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Time to do the groundsel

Weed Words
 by Triny Roe

A wet warm autumn has been great for growing and spreading weeds.

The epic floods which recently beset this region will have picked up plenty of weedy plant material capable of propagation and carried it to new areas where it can take hold and start a fresh infestation.

It's best to get onto new incursions promptly before they entrench. The longer you leave them, the worse they get.

Some plants are lurkers and you don't notice them until they flower. Look out for groundsel bush, *Baccharis halimifolia*, a listed noxious weed, which is in full bloom right now. With thousands of tiny fluffy white flowers, this bushy shrub looks like it's dusted with snow.

Growing up to three metres high, it's a hardy woody weed which likes swampy ground and can also tolerate coastal salt marshes and mangrove wetlands. Groundsel bush can be found lurking on creek banks and in gullies, roadsides, woodlands and even in urban gardens.

The million or so light buoyant seeds which are produced by a single mature female plant can blow in a strong wind for many kilometres so it can pop up anywhere.

As well as movement via wind and water, seed can also travel to new locations on machinery, vehicles, or contaminated fodder. Check that your mowing contractor arrives with a clean machine. Plenty of seed also falls around the mother tree and can germinate in its vicinity.

It may take a few years, but a couple of plants can multiply exponentially and cause significant land degradation when they become a thicket, displacing

pasture and outcompeting native bush regeneration.

Easy enough to recognise with its diamond-shaped leaves with rough toothy margins, this gnarly shrub is hard to manage. Small seedlings can be hand-pulled, but once they are mature they may require drilling or a cut and paint treatment with herbicide.

Easter Cassia, *Senna pendula* var. *glabrata*, another Autumn flowerer, is easily recognised by its cheery display of yellow blossoms. Many mistakenly assume this shrub fixes nitrogen because it's in the legume family, Fabaceae, but species in the sub-family Caesalpinioideae it belongs to don't generally nodulate.

Growing up to five metres, Easter cassia can also climb trees. It winds its way up using the host's branches as support. While not listed as a prohibited or restricted species, it is considered an environmental weed.

With high seed production and fast growth, it can out-compete native species. Each cylindrical pod can contain up to 40 seeds. Replace it with the native rainforest cassia, *Senna acclinis*. Near threatened in the wild, this one grows to three metres and has flat pods.

Another species that likes the wet is Mexican bluebell or petunia, *Ruellia simplex*. Not well known, it's slowly establishing in the Northern Rivers in wetlands, waterways and riparian zones.

Another garden escapee, Mexican bluebell is an erect herbaceous perennial plant with purple blue flowers. The dark green leaves are long and narrow, up to 20cm in length.

A threat to native creek bank vegetation, Mexican bluebell can reproduce vegetatively. Bits of broken



Groundsel bush



Mexican bluebell or petunia

stem can readily reshoot and the underground rhizomes just keep growing.

When mature, the seed pods explode and release their contents. The floods are very likely to have spread this plant to new locations, so keep an eye out for it and other novel species.

Everyone has a responsibility and biosecurity duty to manage invasive pest plants and prevent them spreading further. Early identification and prompt attention will ensure your workload is minimised.

It's easier to remove one than one hundred.

Plant of the month



by Richard Burer

Following on from the Road Plant edition last month, we consolidate our initial response to recent events with Tree Plant Edition.

Flooding and landslips have made the landscape a combination of being ripe with a fresh palate to establish new biodiversity opportunities, or in many

Tree Plants

cases what seems an impossibility to restore some environmental balance.

From a personal point of view, it's trees in the ground with easy digging and open landscapes often cleared of exotic weeds due to

landslips, erosion and flood that make it an opportune time for tree planting activities.

Planting trees needs to be considered and you really need to have the right tree in the right place. You may also consider investing in mulch and a stake to identify your tree, as by Spring, competition from weeds will be sure to keep

you committed to the project.

Tree planting where deemed likely to succeed is the best first response to environmental best practice after recent events.

Richard Burer is a Nimbin-based local natural area restoration contractor and consultant: richard.burer@gmail.com

Built to survive

by Scott O’Keeffe

The *Odonata* are ancient insects whose ancestors appeared more than 350 million years ago. Although the giant ancestors of today’s dragonflies and damselflies (ie small dragonflies) are long gone, about 3000 species are still around, 324 of those in Australia. Obviously dragonflies are “well-designed” to have thrived for so long.

The dragonfly body is an evolutionary marvel. Their eyesight is superior to ours. Their vision covers 360° and is 200 times more acute than human vision. 85% of the dragonfly brain is used to control vision. They are strong flyers. Some species migrate across oceans.

Dragonflies can manoeuvre in any direction almost instantly. Each of their four wings speeds independently. They are so manoeuvrable that they are able to conceal their true location using motion camouflaging. That’s a whole new topic for discussion.

No wonder they are such effective hunters. Adults have a success rate of over 90% when attacking prey. Dragonflies don’t have it all their way, though. The adults are eaten by a wide variety of birds, spiders and wasps. The nymphs are eaten by aquatic birds, spiders and fish.

The adults of all species are warm-weather insects, and appear in early summer and disappear before winter. Dragonflies are mostly active by day, although there are some species active at twilight, and a few that are active at night.

Usually seen near water, fast-moving colourful adult dragonflies are familiar to most of us. These adults are just the short phase in a long life that begins with an egg laid in mud or aquatic vegetation. After around 30 days, dragonfly eggs hatch into nymphs. The nymphs are mostly aquatic, although some survive in damp leaf litter.

The nymph can be long-lived. In some species nymphs live for up to five years before metamorphosing into adults. The adult dragonflies that we see live only a few weeks, during which they mate, lay eggs and die. Both the adults and the nymphs are predators. Nymphs feed on aquatic invertebrates, tadpoles, frog’s eggs and even small fish. The adults feed on a variety of insects including other species of dragonflies.

Dragonflies are part of all Australian landscapes from coastal dunes and rainforests, to alpine areas and the arid interior. They are important components of ecosystems in all these landscapes. Opportunist species, such as the Yellow-striped Flutterer (*Ryothemis phyllis*) are found around many types of water bodies including ditches, drainage channels, ponds, dams and lakes of all kinds.

More specialist species are often associated with flowing water, from fast-moving mountain streams to broad coastal rivers and other more unusual habitats. For example, the Tree Hole Flutterer (*Podopteryx selseyi*) occupies an unusual niche – water-filled tree holes in rainforests!

Species which are easy to see in the Northern Rivers area include Wandering



Griseargiolestes – a species of flatwing damselfly
Photo: M. O’Keeffe



Yellow-striped Flutterer
Photo: K van Vuuren

Percher (*Diplacodes bipunctata*) often seen in very large groups adjacent to wet areas, and the Square Spotted Basker (*Aethriamata circumsignata*) which is common around and adjacent to billabongs and ponds.

Dragonflies are common in Australian agricultural ecosystems. It has recently been discovered that the nymphs of some dragonflies are effective predators of cane toad eggs and tadpoles. This knowledge has practical applications. In areas where cane toads are still spreading, farm dams are being constructed to support healthy populations of dragonfly nymphs that act as a brake on the spread of toads.

Like many insects, dragonflies are declining worldwide. This is mostly the result of habitat destruction and alteration. All dragonflies require water. Some species require water bodies with particular characteristics. Changes in pH and water quality can have adverse

effects on these. In my article ‘I’ll Be Damned’ (NGT Nov 2021 p.20), I discussed the importance of farm dams as wildlife habitat. Dragonflies are yet another example of fauna for which farm dams are refuges.

The easiest way to identify dragonflies (without “collecting” them) is with good photos. Here’s how to get them to sit still. Find a water body frequented by dragonflies. Poke half a dozen or more bare sticks into soft ground around the fringe, making sure the tips are not obscured by vegetation. Dragonflies like to perch on these when sunning and hunting.

When it’s sunny, especially early in the morning, dragonflies will perch to warm up, and are not quite as flighty. That’s the best time to wait patiently near the perching sticks. You’ll have to take a lot of photos, but you’ll be rewarded with some great shots and some positive identifications.



Lime and Ginger Marmalade

by Sue Stock, Nimbin Delicious

Our lime tree is full of beautiful juicy limes at the moment. Nature’s bounty. So now is the time to preserve them. Here is a version of an old favourite.

Limes are pretty high in pectin so they may not need the seeds to aid in the setting particularly if the limes are not over-ripe. If you do have problems with the setting however, tie the seeds in a muslin bag and cook with the juice before adding the sugar.

- Ingredients**
- 1kg limes
 - 2 litres water
 - 1 tblsp grated fresh ginger
 - 1.5 kg sugar, warmed
 - 60 ml brandy
 - 100g chopped glace ginger

Method

Slice the limes very finely. Place limes into a large bowl. Cover limes with the water and stand overnight.

Place a plate in freezer which you will use to test for set. Pour limes and water into a large heavy-based saucepan and simmer covered for 1.5 hours or until rind is tender.

Tie the ginger into a muslin bag and add to the lime mixture with the sugar. Stir over low heat until sugar is dissolved.

Bring to a rolling boil and cook without stirring for about 20 minutes until set. Place a spoonful on the cold plate and check if set.

Add brandy and glace ginger, stand for 10 minutes and pour into hot sterilised jars and seal immediately.

Kiwano, African horned melon

by Thom Culpepper

A weed for many seasons for most southern continents, the African horned melon, Kiwano (*Cucumis metuliferus*) is a profound quencher of the the perennial desert thirst.

A native of the sub-Saharan lands, this melon (a cucumber type), could very well serve as survivor fruit for the coming ‘drying’ years. It appears to be excellently suited to Australia, generally. Some have been ‘developed’, most not.

Other world botany, food and otherwise, being made good by intelligent peasant selection, has always been on the look-out for a space like Oz to propagate and survive; after all weeds are planet Earth life forms. Who is to say where they may put their roots down?

Recent years have seen this fruit included in the fruit baskets of the west, thus New Zealand and Palestine are now exporting it to Europe and the Far East.

It is a profound ‘keeper’, often held for a number of months (six), without modified storage. Do not refrigerate. It may be kept indoors as table decoration (and a conversation piece), prior to becoming ripe and edible.

It is one bullet-proof comestible fruit, ugly outside with a gem of an Aloe-vera-like inner. Suited to the Oz palate, some say like passionfruit, with a hint of banana and sweet melon.

This spiked green fruit is a peculiar beast, with a ‘skin’ turning bright gold when ripe, and a vivid green inner flesh beset with a plethora of white edible seeds. The ripe ‘case’ is edible, being quite high in Vitamin C.

The Kiwano is monoecious; it produces male and female blossoms, the males emerging first in small clumps and the females flowers with



Kiwano with yogurt

attached small fruits at their base. Pollination is super if you use the ‘tomato technique’, fine brush transfer of pollen from the male flowers to the female flowers.

One re-grown vine I know of, after some soul with a heavy hand and a brush cutter trashed it/ pruned it, still managed to produce 50+ fruits, average weight 300 gms.

So what to do with them. The melon’s jelly-like flesh adds to salsas, fresh fruit mixes and as a topping for yogurts, smoothies and ices. Some say it makes an interesting addition to some gin mixes.

The ripe fruit can be cut on both axes, taking care that you have denatured the sharp spines, with care that the pointy bits are easily flicked off with your thumb-nail quite easily, as the ‘sharps’ are lightly lodged on the end of spines. Using a mouli or a sieve, remove the seeds.

Add a half Kiwano to your salsa or

guacamole, served in a half fruit-case. Dress a muesli breakfast with the seeded flesh, or add a beautiful topping for cheese cake. Use slices as a garnish over salads.

And if you’re game, dress a long quarter of the fruit with chilli flakes, salt and lime juice. Take a shot of Tequila to follow this experience.

Kiwano Green

Two shots of best gin (The Calderin, if you can find it)
1/4 cup strained juice of Kiwana fruit
1/8 juice of a lime
2 thin slices of fresh green Jalapeño chilli
1/2 tsp of Agave nectar
Shake and imbibe.

Culpeper has some seeds for distribution, they have been grown under Bio-farmers organic protocols, they are gratis to those who seek them. You pay the post. Email: thewholeearthveg@gardener.com

Death and the maiden

Tarot musings

by Amy Scott-Young

Death and the Maiden is one of the most enduring artistic images in history. The earliest conveyance of this powerful archetypal contrast can be viewed in 'The Conception of Horus', as portrayed in the Egyptian Temple of Seti, built around 1279 BCE.

This historical frieze conveys how grieving Isis (depicted as a hovering bird) was able to resurrect Osiris long enough to extract his seed and conceive their child Horus before entering the Underworld. Horus later avenged his father's death and endeavoured to right the many wrongs of the world.

This reminds us not only of how ancient some of the concepts within the Tarot imagery are, but also of how sacred.

And they are not always easy to understand. Trying to reconcile two extremes without understanding the complexities of the human psyche will most definitely lead to repulsion and possibly leave some feeling quite displaced from their spiritual relevance. Of course, this is merely due to the fact that it is quite the struggle to get past our own earthly disposition.

To paraphrase Helena Blavatsky's remarks on the esoteric teachings of Egypt, the habit of taking such sacred texts so literally does nothing more than prohibit a real understanding of their spiritual meaning.

The beautiful maiden being seduced by the personification of Death also became a common motif in Renaissance art and was later revived during the Romantic period. This enduring theme of Death intertwining with the heights of creativity and pleasure suggests that life is ever-transient and can certainly be as fragile and short-lived as the beauty of youth.

This dark bond that you are witnessing touches very deeply on the mortality that lingers over our earthly existence. So how do you choose to reconcile it? Are you forced to face your own fears of a literal or symbolic Death?

Are you feeling entangled by your own earthly desires? Are you pondering the possibilities of a more creative and sustainable life? Or is your mind wondering how superfluous it is of me to romanticise the tragic and painful experience of Death in all its forms?

These hurtful endings and memories of the dead, or of earlier and more pleasurable periods of life, certainly have the potential to drive us into the darkness as we suffer these seemingly unbearable burdens of loss and pain. But perhaps our reactions to them allow us to better understand the human psyche and to a greater extent, ourselves.

To aid this process however, we would need to find a way to safely express, and consequently let go of, the fact that our deepest desires have at one point or another lead us to some of our most painful experiences.

Once we are able to admit this to ourselves, we can then begin to trust in and discover the new and unknown parts of who we are and, more importantly, who we might become. The unknown simply referring to a more valuable and peaceful way of being that you may not yet have realised.

Freud's comments in relation to our primordial instincts ties in so well with the Scorpionic nature of this Death card: "The upshot of our enquiry so far has been the drawing of a sharp distinction between the ego-instincts and the sexual instincts, and the view that the former exercise pressure towards death and the latter towards a prolongation of life."



Rolls Royce v Legal Aid justice

On Thursday morning, on the way to court, resplendent in pristine charcoal suit, white shirt, silk tie, black socks and shoes, I decided it was time to retire. I'd had enough.

My client was (and is) in custody and to appear on a screen on the wall, myself at the bar table. He can make free 15-minute calls to his lawyer any time, and often does.

His girlfriend, the alleged victim, has to put money in his account to talk to him. They're in love. I'm to meet her at 9. He insists I try for bail, which given his criminal history, is highly unlikely.

Other Legal Aid matters have lately invaded my mind; particularly two highly articulate women understandably focussed on every skirmish in their unique and deeply personal legal battle who keep on sending me voluminous emails and texts and calling me to tell me something they hadn't thought of, or that I haven't done, or should've done, and I can't bring myself to simply ask them politely to stop and I

can't stand it anymore.

I'd started drafting my report to one of them about the interim hearing that didn't go her way. Post-flood mental health and housing issues intrude. Now I rise out of the mind-mud into a new beginning and write to both:

Legal Aid isn't Rolls Royce justice. I have other clients. Some we call 'private' and for them, unless we've agreed a fixed price, it's \$350/hr. Six minutes or part thereof - \$35.00.

In my version of proper representation, every time there's an email or long text message, I

- *Open digital &/or hardcopy file;*
- *If telephone attendance (T/A), take comprehensive file note;*
- *Peruse email or text. Reading attachments to emails takes time.;*
- *Ponder. This can take time (\$0.00) and can include: checking whatever needs to be checked (like the rule book – Acts, regs, rules, law etc). It helps if the issue (we love that word, like 'matters') can be filed in the realms of the sub-conscious for a day or two;*
- *Respond – draft, print, sign, scan, send – even lawyers*



Legal writes

by John Adams

hardly use the post office anymore; and

• *Put the file back.*

If this takes more than six minutes...

I definitely need a secretary. But if a client sends me 150 emails in a month, even at 1 unit each, we're over \$1,000 (private) or (legal aid) \$0.00. Repeated long conferences P/A – personal attendance to get the full picture don't count with Legal Aid either. It's more like justice on a bicycle with flat tyres. 'Preparation and appearance'.

In short: Private clients; ringing your lawyer for a chat is

high on the list of stupid things to do. Legal aid clients, please don't.

Anyway, suitably attired, pondering the freedom of retirement, I go to court, meet the girlfriend/alleged victim outside. Get the papers from police. Incarcerated client rings. We argue about the release application. I tell him you only have one go. He insists. I'm scared he'll go off when he's larger than life on the screen on the wall. She wants to be in there to see him.

Then the universe arranges for a power failure in the courtroom with the AVL. In the small, technologically inadequate old courtroom it's just me, the sergeant, and his Honour who, appropriately, refuses bail and gives us an exceptionally early date for hearing. The best possible result.

Outside, old mate rings me for his 15 minutes. I tell him. He's crying again. I give the phone to his girlfriend and go for a walk.

Discarding retirement thoughts, later that day I engage a secretary.

Herbies Health Hub helps



Nature's pharmacy

by Trish Clough, herbalist

It's now eight weeks since the catastrophic flood and the trauma is still very real.

Every day I hear stories that bring tears to my eyes. Like so many others, I felt I needed to help in some way. With several herbalist friends we set up a temporary volunteer service offering the skills we have – supporting people experiencing stress, anxiety, exhaustion and immune stress with herbal medicines and nutritional supplements.

Local herbalists Fiona Gray and Sandy Jeudwine and I started a network which now includes 16 herbalists and naturopaths.

Finding easily accessible premises in flood-damaged Lismore was very difficult. Fiona said, "I have a marquee, let's just put it up near the Quad" and so we did.

We approached our herbal medicine suppliers and

requested donations. We have been inundated with support. We now have herbal nerve calming tablets and liquid herbs, multi vitamin and mineral supplements, flower essences and essential oils for stress, and also herbs, tablets and powders for energy and immune support.

Other practitioners have secured donations of products and sent them to us, or paid for us to be supplied with bottles, labels, and brandy (seriously, it's for flower essences).

One of our herbal medicine suppliers drove from the other side of Brisbane to bring a car full of supplements as there was no transport available just after the big flood.

The generosity of so many companies and individual practitioners (too numerous to name) is just overwhelming.

The Herbies Health Hub is currently operating from George the campervan near the Trees Not Bombs Café. After the second flood we needed to set up temporarily, so it was lucky that I have George the campervan, who was cleaned up to become an ideal mobile dispensary which we still operate from.

We have volunteer practitioners at the Hub most days from 10am to 2pm. Some of our group have also done outreach healing days at Coraki and Wardell.

I am overwhelmed with gratitude for all the herbalists and naturopaths who just jumped in and offered to help. We have been able to cover nearly every day with one or



two 'herbies' at the Hub.

So far we have seen over 400 people and have been able to give them lots of healing medicines and compassionate listening. As the weeks go by we are now receiving lovely feedback from people that the medicines are helping a lot.

Fiona and I have adjacent clinic rooms in Club Lane in Lismore. I chose an upstairs location so I wouldn't have the risk of flood, but all that changed this time, as most of the previously safe upper level storage used by the CBD businesses was inundated.

We were more fortunate than most, as the floodwater only came up about 40cm in our rooms. We lost some stock and furniture, but most of our precious herbal tinctures are safe.

The rooms were evacuated and allowed to dry out. Just last week we had replacement carpet installed and eventually electricity. We are setting up our rooms again but it will be some time before the building itself can be open to the public.

In the meantime, I was able to make repeat herbal mixes

from my temporary dispensary in the corridor (sometimes by torchlight). People come to my home in Lismore Heights (I'm fortunate that it's out of flood) to collect their medicines.

I am very grateful to my regular patients who asked if I was able to make repeat medicines for them. Some felt it was asking too much at a time of stress, but making herbal mixes helped me to feel 'normal' and to cope.

I don't know what the future will bring for Lismore and surrounding villages. I know there are many conversations taking place about how to proceed.

What I do know is this: we will always be grateful to be able to support our community and to the generous suppliers who have provided these medicines.

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.

Caring for ourselves

Suddenly I discover that I've nearly missed the copy deadline for the May issue of the *Nimbin GoodTimes* newspaper. Suddenly I realise that the month of April is coming to an end.

What a very strange time this has been. I went to Perth for a fortnight's holiday and lots of lovely snorkeling in the Indian Ocean and actually missed my flight home, thinking my flight was scheduled for Saturday when it was meant to be Friday.

I, for the first time in my life, had to rebook a flight. Yikes! I flew on Sunday night, and arrived on the Gold Coast on Monday morning and resumed working on Tuesday.

I'd gone to Perth for a much needed break. It had been a whole year since my last one and, frankly, I was exhausted. The floods here in Lismore broke my heart. True, I was not directly affected, living and working as I do in the hills above the CBD, but some people lost their houses and their businesses, and that affected me because of my caring of them.

I heard the calling for counsellors, but I knew I was not in any fit state to offer my assistance beyond what I was already doing. I continued, after all, seeing my clients between the floods and afterwards. I just knew there wasn't more in the tank, as it were.

In aircraft problems, we are told to attend to our own oxygen needs before attending to those people around us. We cannot help anybody if we are starved of oxygen. This is true for those of us in the helping professions. We cannot help others unless we are ourselves OK. There is nothing intrinsically selfish here. We all matter.

I remember seeing a well-trained naturopath some years ago who didn't feel worthy enough to work in her field. She cared, as she said, too much for her potential clients and not enough for herself. I only did one session with her, which was all that was needed. We did a powerful Tibetan meditation called Tonglen together.

This is a meditation for loving compassion towards others and self. The central message is that all of us matter, all of us. There is no-one excluded in this act of compassion. Tonglen consists of breathing in universal love and breathing out this love for self and



by Dr Elizabeth McCardell

others. I was delighted to find that this client went on to open a very successful clinical practice. She has since moved away from the district.

We cannot work beyond our capacities. There is only just so much that we can offer others before our inner resources are exhausted. Kindness to self means we can continue to offer kindness to others. Now this doesn't mean too much self-indulgence. We do need to balance our own needs with needs of others.

We do need to be honest to self and others, and self-reflective. If someone is not honest with us, we need to speak up, but in a manner that isn't designed to hurt them. We need, I think, to understand our own motivations in our communications with others. Again, the Tibetan meditation is useful here.

We, individually, are within the human community. Our actions need to be clear and non-manipulative. We cannot force our help upon others, and neither should we force our agendas on others. Self-knowledge is integral to self-care, I'm suggesting. Such knowledge is incremental throughout life. We learn about ourselves as we learn about others and each lesson learned is subject to change over time.

The beauty of counselling and psychotherapy is that we come to know our strengths and our limits to the expression of these strengths, and thereby find ways to nurture ourselves in environments that bring us joy and healing.

I have a passion, as many people know, for swimming and snorkeling in the sea. My perfect holiday is doing just this. I forgot the date of my flight home because I was busy gliding through turquoise waters, but I'm here now, and ready to listen to anyone wanting to talk.

A weighting game since ancient Egyptian times

“You mean I’ve been carrying this weight around since ancient Egyptian times?” This was my client’s response after her past life regression.

Caroline wished to get to the bottom of her inability to shed the extra weight she carried around her torso. She ate sensibly and exercised, but nothing would budge those extra kilos. She intuitively felt it had something to do with a past life.

Using hypnosis, I regressed Caroline to the originating cause of her weight problem. She quickly found herself standing in a large dark cave, she was a young man wearing a rough cloth garment. We will call him Omar.

As Omar’s eyes adjusted to the darkness, he could make out drawings and hieroglyphs on the walls and noticed pots, tools and other artifacts scattered on the floor. There was no sign that anyone had recently lived there. Omar was in awe and wonder about what he had found and couldn’t wait to tell people about it.

Upon returning to his home, a palatial residence with large pillars and marble floors, he bathed in the large communal pool and changed into a more luxurious robe. He saw himself sitting around with his family, excitedly relating all he had found.

Shortly afterwards, he was invited to present his discovery to a forum of influential men in the community. Reactions were mixed, with many not believing him and others saying he was wasting his time and should be engaged in more useful pursuits. They just did not understand the importance of his discovery, some not even interested.

Disheartened and angry, Omar decided to keep his findings to himself. A short time later however, he decided to return to the cave with a trusted friend who could validate his story. They found the cave exactly as Omar had left it. His friend was equally in awe and shared Omar’s excitement. This place felt very sacred to them both and being careful not to touch anything, they left it exactly as they had found it. They agreed to not tell anyone about their visit, after the disappointing response Omar had received previously.

Omar then moved forward to another significant day in that life. This time he was feeling danger from within the palace and felt unsafe. The next thing he knew was someone had thrust a sword through his back, he collapsed to the ground and his spirit left his body.

I instructed him that from that perspective he could go back to the moments just before he died to see who killed him. It was his mother. His discovery of the cave had somehow put his family in danger, it challenged some of the community’s religious and spiritual beliefs. Omar’s mother chose to sacrifice her son for the safety and reputation of the family.

Omar died still carrying the anger, resentment and disappointment at the way people reacted to what he believed was something very historically important, compounded by the hurt and disbelief that his mother had sacrificed him.

Upon reviewing this lifetime, Caroline could feel all that emotion stuck in her stomach/ abdominal area and realised she had carried it over with her into her current life! The heavy, stuck energy



by Auralia Rose

manifested as extra fat cells in her middle area. That’s the way unresolved emotions work, they inevitably cause physical reactions.

Caroline shared that in this life she holds onto grudges and often feels peeved at people for perceived wrongdoings. She had attempted to clear and heal this tendency herself, but those old peeved feelings just kept popping up.

Interestingly, Caroline identified her mother in that life as her son’s current partner, with whom she has a problematic relationship. In clearing this past life and forgiving her mother and all who had wronged her, Caroline was hopeful it would improve the relationship with her son’s partner, as well as finally being able to lose the weight around her middle.

Auralia is currently offering sessions in Murwillumbah.

Contact: www.auraliarosewellbeing.com or phone 0422-481-007.



View from the loo
by Stuart McConville

The swollen creeks swirl effortlessly through pastures, sweeping all and sundry along on their merry way. Water finds the path of least resistance, and uses all sorts of tricks to erode the land to make way for it.

We are water too, and should remember that we came from the ocean and still carry the same 35ppm of salt we share with it. When we see the floodwaters taking the land away to the ocean, we would do well to remember the impermanence and changing nature of our land.

Humans too, will flow in and take land, as we can see in Ukraine. War is again upon us as we see the flow of humanity moving along the path of supposed least resistance. To some it seems water must flow against rock.

For our beautiful country, it is a time to ensure that what goes into our environment is clean, as it surely will end up in our waterways and

Flow

ocean if it is on the land. There is a long list of potential contaminants that could flow into our waterways when the soil is super-saturated like it is now.

Water tables rising bring with them natural pollutants such as acid sulphates as well as arsenic from old dip sites, and DDT from old banana shed hotspots.

Years ago in Brisbane I alerted the Dept. of Environment about the dioxins from the old transformers that were leaking their oils into the Brisbane River in the old powerhouse.

Kids had been using the thick transformer oil as blu-tack to arrange broken mirrors to make art inside the derelict building. They were quite alarmed and began the process of cleaning up the place that led to the current powerhouse gallery/theatre.

The most important thing we can all do is to look after our own by-products. Sustainability starts in the body. If we can take responsibility for our own shit, literally, we can extend that level of consciousness to every part of our existence.

When I first moved to this area, most hippies had long-drop toilets, including me. In the wet season they would be full and overflowing, not pretty for the faint of heart.

Thankfully, the advent of the home-built compost toilet wasn’t far off, and many people used council issued plans to build block toilets that are still performing well today.

A Brisbane-based company, Clivus Multrum, saw a market for a plastic

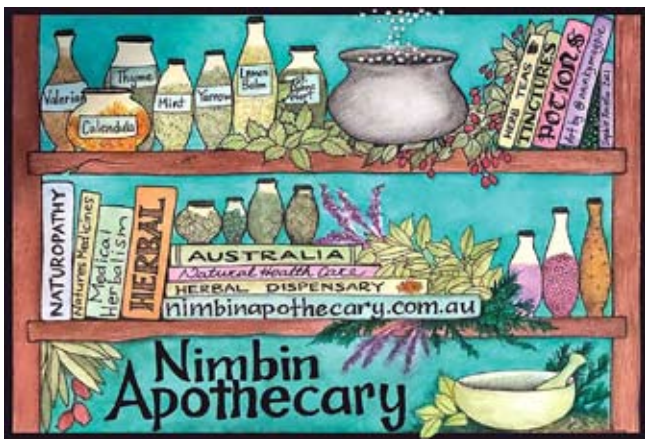


version of the block toilet and many people bought one as it was a bit easier to install and had a nice porcelain pedestal.

The old loos are still going strong and prevent humanure from contaminating our waterways much more effectively than septic systems, which spill their black water into our environment and overflow in saturated soil conditions.

We now have a new range of modern, well-designed composting toilets ideal for every situation. The evolution of the compost loo is alive and well, with a new R&D department looking at future versions that will perform even better.

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



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The benefits of baby wearing



Doula Wisdom
by Kirrah Stewart

Have you had the pleasure of holding a sleeping baby? They seem so peaceful and smell so good. Newborns desire being close to their caregivers. This is what helps them feel safe and nurtured. They are happiest when being held. This is their safe space. During those precious months after birth, the more the baby's environment can mimic that of the womb, the happier they will be. Holding your baby allows them to hear your heartbeat, feel your breathing and be gently swayed.

Baby wearing is a tradition that has been practiced for thousands of years. Traditionally carriers were made using a simple cloth. Today, there are hundreds of options for carriers. Baby wearing allows people to hold their baby while being hands-free.

Baby carriers can be made from stretchy material, ring slings, backpack style, soft material carriers, baby-

wearing shirts and tops and other woven materials. It seems everyday new carriers are being made!

Benefits for baby

Babies who are worn are happier and cry less. Human touch helps baby to feel calmer.

Their heart rate and temperature can be more stable when being worn. They tend to sleep better on you and being worn in a carrier. That gentle rocking motion can lull them back into another sleep cycle.

It helps them adjust to the outside world and they learn by watching and interacting with others. Wearing baby gives them more opportunities for social engagement. They can see the person carrying them and listen to what is being said. This helps babies develop language skills.

When a baby is put flat on their back too much they can develop 'flat head syndrome'. Baby wearing helps the baby's head to form properly and prevent flat head syndrome. Baby wearing also helps their hips to develop correctly (when a proper carrier is used that allows the baby to be in the 'frog position' with knees higher than hips).

Being upright can help a baby cope better with digestion (less reflux or colic symptoms).

Benefits for parents

One of the biggest advantages of baby wearing is keeping baby happy while having your hands free. Baby wearing allows more freedom to do things like go for a



walk, socialise, make food or give attention to other children.

Keeping baby close helps parents be more responsive to their baby's cues which boosts confidence and increases bonding. It also boosts oxytocin which helps parents feel happier and can reduce the rates of postpartum depression.

Baby wearing can help increase breastfeeding success. It's more obvious to catch those early cues when the baby wants to feed. Many babies can learn to latch while being carried too, which can make feeding while out and about easier and more discreet.

It gives the freedom to go more places. Parents can travel easier while baby wearing. It's easier to carry baby through busy places or uneven terrain places where a stroller can't fit.

Safety using TICKS rule

• **T = Tight:** the fabric or carrier needs to be tight enough so baby feels secure

- and won't slip;
- **I = In view:** It's important to be able to see baby's face at all times so you know they can breathe easily;
- **C = Close enough to kiss:** Keep baby high enough that you could lean down and kiss them;
- **K = Keep chin off chest:** Baby needs to be able to breathe easily so make sure there is at least one finger width of distance between their chin and their chest;
- **S = Supported back:** Baby should be tucked in towards you with their tummy and chest touching you with their back supported by the carrier. Baby wearing can be done anytime, anywhere and helps babies and caregivers to be calmer and happier.

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

Pregnancy – how Bowen therapy can help

Bowen Therapy can play an important role in the healthcare of the mother and baby during all stages of pregnancy.

It is one of the only therapies that can be performed in its entirety with the patient sitting or lying on their side, and up to labour.

During pregnancy the mother has to adapt to provide space for the growing baby. Ligaments will soften and her weight will increase. This will affect her centre of gravity and her posture, creating stresses and strains throughout the body.

The spine and pelvis are particularly vulnerable areas during pregnancy, with expectant mothers suffering from pubic symphysis, sacroiliac pain, achy legs or any of these conditions: backache, sciatica, headaches, fatigue, nausea/dizziness, breathlessness, heartburn, pain under ribs

The common pregnancy pains and discomfort are easily and gently relieved almost immediately with this therapy, and it is very relaxing for the expectant mother.

Birth is a natural process, although it can be tiring for the mother and baby. During birth, the pelvis and coccyx are put under immense pressure which can cause a shift or alter their alignment (especially with assisted births).

This can inhibit the mother's body from recovering to its natural state quickly, bring about lower back pain, sciatica and even neck pain. It takes time for these



by Sonia Barton

structures to strengthen after birth due to hormonal changes, therefore they are highly susceptible to injury during this time.

Bowen has shown to increase the rate in which the tissues are restored to normality. The treatment does not hurt, is 100% safe and has no contraindications. It works by releasing tension within muscles by working over trigger point areas of the body. Generally, muscles should slide and glide – when we have these movements, we have full range of movement in our system.

When we have sluggish range of movement, tissues start swelling and dehydrating. This in itself creates a lot of

restriction within the body – pain, aches, stiffness – which over time results in sciatica or nerve restriction.

In pregnant women the body is going through very rapid change; the body always tries to come to balance. Our muscles and tissues can only stretch to a certain degree. Over time, especially in the second trimester this stretch becomes quite stiff, achy and heavy for a mother. The Bowen treatment helps to relieve this.

It also helps to increase space for the baby in the womb that is really beneficial for the mother, especially in the second trimester. It optimises growth of the baby, and helps keep everything free in the pelvis and psoas muscle. And it is more likely you will have a natural birth.

There are many benefits to the baby as well: it prepares baby for the outside world and helps to absorb the correct amount of nutrients for optimal growth. After birth, Bowen therapy helps mothers quickly heal, strengthen ligaments and helps to put stomach muscles back as they should be.

Bowen can help the baby with colic, constipation, sucking problems and more. I have helped so many babies with these conditions.

Sonia Barton is a Bowen Therapist and Reiki Practitioner who works in Nimbin and Murwillumbah. Phone 0431-911-329, web: www.bowenenergywork.com.au



by Helene Collard

Deep truths that have long been buried away are coming up to surface now. These revelations may feel profoundly uncomfortable, because they are rooted in core wounds that we've carried for lifetimes.

This is a golden opportunity to move through some thick and dense blocks, that have been significantly impeding us for as long as we can remember. To get through this time, create space for 'presence and protection'.

Due to the significant nature of this 'wound', we need to cultivate stillness and faith to move through this rugged terrain.

It sounds easy on paper, but when we have become accustomed to avoiding, defending and turning a blind eye to these painful blockages, it takes a conscious and concerted effort, plus a generous cup of courage, to 'see' with clarity, rather than shame, and then open up to change.

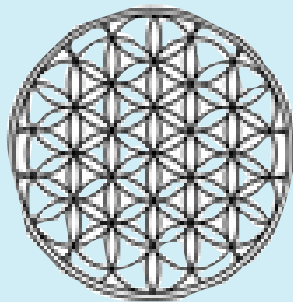
The natural state of life is uncertainty. There is a symbiotic flow that occurs when we allow all the elements of life to interact and create together. When we practice meditation, magic or prayer for example, we acknowledge the mysterious, unbound, limitless, multidimensional nature of the universe and beyond.

Somehow, we are filled, blessed and buoyed by an intangible, yet undeniable, felt sense of trust and faith – "whatever happens, everything will be okay".

When we engage in these practices daily, we are protected, as if by magic, from all the problems our mind worries about. We create an impenetrable strong and powerful container and we stop trying, resisting, controlling and forcing life.

Light a candle, meditate, journalise. Be still each day and your mind will bother you less, and, your heart will feel more at ease.

Presence and protection. This is the medicine for



these troubled times. Magic over Mind.

You are all my relations. All is One.

Blessings of Love and Light,

The Yemaya Centre is always open!

Following the recent floods, the Yemaya Centre is currently open at Happy Mountain: 58-62 Simpson Ave, Wollongbar. Reiki treatments available. Reiki courses coming soon! Visit my website to book: www.yemayacentre.com.au or phone 0405-656-797.

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

- On-line Astrology Readings
 - Inner Wellbeing Sessions
- For bookings, email: welcome@endorphina-creative.com

Liina Flynn – liina.flynn@gmail.com

- Beginners Yoga on Girards Hill, Monday 5.30pm
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Visit: www.yemayacentre.com.au for more information.

STRESS CAN BE KEPT UNDER CONTROL

by Tonia Haynes

There is an old saying. "What happens to us is not the problem.

It is how we approach the issue that can either create a better tomorrow or create more problems.

In the early eighties I was working south of Fremantle in W.A selling timeshare, which incorporated many winning smiles and the same half truths over and over again.

Promises of wages seldom came to fruition and needless to say, stress had become a loyal friend.

After staggering home one night in the usual state of disarray after a lousy day at the office, a housemate offered to make me feel better. All I needed to do was lie on the couch.

Considering that she was in her fifties, a grandmother, appeared to like men and I was a tad desperate, instead of raising a cynical eyebrow, I did as asked.

She placed gentle fingers on my forehead and a couple of minutes later, the heaviness in my head disappeared through my crown like a cloud of black smoke.

A week later I attended the same workshop that she had just finished, which was a branch of kinesiology and illegal, because the guy, who ran it, although he was an excellent teacher, wasn't registered.

Being that I did not know



about such things then, \$2000 later and with the assistance of a naturopath, who taught massage, I entered the world of healing, using massage and the magic of the basics of kinesiology that I still use today.

Some years later I was officially introduced to Bowen Therapy and along the way learnt three different types of the same modality with different names that basically give the same return.

I consider that Tom Bowen was either channelling angels, or had a secret chip implanted in his brain by clever aliens, because the results of Bowen therapy, when executed properly can create fantastic, positive results, both on the muscles of the body and the stresses of the mind.

Last, but certainly not least, Pranic Healing came along. Energy work executed off the body, this weird and wonderful healing modality can also work miracles in removing stress and pain from the body and the mind.



Courtesy American Heart Association

It reminds me of the science of Quantum Mechanics with the hypothesis that life is what we individually think it will be and therefore can always be improved, by rewiring the thought patterns.

From what I have seen, Pranic Healing certainly has the ability to rewire the thought patterns.

I say thought patterns because even though 'them that knows' are lately muttering about rewiring the brain, I have been taught and believe that thought and the

associated emotions, live in every cell in our body.

So, hands on body and energy work have the ability to assist us to cope better with the continual curls of life that everyone in their own way has been dealing with in the past few years and even before that.

A most sincere wish from me, for a future filled with love and light for all.

Tonia Haynes practices Bowen and Pranic modalities in Nimbin. Phone for an appointment: 0439-794-420.

Blame yourself to hell

Blame disempowers

Blaming others (or things like the computer) says we have no control over the circumstances we find ourselves in and that we can do nothing to change them.

Blaming leads to inaction. Listen to what you and others say to hear if Blame is present.

- "My boss is an idiot, it's his fault."
- "My wife nagged me and made me do it."
- "My team is useless."
- "The politicians have wrecked the country."
- "It's not my fault." (inferring someone else is to blame)

Responsibility empowers

Taking responsibility says, "I made this happen and so I can change it too!" Responsibility requires action.

- "I'll get the boss the relevant information so he can make the best call."
- "I didn't want to do it and wasn't paying attention. I'll fix it."
- "I'll spend more time to



by Peter Ganser
NLP Master Practitioner

- lead and focus the team."
- "I'll join a cause to change what is not working."
- "I see the problem, I will follow it up."

The path to hell

When we blame, we say we have no control and are a victim of others. We have no choice in the circumstances in which we find ourselves.

Blame will allow the world to bounce and batter us like a ping pong ball in a tornado. That surely must be on the path to Hell.

Closing the gate to hell

Taking responsibility is



Courtesy U-Sentric Blog

choosing action that directs us to a path of our choice. If we discover this is still not what we like, we can choose something else because we are responsible for the choice that creates

the outcome. Responsibility gives us options at every moment.

What is your choice?

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