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NSW Forest Corp logs koalas on National Save Koala Day

by Sean O'Shannessy, NE Forests campaigner

NSW Forest Corp is celebrating National Save the Koala Day by logging koala homes in Cherry Tree State Forest on the Richmond Range in North East NSW today.

Local residents are spending their Fridays4Forests bearing witness to the destruction of endangered koala habitat they have documented in this public native forest.

They are calling for the NSW government to put an end to the logging of public native forests and the creation of a reserve system that will stop the slide of our koalas to extinction.

Local ecologist Jim Morrison said he was appalled that an unburned forest in a regional wildlife corridor could get approval to be trashed.

"Our koalas are just one of the many species threatened with extinction by the logging of their forests. Cherry Tree is also home to greater gliders, yellow



Photo: Sarah Cobb

bellied, gliders, black striped wallabies and quolls, just to name a few threatened species known to inhabit this forest.

"To allow extensive habitat destruction as planned by Forest Corps ignores the billions of animals lost in the black summer bushfires and will contribute significantly to the current biodiversity and climate crisis that needs urgently to be addressed."

Koalas are an essential part of the Australian identity. We rely on them for their economic, ecological and heritage values. They are irreplaceable, logging them to extinction has to stop. Aussies cannot afford to

keep shelling out millions of taxpayer dollars for our koalas' forests to be logged to death.

We have good reason to believe that NSW Forest Corp is a rogue agency acting outside the law in issuing harvest plans which don't comply with ecologically sustainable forest management.

Traditional owners have initiated court proceedings to force them to obey the rule of law and we hope the courts will grant an injunction against this reckless destruction of our koalas' homes and significant cultural heritage sites" "Having just survived the

worst flooding disaster in Australian history, locals are alarmed at the wanton vandalism going on in the headwaters of the Richmond and Clarence rivers.

Our catchments are irreplaceable and mustn't be sacrificed for the profits of a few rogue loggers.

We need our headwater forests to continue to act as the sponges that moderate flows downstream, capturing the flows in flood times and steadily releasing them in dry times.

There are far more jobs and other economic benefits in sustainably managed plantation timber production and management of well-run reserve systems than the heavily subsidised native forest logging industry, and the two are mutually exclusive.

We have to make a choice and take action right now if we are to have the option of the long term benefits of saving our forests before the loggers irreparably damage our public assets and drive our endangered koalas over the brink.

Weed Words

by Triny Roe

Australians eat five million bananas each day. Bananas, *Musa spp.* are a popular addition to backyard orchards in gardens and lifestyle blocks. Who doesn't love a home-grown narnie, if you can beat the bats to them. But watch out for seeds!

Considered sometimes to be the first fruit, bananas have been around for over ten thousand years and over that time selectively bred to create the delicious, nutritious product that we know today.

This familiar fruit is soft, mushy and sweet and, most importantly, has no seeds. Popular varieties include lady-fingers and cavendish. The banana industry is worth \$400 million annually.

While cultivated bananas do not need pollination to set fruit, pollination can occur, typically facilitated by bats and birds feeding on nectar of the flowers. Mostly this is not a problem. However, if domestic bananas are cross-fertilised with a wild banana, seeds can develop in the fruit. These small round seeds, the size of a pepper corn, are as hard as ball-bearings.

The wild banana, *Musa acuminata* and *M. Velutina* have heaps of seeds, so many that the fruit is practically inedible. There are more seeds than flesh. One bunch could contain up to 18,000 seeds.

Like many exotic species brought to this land for food, fibre or fun, these ornamental bananas have now left the confines of the colonised spaces and spread to new locations.

Carried by water, birds, bats, native rats and possums. they can pop up anywhere. Record floodwaters this year will have distributed seed far and wide and these can remain viable for 25 to 30 years.

Classified as a regional priority weed, seeded banana has naturalised in

Banana drama



several valleys around the Northern Rivers. North of Nimbin is a particular hotspot and they are common on Mulgum and Tuntable Creek. These free range bananas pose a biosecurity risk to the banana growing industry as the wild plants can harbour aphids which spread Bunchy Top, a serious viral disease.

Fast growing, they can also displace native vegetation as they form solid clumps in moist gullies, on creek banks, roadsides and in forests. And they can cross breed with domesticated bananas to produce fruit with tooth-breaking seeds, spoiling the crop!

If you have seen this plant call Rous County Council on 6623-3800. They can assist as seeded banana is a regional priority weed. Not yet everywhere, eradication is considered possible. Please help stop the spread by reporting sightings.

Small specimens can be controlled by digging up. For mature plants chopping repeatedly and removing suckers will effect death after a few years. A herbicide injection is quick and final. Bunches of fruit should be binned.



Water bluebell

Always follow up as there could be new germinations.

Water bluebell

Another garden escapee to watch for is the emerging weed, water bluebell, *Ruellia squarrosa*.

This pretty purple flowering, sprawling, low-growing, perennial shrub has dark green leaves which are soft and fuzzy.

Already considered an environmental weed and naturalised in SE Queensland and in NSW around Sydney, landholders bush regenerating along Websters Creek north of Nimbin have reported occurrences of this species in the riparian zone. There may be others.

Flowering most of the year, seeding readily and able to spread via underground runners, water bluebell has the potential to pose a serious threat to native ecosystems.

A hardy species, it can grow in water and both boggy and dry soil.

Make wise choices in the garden and never dump green waste in the bush or down a gully.

Happy weeding!



Food is our medicine

by EaLa

"What you find at the end of your fork is more powerful than anything you'll find at the bottom of a pill bottle." – Dr Mark Hyman

At the Nimbin Food Co-op, we endeavour to provide the most nutritious, certified organic food; free from harmful additives, sourced from local and Australian producers, with money going straight back into the community, rather than to huge heartless global corporations.

We understand how escalating food prices are impacting everyone, so here at the Nimbin Food Co-op we have decided to permanently increase our members discount to 15%!

October is our annual membership renewal time, where we generously allow a month's grace for customers to pay for their 2022/23 membership. As of 1st November if you have not renewed, sadly your discount will cease.

Yearly membership costs \$25 and allows you 15% off all your purchases (10% for bread and milk). As we are a community-owned, volunteer-run organisation, this \$25

goes straight back into the running and expansion of this wonderful community co-operative.

We would so love to see lots more Nimbin locals venture in and join up.

Have you ever wanted to volunteer? We have a permanent 5-hour shift available for Saturday, and a casual relief volunteer is needed to cover shifts when other volunteers are unable to cover their shifts.

The reward for participating is an initial 20% discount on purchases, with the discount increasing to 28% after three months consistent work.

Pop in and chat to some current volunteers about how fulfilling it is to be part of this wonderful community co-operative.

As the days lengthen and warm up, Spring is the perfect time to get out into the garden.

We have an abundant array of herb, flower and vegetable seedlings, along with a huge variety of certified organic open pollinated seeds, to help you on your way to self sufficiency.

Wishing you a healthy and grounded October. Hope to see you soon.

www.nimbinfoodcoop.org.au

by Thom Culpepper

The ability of carbon to absorb solar energy and thereby forming reduced organic and inorganic compounds and then releasing these as chemical energy through oxidative reactions is the chemical basis of all life on Earth, this being what science is now profoundly aware of.

We know of no other proven existence of 'Other-Life' outside of our beautiful 'Blue marble'. I am paraphrasing Chapelle, 1993 (and embellishing from my memory).

Limited and complex life-forms do exist in a myriad of forms in all of the places of our fecund Gaia (James Lovelock and Lynn Margulis, Gaia theory and the whole-of-earth notion).

Many earth-subterraneans and other life-forms exist in the deepest ocean and geological depths in that sun-blind world. And they do exist and do thrive. Despite the dark, they nevertheless go on.

But light in some form they must have. Carbon-generated chemical luminescence prevails, and they make do with that.

And with some of all the



following and necessary trace elements, life proceeds, again and again.

1. The Sun's created carbon sources – carbonates, dissolved organic matter and dissolved CO₂ – that are the structural keys or maybe even the catalysts for these 'other' light-limited, life-forms. But together with:

2. The electron donors: CH₄ and Fe₂+ and H₂.

3. Electron acceptors: CO₂, NO₃⁻, O₂ and SO₄²⁻. The 'collective', co-operative bones of existence are in being, life. And they, in spite of the dark of

Hades, persist and go on.

But hereby is another type of a 'torch', a one of the good manga, 'Salsiccia di Toscana' (Tuscan snags), they bell a "look at me", "look at me", a mind and mouth engaging, gastro-spheric presence. Profoundly improved pig!

Salsiccia of Tuscany

Use diced maile, hog, pig, mature pork, 'chingali' (wild boar) and/or 20% beef or venison (no veal). 2 kilos very cold porcine/ mixed flesh ground through the mincer on the 4mm plate.

Hand mix the 70% pork / meat, with 30% hand-diced, small cut, pork back-fat and 2.5% cooking salt.

1.5 gms citric acid or the juice of two lemons (Ph modifier).

5 gms cracked black pepper.

4 gms whole black peppers corns.

3 gms crushed juniper berries.

4 gms fennel seed.

4 cloves crushed garlic steeped in 20mls red wine.

5 gms Korean red chilli flakes.

4 gms Wasabi paste (2 restaurant table packs).

25 gms cumquat preserve or steeped, seeded, blanched cumquats.

Blend all in gloved hands in a very clean, cold bowl until the mix has a sticky quality.

Pipe into natural sausage skins, tie-off, prick the casings, (stops splitting) and leave them to dry for a day or two in the fridge.

Scald them for 20 minutes or so, refrigerate or freeze.

Serve them with shredded Daikon/carrot radish salad or kimchi (cabbage) or kakducchi (radish) ferment, a Mediterranean olive oil salad, with horseradish sauce or on a pile of herbed potato mash and gravy.

From the table to the couch amid a beaker or several.

ByronSeaweed@mail.com

Safety belts

by Scott O'Keeffe

In my previous article, I described how plants and animals can become ecologically stranded in fractured landscapes.

Living in a hectare of degraded bush in the middle of a paddock is precarious. Isolation can cut organisms off from adequate food, water and breeding sites.

It can also reduce the genetic health and vigour of populations if they are cut off from others of their kind.

But if we link isolated habitat patches, especially small with large, the networks created have enormous conservation benefits. We can create escape routes to refuges in times of disaster or scarcity, and opportunities to move with a food source or to fulfil natural seasonal behaviour.

Creating these links, or corridors, between remnant patches of native vegetation is a big part of ecological work. This kind of applied ecology allows us to do very effective conservation work even in highly altered landscapes. The alternative, of carrying out landscape-scale restoration is usually impractical even if it were affordable.

The best way to show how this works is to use an example based on real species and their ecological needs, in an imagined, but realistic

landscape.

Here are two species that occur where I live in Northern NSW, in a fragmented landscape. I'm especially interested in the Sugar Glider. I have seen them electrocuted on powerlines when trying move from an isolated patch of bush.

There are patches of suitable Glider habitat nearby, but studies show that Gliders will only move a maximum of 250 metres across open areas, such as pasture. They can move much further if they have a corridor of vegetation that provides cover and food, even if it is unsuitable for permanent occupancy.

In the habitat corridor diagram Gliders occur in the 2500 ha forest block, which is isolated by pastures and other cleared land with no connection to the 3000 ha block of forest, where we would like them to be able to disperse. The most direct route between the two forest blocks is Option A, through a cleared pasture with a small node of degraded native vegetation.

Since Gliders will only cross 250 m of open ground, there is little chance that they will move between these forest patches without a corridor of trees to close the gap. If I obtain the permission of the landholders, I could plant a corridor of native trees that connect

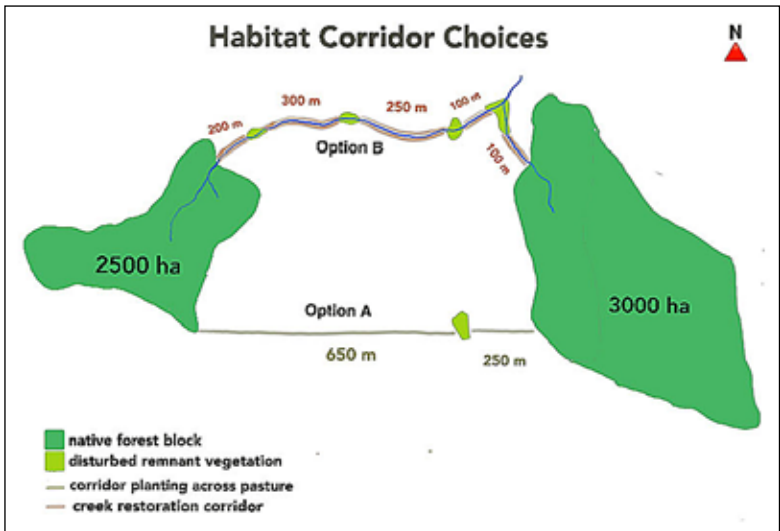


Gray Shrike-thrush

the two large forest blocks and the small node.

Since Gliders favour Acacias for food, I could plant a 15 m wide line of mixed local acacias and other fast-growing trees. It would be a lot of work and it might give a quick result. But Option A is a very uniform landscape. A planted shelterbelt does not add additional structure to the landscape, or many new species. It might therefore not be very suitable for dispersal of other plants and animals found in either of the two forest blocks.

There is another animal in the district I would like to assist. The Gray Shrike-thrush is a marvellous local songbird, and it is quite common in suitable bushland areas of sufficient size, with a well-developed shrub understorey. The



Gray Shrike-thrush needs forest or dense shrubland, but they will cross open spaces up to 100m wide.

I know they occur in the large forest block, and there are very small numbers of them in the two small remnant patches in the East of Option B along the creek. All the remnant patches on the creek could support Shrike thrushes if they were connected by a vegetated corridor.

The creek line is a much more varied landscape than Option A. Most importantly there is water. The remnant patches of vegetation contain a larger variety of plant life than in option A. If I were to create a corridor by planting carefully selected species along the creek line, which is a natural channel for movement, I could provide for a much broader range of fauna and flora, including Gliders, compared

to Option A.

So, should I undertake the extra work and expense to go with Option B, instead of the easy Option A? This is the kind of choice that landscape ecologists must make all the time when deciding where to create habitat corridors. There are an enormous number of factors to consider, and because we are taking an ecological approach to this, basing the work on a single species has fewer biodiversity benefits than one that benefits a variety of species and encourages the development of a network.

Decisions, decisions! In the next article, I will describe some inspiring examples of highly successful habitat corridors. Make sure you come back, we can all use some inspiring news. I can be contacted at: malurus@posteo.net

The Letter Y

Tarot musings

by Amy Scott-Young
(Amy.B)

This image was obtained from a 17th Century Alchemical manuscript, and you'll notice a commonality with The Hierophant from the Rider Waite Smith (RWS) tarot deck, namely the letter Y.

The text accompanying the Alchemical image states that: "the Androgyne or Rebis (the double thing) results from the conjunction of the twin Principles." These twin Principles refer to the masculine and the feminine poles and are symbolised again on the clergy robes by the rose (masculine) and the lily (feminine).

The best example of the twin Principles, as always, lies within the realm of the physical. If the masculine and the feminine do not interact with one another there can be no procreation. It is the interaction of these polar opposites that enable all things to manifest in the world and this applies just as much to the spiritual plane as it does to the material.

From an esoteric perspective, we are being informed that the masculine and the feminine alone represent the polarities of an illusory existence and that to gain a greater spiritual awareness we must transcend these polarities by uniting both.

This certainly gives a little more background into why Arthur Waite considered The Hierophant card to be one of marriage. In this regard The Hierophant or the spiritually adept can be seen as sanctifying the union of the twin Principles.

The Hierophant has also been described by Manly P Hall as signifying: "the initiate or master of the mystery of life and, according to the Pythagoreans, the spiritual physician. The illusionary universe in the form of the two figures (polarity) kneel before the throne upon which sits the initiate who has elevated his consciousness to the plane of spiritual understanding and reality."

Incidentally, the Pythagoreans used the letter Y to divide the human life into two paths. A choice was to be made between the path of vice, the easy earthly path; or the path of virtue, the much harder but more spiritually adept path.

The old Pythagorean poem about the letter Y is as follows:

*The Pythagoric Letter two ways spread,
Shows the two paths in which Man's life is led.
The right-hand track to sacred Virtue tends,
Though steep and rough at first, in rest it ends;
The other broad and smooth, but from its Crown
On rocks the Traveller is tumbled down.
He who to Virtue by harsh toils aspires,
Subduing pains – worth and renown acquires;
But he who seeks slothful luxury and flies,
The labour of great acts, dishonoured dies.*

The Pythagorean path of virtue was one of discipline. Its students chose to own no personal possessions, consume a largely vegetarian diet and follow a structured existence of religious teaching and philosophical study.

Such disciplinary measures can certainly lead to a life of self-mastery and are a must for those seeking spiritual enlightenment. However, it is important to remember that becoming too attached to our spiritual practices and beliefs can cause us to become indifferent, leading to a life of separateness.

And this is where the balance must be struck between two opposing forces.

"The solution is not to wage war upon the opposing force, not to exorcise it, banish it, or resist it, but to encounter it, and to find a way to integrate it into ourselves." Laurence Galian

So, if you are feeling a sense of separateness or feel that you have little influence over your world then do not be afraid to explore the lesson of the Y. This lesson reminds us to seek out our polar opposite and to graciously find a way to interact with it.

AmyB-Chalk-Art-Tarot.com



Severing Joint Tenancies



Legal writes

by John Adams

When two humans commit to each other for life, for reasons of their own, and buy a house together, they usually become joint tenants. The alternative is tenants-in-common. Joint tenancy is 'til death do us part'.

To illustrate the difficulty, imagine, say, ten people buying a block of land as joint tenants. As each one dies, the share of each survivor increases by 10% until the last in the game takes all. Not a great outcome for the other nine.

Why, you might wonder,

is ownership of land called tenancy? The short answer is that 'property', in these lands we now call Australia, is not actually owned by humans (a sentiment First Nations people and environmentalists would have no trouble getting their heads around); but is held by tenants of something symbolised by a unique jewel-encrusted gold headpiece or the name Carolus Rex III.

Try getting your head around that.

Wikipedia elegantly explains: 'The French verb "tenir" means "to hold" and "tenant" is the present participle of "tenir". The sovereign monarch, known as The Crown, held land in its own right. All private owners are either its tenants or sub-tenants.'

A client wants us to draft her will, so her kids by a previous marriage inherit her half share of the house. We do a title search. She and her husband are joint tenants. If she dies first, he gets the lot, and her kids miss out. We draft one anyway. If he dies first, it'll work.

My Associate and I discuss the matter. She suggests that the client should discuss it with her husband, come to an agreement, and draft mutual wills, then everyone would be happy.

Unfortunately, we all have the inalienable freedom to write a secret later will beginning, 'I HEREBY REVOKE all previous wills'. Even the two witnesses, who can be anyone over 18 and not a beneficiary, don't need to see anything, except the act of the testator signing it.

She could, of course, kill him, but would have to be very clever to pull this off. One of my previous clients, who is clearly not clever, recently got 30 to 40 years for successfully killing her second husband. If you're into True Crime and have internet, google Natasha Crossman.

We acted for her years ago, in the attempted murder by fire of Col, her first, who, in the weirdest twist, happened to be the ambo who witnessed her 'attempt' to resuscitate the second.

Back then, Col refused to believe police, and paid for

her defence. They held hands when they came to the office. She pleaded to arson and did a few months.

Tenancy-in-common, the other form of co-'ownership', doesn't involve such a risk because each co-tenant can freely dispose of their own share (subject to any mutually agreed rules) by sale, gift, will or mortgage.

The risk here is that if two co-tenants seriously fall out, the only legal remedy is Sale or Partition, one or the other. Other co-tenants don't matter.

What can our client do? Section 97 of the *Real Property Act 1900* (NSW) resolves the problem; she can file a form called O1JT – Transfer Unilaterally Severing Joint Tenancy – in the Land Registry Services at a cost of \$154.20, upon the registration of which her new will becomes useful.

The Registrar will tell her husband, but, as in Sale or Partition, there's not much he can do. It's a bit like my Sudanese client wanting to fight the divorce because his father paid 30 cows for her.

Australian law can, at times, be brutally clear.

Many uses of the olive tree



Nature's pharmacy

by Trish Clough, herbalist

In last month's column I wrote about relocating to Iluka. My clinic and dispensary are now up and running, and I have enjoyed the first consultation in my new 'rooms'. I've done a lot of dispensing for regular patients, and am either sending medicines by post or having them dropped off in Lismore. I've been doing phone consultations for people unable to attend in person. Having said that, Iluka is just over an hour from Lismore and has lovely beaches and cafes. Nice for a day's outing.

I'm looking forward to growing medicinal plants in sandy well-drained soil. I have an olive tree in a pot. I was hesitant to plant it out in the heavy pug soil in my previous garden. It was given to me a couple of years ago by a dear friend. I'm now looking for the perfect spot

to plant it in my back yard. Olive trees like a full day of sunshine, a lot of nutrients, plenty of water but in well-drained soil.

I'm wanting to grow the olive tree to harvest the leaves more so than the fruits. The medicinal properties of the olive leaf are wonderful, and the best medicine is made from fresh rather than dried leaves (more about this later). My small tree will take several years to produce an abundance of leaves, however. I was walking downtown (they call it 'uptown' here) and I spotted a young olive tree in a vacant area next to a local church. It's several metres tall and has flower buds. Very exciting! I'm planning to seek permission to give it a haircut.

We're probably all familiar with the health benefits of the wonderful olive oil, especially if it's genuinely extra virgin olive oil (EVOO). It's valuable in salad dressings and in cooking. I also use it to make medicinal infused oils to treat a variety of skin conditions. Dried herbs such as calendula flowers, fennel seeds, rosemary, St. John's Wort and many others are infused in olive oil for several weeks or months, kept in a warm place and shaken regularly. The herb is strained out and the oils are bottled in amber glass and kept for topical application.

And now for the leaves.

These contain large amounts of several anti-oxidants with numerous health benefits. Traditionally olive leaf is used as a cardiovascular tonic. It's main active ingredient, oleuropein, has been found in numerous studies to be beneficial in treating high blood pressure. It also helps prevent the formation of harmful atherosclerotic plaques in the arteries. Additionally the naturally occurring anti-oxidants are anti-inflammatory (helpful with arthritis and other inflammations), anti-viral, anti-fungal, and preliminary research has shown it to be beneficial in brain inflammation associated with Alzheimer's and Parkinson's diseases. As with all anti-oxidants, it is helpful in cancer prevention. Studies with diabetics taking olive leaf have shown reductions in harmful LDL cholesterol, blood sugar levels and diabetic markers.

A fascinating Australian study investigated the amounts of oleuropein and other actives in a range of liquid products on the market. The study included over-the-counter and professional prescription products. The most interesting finding was that regardless of the classification of the product, the fresh plant extracts had significantly higher levels of oleuropein than the



dried extracts. The other anti-oxidants were more variable, but this finding is important, especially for the cardiovascular benefits.

Some cautions are needed regarding olive leaf products. Blood pressure and blood glucose need to be monitored as olive leaf can have an additive effect to existing medications. This should be supervised by a qualified health practitioner as dosages of medications may need to be adjusted. Olive leaf is blood thinning, and so may be inadvisable for people on prescription blood thinning medications.

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

Trish is available for consultations by appointment on 0452-219-502 or email: trishclough@internode.net.au The information in the column is meant for general interest only and should not be considered as medical advice.

Remembering and releasing and restoring

I'm packing up and moving elsewhere. The elsewhere is my home city of Perth. Why? I'm increasingly missing the clarity of the turquoise Indian Ocean and my daily swims there and walks through seaweed and white sand; even the cacophony of sea gulls.

I'm missing the landscape of my place, the smells of eucalypts, beach rosemary, pines, and sea salt. I'm missing the dryness of limestone and granite, and my easy access to academic libraries, the Fremantle arts scene and its orchestra that I used to play the cello in. I'm missing my community of old friends and mentors.

This is not to say I have lived an isolated life here, I haven't. I have some dear friends in this part of the world too and I do go to concerts and exhibitions, and I do go down to the Pacific Ocean for swims as well as the university pool, but the floods, the rain, the humidity, the mould feel so strange to me, although it is now thirteen years since my arrival in Lismore.

So, it will be goodbye Northern Rivers, and hello Fremantle, where I'm planning to live. Hello lots of salt water play: snorkeling, diving, swimming, kayaking, dancing with dolphins under a clear bright sky.

I remember one time of kayaking around Penguin Island in Shoalwater Bay, near Rockingham and a couple of dolphins came up beside my little vessel and accompanied me from one shore to the next. Sheer magic.

And another time, snorkeling with others in that general area and being met with three dolphins heads down feeding in the reeds below. I noticed the glowing faces of other snorkelers around me. We were in love.

And so I am sorting, throwing away, remembering and uncovering layers upon layers of stories: archaeological finds of my own history and that of my parents, for when I came here it was just a couple of years after my very old father died and I didn't do much in the way of sorting, as I should've done then, but packed up stuff that I have never even glanced at.

All this reminds me of a cartoon I once saw of an old man showing his son a garage packed with stuff, saying to him, "Remember, Bill, when I die, all this is yours." Thanks Dad (not).

We accumulate stuff, material and just memories – all of which becomes a not always welcome part of our daily lives. Quite a lot of it, though, is unnecessary and sometimes detrimental to our well being.

Stuff decays and memories fade, for sure, but far too much lingers, loiters around for millennia. The world is drowning in it, the material and the ephemeral but mind grabbing dream world. *The Tibetan Book of the Dead* has much to say about this, ghosts and demons as well as very attractive angels. As much as the very lovely grabs us, so does the horrible and intoxicating nastiness of



by Dr Elizabeth McCardell

abuse and other poisons that damage the soul.

So, the choices we make concerning them really matters. We can release, and we can help restore a good life for ourselves and others through an act of giving, but what we retain we need to have mindfully, with awareness. I believe my work in this place, and wherever I am, serves this purpose: of participating in the restoration of equilibrium through awareness and shared connections.

I will continue to offer my work online and face-to-face here and in Perth. Obviously I can't be in two places at once, but those wanting counselling, psychotherapy, hypnotherapy and/or clinical supervision can contact me and we'll do our work together online. Until I leave, I'll also be available for face-to-face sessions.

This is probably not the final article, but I do wish to say here how grateful I am to have had a platform for exploring the processes and spaces between us in the therapeutic relationship in the richness of life in this fertile land, as well as meeting some pretty wonderful people.

Thank you.

Life as a Blue Whale



by Auralia Rose

Have you ever considered the possibility that not all of our past lives have been human ones?

As a regression hypnotherapist, I have worked with people who have remembered themselves as being animals, birds, trees, rocks, even the wind. Our soul is so vast and formless and is capable of entering into just about anything in the natural world if it feels the experience would be beneficial to its overall soul growth.

One such non-human past life was with a lady I will call Angela, who experienced herself as a blue whale, swimming in pristine waters off the coast of Nova Scotia, Canada. She described a life of immense joy and purity and had recently given birth to twin baby whales who she was teaching to swim and leap through the waters.

She wished to be addressed simply as Blue Whale. Whale and dolphin consciousness is more highly evolved than humans and Blue Whale had some interesting information about healing our bodies to share with us.

She said that their sonar emits strong healing vibrations that helps to clear and cleanse the waters as well as helping to expand human consciousness and awareness, especially when we play or swim in the ocean, which is one of the reasons we feel soothed after being in the sea. The energies that these blue whales are currently emitting can help our bodies heal and dissolve pain.

Blue Whale explained that by taking just 20 drops of sea water from the area where they swim, mixing it with clean pure water and drinking it once a day, it will help to release toxins and impurities from the body. Apparently there are people who are currently processing the water in this way and it will soon be available for the wider community.

Blue Whale also had information about using herbs to heal. She said the sun is currently emitting solar codes that are assisting Earth's ascension cycle.

These higher vibrational energies are being absorbed by all living things, and herbs are particularly potent because of their ability to capture and concentrate the solar light codes.

Herbs will help the body to absorb these light codes in a far greater capacity but must be ingested no more than 20 minutes after picking.

Blue Whale also had something to say about drinking tea. She said that even many teas labelled organic are not fit for human consumption as they have undigested chemicals, heavy metals and harmful fibres

that all build up in the body.

A simple way to know if a particular tea is safe to drink is to learn to feel the energy by holding the packet to your solar plexus and asking the body if it is safe to drink. Close your eyes and feel your body's reaction. It is advisable to do this with anything we put into our bodies.

When people are in deep hypnosis they can access all universal knowledge from the quantum field and it is not uncommon for my clients to report things, which they have no knowledge of, such as speaking a foreign language.

Previously unaware of the Vietnamese Zen Master, Thich Nhat Hanh, Angela's Blue Whale higher consciousness advised us to check out his videos on YouTube, particularly those instructing us how we can heal the entire body by talking and listening to each and every part of it.

The frequencies in the meditations send light codes throughout the body, raising its vibration and helping it to heal.

I personally found the session fascinating and hope you've enjoyed my recount. If you would like to explore your past lives and what your higher consciousness has to say, I would love to take the journey with you.

Feel free to call for a chat.

Phone 0422-481-007
www.auraliarosewellbeing.com



Dog poo

the plains' herbivore scat accentuated our sight and hearing. We became excellent communicators and hunters. Protein intake and brain size increased in unison.

One day a hunter came upon an abandoned litter of wolf pups and did something different. Instead of killing them off as competitors and eating them, stoned on the shrooms as he was, he felt overwhelming compassion for the pups and took them in and raised them. Life for humans would never be the same again.

Dogs became an integral part of the human success story. They were everything we lacked. Teeth, fangs, hearing, smell, collaborative hunters like us, they gave us the upper hand and we were never afraid of the predators again (only each other!).

Since that fateful day, dogs have had our back with un-conditional love, companionship and ever vigilant protection. Unfortunately, we have

started the process of turning some of them into fashion accessories with psychological disorders.

It is easy to anthropomorphise a dog. They exhibit love very similar to the way we do. However, dogs have a very different social order and need to be treated differently to humans to maintain a healthy psyche.

A dog owner all my life, I have had great dogs by letting them BE dogs and making sure they respect the alpha in the pack, me. I would highly recommend reading "Whats your dog telling you" by Martin McKenna if you are having dog issues or are considering getting a dog.

Communities that have banned dogs are ignoring the benefits that dogs can bring both to humans and to balancing out the lack of natural predators in our ecosystem. Wild dogs fill that vacuum.

The on-leash mentality we have prescribed for our society often works



View from the loo
by Stuart McConville

against dogs' natural ease of interaction and socialising with other dogs. We owe them our trust to socialise naturally, not impeded by lead and law.

Dog poo is less digested than human poo because dogs have very short intestines. It can be hot composted but should not be used anywhere near food crops. It would be better dealt with using a worm farm or soldier fly larvae as they will eat through it entirely and leave clean castings.

poooholutions@gmail.com
Phone 0427-897-496

Open Learning for Term 4

by Christine Strelan

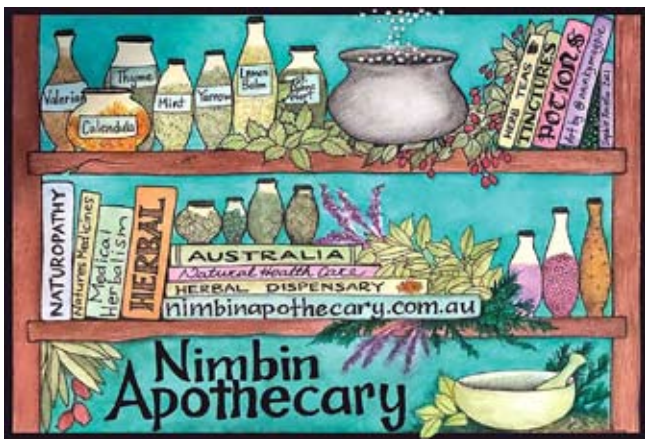
Nimbin Open Learning plans to begin Term 4 on Wednesday 19th October. Enrolments open on the 12th and 13th October, at the Community Centre classroom.

We are still drawing up our timetable and welcome new tutors. If you have a skill you'd like to share, contact us on facebook at Nimbin Open Learning, or phone 6689-1477.

We are always seeking reliable tutors for courses in practical and artistic skills, languages, ideas, movement or musical instruments.

The Nimbin Open Learning program is presented by the Nimbin Community School.





Just my observation...

Well it has been an interesting few months lately, with a lot of people coming to see me with various symptoms after having their Covid jabs.

They don't come to see me about that in particular but when we have a chat they usually say that since their jab they've had various symptoms.

Some people are feeling really tired and have to rest a lot to recover their energy. One lady was in deep depression and couldn't go to work. Some people have 'tics', as in their hands get thrown around during the night, or they have sudden shakes in their body.

One person couldn't feel their feet, and even had mental blanks for a few days.

So the point of my article is that after having a Bowen therapy session, almost everyone felt much better in themselves, they felt that the treatment had helped them feel less depressed and the 'tics' reduced, and they had more energy.

Of course people will have side effects from vaccines because they have so



by Sonia Barton,
Therapist and Reiki teacher

many toxins in them, so I guess what the body is doing after the session is that it is de-toxing.

I am not a doctor or a naturopath and am not saying that Bowen is the answer to any possible side effects, but I have noticed the changes and see that it seems to be very beneficial.

I would say that the lymphatic

system is being flushed through via the gentle touch on the fascia, which wraps around the whole muscular system and organs. The job of the lymphatic system is to clear and mop up anything that shouldn't be there so that your body functions more efficiently. This is your immune system.

The immune system is made up of a complex network of organs, cells and proteins that fight infection (microbes).

During a session the blood supply through the body can be assisted to flow more efficiently, and your meridians are treated and cleared to allow the body's energy systems to balance.

Please note that my observation should never be used as a substitute for direct medical advice from your doctor or other qualified clinician.

I work in Nimbin and Murwillumbah. Please call me for a friendly chat if you think Bowen therapy could help you.

Phone 0431-911-329

www.bowenenergywork.com.au

Good-bye from Doula Wisdom



Doula Wisdom
by Kirrah Stewart



Birth drawing by Georgia

midwives, breathing for birth, all things placenta related, emotional and physical preparation for birth, pregnancy nutrition, birth stories, birth trauma, the hormones of birth, postpartum preparation, traditional postpartum care practices, mental health in postpartum, baby-wearing, breastfeeding and lactation support.

Over the last 15 years I have attended many births as a Doula and helped hundreds of families have a more joyful experience through pregnancy and postpartum.

More recently, my focus has been nurturing new mothers in the precious postpartum time with massage, lactation counselling and postpartum meals.

But now I am winding back my work in the perinatal field to focus on my other flourishing business 'Vitality Pills'.

I started making these energising wholefood supplements nine years ago when I was iron deficient. Did you know that iron is the most common nutrient deficiency worldwide?

These capsules helped me boost my ferritin levels from 7 to 70. I love that I can help other people to boost their iron levels, gain back mental clarity and have more energy.

They are kind of magical and I'm determined to help even more people experience the benefits.

Thank you for everything. I really feel honoured to have been included in the newspaper each month for the last 12 years. I'm celebrating this milestone.

Many blessings to you all!

Kirrah is a Masseuse, Lactation Counsellor and the creator of Vitality Pills. Find out more at: www.doulawisdom.com or phone 0429-308-851

The time has come for me to say good bye to writing in the *Nimbin GoodTimes*.

Every month for the last 12 years I've written an article focused on pregnancy, birth, postpartum or lactation.

It is bittersweet but feels right.

I started writing regularly for the *Nimbin GoodTimes* in 2010 when I 'took hold of the reins' and became the coordinator of Nimbin Birth and Beyond.

For four years, I held weekly pregnancy groups at Birth and Beyond. We held many film screenings, had a book launch, enjoyed sound baths, danced, meditated, made birth art, did yoga, listened to many amazing birth stories, and had incredible guest speakers come to share, inspire and inform.

Lots of people had the chance to connect, and are still friends to this day.

I am so blessed to have met

so many amazing people through Birth and Beyond and my work as a Doula.

I also want to say a big thank you to all my readers here.

I've covered all sorts of topics including: holistic birth preparation, natural remedies for birth and postpartum, home birthing, labyrinths as a birth map, water birth, birth plans, delayed cord clamping, herbal medicine, choosing a care provider, doulas and





Party angst

I'm about to turn 50. I want to put my head in the sand and forget about it, but everyone's insisting I have a big party. Am I obligated to them, or should I please myself?

– Patty Hayter, Woodenbong

by Uncle Norm & Aunty Maj

She says

Turning 50 is an existential crisis. What have we done with our lives? Who loves us? What did we do right and what were our mistakes? And what comes next?

When I was 49, I spent the whole year dreading turning 50 and worrying about the party situation. Eventually I realised there was stress either way. The stress, work, expense and excitement of having a party. Or, conversely, the stress that came from the idea of passing the momentous milestone without being loved up by those who care about me felt depressing.

So, I decided to celebrate life and have a small party of close loved ones. I held it the weekend before my birthday, so on the day I could be quiet and remember the wonderful party, and how I felt seen, heard, appreciated and loved.

I was extremely glad I went through the uncomfortable build-up to open my heart and my home to celebrate my time on this earth. As we get older, each year is even more precious and that certainly deserves celebrating.

We have parties to honour and thank our loved ones as much as for ourselves. It is perfectly acceptable to ask guests to bring a plate if cost is a factor. I find people are always generous. They are just grateful to be invited to a party.

And don't worry about your house being perfect. No-one cares. We just need to have some fun. Clean up after the party. These days, small parties with good friends are easy, delightful and give much joy.

Go for it Patty, I'm sure you will look back at it when you turn 51 and think, "I'm glad I had a party then and this year I'm going away."

"Only the eyes of other people can reassure us that we are real and whole and that we belong." – Robert Greene, from The Laws of Human Nature

HE says

Dear Patty, I've got good news and bad news. Actually, I've got some really shit news as well but we'll deal with that later.

Bad news first. You ain't gonna live forever. I mean if you think 50 is old, wait until you hit 80 and beyond baby. You'll be happy to have a good crap on your birthday. You'll be lucky to have any friends left. Half of them will be dead, the others offended you didn't throw a 50th.

The good news is, you're 50. Believe it or not, right now there are billions of people, including me, who would just love to be friggin' 50 again. This may be one of your last chances to truly disgrace and sully yourself good and proper before you finally grow up.

Go on, give your friends and family something to truly remember. Some uppers, some downers, a few joints, a bottle of vodka and you will be dancing tits-out on the table. Yeehah! And all the fun of the ball will be captured on camera to share for years to come.

Hmmm, no wonder you're baulking at the idea. You know yourself too well. Ah, what the hell. Since your family and friends are so keen, get them to organise it. All you have to do is turn up and get blotto. You'll feel like the bottom of a budgie's cage the next day, but you won't have remembered a thing. And that's the way to turn 50.

Oh, the really shit news? Ah, you will work it out soon enough.

"For all the advances in medicine, there is still no cure for the common birthday." – John Glenn

Send your relationship problems to:
normanappel@westnet.com.au

Life changes

Psychic development with Magenta Appel-Pye

For 10 years I have written a column called 'The World According to Magenta Appel-Pye'.

This year I felt nothing much was happening worth writing about, so I changed it to 'Psychic Development' which I taught for many years.

However, my life has suddenly changed dramatically and nothing will ever be the same. In August I was diagnosed with breast cancer and had a lumpectomy to remove it.

Fortunately, my routine mammogram picked it up early while it was small and had not spread. Unfortunately, it was a rarer, aggressive form that is hard to treat and tends to recur, called Triple Negative Breast Cancer. Who knew there were different kinds?

I have decided to share my story in the hope that people might learn something that will help them cope personally or help their loved ones.

I posted my news on Facebook, which was great because there was an outpouring of love and support. Suddenly lots of people want to visit me, but I have learnt to say no, that I need to rest and need my space to process what is proving to be the hardest phase of my life.

Some loved ones, often those you thought you could depend on, disappear rather than help. Perhaps they cannot deal with their own mirrored mortality. Some don't know what to say. I have been in this position and have not contacted an acquaintance thinking I would leave the space for those who were closer to



him, but regret that decision.

Sending a text saying you are thinking of that person and wishing them all the best is much better than nothing. If you don't feel like helping, don't offer.

I find messages of love, encouragement and support extremely comforting because they make me feel like a valued member of the community. I have heard from people from decades ago and have fond memories of, that I had all but forgotten.

And I can respond at my leisure by either texting or, if I have the energy, picking up the phone and actually talking.

If you have a friend with cancer, ask if they want to talk about it. Listen compassionately, ask what type they have and about their treatment and how they are coping, or not. Hold them in their hours of need.

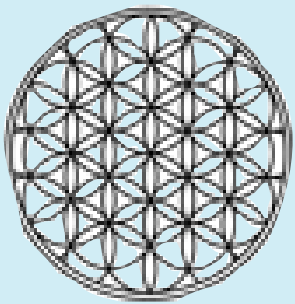
Most importantly don't tell them other people's cancer stories. It is very depleting. You might say, "I don't know what to say," and that's fine.

But please, in the darkest times of need, and the cancer fight is certainly one of them, we need to feel that we are cared about and loved and a valuable member of our community.

"The greatest healing therapy is friendship and love."
– Hubert H. Humphrey

magentaappelpye.com

Natural Law



by Helene Collard

We are all self-governing. Let us call upon our ancestors, Elders and teachers, past and present, to guide us in the way of the Heart. You are all my relations. All is One.

Breakthrough. Rebirth. Emergence.

A process of maturation has taken place and you are not who you were 12 months ago. This rite of passage is a natural, developmental process, that, through the elements of story, challenges, ordeals, visioning and honouring, is followed by a permanent

shift in the psyche, where you now journey the world, through new eyes.

The pattern of destruction and creation is the natural cycle of life. To create our deepest yearnings we must become empty and enter the void. The dark space where all light is born. To do this, we must cease to micro-manage every detail of life. We must have a break from routine and 'to-do lists' and enjoy unstructured creative time where there is no pre-defined goal or outcome. We must allow ourselves to be bored and to feel aimless.

The 5D paradigm does not host our 3D constructs of gender, race, success/failure, good/bad and rich/poor, for example. The new paradigm holds all of these as neutral.

The key is to stay in the flow, and enjoy regular, unstructured creative time to help you tap out of the 3D ways of thinking, knowing and doing. Even if you are meditating,

swimming in the ocean, dancing, writing poems and other healthy activities, if you are only doing these on a schedule/roster/routine, it is very likely you are operating from the 3D construct.

Flow. Each day. Each hour. Each minute. Practice emptying yourself and allowing the creative force to flow through you. To guide your next divine step. To trust that whatever you are guided to do, is exactly what is required and, in that moment, nothing else matters. What will it take to submit to the void? What would it feel like to swim blindly, in the dark nothingness?

It's time to up-level and it will happen rapidly and with ease if you stay conscious and focused on becoming the channel for the divine, creative energy to flow through you and guide your next steps.

This is not a rational process! Drop the mind.



Empty the vessel (body). Channel the creative energy. Trust.

Looking forward to seeing you at Yemaya!

The Yemaya Centre is re-opening in Lismore in October!

Reiki treatments available. October Reiki courses – dates are on my website. Visit my website for info and bookings. Shiatsu and more coming!

For information and bookings, visit: www.yemayacentre.com.au

