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 **DOLPHIN FUNERALS**

The big picture

by Scott O'Keeffe

Australia supports an amazing diversity of vegetation. About 34,000 species of plants are found in Australia's forests, woodlands, heaths, and shrublands.

Our most cherished and familiar vegetation types though, are parts of a bigger picture dominated by two groups of plants: acacias and eucalypts.

This is obvious to the observer travelling east to west across the interior, and north to south along the coastal strip. Australian vegetation is far from uniform but it has broad patterns. Remarkably, just two genera of plants are so adaptable that they have colonised the whole continent. Their distributions overlap depending on rainfall and soil fertility. Acacias dominate the drier inland areas while eucalypts dominate less arid environments closer to the coast. What are the characteristics that helped them succeed?

There are about 800 species of Eucalypts (including the closely related genera *Corymbia* and *Angophora*). The fossil record shows that eucalypts possibly originated in the ancient Gondwana rainforests of South America, and appeared in Australian rainforests about 20 million years ago.

Those that persisted in wet forests grow very tall and straight. This ensures that their canopy of leaves rises above other vegetation to make maximum use of sunlight. Some compete for light with a plethora of vines that grow into their crowns. These eucalypts have smooth bark and 'discard' their lower branches

to prevent vines from smothering the trees, for example Dunn's white gum (*Eucalyptus dunnii*), which grow in wet forests at the fringes of rainforests.

Rainforests shrank as Australia became drier, and eucalypts adapted to survive fire, drought and scorching sunlight. On many eucalypts the bark retards fire, for example on the broad-leaved stringybark (*Eucalyptus caliginosa*) that grows near Stanthorpe. The bark insulates and protects dormant 'epicormic' buds beneath, until fire burns the tree's foliage and triggers the buds with a burst of new growth that rapidly creates a new canopy for the tree.

Other species, particularly mallees that inhabit drier shrublands, have storage organs just below the soil surface. These 'lignotubers' also have dormant buds that produce new stems when the upper part of the plant is burned or damaged.

Eucalypts in drier environments have leathery, waxy leaves that reduce water loss. On some species the leaves hang down vertically such as on the narrow-leaved ironbark (*Eucalyptus crebra*). In the mornings and afternoons these leaves catch sunlight for photosynthesis and avoid direct exposure to the scorching midday sun.

Sickle-shaped leaves with pointed tips direct raindrops or condensation back towards the trunk where the tree can benefit from the moisture. After they are shed eucalypt leaves continue to assist the parent's survival. The leaves contain oils that suppress the growth of other plant species and reduce competition.

But eucalypts have their limits.

Although eucalypts are important components of the drier woodlands and mallee shrublands, in the driest areas they are mostly replaced by the amazingly resilient acacias.

Between 900 and 1000 species of acacia are native to Australia. Like the eucalypts, the genus originated elsewhere, probably Africa. Acacias adapted and colonised areas of the Australian continent as drought and fires became more frequent. They now dominate Australia's dry outback landscapes. Acacias are also common in coastal and sub-coastal areas, but here eucalypts are dominant.

Acacias survive in dry areas by conserving water. The tough acacia foliage reduces evaporation. I use the term foliage, because in most species, the green parts we see are not leaves but flattened stems called phyllodes that are tough, resist weathering, and give acacias an edge in arid environments.

Many acacias have phyllodes instead of true leaves, such as blackwood (*Acacia melanoxylon*) and hickory wattle (*Acacia disparrima*), common local species. Some acacias, such as blueskin (*Acacia irrorata*) have 'normal' leaves. Others have 'normal' leaves when the plants are young that are replaced with flattened stems in mature plants.

On mature plants only phyllodes will be produced. The foliage of species such as Gidgee (*Acacia cambagei*), which grow along outback water-courses, contain toxic substances that deter grazing.

continued opposite page

The lush Northern Rivers

Weed Words

by Triny Roe

The sun is shining again, the winter solstice has passed, the days are getting longer, and everything is still growing despite the cooler weather.

The lush Northern Rivers is host to a huge range of exotic species that can grow aggressively and don't always stay where they are put. A plant with seeds that blow in wind has a propensity to spread far and wide.

Look out for new occurrences of cat's claw creeper *Dolichandra* (aka Macfadyena) unguis-cati; groundsel bush *Baccharis halimifolia*; balloon vine *Cardiospermum grandiflorum* – just a few of multitude of weeds with wind and water dispersed seeds.

Another one to watch out for is *Tithonia diversifolia*, commonly known as Japanese Sunflower, notwithstanding that it comes from Central America. This herbaceous perennial is commonly seen along roadsides in the Northern Rivers.

Growing from 1 to 3 metres tall, it has delightful sunny yellow flowers with seven to fifteen petals. Its soft grey green leaves have three to seven lobes with scalloped or toothy edges.

Fast-growing and hardy, it is adapted to a range of soils. Sometimes forming dense

patches, Japanese sunflower can outcompete native species.

With an ability to produce allelopathic chemicals which prevent germination of other species, this plant can impact on bush regeneration.

Establishing along fence lines, creek banks, in paddocks and roadsides and other disturbed areas, it has high weed potential, each plant producing around 120,000 small light seeds.

Water, animals and humans can help it spread. Don't pick roadside flowers and then later discard them thoughtlessly. Dead flower heads can contain viable seed.

It can also grow from cuttings, so be careful where you dump garden waste or you might get a new occurrence. Turn the compost heap regularly to prevent stems from reshooting, and never chuck plant debris down the gully or over the bank.

In East Africa, Japanese sunflower is also considered a weed after being introduced to Kenya as an ornamental. It has now spread to several other neighbouring countries. While considered a pest in many regions, it has been put to good use, such as being used for a nutritious fodder source for stock.

Readily available (it is a weed and grows everywhere) and with a relatively high NPK content, Japanese



Japanese Sunflower

Sunflower has also been used as a mulch to improve poor and degraded soils.

This is fairly labour-intensive, but a good alternative for high value crops to replace or supplement expensive mineral fertilisers. The woody stems are also used as firewood and for building chook houses.

There are also reports of Ugandans farmers using extracts of this plant to control insects during the growing season and in post-harvest storage.

This methodology has not been scientifically assessed, but the plant does contain chemical compounds that have recognised insecticidal properties.

Japanese Sunflower has been used extensively in Mexican traditional medicine to treat broken bones, bruises and sprains. Though the

US FDA has not evaluated its therapeutic properties, Chinese traditional medicine incorporated this plant into its pharmacopoea after its introduction to Asia.

They use it there to treat liver complaints and low blood pressure among other complaints. A study on rats has demonstrated pain relief and an anti-inflammatory response. (NB this is not health advice – see your preferred health professional for treatment of any critical or lingering ailments.)

Though Japanese Sunflower is a useful (and attractive) plant, it can be a wrong plant in the wrong place. Everyone has a biosecurity duty to prevent the spread of pest species.

Know your plants, look out for new ones appearing and manage them appropriately. Happy Weeding.



Vertical eucalypt leaves with drip-tips

Hard coatings keep acacia seeds viable during periods of drought and adversity. Abrasion or fire may break the seed coat, and if conditions are favourable, the seeds will germinate.

Many acacias grow on infertile soils. Acacias harbour special bacteria in their roots that convert atmospheric nitrogen to compounds required for plant growth. This allows acacias to thrive in the interior where soils are weathered and depleted of essential nutrients.

These characteristics allow acacias to thrive on disturbed or infertile soils in wetter parts of Australia too. Locally, Blackwood and

Blueskin commonly grow on disturbed ground or in poor soil.

In parts of the interior the species diversity of acacias is not high, although they cover much of the outback shrubland. But in dry country where there is significant variation in terrain, such as in the sandstone country of Northern Australia, the diversity of acacia species is higher.

When next you travel through the Australian landscape, observe the changes in vegetation as you move through the landscape. Besides looking at species, watch for the bigger patterns too.

Red ginger loin pork on black rice Anarchy plated and Stendhal (Marie-Henri Beyle), unchained. "Le rouge et le noir".

by Thom Culpepper

To sup with a view! If politics had a place at the table, and it does in some cases, this could be one of the dishes of the age!

Pre cooked barbecued red pork can be had from various sources, Chinese providers being the best place to find it. One supermarket in Lismore is now carrying it.

Make your own. The best. You will need red spice mix, sesame oil, 'rose' vinegar or mirin, msg (from seaweed) and additional 'five flowers' spices and grated fresh ginger and some brown sugar or honey. All can be also had from the oriental merchants.

Dress the pork into 50 x 150mm strips, skin and lard side down. Rub in the spices, ginger, diced ginger and spice additives into the flesh and marinate in an oven bag overnight. Next soak for an hour or so in sesame oil and vinegar solution.

Barbecue or cook in a dry fryer or hanging frame in an oven. Basting regularly, (don't let the flesh dry out), roast 'til bright and shining red-scarlet.

Prepare the black rice, this rice is sticky and takes longer to cook than its white cousin. Cooking in coconut water,



(absorption method), gives great results.

Ingredients

1.5 kilos of lean pork loin or pork belly if you can find it. Cut into 150 x 50 mm strips
100 grams of red pork, spice rub
50 grams of five-flowers spice
50 mls of sesame oil
50 mls of 'rose' vinegar or 'mirin'
100gms of coarse grated ginger
5 cloves of diced garlic

50mls of honey or 50 mlm of brown sugar
50 gms of almond slivers

Bed the pork on the black rice and garnish with the following:
200 gms of wilted green pak hoi or choy sam as per image
150 gms of fresh, cross cut eshallots (spring onions)

Dress with slivers of daikon radish and green cilantro leaves or red perrilla leaves.

thewholeearthveg@gardener.com

Farmers Choice seedlings: a story worth telling



Costa with Vanessa and Greg

February 2008 seems so long ago, when Vanessa James and husband Greg were standing at the threshold of a major change of life when Vanessa declared she wanted to feed her community.

Her mission plan was to grow a full range of the highest quality certified organic vegetable and herb seedlings that would be handcrafted using biodynamic preparations and principles and deliver the strongest plants on the market for the home food producer.

She sought information and help in understanding why all the seedlings she ever brought lacked strength and on-going vigour, but received no assistance from anyone (Her genuine enquiries may have been threatening to the horticultural industry at the time).

This left her viewing a lot of product in the marketplace as set-to-fail repetitious consumer plants, not plants that could be relied upon to produce reliable end results: high quality food.

Through persistence and perseverance protocols, procedures and equipment were created to support her desire to grow in the open and produce plants the way nature has always done it, growing

in full sunlight and grown to tolerate the extreme conditions experienced by growers.

Persistence paid off and the Farmer's Choice brand established itself in over 40 retail outlets from Brisbane to Grafton. This was the first certified organic seedling product to comply with Australian Certified Organic (ACO) requirements for off-farm use in wholesale/retail.

It presented in over 36 markets around the Northern Rivers and diligently maintained a tight delivery schedule every week throughout its 200km service area. All this activity was developed and carried out during the first Global Financial Crisis (GFC 2008).

August 2011 saw Vanessa and her seedling production move from Regenes Farm at Myocum to fulfill her dream to open her retail production nursery in Wollumbin Street, Murwillumbah.

This creation was one of the early certified organic city farms, as everything was produced on-site in the middle of the CBD.

This gave Farmer's Choice strategic and sustainable positioning to reduce the delivery range from 200km to 80km in 2013, and by 2016 had



Doug's piggery

successfully reduced it to 50km under this model.

2013 also saw the weekend and farmers' markets undergo the same overhaul, reducing from 36 per month to four per month. Blue Knob Farmers Market is the only market that was maintained.

Costa Georgiadis regularly came to stay and assist in the Farmer's Choice School Gardens program in the Tweed, and he truly enjoyed taking the time to come to the Tweed and Blue Knob, where he engaged with so many like-minded souls.

Vanessa and Greg served Blue Knob farmers' market every week until announcing their retirement as of Vanessa's birthday, 2-2-22.

Other environmental factors that were and still are dear to Vanessa is no 'plastic into landfill'.

She worked with the premium horticultural plastics provider 'Garden City Plastics' to discover the best quality reusable plastic

punnet, with the right dimensional proportions to support high quality plant production, and then secured production of her chosen punnet in a dark yellow color to set the distinctive branding.

She then set about creating her punnet re-use program, the only public commercial plastic re-use program in the country at the time, along with her logo-branded tag that told our growers it was indeed the Farmer's Choice Organics seedling, and how best to plant and care for it.

The environment and plant quality control for her loyal growers were constantly her first consideration.

2017 heralded retirement from retail, and returning to being farm-based, thanks to the heartfelt assistance of the Honorable Doug Anthony at Sunnydale Farm. This allowed for the final downsizing of retail outlets to five, and one market, which became sustainable for two to three people to maintain supply to

our communities of the Northern Rivers and sustain themselves.

Ending 13 years of service to our communities, Vanessa and Greg have responsibly returned all their plastic to Garden City Plastics in Bulker Bags equalling 10 cubic meters (enough to fill a tip truck) that has been returned to be processed into re-usable polymer for injection molding into new horticultural products. This closes the life cycle of an adventure to serve their community and the planet.

They would like to thank each and every one who has been a part of this journey.

Greg said, "Our time in seedling production brought so many beautiful souls into contact with us, and has illuminated our lives with so much love for who we are and what we have represented in their lives, and for that we are eternally grateful."

With love to your garden.

THE FOUR ELEMENTS AND THE OLD HERMETIC AXIOM

Tarot musings

by Amy
Scott-Young

For those seekers wishing to carve out their own slice of divinity, you would do well to heed the lessons of The Magician.

The Magician reminds us that both the four elements and the following Hermetic Axiom are of great importance:

“As above, so below.
As within, so without. As the universe, so the soul.”

The four elements are a reference to all that is known to the senses, and the Hermetic Axiom refers to the properties embedded in all things that are hidden from the senses.

It is true that the four elements are necessary in nourishing one's spirit, but elemental powers alone cannot transform your ideas of divinity into a physical reality. If this were the case, then the consumer driven trend of instant gratification would become the path to enlightenment, and the putrefaction and ethical impurities that are clearly evident further down that track would be equated to the divine.

Rest assured that is not your path, dear one.

However, in order for you to elevate your understanding to that of The Magician, you must realise that the four elements all contain certain properties that correspond with the divine. And, depending on your own level of awareness, may or may not be hidden from your senses.

Agrippa held that the highest order of the four elements was contained within the celestial system of the Chaldean planets. They are also found in the Zodiac signs, in daemons, in angels and lastly in God. These are actually not elements in themselves but hold the nature, virtues and powers of them.

Understanding these hidden properties of the four elements creates a world of ideas and it is through these ideas that we are able to lay claim to the divine and incite influence over our own physical reality. These ideas are what make up the system of the Tarot and you will also find them in Astrology.

The key to The Magician is to create a world of ideas for yourself, one that is tailored to your own life experiences. To do this you must take note of the abovementioned Hermetic Axiom. This axiom not only requires you to observe the outer cycles and rhythms that have been at play within your life but to then create a system of ideas that is specifically related to your own inner timing.

A great way to do this with the Tarot would be to take the Minor Arcana cards, removing the Court Cards and the Aces so that you are left with the 36 timing cards (i.e. the four suits of numbered cards from 2-10). Then simply spend some time focusing on each card, perhaps one per week, journalling the times in your life that resonate best with the card's meaning. This is also a fantastic way to begin learning the Tarot.

Once you have formulated this system of self-knowledge, in accordance with The Magician, you must then elect to act only at times that are conducive to your own inner harmony. This is the same process a gardener uses, observing the seasons and her surroundings, before planning, tending to and harvesting her garden.

And it is through this process that you will be able to better understand how divine manifestations occur in your life, when they are best tempered and most importantly how the lessons of one manifestation can be reduced and applied to that of another.



Family Law and the protection of children

I'm in a Judicial Registrar's Confidential Family Resolution Conference Part 1. This is a new one on me, another reform in the Family Law world.

I'm with my client at his place, both of us on my phone. The usual post-Covid email with dial-in details hasn't arrived and I'm on hold with the FCFCOA (Federal Circuit and Family Court of Australia) when my phone rings. It's the JR herself.

My client is the father of a pre-pubescent child he hasn't seen for years. We've put on brief affidavits from the older siblings (our witnesses) saying how the family miss him and how separating a child from a parent and the rest of his family is not in the child's best interests. His aging grandfather hasn't seen him since he was three.

The mother's response outlines historical charges of child molestation against my client and the case is sent to the National Assessment Team, another new one on me. Months later, orders for the conference appear on the Comcourts Portal.

Finally, we're with a

judicial officer. We have the first 45 minutes, then she'll telephone the other side for theirs.

She introduces herself; I can call her 'Registrar'. She goes through the confidentiality and other prescribed wordage, then my client tells his story. This includes much he didn't say when we put on the Initiating Application.

The mother's response has changed things. The family has joined forces. Now they tell me horror stories of life with the mother.

I check whether I'm a mandatory reporter. I'm not, but the JR is. Why didn't they tell me all this before? "Didn't want it to get messy."

The witnesses explain: when they were old enough, and she could no longer control them, they'd been "chucked out".

Now they're writing new affidavits, recalling memories they didn't want to think about before. The process has become therapeutic. It's scary to think how the remaining child is faring.

At least the conference is confidential. We can tell her the truth. But she's a Judicial Registrar and is looking



Legal writes

by John Adams

at the law. There's clearly an issue here; we've put no evidence before the court about any of this.

We agree I should file new affidavits and an amended Notice of Risk before part 2, the full-day mediation proper, a week later. She thanks us and looks forward to meeting up again next Monday.

The older sister, a mother herself by now, writes graphically about physical and emotional violence and neglect. Her brother's stories are equally disturbing. By now I've decided not to file

anything. This has moved into another realm, child protection.

I briefly consider talking to the other side. If they saw our evidence, that the historical charges were a beat-up and the child is currently at serious risk, they might press the mother to withdraw. But they might not. My witnesses are scared of what she'll do when she finds out.

Then I call an old friend who's worked in child protection. It seems I have no option but to make a report.

I've known child protection cases where the taking was traumatic; have represented family members charged with consequent assault and resist arrest.

But children are not removed from mothers lightly; the department has procedures to follow. The best outcome in this case would be big sister turning up with a caseworker at the school.

But, once I've reported, it's out of my hands. It's going to be a long report, with affidavits from the family and my own most persuasive summary.

Elderberry: a useful anti-viral

With the winter cold and flu season upon us, elderberry is a traditionally revered remedy to support the body at this time of year.

The richly coloured clusters of berries have a long history of use as elderberry syrups and cordials. These are best taken in hot water at the first signs of a sniffle. Elderberries have confirmed anti-viral, anti-oxidant and anti-inflammatory properties.

At the Herbies Hub in Lismore where we have been offering free medicines to flood-affected people (donated by our practitioner supplier companies). We are dispensing Elderberry tablets to help prevent or treat winter viruses. The good news is we still have a generous amount of these tablets to give to people.

The elder is native to Europe and is known as black elder (*Sambucus nigra*). There are other species that are similar but not the same medicinally. The tree has many interesting folk lore stories. In Europe it is associated with the Underworld. Some stories say it is perilous to fall asleep under the elder tree, because the faeries sometimes kidnap human souls and create a 'changeling' child. Similarly, the wood from the tree should never be used to make cradles.

The elder plant is very versatile. Its hollow stems were used to make pan-pipes,



Elderberries. Courtesy Plants of the World Online

which it is claimed make the most haunting music. The sticks have also been used to make splints for broken bones. These stories are described in Matthew Wood's book, *The Earthwise Herbal*.

The fresh flowers as a tea can be used to induce a sweat (a 'diaphoretic' effect) to reduce fevers, or to stimulate blood circulation. The dried flowers both stimulate and sedate at the same time.

The berries have similar properties, but additionally are blood-building and anti-oxidant. The deep purple colour of the berries indicate that they contain the powerful anthocyanins as anti-oxidants.

They can be used to help with spasmodic coughing, congestion in the upper respiratory tract, post-nasal

drip, and difficulty breathing. They can be taken in small doses during the winter as a preventative.

Moving from folklore to modern research, a study done at the University of Sydney demonstrated that elderberries have a strong anti-viral action against the flu virus.

The researchers made a juice serum from elderberries and tested it on human cells. The serum inhibited the virus's entry into the cells. Additionally it inhibited the replication of the virus that entered the cells.

One of the researchers, Dr Golnoosh Torabian said, "What our study has shown is that the common elderberry has a potent direct anti-viral effect against the flu virus. It inhibits the early stages of an infection by blocking key viral proteins responsible for both the viral attachment and entry into the host cells."

Additionally, the elderberry serum stimulated the cells to produce cytokines, the immune messengers that enhance the body's fight against the virus.

There has been a doubling of the amount of elderberry products sold in the US since the start of the Covid-19 pandemic, presumably through on-line promotion of its anti-viral properties.

I'm not aware of studies that have tested its effectiveness against Covid-19. I prefer to use a mixture



Nature's pharmacy

by Trish Clough, herbalist

of herbs that have proven efficacy against the SARS Coronavirus family of viruses to support people with mild cases of Covid or to help with recuperation.

However, I do highly recommend the elderberry for prevention and management of flu viruses and respiratory symptoms in general.

Warning: Large doses of the elder can be toxic or cathartic, although the flowers are considered safest.

As with all medicinal herbs, it is advisable to have them professionally prescribed.

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.

Being careful what one says in therapy

I've always thought a really good conference paper would be to present an examination of what not to say in the psychotherapeutic session.

You can really ruin a perfectly good hour by careless talk, and other dodgy contributions.

You need to be mindful of your responsibility to prepare the client to re-enter the ordinary world as well as nurture their ongoing healing beyond the hourly session.

This means gently disengaging them from the thickness, as it were, of any emotionally charged material through conversation about everyday things.

I might, thus, talk about how beautiful the sun feels after really cold, chilly days, or something like that.

The therapeutic hour has a rich density about it. It is bounded by a greeting at the beginning to a see you next session at the end.

In between, though, there is a contained conversation that is therapeutic and driven by the therapeutic capacity to hold the space safely, with confidentiality.

It is, as I've said, thick and rich, for it is quite unlike any other conversation any of us will have out in the rest of the world.

Erving Polster wrote a significant book that, in one flash several years ago, gave me an understanding of therapy that I really didn't have before. His book, *From the Radical Centre, The Heart of Gestalt Therapy* (2000), had encapsulated in one sentence something that I'd only intuited, but not articulated.

He wrote, in so many words, that therapy is the space between a deep hypnotic trance and a light hypnotic trance and that the continuation of the therapeutic work needs to not only nurture what is learned in that rich space, but not damage it.

This accelerated my understanding enormously and, as an offshoot, encouraged me to do a Diploma of Clinical Hypnotherapy on top of my existing Master of Counselling degree.

It brought a mindfulness to the doing of therapy and thus a more careful consideration about the words (and actions) I use before, during and around the point of concluding a session.

It also delivered greater thoughtfulness about what therapy actually is, something that I continue to mull on, umpteen years later.

How we conduct ourselves as therapists really matters. In this article I am focusing on the words we speak, but



by Dr Elizabeth McCardell

our actions can damage this relationship.

Talking about oneself too much (a little is therapeutically useful); boundary violations (for example, sexual advances, unnecessary touching, and associated invasive speech); and just plain thoughtless chatter, all have the capacity to absolutely destroy the therapeutic relationship.

Right conduct is essential for the containment of the therapeutic experience and a sense that what is learned in that session may be carried on beyond the hour to the rest of the client's life.

So, what words might one sensibly not say? Direct reference to a presenting problem right at the end of the session when in the process of saying goodbye is unhelpful: not least in bringing the client's attention again to the thing that they are fighting against, making it seductively more attractive.

We all know how thoughts about the thing we are trying to give up become like sirens singing to sailors: come hither and taste the forbidden potion.

I remember doing periods of fasting and having difficulty because I was preoccupied with the idea of fasting. Abstinence became an obstacle rather than an absence.

"I guess you won't want to smoke/drink/play the pokies/doubt yourself anymore," puts to mind a focus on the thing that you don't want your mind thinking about.

The less one says about the presenting problem, the better, right at the end of a session.

What needs to happen here is a gentle re-introduction to ordinary life, and so I talk about such things as the weather, or suggest my client has a good cup of something enjoyable, a hot fragrant bath, a wander around a garden, a visit with friends, or settle down with a good book.

The absence of focus on the thing troubling them is the whole point. Healing happens at an unconscious level from the therapeutic work and beyond.

Walk-ins and other soul ventures



Following on from my last month's article about there being just one soul which we all share, let's stretch our minds a bit more about this eternal, infinite part of us that operates in the physical as well as non-physical realms.

To briefly recap, the soul is a vast, infinite body of spiritual energy that exists throughout all dimensions, time and space and we are all pieces, facets or splinters of that vast soul, which is sending out myriad pieces of itself to experience as much as possible.

All of these pieces of ourselves exist at the same time and are normally not aware that they are in essence the same soul.

While we all embody a portion of that one soul, every being that has ever existed has their own beautiful, magnificent, unique qualities that hold imprints from all their incarnational and genetic experiences.

So let's explore some of the ways a soul can express in a physical body.

Walk ins

This happens when the existing soul leaves or "walks out" of their body, usually during sleep, fatal accident or surgery, and another prearranged soul "walks into" that body with all of its memories intact.

Usually the departing soul no longer wishes to be in that body. In some cases

it occurs because their life plan or karma is complete. In others it is because they are unable to learn or grow in that particular life any further.

The main benefit of walking into an existing body is that the incoming soul does not have to go through all the stages of infancy and childhood. There is already a life, resources, friends, family and so on that they can utilise for their earthly mission.

Soul splitting

Dani discovered during her session that her former husband and her current partner share the same soul. Her Higher Self told her that her current partner's soul was complete, having learned all he needed to learn in this lifetime, whilst her former husband is still learning and growing.

Her current partner is therefore assisting him in his soul evolution, even though they have never met and would probably try to kill each other if they ever did! It's always beautiful to observe the level of love that exists beyond the physical/mental/emotional body.

Soul imprints

This is quite common as is represented in all the people who have memories of being Cleopatra, Mary Magdalene or Genghis Khan for example.

In such instances the soul borrows the



by Auralia Rose

lifetime, memory, thoughts, emotions, senses that another soul once lived.

The information is accessed through the vast library known as the Hall of Records. The experience is as real as if they actually lived that life and becomes a permanent part of that soul, aiding that soul's evolution.

Soul braids

This is very rare and occurs when an advanced soul joins their energy with another soul for the greater development of both. The integration naturally results in certain physical, emotional and cognitive changes.

Although souls can be braided to resolve long karmic conflicts, it is more likely that they have been drawn together because they share a problem that neither has been successful at resolving on their own.

In working on the problem together, they have a unique opportunity to resolve their karma and speed up their growth.

Of course the soul does not always occupy a human or physical body. I have facilitated sessions where people have experienced themselves as pure energy existing with a particular function on the earth or in the cosmos. Some have been animals, trees, rocks, the wind.

Many have experienced lives on other planets and dimensions. It is fascinating work. In the words of Forest Gump, "Life is like a box of chocolates, you never know what you are going to get".

Phone 0422-481-007
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Last night... less light

Dry leaves crush underfoot like brittle memories of spring as my Piggies rush along their fence line grunting hungrily for me to hurry up and feed them.

Normally they eat the pecans scattered on the ground at this time of year, but the prolonged wet season caused a failed crop and the Piggies must be content with a slurry of pumpkin, yams and protein. They are good with that.

Sustainable food production is a challenge when the seasons do not co-operate. Left to the ways of our ancestors, we would probably suffer malnutrition or worse in a bad year. Adjusting our expectations around what to grow and eat is the key to gardening in tough times.

We are lucky to have access to a huge range of propagation material, both commercially and through our community networks.

My saving grace this year was pumpkins and yams, both did well enough in the wet. A chance discovery was aerial yams (*Dioscorea bulbifera*) growing along the creek like a weed. They were abundant and the pigs were very happy to eat them after cooking the bitterness out. Me not so much though...



View from the loo

by Stuart McConville

My JAP (just another pumpkin) crop was split between roasts, soup and pig food.

The following Thai pumpkin soup recipe was appropriated from the Green Frog restaurant in Kuranda, FNQ, where I worked as a waiter for a while in the late 80s.

Ingredients

One JAP pumpkin
Two green papaya peeled and diced

One can of coconut cream
One bunch of coriander
Four dried hot chillies
Two limes
Two tablespoons of Thai red curry paste

Method

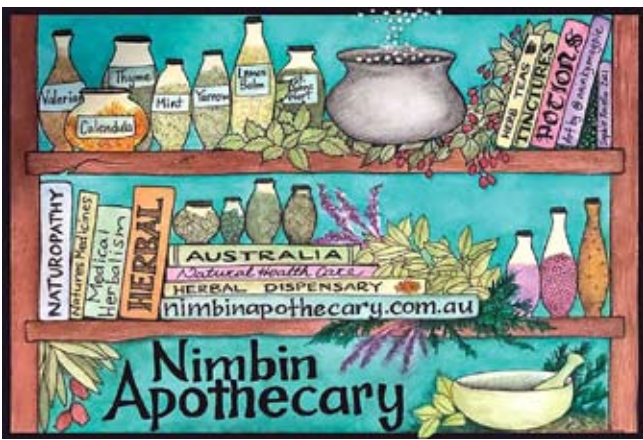
Boil up the papaya first 'til it's very soft and then set it aside. Add the pumpkin until the pieces are very soft but don't crush them, then pour off excess water. Add all the remaining ingredients, crushing the chilli, and blend until smooth. Add salt and pepper to taste.

As I write this column, I reflect on the winter solstice and last day of less light. The days will grow longer and nature will respond accordingly. After the darkness of the past seasons, this solstice is a ray of hope and renewal that we can all be sure will deliver.

This is real. The days will get longer and Gaia will breathe deeper. Take a moment to be grateful for the season to come and relinquish any ill feelings about the past.

Throw off your yokes and get ready to sprint forward into the light with vigor and vim.

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All our links are clickable in the web edition.
Visit www.nimbinalgoodtimes.com and click away!

Planning for postpartum

Doula Wisdom
by Kirrah Stewart

Many people spend time thinking about what they would like for their birth, and it's common to create a 'birth plan'.

But few parents take the time to create a 'postpartum plan' covering what they would like for after their baby arrives.

We know this time can be full of joy but it can also be really overwhelming. The right support and care can make a huge difference.

Taking time to put some plans into action can help make the early weeks after birth more peaceful and enjoyable.

I think it's good to discuss your ideas with friends and family before baby arrives. This can help to avoid or minimise awkward conversations while you're newly postpartum.

Learning to say yes to offers of help is important because you're not meant to do this alone. Babies need so much care, so while you're caring for your newborn, allow others to help care for you.

Practical and emotional support will make a huge difference to your recovery and bonding.

Some things to think about during pregnancy

- Would you like some time as a family before you invite visitors in?
- Who are people you can call on to help with shopping, cleaning, making food, caring for other children or pets?
- What things are important



to you for your postpartum time?

- How much time can you and your partner/support people take off from other work/responsibilities?
- What things might you find challenging? What are some potential solutions to have in place?
- What professional support might you want (for example a cleaner, meal delivery service, postpartum doula, lactation consultant, masseuse, pelvic floor specialist, midwife)?
- What helps you feel happy and relaxed? How can you bring some of these oxytocin-boosting things into your life after baby arrives?

Some tips for visitors

- Only visit if invited (please don't just drop in);
- Make sure you are healthy;
- Be helpful (bring a meal,

- help with household chores like washing up or doing a load of laundry, ask if the family needs anything from the shops before you come);
- Try to keep visits short and encourage the parents to slow down and rest;
- Show your love, support and care.

Some tips for postpartum wellness

- Drink plenty of water and herbal tea;
- Eat healthy warming food (think about a meal delivery service so you always have healthy food available);
- Move your body (consider a gentle walk, some yoga stretches or a little dance);
- Get fresh air and sunshine (spend some time outdoors in nature if you can);
- Make time for rest (put your phone away) and ask someone to watch your other children (if you have

them);

- Stay connected with others – have a phone call or send a text to a friend or read a book;
- Hire professional care like a postpartum doula or counsellor if you are needing more support.

It's worth taking the time to mindfully plan your postpartum. Those precious weeks after birth can be really intense, but with the right support, you and your baby can emerge feeling rejuvenated and peaceful instead of overwhelmed and exhausted.

Your postpartum matters!

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

To download a free natural birth checklist, head to: www.doulawisdom.com or text Kirrah on 0429-308-851.

How can I help you?

I just realised this morning that I qualified in the Bowen Technique 20 years ago today. What a truly amazing journey it has been to help literally thousands of people over the years. I had the courage in 2002 to leave my boring office job and create my own business with Bowen, Reiki and massage, and I have never looked back since.

Of course when you have a Bowen treatment it is only me instructing your body to relax and set off your body's own healing process. You are doing the healing and realignment yourself!

I've been reminiscing in my mind how absolutely mind blowing it has been to see changes and healing in my past clients. I'd like to give you some examples.

Three clients had Parkinson's disease and their conditions never got any worse for ten years while they had Bowen therapy on a regular basis.

Babies with colic who were helped with a few tiny moves to give them relief, and also the whole family benefits from a baby who has stopped crying day and night.

So many people (40 per cent) of clients have a jaw that is out of alignment. I have been able to help correct them and



by Sonia Barton,
Therapist and Reiki teacher

stop pain and discomfort. It has also stopped a lot of men snoring too.

One lady who was on anti depressants had two treatments and it helped her realise she wasn't living the life she wanted. She sold her house in the UK and went to live in India.

Hundreds of people with back pain have been helped after their pelvis is realigned or it might be coming from tight hamstrings.

So many painful knees, shoulders and hips have been helped too.

Tight necks are also easily relieved in a gentle way.

Over the 20 years I have encouraged 17 clients to become Bowen therapists themselves. Some were retiring early and wanted a new career. I suggested they go to train in Bowen and go and do two training weekends to try it out. I knew that after that they would be hooked as they will be seeing results with people they practice on even at such an early stage in the training. It's all about intention.

One of these people is my website designer. She came to see me because she had RSI in her hand. It helped her after four sessions, and then she decided to train in it herself.

Bowen therapy works on you as a whole person, and helps with mind, body and spirit. I tell my clients that we work as a "team". They surrender their body to the healing and trust that it will accept the gentle instructions and allow the healing to unfold. I will do my best to deliver a gentle and thorough treatment with the highest intention and care for your wellbeing.

Feel free to call me for a friendly chat if there is something I can help you with. I work in Nimbin and Murwillumbah.

Phone: 0431-911-329
BowenEnergyWork.com.au

Tackling mould in the home

With the persistent rain, floods and humidity in recent months, many people are concerned about the presence of mould in their homes. Dr Paul Douglas, Director of the North Coast Public Health Unit said, "For some people, moulds can cause health problems, causing symptoms such as a runny nose, eye irritation, cough, congestion, and asthma-like problems or respiratory infections,"

The symptoms depend on the amount of airborne mould spores a person is exposed to, and how sensitive they are to moulds.

Removing all soft or absorbent porous materials with mould growth on them is an important first step in addressing mould problems in your home. Cleaning all mould-affected surfaces inside the house is the next thing to do to reduce people's exposure to mould.

When mould is touched or disturbed, many tiny spores are released, which you may not see or be aware that you're inhaling.

"Before cleaning up mould you should protect yourself by wearing gloves, clothing that covers exposed skin, safety glasses, enclosed footwear



and a respirator or face mask to protect yourself from the mould spores," Dr Douglas said.

For routine clean-up of mouldy surfaces, use vinegar diluted in water solution (4 parts vinegar to 1 part water).

If the mould is not readily removed and the item cannot be discarded, use diluted bleach solution (250mls of bleach in 4 litres of water) to clean the surface.

After cleaning the mouldy area, wipe it with clean water and dry. Never mix cleaning chemicals.

If you have further questions about managing mould in your home, please contact your local Council, the Public Health Unit or a cleaning professional.

Are you totally switched on?

by Tonia Haynes

To many of us, we are just flesh and blood that keeps us going until sickness or death rains on our parade.

We are actually far more than flesh and blood. We are made of over 90% water that supports an electrical circuit called the electromagnetic field, which surrounds every cell in our body

Similar to those instruments that work on energy, such as a mobile phone, the flow of the electromagnetic field can be interrupted relatively easily by unwelcome variables.

In this case it is not the fault of Telstra, Optus, or Vodophone, but something that we are doing to ourselves.

A diet lacking good nutrition, not enough pure water, negative thoughts, emotional upheaval, too much alcohol and/or drugs, accidents and repetitive movement all interfere with the flow of the electromagnetic field, leaving us in a situation where we are not fully switched on.

Apart from lacking energy and

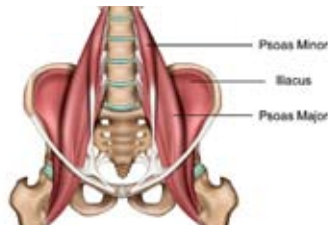


not thinking as clearly as we might, the physical body may also express its resentment at being treated so shabbily with muscular aches and pains.

And often, the aches and pain are related to a breakdown in electromagnetic communication between muscles.

For example: the Psoas – a pair of major muscles that move our legs, hold us upright and are related to the health of the kidneys.

When sulking, due to fear, lack of clean water, unhealthy diet, injury, bad posture, or too heavy or repetitive work, one or both of the



Psoas muscles will simply throw their dummy and switch off.

This in turn will create pain and discomfort in the lower back, shoulders, neck and legs.

One of the many tricks I learnt in my research on healing the physical body is how to ascertain which muscles are switched off and how to turn them on again.

I lock the switch to on by adding Bowen therapy, which, although subtle, has the ability to create miracles, both physically and emotionally.

And I finish the treatment with Pranic healing, another potential miracle that re-balances the physical, emotional and mental systems back to good health.

I work from my cabin 10 kms out of Nimbin and my hours are flexible. Phone for an appointment on 0439-794-420.

Natural Law

by Helene Collard

In the Southern hemisphere we have recently passed through the longest night and in the Northern hemisphere, the longest day.

The time of the Solstice reflects the importance of sacred balance. One side of the planet is in most dark, the other in most light. The two seeming polarities form a sacred symbiosis to keep the seasons and cycles of the earth in balance.

Whatever hemisphere you reside in, the time now is for movement. This can mean physical movement such as travel, holidays or socializing, however, this can also mean research and other mental activity, reading books, surfing the internet, exploring new concepts and ideas, exercising, attending appointments, decluttering, moving work or home, shifting furniture, reorganising your world, changing schools, being creative and more.

Whatever movement is happening for you, know that it is important and directly from Source, and you must treat it that way. The movement happening for you now will set you up for some meaningful and purposeful flow coming up. Treat this movement period as important, for the steps you take now are informing what's coming up, not too far ahead.

If you dream it, see it, and feel it – it will be. Now is the time to dream up, without limits, how and where you see yourself. Make your vision clear in your mind, seeing it already materialised.

Your job over the next month is to maintain this vision in your heart and mind, and not let



anything or anyone waver it (especially yourself!). Protect your vision, this is your future.

The Yemaya Centre is open

Following the recent floods, the Yemaya Centre is currently open at Happy

Mountain: 16/58 Simpson Ave, Wollongbar. Reiki treatments available. Upcoming Reiki course dates on my website. Visit my website for info and bookings.

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 Jonas – Endorphina Creative

- Online astrology readings;
 - Inner wellbeing sessions.
- Bookings email: welcome@endorphina-creative.com

Liina Flynn – 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.

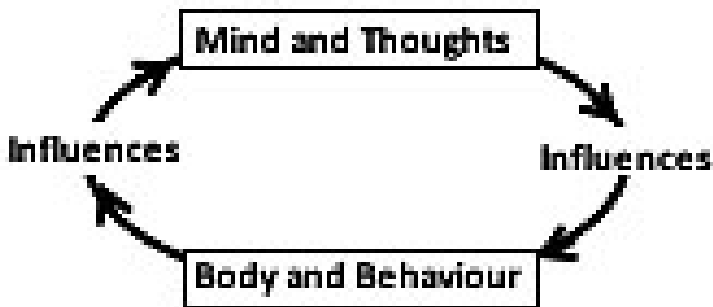
Commencing dates to be announced. Contact Liina to express your interest.

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- Shiatsu massage available now at Happy Mountain in Wollongbar.

Visit: www.yemayacentre.com.au for more information.

Mind and body together



Body awareness

We live active lives in today's world. So active that our minds range outward to the busy day/s before us.

Our outward view reduces awareness of self, including awareness of our body.

The mind-body loop

Many of you would have heard of the mind-body loop that describes the connection between mind and body.

What we think and believe is reflected in body physiology and behaviours. Check it for yourself by observing those around you.

Can you identify the sad, the angry, the content, the happy, the pained the relaxed and so on?

Sure you can, it is all in how they appear (face and body) and how they talk, gesture and behave.

So we know that state of mind is reflected in our body.

Closing the loop

Okay, you might say, "Yeah, I know that! So what?"

Well, have you thought about closing the loop? By that I mean, just as mind and thought influences body and behaviour, body and behaviour can influence mind and thought.

By consciously adjusting your body posture you are able to directly change your mind state.

Resourceful posture

So what should your body posture be like to positively support you?

Try the following for a standing resourceful posture.

- Feet: spaced at shoulder width;
 - Knees: unlocked;
 - Pelvis: rotated forward – yeah, thrust it out there.;
 - Belly: relaxed;
 - Chest: full breaths, open and expanded;
 - Shoulders: rolled back and relaxed in a down position and arms relaxed;
 - Head: chin slightly down (extends back of neck slightly), jaw relaxed, eyes straight ahead.
- Check in with yourself and notice how you "feel". Do you feel more empowered and resourceful?

Try making fine adjustments to your posture and release any tensions you find until you feel the best you can.

If you want to try walking with this resourceful physiology, make your walk determined, like you're on a mission and know where you are heading.

Keep checking through your body to keep your posture optimised.

Biohack – the self-edit

We now have the building blocks for a biohack, the NLP way.

Bring to mind a personal issue you have (start with a small one).

Remain mindful of your



by Peter Ganser
NLP Master Practitioner

posture and allow yourself to mentally immerse into the issue, and all the time remain mindful of your posture.

Keep at it until you notice a shift of some sort.

Often people notice a shiver or small jolt. This indicates that something has changed in your perception of the issue.

The issue itself will still be there *and* you will also notice that your attitude toward it has changes as well as your ability to address it.

You have used your resourceful posture to overwrite the coding in your mind that limited your potential to address the issue.

What else?

Whenever you get stuck in what you are doing or in a down state, check your posture.

Shift to a resourceful posture and notice new pathways opening to you.

And remember, It is *always* your choice!

How will you choose to be?

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