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What is the Backyarders all about?

by Louise Plant

Both Nimbin and Blue Knob Markets have a Backyarders Stall.

The Backyarders is created for the community and it is an opportunity for you to bring in any excess produce that you are growing in your garden and to share with the community and in return you earn cash. It's a win-win.

Ideally it is best to bring in your produce at 2.45pm Wednesdays at Nimbin and 8.15am Saturdays at Blue Knob.

Large items have to be collected at the end of the market if they do not sell, though they can also be donated to the community.

Once your produce is sold, it is ideal to donate about 10% to the stall for the use of the service. You can collect your money at the end of the day, or come back next week when you bring in more yummys.

This is a way to share your

excess seasonal produce with the community and to provide excess food, which is much needed in times of shortages. We know that we can have a glut of cucumbers or pumpkins when they are in season, though not everyone grows their own food, or is growing what you are growing.

I am happy to chat with you about this. The backyarders are here to share, because we care. If you want to know more, just ask for me and I am happy to help in any way.

Blue Knob has started their monthly talks in February, with the first by Richard Norwood, whose theme for the morning was the weeds encountered in Bush Regeneration.

The next talk, on 5th March, will be by Andrew Readford who will feature Beautiful Bush Delights.

The talks start at 10am, and entry is by gold coin donation.

See you at the markets!



Ajitama eggs (Ajitsuke tamago) with Dashi souse and Ramen noodles

by Thom Culpepper

Simply delicious!

Eggs that are fresh from the yard are a must to produce this gem, as against those factory products of the gaoled mothers of cackle-berries, the stale supermarket eggs.

The cage-men and their captive birds are an example of never understanding their debt to this tribal-supported profit imperative (aka rural slavery), "The cloaca must go on emitting ovoids" to be treated and offered in some cases as "hard or soft boiled", or as a mere mix adjunct to flours, as in English cakes and sweet Euro-pastries, or in the brioche of the French... But do the quality of the eggs of this matter, matter? They do matter!

The 'Ajitama' are the eggs of a whole philosophy. They are the truth to a medium of that which can be only known by culture and investigation, that is only possible if you think it out and are into the 'real' of the material world. Chicken or egg? Where might we start?

'Ajitama' eggs

Accept from a true friend a dozen or so just-laid hen's eggs (or grow your own), and chill them in the fridge overnight, Set 1.5 litre of water in a pot to boil, plus one teaspoon of coarse salt, and remove from heat at boil.

Add six eggs to the still water, the temperature should be adjusted to keep



a mean temp of 65°C for 35-50 minutes. The intent is a level of 'smoothness' of the cooked yoke, with the visuals and the quality of the 'Umami', so gently move the eggs around to centralise the yoke.

Drain the water and immediately immerse the eggs in ice water to stop further cooking. Leave in iced water for a further hour. Gently crack the 'full' end of the eggs and gently

remove the the shells. Now add de-shelled eggs to the pre-made souse and soak for 4 hours or 2 days, drain and add to the use according to taste. Refrigerate at all times.

'Dashi' souse

30 grams of dried Kombu seaweed or 200 grams of the fresh
 50 grams of Benito flakes
 1.5 litres of boiled and cooled water.

Add Kombu seaweed leaf to cooled, boiled water. Soak overnight, drain and preserve the Kombu.

Flash-boil the Kombu supernatant to biologically clean, then add Bonito flakes, soak for 2 minutes, drain and cool, save both.

Go on to the souse:

1 cup of soy sauce
 1/2 cup of mushroom soy sauce
 1 cup of mirin
 1 cup of cooking sake
 2 crushed cloves of garlic
 15 centimetres of shredded ginger
 3 units of star anise
 1 grams of Korean dried chilli flakes.

Add all to 1.5 litres of 'dashi', bring to the boil and leave to cool.

You could do a 'fashion' broth with the Ramen eggs and noodles! Get famous! Tell millions!

Youtube has a plethora of cook-tale-tellers, rabbiting on about the simple act of 'How to make a dashi', for what it's worth.

Give some of them a peep, the "look at me, look at me" heroes. Give some bods an iPhone and a 'Poddy-booth' and you can't shut 'em up!

Dashi matters, and so does the reality of 'Umami'. It always is together with the sweet, the sour, the bitters and the salty, all part of life.

'Umami' is part of living from the sea and is like H₂O, life and tomatoes, very useful.

Keep Earth-safe and breathing.

thewholeearthveg@gardener.com



Figs in February

Food Matters
by Evie Fairley

Since the beginning of the beginning, figs have symbolised abundance and fertility, weaving their branches through countless creation myths and cultures throughout the world. Romulus and Remus were suckled by a she-wolf under a fig tree. The Romans associated the fig tree with Rumina, patron goddess of breastfeeding, due to its milky sap. And Buddha gained enlightenment under a Bodhi tree, one of the many types of figs. The fig derived its name from Sykeus ('syko' in Greek

means fig), and hence was woven into Greek myth. Sykeus was the son of Gaia (Earth). During the clash of the Titans, Sykeus was one of the giants who waged war upon the gods. When he was pursued by Zeus, Gaia hid him in her bosom and transformed him into the first fig tree. Figs in other cultures represented gods or served as abodes for spirits. They symbolised divine sustenance or ethereal bridges linking heaven and earth. On the Japanese Island of Okinawa, folk stories feature short red-haired spirits called kijimuna that inhabit fig trees.

Further south in Timor-Leste, the sun god Upulevo is said to have settled on a fig tree to impregnate Mother Earth. In Australian aboriginal mythology, the Yara-ma-yha is a creature that resembles a little red frog-like man with a very large head and suckers on his hands and feet. He is hidden in the roots of fig trees and will suck the blood of unwary travellers – not such a friendly bloke. Figs are both rich in myth and also valuable nutrients: calcium magnesium, potassium and iron. It's no wonder they were magically linked with



fertility in those ancient tales. For many of the world's creatures, figs are an abundant food source when other fruits are scarce, and so the fertility of the earth may very well lie within the branches of the ancient fig. And now to experience these earthly delights:

**Raspberry Fig Bars –
vegan and gluten free**

1 cup rolled oats
1 cup pecans
1/2 cup almond meal or ground almonds
1/2 cup maple syrup
15 dried Turkish figs
2 cups raspberries fresh or frozen
Preheat oven to 180°C. Line an 8" by 8" pan with parchment paper
In a food processor, blend nuts and oats 'til coarsely

ground. Add figs and maple syrup and blend 'til it all comes together, pour into bowl and add almond meal. Press 3/4 of mixture into bottom of pan and bake for 12 mins. Remove from oven and cover with raspberries. With remaining mixture press down on raspberries and bake for a further 25 mins. Cool before eating.

**Vegan Spicy Cauliflower
with Figs**

3 tbsp oil of your choice
1 onion chopped
3 cloves garlic chopped
1 tsp ginger grated
1 tbsp mustard seeds
7-10 whole cloves, 1/2 tsp turmeric, 1/4 tsp chilli powder
7-10 cardamom pods, 1 tsp smoked paprika, 2 tsp coriander, salt and pepper
6-7 dried figs

1 head cauliflower separated into small florets
1/8 cup water
2 tbsp chopped coriander leaves
Add oil to a pan over medium heat and fry onion and mustard seeds for several minutes. Add ginger garlic cardamom and cloves and sauté for approx 8 mins, stirring occasionally. Add cauliflower florets and sprinkle with turmeric, paprika, chilli powder and coriander. Add water to the pan and place chopped figs on top, cover pan and cook for 10 mins. If it gets dry, add a little bit of water 1-2 tbsp When cooked, stir well, season with salt and pepper and garnish with fresh coriander. Enjoy!

Farmers Choice Organics finally call it a day

by Greg James

Greg and Ness of Farmer's Choice Organics Foundation are announcing their retirement from commercial seedling production as of 2-2-22. This comes after 13 years of continually supplying the Northern Rivers with the highest quality biodynamic, organic vegetable seedlings. We are sending out our heartfelt thanks to all our growers for all the support and loyalty you have graced us with over the many years that we have grown together, in good seasons and tough ones. Together we have nourished ourselves and our loved ones from the blessings of our gardens. Our upcycling initiative for re-use of yellow plastic punnets has been embraced throughout the region. We have been drawn for many years in a new direction to continue being of service to humanity, and now the time has come for us to move into our new roles of service. We wish the best for all our gardening family, and gratefully thank you all for the beautiful memories we created together. With Love to Your Garden, Greg and Ness



by Chibo Mertineit

On Sunday 30th January, I joined the cane toad bust at the South Lismore Duck Pond in Ostrom Street. We were 38 with some kids, and we had a great time

busting 98 cane toads in that area in less than two hours. Margaret Seydel, secretary of the Landcare group, told me that there is a bit of complacency developing in the community about cane toads, probably caused by the

sheer numbers. But help is at hand. A comprehensive Cane Toad Control Handbook is available to download at: www.brrvln.org.au/news/new-cane-toad-identification-and-control-handbook

Bush regen field trip re-boot

The Mulgum Creek Restoration Field Bus Trip is now to be held on Saturday 5th March, 9am-12.30pm, following the postponement in December. It's targeted at new landholders and those still learning to tackle environmental weeds, who can learn about a range of control methods, from low-chemical to standard water-sensitive practices on private land fringing the World Heritage Nightcap forests. A mini-bus will pick up from Nimbin at 9am and journey to a handful of restoration sites along Gungas Road, led by land-caring landholders and professional bush regenerators demonstrating best practice renewal projects along the riparian habitats of Mulgum Creek.



The field trip is being organised by Gungas Road Valley Landcare and Tunttable Creek Landcare, two local community groups working on weed control, strategic creek fencing and restoring native habitat, in association with Lismore Council. Please call Council on 02 6625-0500 to register, as seats are limited.

A maiden's strength

Tarot musings

by A. R. Walker and Amy B

To ponder at the end of the known meant the revival of false ideas. A woman would sit, examining her wrongs from rights, ripping apart the discords of her people.

Although the beacon of faith, the weakness is bright within her veins. The lion strode to her left.

"You are unsatisfied, the absence of harmony is striking you down." The lion sighed, sitting gently at her side. The woman doesn't dare face the reality, as a slight act of rebellion, she remains stunted in her position looking out to what could be.

"Do you enjoy being your own foe, girl?" Being addressed, she faces what she believes is an illusion. Facing anything that illuminates her flaws in work deteriorates her will to go forward.

"Allow the grazes on my knees and the pigment on the palms of my hands be your answer, watch me wince as you examine!" She opens her hands as a sign of vulnerability. She switches her stance to the one prior.

"Not only are you your mind's own challenger, but your heart's too. Do look at me, girl." Hesitant, she listens to the lion.

"Your heart will never betray you, look how far you have brought your people, how you stand with your strong limber structure. Never allow the barrens of your mind to take over."

"Am I still presented highly, with the sores of weakness seeping through my flesh, as I lead the people further into the darkness, the unknown?" The woman trembles, as the setting sun of amber blazes her milked eyes.

"Never be ashamed of your heart's actions girl, you must embrace them. You are the invitation to what foes drain your mind. Elevate your heart into its just position, then you shall diminish your combatants. You are your own destiny; your heart has everything planned out in advance. Your mind cannot keep up with your heart's plan for you. At times your mind will clasp the burden of shame your heart has set forth for you."

With no stutter, the lion's eyes glance back at the symphony the crimson of her palms allows, as it drips down to the green earth. Her fists clench tighter, the throbbing echoes.

"But how far can my heart take me? Where is the end?" she questions.

"You'll be surprised at how far you can push it, there is no end when you move with your heart, have strength in the trust you owe yourself. If the people you lead have fear in how you dance with your heart's intentions, they are not for you, they are not a part of your divine destiny. The provocation of your heart at times may be painful or gritty, allow the construction of your new foundations to make way!" the lion bellows.

The woman's shoulders adjust to the new brawn mindset, the clasp of her finger loosens, to make way for the new vulnerability of her heart.

"Now child, tell me, as you look down at the shard of pigment engulfing your palm, what reflections dawn upon you?"

Delay is active in the movement of her head, she faces the foe of her mind, merely the grit of how far she has come, what battles palpitated the fear and worry in the people she has led into just comfort and strength to go further. She nods.

"Your mind is good for observing, filtering and categorising, your heart is good for producing. Face the mind's shame of your powerful heart decisions, deal with it, own it, embrace it."

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



Bad reviews and lawyers' letters

Sometimes all you need is a letter. For instance; a client, waiting hours for a plane at Heathrow, amused herself by filling in an on-line form at Compensation Claims 4U. She'd just finished putting in her contact details when the plane arrived and she abandoned the exercise.

She had been deleting their emails, but photographed the letter of demand from a debt-collector in England and texted it to me. With accrued interest, the alleged debt was £750. My response referred, in a couple of paragraphs, to the facts and the obvious jurisdictional problem. They didn't reply. They never do. Resolved.

Then there's Rory, the arborist client who turned up five or six months ago with a Final Notice demanding \$1,200. The owner of some palms alleged that he had dropped a bit of one on her roof, breaking some tiles. She hadn't noticed at the time. The rain got in.

One of the cool things about this job is that experts teach you the intricacies of their own professions; in this

case how palms are removed. Spiked up, he climbs, chainsaws, and drops, first each frond, then, in 20cm sections, the trunk.

My letter: "We act for Campbell's Tree Care, who instruct us to respond, denying all liability for the damage alleged, and to defend any legal proceedings you may commence. We attach for your information, email chain between our client and the insured. Given the lack of evidence supporting the insured's theory, we believe we have grounds for an application for costs. Should you have any queries or require further information please don't hesitate to call us."

Of course, they didn't reply. Nothing happened until last week, when Rory returned, this time to show me a negative review on Google My Business from said insured. Either the insurance company's been slack, or it's taken her six months to hone the allegations to an elegant 99 words.

The Buddha reportedly said that not forgiving is like drinking poison and expecting them to die, which can't be good for one's mental



Legal writes
by John Adams

health. Publishing defamatory statements on-line without the defence of truth can be bad for one's legal health.

But the review's the issue. There's lots of advice on-line about dealing with negative reviews, most of which doesn't assist. Generally agreed is the need to promptly reply on-line. But first I click on the three dots to 'Report review', scroll down to 'Legal issue', and fill out the form. Google reply two days later; they'll take it down when they see court papers.

We'd already discussed and

dismissed defamation as too expensive. And, from service on her of the Concerns Notice – see my article 'A Flirtation with Defamation' (NGT archive Sept 2019, p16) – it takes 42 days to get anywhere near a court. I wonder if a detailed Concerns Notice would be enough for Google.

Then light dawns over my aged mind; we don't have to go to court at all, don't have to bother Google again; a Concerns Notice by itself, properly served, should do it. That's the beauty of the system. I call Rory and get her email address.

Dear Ms ... At [URL] is a review published under your name. It includes the following defamatory imputations: that our client is 'unprofessional' and 'unreliable'. Unless the review is removed, should we not receive your offer to make amends by [28 days], we are instructed to commence proceedings against you without further notice. We would, of course, be seeking an order that you pay our client's legal costs...

My client and I await a presumably positive outcome.

Covid-19 support with herbs

So much has changed in a month. The Covid-19 virus is rampant in our communities, whereas a month ago the numbers were low. Now almost everyone knows someone personally with Covid. I could write the entire column about the mismanagement of the pandemic by officials, but I'll hold back on that one!

What has changed for me is there is now an important role for natural medicine in providing immune support and antiviral herbs for people dealing with Covid infections at home. It has always been inappropriate to suggest herbal or natural medicine 'cures' for Covid, as the clinical research hasn't been done and the virus can be deadly.

Hospitals and ambulance services are now overloaded, to say the least, and people are advised officially to monitor their symptoms and to take Panadol; to only go to hospital or call an ambulance if you have really severe symptoms. So there is a role in home management of the illness using traditional herbs to help with milder symptoms.

I'm not seeing people face-to-face to support them with Covid. I do a phone consultation and someone else collects the medicines for the patient. In addition to antiviral herbs, I also work out a treatment that takes into account each person's medical history and 'nurture points', for example, are they prone to allergies, bronchial weakness, cardiovascular



Nature's pharmacy
by Trish Clough, herbalist

issues etc.

If someone is too ill to handle a phone consultation, then I advise they contact the hospital or seek medical help.

There are numerous studies on traditional medicines and SARS Coronaviruses. Individual plant constituents have been analysed in laboratory studies to examine their modes of action. I have summarised some of the key herbs which appear very promising for the development of antiviral drugs. They are, not surprisingly, herbs which have significant traditional use as antivirals and particularly support inflammation in the respiratory tract.

Several modes of action can be targeted to interfere with the infection capability of coronaviruses. Herbs such as licorice root (*Glycyrrhiza glabra*) inhibit viral attachment and penetration

into the cells. Glycyrrhizin from licorice was found to be more effective here than several synthetic antivirals.

Artemisia annua, or sweet wormwood, in numerous studies was able to impede attachment and entering of the virus into host cells.

Some herbs and drugs inhibit a process called protein synthesis that is used by the virus to replicate. *Artemisia annua*, *Houttuynia cordata* and 'true cinnamon' (*Cinnamomum verum*) are able to inhibit the polymerase enzymes, as well as important viral protease enzymes that enable the virus to reproduce.

A further mode of action investigated is the ability to enhance host immunity. (The hosts being you and I). *Houttuynia* also features here, showing it significantly stimulates the production of lymphocytes CD4+ and CD8+, immune cells that fight infection. *Artemisia annua* also modulates the host immune response to better fight infection.

These antiviral herbs have additional benefits unavailable as a single plant constituent. For example, licorice reduces inflammation and allergies, so it may be helpful against the harmful excess immune response. Licorice is traditionally used to help with throat infections, asthma and bronchitis.

Cinnamon is anti-inflammatory, and is able to thin excess mucus deep in the lungs and helps to open the breathing. It also

supports blood sugar balance, liver and kidney functions. *Houttuynia* also naturally contains quercetin, an anti-inflammatory agent that helps damp down excessive reactions.

Herbs such as these should only be professionally prescribed, as there are safety issues with some health conditions and some prescription medicine interactions.

The purpose of much of these studies is to identify a single plant constituent and make it into a drug treatment. I think we can get the best of both worlds if we use the benefit of the whole plant with its numerous active ingredients, and combine several herbs in the one formula.

It makes sense to me that choosing a combination of herbs to interfere with each stage of the invasion of the virus, at the same time reducing excessive inflammation, is a better path to explore.

Trish Clough is a Lismore herbalist who has been practising for more than 30 years. She now conducts her own clinic practice in Club Lane in Lismore after owning "Traditional Medicinals" for 20 years. 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.

Opposition in psychotherapy

Sometimes, not often, a person comes for therapy who is uninterested in allowing me to do my job. They have a fixed idea about what I should be doing.

They tell me they don't want to share their history; they just want me to "fix" what's troubling them. I tell them that I can't possibly know what to do from a description of their symptoms and nothing else; I need to have a fuller sense of where they've come from and something of their current life, ideas, things that make them happy, as well as points of distress.

Psychotherapy isn't like prescribing a pill for a condition. Taking a careful and thorough history really matters.

Psychotherapy is a collaborative enterprise. It isn't me doing stuff to you; it is me listening and guiding you to another way of looking at the issues that are causing difficulties, and working with you so that life is easier for you.

As I've said, sometimes, very rarely, a person comes for therapy but from the outset doesn't want to tell me anything about themselves. I remember when I was learning my art, I had a client who when I said I'm interested in understanding her, she said, "I don't want you to know anything about me." What was I supposed to do with her, and why was she there?

Another person reported irritation with me when asked about her past. She couldn't see a purpose in my questions. For her, my investigation didn't fulfill her objectives. I replied, they fulfilled mine. I was the one trying to understand her. She may well have felt that her resistance to my inquiries was realistic, but really it wasn't.

There was more: she missed sessions and she was late paying my fee. I realised there was a mismatch at work and we needed to drop the whole thing. Not everyone can work together. It's also probable that she wasn't ready to actually do psychotherapy at all. Everything has a season, as they say.

It is important for therapy that a strong working alliance is developed, and if the client resents the therapeutic strategy taken by the therapist, then no alliance can actually develop.

Note here, that I prefer not to use the word 'resistance'. The reason for this is that that term developed out of Freudian psychoanalysis where power relations between therapist and client are intrinsic to that purpose



by Dr Elizabeth McCardell

of therapy.

Psychological resistance is seen by psychoanalysts as a case of clients clinging to their disease at an unconscious level in defence against the parent-therapist (using the concept of transference as what is seen to go on between therapist and client).

That idea, I think, is flawed and suggests the therapist always knows what is going on, and the client is always just oblivious. Therapy, as far as I and many others see it, is much more horizontal than that hierarchical model. We are two people working together, both relatively capable of choice making.

Opposition in therapy may not be aimed at a disagreement concerning the therapeutic strategy adopted by the psychotherapist. Sometimes it arises from an opposition to specific techniques used in session, or non-compliance with agreed exercises (for instance, collecting dreams, keeping a journal, or some other homework) or a dislike of words or phrases used by the therapist, or resistant body language, or repeated non-attendance at planned sessions.

Sometimes it manifests in other ways. A client might not want to talk about certain things and will change the subject repeatedly when those subjects come up. Sometimes their objections manifest in not paying the session fee, or delaying it for longer than is polite. All these need to be properly addressed by the therapist and client, and not left to insidiously rupture the therapeutic alliance.

When they are effectively addressed by both psychotherapist and client, then two things can happen: a strengthening of the therapeutic relationship resulting in an intrinsic healing, or total rupture. Sometimes total rupture is the only way, but that depends on the choices we make.

It's ideal that both parties agree to what happens next, as good communication is essential in an effective therapeutic transaction.

What happens after we die?

by Auralia Rose

To many people, death seems forbidding, so final, scary.

Leaving the earth plane can represent a confusing black void of mystery, the earth being the only place they know with certainty that exists. The stories we have heard about death are often shrouded in mystery, folklore and superstition, contributing to uncertainty and fear.

There is actually something rare and beautiful beyond what we know as life here on earth. Since I first started doing Past Life Regression and Quantum Healing Hypnosis ten years ago, I have escorted more than a thousand people through the death experience.

I always take them to the last day of the particular past life they are exploring and have found in almost 100% of cases people are at peace and ready to pass on, regardless of what beliefs they have about death.

At the time of death there is no pain, just peace. Of course I always ensure my clients do not experience any trauma or physical effects of the death of the physical body.

Whilst the causes of death vary greatly of course, there is consistency in what happens afterwards. Through my clients' experiences, I have found that far from being a morbid subject, death is a celebration of eternal life.

When we die a whole new dimension of knowledge opens up. We are no longer limited and hampered by being in a physical body, we experience so

much more than we could ever imagine, including answers about many puzzling and perplexing subjects.

Commonly, just after someone dies they find themselves above their lifeless body, unable to understand why the other people around them are so upset, because they feel wonderful, exhilarated, light and free of pain and the worrying mental and emotional states and restrictions that plagued them whilst in the body.

They feel detached from their lifeless body lying there. An elderly person may look down and just see a wrinkled shrivelled old body which they are so glad to be free of.

So where do people go when they leave their body? Most find themselves in the light where everything just feels good, a place that is light, peaceful, where there is nothing to do and nowhere to go. They just enjoy floating about, immersed in a vibration of profound love.

When the lifetime they have just departed has been traumatic or if experienced prolonged illness, they go to a place of rest where the soul receives the healing it needs. This is often described as a place of different coloured pools in which they can immerse themselves in various healing energies.

Upon passing from the physical body, we find ourselves in a familiar place, a place many people call home and we discover there is life and existence just as real, if not more real, than the physical world we've just left.

People never go through the death experience alone, usually they are



by Auralia Rose

met by souls with whom they've had close connections in former lifetimes. Some people are greeted by religious or spiritual beings if that was their expectation and belief in their physical life.

It's important to note that what we expect to find when we cross over determines our experience on the other side. There are so many things that can happen after a soul leaves the body. If people expect to meet guides or friends to help them on their way, that is what will happen.

If they believe in damnation and hell and believe that's what they deserve, that's what they will experience.

Mostly though, another soul comes and guides them to where they need to go and to help them understand what has occurred.

And so life goes on.

Auralia offers Past Life Regression and QHHT sessions in Lismore. Phone 0422-481-007 or go to: www.auraliarosewellbeing.com



View from the loo
by Stuart McConville

Blue Fig Road in Whian Whian was parked up with Kombies and old station wagons, plus the occasional Hi-ace.

We strode calloused barefoot, scantily clad in sarongs down to the tribal gathering at the waterholes of Rocky Creek to get painted up in ochre.

Children laughed and played in the shallows. Wild, long haired young men, including yours truly, whooped and swung from overhanging vines like Tarzan, catching the eyes of the rock-strewn Goddesses lounging naked in the sun.

This was the North Coast in the mid 90's, an emergent tribal culture based on Pagan spiritual values. We were Tantric-Taoist-Sufi, we were American Indian, Indigenous world cultures, we were Permaculture, forest activists. We lived in tipis and yurts, played didgeridu, djembe. We danced African, Middle

Temple daze

Eastern, Indian. We were yogic, fire-twirling warriors of Gaia.

Mostly though, we were cultural and spiritual adventurers. We were hungry for something the mainstream didn't have, depth.

The previous night had been a full moon, and we had gathered at the Rainbow Temple in Rosebank to celebrate the cycle of life and death, birth and re-birth, Yin and Yang or whatever we wanted. We chose how we did this. There was no dogma. No particular path or initiation. The beauty of our way was that we were free to invent our own spiritual path, with insight and guidance from the many indigenous pagan cultures we dipped our toes into.

The Temple was our focal point. It allowed us the freedom and space to explore ourselves, through music, dance and sharing the love of life with our brothers and sisters. We were all brothers and sisters then. The jam was unforgettable. All night we played and danced and our boundless youthful energy seeped into the woodwork of the Temple around us. We made that place sacred like all since have done too.

I remember playing Didge until my lips were numb,



The Rainbow Temple in Rosebank

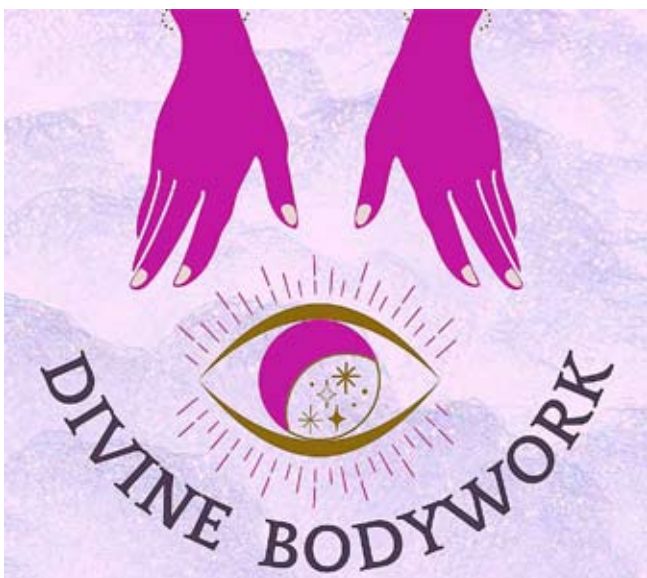
then dancing up through the spirals of the temple. There were wild costumes made from bones and feathers, home-made tattoos, unusual piercings and tribal art inspired by every culture under the sun. We even had our own Tribe magazine, thanks to the efforts of ex-Byron Shire Mayor, Simon Richardson. In fact, many of us from that era (including MP Tamara Smith) have gone on to lead our communities in one way or another.

We were inspired, passionate people engaged with the inevitability of change and making that change progressive.


The Rainbow Temple is a place of worship, theological

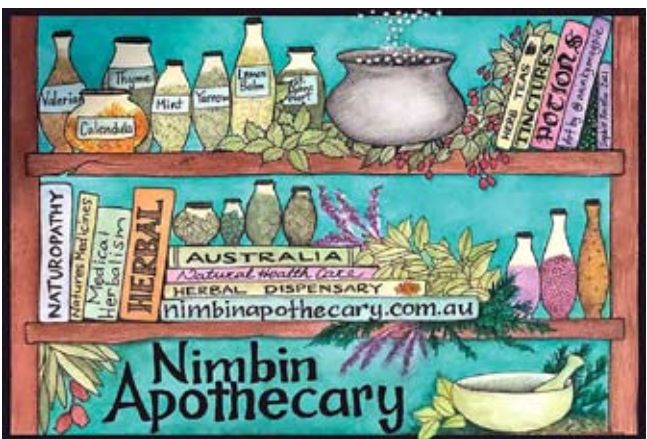
philosophy, celebration and sharing, and sometimes, refuge. It is not a home or a backpackers or a tourist icon. The current Lismore City Council threat to demolish the Temple is taken by many who have shared this wonderful space to be a direct affront to their ideology and their spiritual path. LCC must take notice of the cultural and spiritual value that the temple has, as it would for a Church or any place of worship, when considering the development.

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



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What babies really want

Doula Wisdom
 by Kirrah Stewart

Humans are fascinating. Human babies even more so. Babies are born with 'biological expectations'. They expect to be kept safe, warm and nourished. This is key to their survival. Knowing what a newborn 'expects' can help us meet their needs better. We can try to understand the world through their eyes.

Professor Allison Gopnik says: "Decades of research focusing on infancy provide clear evidence that infants arrive at birth far more conscious, more aware, more inquisitive, and more capable than we ever imagined in the past."

If more people understood how aware and sensitive newborns are, would this change our birth practices and the way we care for babies during the neonatal period?

After the birth

You can see why skin-to-skin cuddling straight after birth can help a newborn adapt. We know that helping babies feel secure and warm will help them be healthier and regulate breathing, heart rate and respiration.

They are born seeking a continuation of what they had



in the womb. Re-creating a 'womb-like' environment will give newborns the comfort they desire.

Having a safe and supportive environment helps a newborn to use their instincts. After birth, if undisturbed, they will find and self-attach to the breast. They naturally seek this comfort and nourishment.

How babies communicate

Babies give early cues to let their carer know they are hungry. They may first lick their lips, open their mouth, bob their head around and bring their fingers to their mouth. It is a late cue when they cry.

Babies communicate with facial expressions, hand gestures and vocalising. They are also very aware of their care-giver's expressions, voice intonations and gestures.

If they want to disengage,

babies will often look away, grimace and arch their back. This can signal they need to rest and may need help with comfort measures like being swaddled, cuddled or being gently rocked.

If they are ready to engage, they will be more alert and interact with smooth movements.

Sleeping patterns

According to the book *Infant and Toddler Development* by Maguire-Fong and Peralta, newborns spend up to 70% of their time asleep. They average 16-18 hours of sleep in a 24-hour period.

Because their stomachs are still so small, they need to feed frequently, around every 2-3 hours. As babies get older they generally sleep for longer stretches at night.

Babies have shorter sleep cycles than adults. They take

longer to fall into 'deep sleep' too. A newborn's sleep-wake cycle begins with drowsiness and drooping eyes which moves to light sleep with fluttering eyelids and irregular breathing.

You can tell a baby has gone into deep sleep when they stop grimacing and twitching, their breathing is more regular and shallow, and their muscles completely relax.

They do have relatively short sleep cycles but we can assist them to fall back asleep if they have roused. If you notice a baby rousing from deep sleep, you can gently assist them to go back to sleep with light touch, a rhythmic voice or gentle movement. This support helps babies to learn to navigate their sleep cycles without waking and crying.

I always encourage people to trust their intuition. No-one knows their baby like them; no expert, no book and no how-to guide. The relationship between baby and care-giver is unique. But by understanding how babies communicate and what they need and want, it can help bring greater awareness and appreciation for these incredible little humans.

Kirrah is a postpartum doula and lactation counsellor supporting families in the Northern Rivers. 0429-308-851.

Are we touching each other enough?

For many of us, the pandemic has brought home the importance of physical contact in our lives. Only in its absence have we noticed its worth.

Is it possible that we are in the midst not only of a health crisis, but a crisis of touch? Do we have enough opportunities for touch?

Not only that, we have been told by our government to stay apart from one another, and the question is, is that really healthy and good for us in the long run?

When couples are distressed, tense, tempers high, there is only one goal: to soothe each other. What's the single fastest, most effective way to do this? Drop the ego, reach out physically, and let your partner know you're there. Skin to skin contact.

Forget about rationally talking it through. If you're open and allow yourself to be physically soothed or be soothing, this helps avoid the endless conversational looping around. Talking is good, but it will be more effective after you have both reached a point of being physically comforted.

Bare skin contact is our first "language." How do we first get emotional comfort? Our mother touches us – it's our ultimate nourishment. Without it, we cannot thrive. This is our template forever. We carry it with us until death.

By learning it's possible to connect with someone outside ourselves, touch teaches us the difference between "I" and "other," supplying our platform for secure attachments.

What's the best way to connect with a baby? Lavishing touch: cradling and cuddling, stroking, caressing, tickling, nuzzling and kissing, rocking – we literally carry them because we know their lives depend on it.

As adults we learn to suppress the ache within. We ache to be loved with



by Sonia Barton

physicality, to be hugged and cuddled. Primal and primitive, we never 'outgrow' touch. Why? Because we each carry an infant inside of us. This is the baby we once were, when we depended on touch to thrive. Without it, we would have withered and shrunk. Our need to be touched does not die. We long for it, at times desperately.

Sociology studies have shown that touch has positive outcomes in many ways. If teachers place a supportive hand on their shoulders, students tend to participate more in class. For mothers suffering from postpartum depression, if they got a daily 15-minute massage from their partner, this was as effective as an antidepressant. Despite the stress of a newborn, this physical connectedness helped them feel close.

Touch on the skin helps to release Oxytocin, the "love hormone". So what can we do when we don't have someone close to love or touch? And even if you do, you wouldn't say no to more love chemicals would you?

We can trick our bodies to produce more Oxytocin – here's a few ideas:
 1. Connecting with your friends and

family will create that happy rush and stimulate oxytocin production in your body.

2. Do something that you really love doing but always postponed. You might just postpone it because you think there are more important things you need to do now. What's more important than what the essence of your existence is telling you to do?
 3. Get some sun. Soaking in the sunlight will instantly make you happier. The sun rays stimulate that part of your brain that promote feel good chemicals and oxytocin and the sense of warmth and brightness will additionally support that process.
 4. And of course having a Bowen therapy session with that beautiful soft touch all over your body, can make you feel relaxed, happier, nurtured and release those beneficial oxytocin chemicals.
 5. Hugging is good medicine. It transfers energy and gives the person hugged an emotional lift. It has been said that you need four hugs a day for survival, eight for maintenance, and twelve for growth. Scientists say that hugging is a form of communication because it can say things you don't have the words for. And the nicest thing about a hug is that you usually can't give one without getting one.
 6. Try dancing to your favourite songs, it's a great form of exercise, it reduces stress and boosts dopamine. Experience the feeling of freedom that dancing gives, and you have a powerful stimulation for oxytocin.
- Go ahead, hug your friends – it's good for you!

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

Time for experience

Experience of time is relative

In our human experience, time is relative. You have all experienced an enjoyable event in which the passing of time evaporated from your senses. Hours may have past yet it seemed only a short time for you.

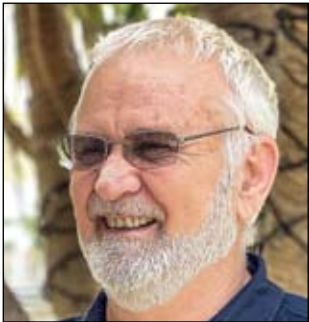
In another experience which you found boring, minutes dragged on as if they were bloated hours. In both cases the clock ticked at the same rate but your experience of the passing of time was very different.

Time is the rate of experiences

How we each experience time, record time and create time in our experience is specific to us and has direct impact on how we then respond in our world.

Time could be considered as the rate of our experience. Where experiences are few and far between (like being bored) time is slow and loooooong. When we are busy with lots happening around us, time is short, fast and there is nowhere near enough of it.

So too, the quality of our experience can impact time.



by Peter Ganser
NLP Master Practitioner

If we are focussed on detail, an experience can be broken into many smaller experience chunks so then we have a lot of experiences, or vice versa, we can group small experience chunks into a bigger one and so have fewer experiences.

Because we have this, as well as many more ways to experience time, we can adjust how we relate to time and how it impacts our behaviours.

One way to change experienced time

A good example of this is when I work with people, often in a workplace, where they have too much to do and not enough time. They feel overwhelmed. (This is

also contributed to by the workplace management processes and is not just the person).

The part of this that a person can directly affect is the way they view their tasks in relation to time. When I have a person with this issue, I ask, "If you image all the jobs you need to do, where do you feel they are situated about you?" Often I get a confused look with a head movement that looks all about.

I thrust my hand up close to their eyes and say, "Does it seem like it is right here in your face?" They often swallow and say "Yes" or just nod their head.

"How does it feel?" I ask. Often they respond with words like smothered, hard to breathe, like it will all fall on me and so on. My hand is still up in their face and I ask them to imagine stacking all their work right on that hand.

I then ask them, while moving my hand away from them, to notice what happens when I stretch the pile of work out and away from them, leaving the work spaced out in priority, the closest being the first to focus on. I stretch

out, a little up and to one side so that they can sense the gap that exists between each job or task. I check how it feels for them and adjust the positioning to get improved results.

I can see the change by their facial and postural changes. I ask how they feel so that they too notice a change on a conscious level. Essentially we have recoded how they store their "To do list" in their mind in a way that reduces the sense of pressure for them. Reducing the pressure then provides better focus and capacity to do the tasks.

Examine your coding of time

By sitting quietly and examining your inner relationship to time and how you 'code' it in your mind in varying contexts, you too will be able to adjust and tweak that coding to improve your outcomes and behaviours that are time related.

If you want to explore this further with an NLP Master Practitioner, give me a call.

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Let it go or watch it grow

by Tonia Haynes

It's a bit late for Christmas pressies, but I'm hoping that Santa, due to border closures to the North Pole, is still around. So, here goes a letter:

"Dear Santa, please teleport me to an outside venue on a starry, full moon night, where the music is totally awesome, there is a huge bonfire, the air resonates with harmony and we are all dancing our toes off with joy.

"PS. Please provide a lounge for those over sixty, who need to rest between wriggles. Thank you.

"PPS. The border pass is in the mail."

Here's hoping that he receives it. All the same, I do know that manifesting what one wants is often interrupted by the time thing, so while I'm waiting impatiently, I'm writing another letter.

A letter expressing my innermost feelings; filled with fear about the future, swear words, blame and shame, lousy spelling, no punctuation and no actual sentences, which

if read by the authorities could well earn me a trip to a grief and anger management rehabilitation centre, or the funny farm.

Fortunately, considering that the world has more than its share of negative vibes right now, the only other entity that will get to view this blah of despair is the 'let it go or watch it grow' box, where the letter will be sequestered after I run out of ideas.

Tomorrow I will retrieve and re-read it by myself and miserable thoughts forgotten yesterday will be scrawled at the bottom, before it is once more tucked back into the 'let it go, or watch it grow' box.

On the third day it will be read by self one last time and any latent complaint that has recently seeped into the consciousness will be added.

Then, a small fire will be lit and the letter burnt with the accompanying affirmation: "I am totally over carrying around this shit. I now let it go, and make the space for love, kindness and fun to fill my world." Or something similar.

Does such ridiculous, witchy

stuff work? Absolutely!

An old practice learnt long years ago, I have shared this exercise with many clients, including the conservative types. Those who have run with it, express that they feel calmer and clearer in the mind, are coping better than before and that their immediate environment has improved.

A note: Write the letters with a pen or pencil. Typing doesn't work as well. The energy needs to be close to the self. And don't show it to anyone else. It not only kills the magic, it might also earn you a slap around the head.

One last thing. Make sure you burn it to tiny irretrievable ashes on the third day.

Why do we need to let go of stuff that we think is unfixable?

Unfortunately, or fortunately, we are so powerful that our negative thoughts create negative situations and no matter how pure our diet, if we don't let go of the mental and emotional garbage, we are likely to end up with a lowered immune system (ain't



that a huge topic right now), which can create all sorts of issues, like sore backs, necks, shoulders and limbs, strokes, heart attacks, cancer, etc. etc.

I can certainly assist in alleviating the sore backs, necks, shoulder and limb problems with a mix of massage, spinal and muscle realignment and Bowen therapy.

I may also be able to remove the mental and emotional stress enough with some pranic healing that you will decide to attempt the above exercise. Because, quite frankly, it is you that writes the music, not me.

I'm just the piano player who does her best to make the music seem worthy of refinement.

Phone for an appointment on 0439-794-420.

Natural Law

by Helene Collard

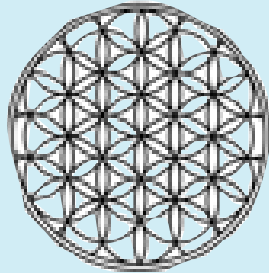
Trust. Everything that is occurring now is meant to be. You may be hearing a narrative that claims your life is 'back to normal' but the truth is, the shit storm continues to rage in full force.

The storm is needed to dismantle and disintegrate heavy energy from your life, for the benefit of Mother Earth and all life forms on the planet. Go with it, do not resist. The best thing to do when the storm is raging, is to seek shelter.

Within the greater energetic landscape is much movement and complexity – the emotional rollercoaster is real. Keeping life simple and slow will allow you to process and digest all that the storm throws up.

This pace also allows you to focus more deeply on your holistic health and wellbeing. Holistic health is a lifestyle.

Learn how to say 'no' and, during this time especially, when plans fall through, know it is a blessing in disguise. Practise discernment about where you are, and, with whom.



"A comfort zone is a beautiful place, but nothing ever grows there."

– Unknown

Answering the call to really look at what the storm throws up, is nothing less than the beginnings of a Hero's Journey. The phone is ringing – accept the call. A door appears – open the door. Summon courage, especially in the presence of great fear and discomfort. This is what it takes to move through (what can feel like) our greatest blocks or challenges.

"Guilt is an unproductive emotion. Feeling guilty for past mistakes and



behaviours (whether ours or others) does nothing for you, or the people you harmed, unless it is accompanied by changed behavior." – Florence Given in *Women Don't Owe You Pretty*

The storm is not here to cause you pain and stuff your life up. The storm is here to free you, but, you must walk through the fire, look people in the eye, drop the armour and FEEL. You are ready.

If you choose to answer the call, the universe will immediately align to support, assist, guide and protect you. New doors will open.

This is the sacred work of what it means to be a conscious, evolving human. Remember, keep life slow and simple.

If you would like energy healing support during this time, I offer in-person treatments for those in NSW Northern Rivers or distant healing for those elsewhere.

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