness where everything seemed much more real than her everyday reality. She observed the unique qualities of both her masculine and feminine counterparts with interest.

We then had a conversation with each respective side, Grace conversing with me whilst remaining in the theta brainwave state.

Addressing my questions firstly to Grace’s female side, I asked if she felt supported by her male counterpart. She answered that she feels frustrated because she is finding it difficult to get her projects off the ground, they’re all

floating around in her head. She needed him to be her anchor and support to ground her ideas into reality, to be her spokesperson, but he’s too pragmatic and doesn’t understand the way she likes to do things.

We then had a chat with her male side to see how he was going. He shared that his female aspect can be a bit wacky at times, she needed to have her feet more firmly planted on the ground and to be more structured and disciplined in her everyday life. He didn’t seem to value her intuition and connection to Spirit. He had things he wanted to achieve but could not do them with his female counterpart being so ungrounded.

Honestly, it does become comical at times when I have these types of conversations with clients. The great divide was clearly illustrated here in this revealing session and Grace was able to understand why previous relationships had been problematic. Our inner conflict is always represented in our outer relationships.

After finding out what each needed from the other, Grace’s male side understood how he needed the female gentleness, wisdom, intuition and the way she flowed through life. Her female side recognised how she usually rejected the male’s approach, finding it way too hard headed and bombastic.

We eventually we got to the place where both sides understood how they could work together by respecting and valuing each other and how this would greatly enhance Grace’s life.

The Higher Self then proceeded to initiate a divine union merge, where



by Auralia Rose

both masculine and feminine sides remained whole and complete whilst coming together in unity. At this stage Grace’s entire energy body lit up like a sun, emanating light and love which was very powerful and palpable in the room. She felt the most unconditional and powerful love she had ever experienced and knew in this moment that was the truth of her Being and all else was just stories she had made up.

Grace had achieved a divine union merger where she felt only the deepest love and acceptance for herself, others and all of life. She understood clearly that in order to have the type of relationship she wanted, she needed to first find the balance that would lead to divine union within herself.

It was a beautiful session which I know will lead to many wonderful changes in Grace’s life, including attracting a divine union relationship.

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



View from the loo  
by Stuart McConville

As I reflect on the last few weeks, I have come to the conclusion that the age of the individual is almost over.

The natural disaster we have faced has taught us a strong lesson about the impermanence of all things, life included.

What we thought we owned, our acquisitions over a lifetime, soggy and in the gutter, only memories left behind.

That it happened in a flood event cannot deny that most of this “stuff” would have been in landfill in 100 years or so anyway.

As our attachment to this stuff is finally wrenched from us, the vacuum is being filled by community and love. People giving freely time, money, energy, food, skills and more.

Post-disaster Lismore was a testimony to our resilience and the strength of our

## Speciesism



community, but it was also a chapter in the redefining of our attachment to our stuff and our individual survival to the commitment to the survival of the species.

The rebuilding of Lismore needs to consider a minimalistic, Zen-like philosophy that also embraces the need to support each other in future floods.

Humans are amazing survivors and we have the capacity to transition back to species mode. We do war and disasters the same way, by making sacrifices for others’ survival.

Unfortunately, fundamentalist religious movements can side track this process by adhering to dogma that ignores earthly survival in favour of heavenly ascension.

The Pentecostal Church interprets the Bible literally. Scomo belongs to this

church, as do a few of the LNP cabinet.

Miracles, divine providence, the coming of the apocalypse as God’s plan are all part of his belief system. Little wonder we get no traction on climate change if he thinks it is all part of predestined plan to separate the sinners and the righteous.

It is also the reason he doesn’t appear to care too much about those affected by the disaster. The LNP addiction to reducing welfare and community support networks to ghosts of their former selves is evidence of this.

There is no place for fundamentalist religious values in this climate change scenario where rapid deterioration of our planet’s life support systems is occurring now.

Unprecedented heat waves in Antarctica have just

occurred whilst another massive coral bleaching event has also happened this year.

Our federal government’s legitimacy has been shattered (again) as we discover farmers have been given carbon credits for not felling forests that were never going to be cut down anyway.

This is how the carbon reduction figures have been fudged by the Coalition, so don’t believe the hype come campaign time.

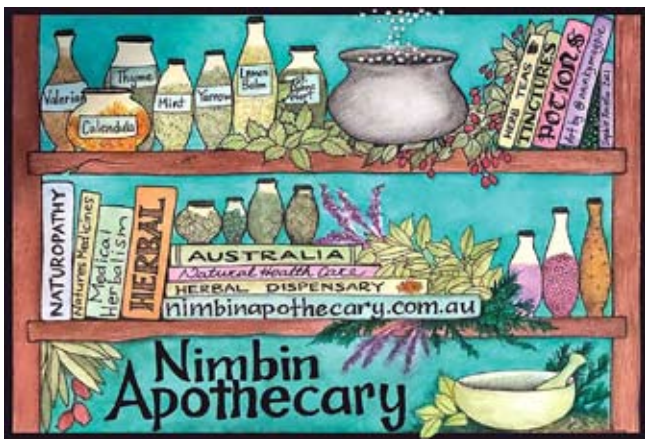
This is the time to come together as a community and focus on what we can do locally to assist and collaborate with each other with regards to food security, spiritual resilience and morale-boosting behavior.

Let’s put aside rumours, conspiracies, propaganda and let science, wisdom and leadership flourish.

Let’s focus on survival of our species and be committed to the process, but not attached to the outcome, so we can die knowing we did what we could.

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





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**Doula Wisdom**  
by Kirrah Stewart

Food can be the best medicine, especially after recovering from a big event like childbirth. Pregnancy, birth and breastfeeding place extra demands on the body that can easily lead to nutritional deficiencies. During postpartum, new families need lots of nourishment. But they are also really short on time. Good nutrition can be one of the first things to fall to the wayside.

**That's where we can help!** I've been caring for Northern Rivers families for 15 years. I'm a masseuse, doula and lactation counsellor. I used to also cook for my clients, but I found I got too busy trying to 'do it all'. So, I reached out to Mish from The Mastication Co and to my delight she said yes to collaborating with me. Mish is an incredible nutritionist and chef based in the Northern Rivers. She is passionate about helping families feel nourished with delicious meals. She understands the nutritional needs of postpartum people and has designed our menu to be as supportive as possible. Mish has a strong focus on evidence-based wellness within a holistic framework.

# Meals for mamas



**Food as medicine**  
Food can be so healing and help the new mother to restore lost nutrients, help with recovery and boost breastmilk supply. We know that easy-to-digest meals are best during postpartum. Mish makes delicious soups, broths and curries and other yummy treats that help with lactation/breastfeeding and healing.

Studies have shown that pregnancy and lactation can deplete nutrients that are also critical for mental health. This is one of the reasons why postnatal depression is so common in the year after birth. Replenishing these nutrients with wholesome food can alleviate many ailments. Receiving proper nutrition and care can decrease the risk of depression and promote physical, mental and emotional wellbeing and healing. Here are some postpartum meal guidelines from the book *The First Forty Days*:

**Food should be easy to digest**  
During pregnancy, the abdominal organs get quite

squished and can lead to digestion that is slower and weaker. Foods like warm soups are particularly healing after birth, especially in the first week or two. It takes less energy for the body to digest a warm soup. Nutrients can be absorbed easier as well. Soup is considered a 'go-to' meal when convalescing or recovering and healing.

**Food should be warm**  
In order to 'warm the digestive fire', foods should also be served warm or hot. Try to avoid having cold drinks or food from the fridge. Let it warm to at least room temperature first. Warming foods help improve blood flow to the vital organs and decrease any after-pain cramping.

**Include good fats**  
Be sure to include good fats into your postpartum meals. These help enrich breastmilk and help baby's nervous system and brain to grow and thrive. Try to include foods like avocado oil, coconut oil, sesame oil, oily fish, meat and/or butter into your postpartum meals. Good fats help your immunity, hormones, moods and brain function.

**Let your village cook**  
Some of the common 'postpartum protocols' that new parents should follow are; rest, have proper nutrition and outsource usual responsibilities. This includes saying yes to help. During the first six weeks, ideally the mother is resting and meals are cooked for her. This is not something she should be trying to do herself, one-handed and exhausted.

There's no doubt that caring for a newborn makes it harder to find time for meal planning and cooking. But good nutrition is vital for the long term health of parents and babies. So, say yes to help during this crucial time in your life. Food can be your medicine during postpartum as well as bringing you more pleasure and vitality. Eating food that has been made with love, will heal you on so many levels.

To find out more about receiving delicious postpartum meals and holistic care, reach out to Kirrah via her website: [www.doulawisdom.com](http://www.doulawisdom.com) or send an email to: [kirrah@doulawisdom.com](mailto:kirrah@doulawisdom.com)

## Maintenance Bowen to stay in best shape

After helping clients to resolve a health problem, many ask – how do I stay feeling this way? The answer is maintenance Bowen Therapy in some regularity.

It's common to not realise how aches something was until it's not. Regular maintenance Bowen Therapy can help everyone feel their best.

A little like servicing your car, maintenance helps bodies with a tune-up before they splutter, stall or completely break down.

Some clients know that something doesn't quite feel right, but it's often only after treatment that they realised what right felt like.

Most people can't go straight into a maintenance phase until the initial problem gets to a good place.

Others who come regularly love to go through the usual assessments of how the body is holding itself. How is the pelvis sitting? What about neck and shoulders? Jaw, and leg length?

Sometimes it's relief and reassurance that their body is holding the previous work, so just a tune-up to keep it that



by Sonia Barton

way. Other times there's thankfulness that we're picking up the body's pulls before they cause too many problems.

In the initial phase of treatment, some bodies feel like they're in a bit of a fighting phase. The body changes in the days after a Bowen treatment, usually in a good way. Then the body's old compensations may start to kick

back in. It sometimes feels like two steps forward, one step back. Next treatment, usually about a week later, aims to catch the body before it pulls itself back to where it started.

With a number of regular initial treatments, the body is able to stay in its good place for much longer. Extending the time between treatments is the plan, assessing how well the body is feeling before and after next treatments.

That "sweet spot" will soon be found, where that little reminder to the body is enough to keep it feeling good for longer. That may be two weeks for a few clients, monthly for most, or even six-monthly for some.

The lovely thing about Bowen therapy is that after a few sessions I want you to just "know" when your body needs a tune up. You can tune into your body and know when you need another session and I'll always be here for you.

Sonia Barton practices in Nimbin, Lismore and Byron Bay. Phone 0431-911-329 or go to: [www.bowenenergywork.com.au](http://www.bowenenergywork.com.au)



# Natural Law



by Helene Collard

We have choice to embody light and dark, and there is a place for both. The key when channelling the primal and wild darkness is to be in your heart.

Similarly, when walking the light (which corresponds with the heart), learn to take up more space, and get more wild! This is integration.

The balance of light and dark polarity is critical now. Integrating your light and shadow, will bring freedom, fluidity, choice and agency.

This is edgy work. It's time to focus on reclaiming our abandoned parts, to fully realise our love and power potential.

The wheel of time turns as major cycles come to completion. A new age dawns.

Notice what is naturally ending in your life, and consciously let it go with love and gratitude.

Notice what you would like to end, and initiate a letting go ritual, of attachments to people and situations, that feel like 'old, draining, energy patterns'.

Cut the etheric chords to reclaim your power and increase your capacity for love. Call in your soul family, they are waiting in the wings, welcome them in.

Old paradigms and systems of power are crumbling. The processes, constructs and narratives inherent in these systems are being rejected on a wider scale.

People are looking for new leadership. People are looking for a new framework.

People are looking for a new philosophy, a new worldview to take care of ourselves and everything on this planet.

People are needing eldership, alongside leadership.

There is much that we can learn from the past. All life-forms are stakeholders in this story. All life-forms have a vital role to play.

The voice of all life-forms is important. The perspective of all life-forms needs to be heard. All life-

forms must be seen.

A narrow view on anything creates exclusion and exclusivity. We live in an interconnected world, and we need inclusive eldership and leadership "where no-one will be left behind". (*The Koori Mail*) This is the new way.

*This edition of Natural Law is dedicated to Naomi Moran and The Koori Mail for their eldership and leadership embracing the whole community, following the flood in Lismore and surrounding areas. Creating a grass roots community space that feels wholly inclusive, where everyone belongs.*

## The Yemaya Centre is always open

Following the recent floods, the Yemaya Centre is open at Happy Mountain: 58-62 Simpson Ave, Wollongbar. Reiki treatments available. Reiki courses coming soon. Visit my website: [www.yemayacentre.com.au](http://www.yemayacentre.com.au) to book, or for more information.

Free Reiki at Koori Mail HQ (Molesworth Street) and NR Healing Hub (CASPA, 17 Keen Street)

## Martha Regnault, 0447 669 679

- Yogalates on Zoom, Tuesdays 6-7.30pm;
- Qigong on Zoom, Saturdays 10-11.30am;
- Yogalates in Rosebank, Private sessions by appt;
- Craniosacral Energetics in Rosebank, by appt.

## Lisa Jonus, Endorphina Creative

- Online astrology readings;
- Inner wellbeing sessions. Bookings here or email welcome at: [endorphina-creative.com](http://endorphina-creative.com)

## Liina Flynn, [liina.flynn@gmail.com](mailto:liina.flynn@gmail.com)

- Beginners yoga on Girards Hill, Monday 5.30pm;
- Hatha yoga on Girards Hill, Tuesday 5.30pm;
- Special class to relax the nervous system. Commencing dates to be announced. Contact Liina to express your interest.

*The Spirit in me, sees the Spirit in you*

# Reflections on IWD

by Aniko Papp

One year ago, on 15th March 2021 in the middle of a pandemic, 110,000 women and allies around in 40 cities and town around Australia marched for Justice.

Women around Australia were spurred into action after the complete abdication by our Federal government of any action after a political staffer, Brittany Higgins, was allegedly raped at her workplace: Parliament House.

Then to add insult to injury, the Federal Government failed to act on the allegations of historic rape against the then Attorney General of Australia, the head of our legal system, Christian Porter.

Appearing in court, in my workplace, in cafes and on social media, I came across so many women as incensed as I was.

From young women still at school to retired women, I heard: If it can happen in parliament, it can happen anywhere; I have been assaulted and nothing was ever done; the system is broken; we are just sick of being spoken down to, abused, assaulted and nothing changes.

I once asked on social media if any woman there had NOT been sexually assaulted. Overwhelmingly and tragically, the comments poured in: Yep it happened to me. Me too.

This reaction was echoed by stories of sexual harassment and assault from schoolgirls around the nation. Us older women recalled that that kind of behaviour also took place for them in their youth: and if anything, it has become more normalised.

Rather than actually doing anything about the conflagration of protests by angry women around the country, our PM Scott Morrison pronounced in the same Parliament House where the rape occurred, that "...elsewhere, protesters are being met with bullets."

Women very much understand what that means: shut your mouth. Or else.



The PM's message was precisely this: a covert threat against women daring to raise their voices.

The PM also meant to stop those voices by inferring: I am the boss, I am in charge, I can hurt you, I can stop you. I have the power like all men and you, girlies, need to be quiet.

Is that message not in and of itself, abuse and controlling behaviour?

And nothing much has changed. Not a few weeks ago, Grace Tame was attacked, mocked and belittled when she failed to smile into the smirking face of the PM.

How often have women be told to just smile, nothing to see here; keep the peace; keep your mouth shut; just be polite and pretend it isn't happening.

Grace was publicly eviscerated by the old powers that are still ruling. Denigrated simply for letting her feelings show, for showing up the PM who failed to lead or take any real action, despite her year of activism as Australian of the Year.

This year women march again either on the streets or on social media. Why? Because, almost daily, we see that things have not changed. Just recently: "You are smarter than you look."

Or: "I like strong female lawyers and have no issue with that, but you do sometimes come across as hostile" and

"yeah, that Judge doesn't like women wearing trousers to Court but he doesn't actually say anything, but we all know not to" to "why didn't she leave" and "She left everything to escape DV and now she and the kids are homeless." to yet another man murdering his partner or his child. Things haven't really changed.

I have been a feminist since I was a young woman. I am now back working with an NGO legal service of women, for women: which in it on itself, it a positive change. Yet the focus of this service is to fight for women's rights, for women and their children to be free of family violence.

So, after so many decades of being a lawyer, I cannot believe I am still fighting this shit.

Time again to March 4 Justice again in 2022. Time again to raise our ire and our voices.

What do we want?

- We want ALL women to be safe in Australia. First Nations women must be a priority;
- We want to be safe at work and at home;
- We want real action to end gendered violence and promote gender equality across Australia; and
- We want criminal justice reform. We want to be treated as a human first and foremost.

# Information overload – Coping today

I have been asked, and I paraphrase here, "How do I deal with the conflicting information in the world today; how do I make sense of it and how do I work out what is real?"

The question usually arises from those who are stressed by their current circumstance and who look to a future of uncertainty. They want good information to find their path forward; to survive and be safe.

## Getting your perspective

The process I suggest begins with some self-awareness:

- Specifically I ask them to determine what is important in their life; what do they value and feel they cannot do without;
- Then, write down the values they find;
- Next, review and refine the list;
- If possible, prioritise the list (a previous piece I wrote in NGT describes how to do this);
- Next, look to your present circumstance and note "What Is". This means to become aware of what is real and verifiable to you,



by Peter Ganser  
NLP Master Practitioner

- what you are sure is real and true;
- And finally, link these back to the values you wrote down. The link could be positive or negative in effect.

## Processing the incoming information avalanche

Now you are ready to evaluate the information that swamps you from main stream media, internet, social networks, gossip, friends, bosses, advertising, politics, professionals, and so on.

So, start by taking your highest value and what you are sure is truth and fact that link to this value.



Compare and evaluate this to the information that's coming right at you from 'out there'.

If the information 'out there' fits with your facts and supports your value, then it has merit and should be included in your planning. The more vague the link, the less importance you should place on the information and its source. Maybe you choose to ignore this source as it only misleads.

Work down your list of values to provide yourself with useful insights on how YOU see the world and how YOU want to respond to the circumstances in YOUR life.

## Information gaps

Sometimes you may find gaps in your processed information. When this occurs it means you need to look further and collect more information to fill the gap.

The information needs to be filtered through your values and known truths that you have determined in the process given above.

## Taking action

Most of all, take actions in small steps, all the while checking that your information holds true and supports you. Make adjustments if you need.

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