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Vegan cafe manifests in Nimbin

by EaLa

To Marijonas Vikelis-Curas (Mari) "People did not keep coming just because the food tasted good on their taste buds. They came, albeit mostly subconsciously, because the food and the environment contained less death and suffering and so nurtured, or at least revitalised, their own essence of life and hope for peace and freedom."

Yes, the rumours are true! Mari from 20,000 Cows is collaborating with two other local vegan foodies, Jodie Luca and Manny the Maltese Vegan, to provide ethical, nutritious food for Nimbin and surrounding communities.

Mari opened the Wolf & Lamb Vegetarian Restaurant in Lismore in 1989, which later became known as 20,000 Cows, which fully embraces the agenda of Ashram, an ancient Sanskrit word proclaiming sanctuary for all beings, and has always existed as a philosophically and spiritually based operation.

Following the devastating floods early this year all that remains of 20,000 Cows restaurant is the shell and two small emblems above the back and front door proclaiming Ashram.

"While the old premises of 20,000 Cows on Bridge Street, North Lismore has sadly closed, we will be opening for a few evenings each week in Nimbin at the new Wolf & Lamb Vegan Café," Mari announced.

Jodie first met Mari at 20,000 Cows when she arrived to the area; enjoying



his food, his company and even purchased his book *Wolf and Lamb*.

Born and raised in southern Victoria, she started questioning her parents regarding the animal products on her dinner plate when she was young. She became a vegetarian at age 19 and made a commitment towards cruelty-free eating seven years ago. She has lived in the Nimbin community for the past four years.

Just a few weeks ago she approached Mari with the idea of collaborating after hearing he was unable to re-open his restaurant in Lismore. She also sought out Manny, the Maltese Vegan, who says he was flabbergasted when Jodie approached him with the idea. It has always been an individual dream of both Jodie and Manny to have their own vegan cafes.

So the Wolf & Lamb Vegan Cafe is a

collaboration between these three heart-centred humans who are focused on providing a loving environment, with wholesome, delicious food that satiates your soul and not just your body.

Jodie will be providing the vegan lunch men. Her vegan cuisine may have delighted locals and visitors at 'The Vegan Station', located behind the The Green Bank during MardiGrass in 2017 and 2018.

Manny's interest in food began up in East Brunswick, Melbourne. He began working in the hospitality industry when he was 23 years old and first moved to Nimbin in 1997, with a 12-year hiatus spent in Malta to care for his mother.

While in Malta, Manny got severe food poisoning from eating pork. He says, "I took a hard look at what I was feeling about the love I have for animals. Loving animals and killing and eating them didn't sit right with me. The healthiest choice I've made for my body, mind and most of all for our fellow Earthlings."

Upon returning to the Nimbin community in 2017, he was determined to reclaim his desire to cook healthy, tasty meals for the community and The Maltese Vegan was created.

Manny will be serving breakfast from 8am, Wednesday to Saturday.

The Wolf & Lamb Vegan Cafe is opening before MardiGrass, tentatively around 7th September, opening hours to be announced.

For more information, visit:
www.20000cows.com

Weeds to watch for

Weed Words

by Triny Roe

Welcome to Nimbin, or the Valley of Weeds as it has been called.

No, not The Weed, the other plant Nimbin is famous for; Weeds: exotic plant species which can overgrow, outcompete and impact our landscapes, lifestyles and economy.

The Epicentre of some seriously invasive species like giant devil fig, *Solanum chrysotrichum*, and crofton weed, *Ageratina adenophora*,

Nimbin is also home to a great number of other exotic species, which all flourish in the rich and fertile soils in the hills of Nimbin.

Spring has sprung and the longer warmer days mean all vegetation, including weeds, are really getting going.

The Northern Rivers has a gentle subtropical climate. Not too hot, not too cold – it's Goldilocks Land.

Hope you like weeding. Even if you don't see many weeds when you buy "priced low for a quick sale," they will come. Wind and water (and there's plenty of that around), birds, bats, furry animals, machinery, vehicle, stock feed, landscaping supplies and people themselves will bring new weeds.

Prompt identification of new plants appearing and timely appropriate

management could save a lot of work and heartache down the track.

One school of thought says weeds have been sent to help us and everything balances out in the end.

'Weeds' is a broad term, and it's horses for courses. Every weed is different and can require an individual and tailored approach. Criteria to judge the worst of weeds is how fast they grow, how easily they spread and what damage they can do.

Some weeds are ecosystem transformers. Watch out for cats claw, *Dolichandra unguis-cati*, madeira vine, *Anredera cordifolia*, and balloon vine, *Cardiospermum halicacabum*, to name just a few.

These vigorous creepers could easily arrive in recent floodwaters, free garden soil or woodchip collected from the roadside. Fast growing, these scrambling vines climb rapidly and smother trees, eventually killing them.

Other so-called weeds are benign and even useful. Chickweed, *Stellaria media*, growing wild, freshly harvested, is super healthy in salads, soups and smoothies. Dock, *Rumex spp.*, is also a delicious addition to the stew.

Some weeds can be seasonally managed. Strategically hand-weed crofton weed, *Ageratina adenophora* – death to horses – before it flowers in



Giant devil fig can germinate in thick patches

Spring and sets seed.

Introduced in the early 20th century as an ornamental, it didn't take long to entrench in the Northern Rivers after it was brought to a property in Crofton Road.

Spreading further to South-east Qld, it drove people off their farms in the 1940s and 50s.

Parthenium weed, *Parthenium hysterophorus*, is a super-spreader. It can set seed in as little as four weeks. This plant causes dermatitis and asthma in humans and degrades pastures, replacing the palatable species.

A serious weed in Central Queensland, farms there have also been abandoned due to its impact on the health of inhabitants.

Over 20 incursions of this plant into NSW have occurred since 2020. Several arose from contaminated organic chicken feed from

Queensland. Others came via vehicles and machinery, which had passed through infested areas.

Breakouts could start with only one seed germinating and then, unobserved, unrecognised and unmanaged, it matured, flowered and seeded.

Parthenium grows all year round in a convivial climate.

Fireweed, *Senecio madagascariensis*, toxic to horses, cattle and alpacas, can also quickly cover a paddock.

Those glorious carpets of bright yellow flowers in the paddocks and along the roads, so pretty to the sightseer, are not so pretty to the farmer unless they run sheep or goats which can eat this plant, short term.

Wear gloves to hand weed single specimens and bin or burn before you have thousands.

Happy weeding.



Oasis Cafe renaissance

by Paulie

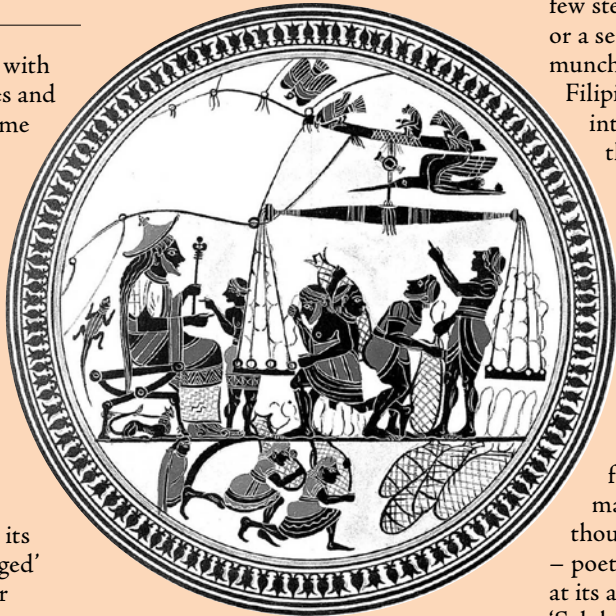
For the first time, Nimbin is hosting a Spring MardiGrass, a warmer and more fruitful time of the year, just prior to Spring Equinox. It coincides with the annual firefly migration, as the little glow-bugs make their way into the valleys and ravines of our sacred mountain's caldera. An exciting time of the year for all of us land lovers, the season of fertility, new projects, ideas, building, creativity, planting, and those precious antioxidant-rich berries, filling our children's bellies. Yum. This Equinox marks our second anniversary of voluntarily caretaking the Nimbin Oasis Music Hub & Cafe, for your enjoyment, nourishment and sanctuary. Nimbin, like many small towns, has felt the aftereffect of bushfires, floods, and the flu-season, sporadically triggering a migration of people away from cities, and having a piercing effect on Australian tourism.

Throughout this hibernation period, there have been many changes to the face of our rainbow village, re-emerging towards an ever-changing social world. Out of the darkness, into the light, Nimbin proudly is a unique healing mecca, infamously sought globally as part of the trail on the Healing Path. During our internationally recognised Hemp Rally, in adoration of Lord Shiva's Sacred Hari Hari Ganja, the Oasis Cafe will be hosting a line-up of fun and inspiring local and interstate musical artists, from DJs to live Reggae, Jazz, Funk and Dub. We also cater a great variety of beverages and healthy food served 'til late. Charismatic volunteers will be gratefully welcomed and much appreciated. For everyone's comfort and to maintain the shared space, the Oasis is an alcohol-free and dog-free area. Wishing you all a wonderful MardiGrass, let's show the world how to revitalise balance with Nature.

Food the obscure

by Thom Culpepper

The human heart is riven with many and various desires and needs, some cultural, some habit and others opportunistic. Likewise, the human and not-so-human gut is given to finding solutions to its imperative of survival's needs. The tongue and mouth are known to have only a few rejection taste sites, and these are very specific. Survival is basic. So, eat what you can stomach and name your own 'poison' or 'potion', as you must! The Vikings' palate for fermented shark meat (some, in its fresh form, quite poisonous). 'Aged' shark is recorded so as to appear fabulous. To bury shark meat until it is, for the most of culinary reality, 'a stinking and rotten' mess, or the image of a hundred Greater Auks sewn into the carcass of a dead seal and left to 'fester' in the sun until it too is rotten, revolts the Anglo-food-mind, though the thought of munching on horse meat similarly turns the stomach of British culture. Not biblical enough? It is said the various Ice Ages in the North allows very limited food choices. Not 'partaking' of hogs to some peoples: "Na, not on my plate, Gunga din!" Chicken livers? OK, they're Kosher. Though the joy of dining on 'long-pig' was favoured by more than a few cultures. Protein scarcity? I won't name them, but some are/were and still our regional neighbours, enjoyed their fellow inhabitants of a nearby patch, not so long ago. Surveys of 'middens' (cultural kitchens) proves that homo sapiens and



The export of Silphium in the 7th Century BC.

Silphium, a now-extinct plant, was the most famous drug of the ancient world. This painting shows the weighing and loading of Silphium at Cyrene, North Africa, where it was chiefly grown. Courtesy Bibliotheque Nationale, Paris

their forebears were very adept at making use of what came under hand – the kitchen-form of "any port in a storm", satisfying hunger being an everyday imperative; howling, hungry kids being a definite, motor-incentive-driver. And so to now. Some very strange stuff still crosses the palates of homo-modernity. 'Prairie-oysters' (cojones to Latin speakers) crumbed and deep-fried; roasted Tarantula is another; general 'bush meat', another class of sustenance, although the modern

domesticated animals and fowls were once, ancient 'hunter-tucker'. Loads of modern souls often enjoy a plate of 'road-kill' and will barbecue a few steaks of 'jump-meat' (kanga steak) or a serving of 'man's best friend', a munch on a pot of 'herbed' canine. Filipinos enjoy salted eggs with intact embryos. So be it, to each their own, with horse-radish or Worcestershire sauce, (extract of rotted sardines).

The Romans plundered and ravished loads of peoples in search of 'Garum' and shiploads of larks' tongues and 'little birds' for roasting following the afternoon's 'games' at the Colosseum. The veg don't get off Scot-free either. Those Latin tribes made extinct several plant forms, though one in particular is recorded – poets sang about it, gastronomy wept at its apparent loss –the mysterious 'Sylphium', thought to have been a relative of asafoetida. Hundreds of lines have been scribbled on its merits, but few lines are now generated on its joys: has it gone? Or was it all merely just merchant rumours?

Times are changing, generally food is about to look closer to extinction than memory can recall. The land water is all but extinct. Hydro-power can't run on a no-water world. No irrigation. Groundwater aquifers are being depleted at astonishing rates. Check out the whole of west coast America. Agriculture is about to be sea bound, and seaweed will be part of your future diet as it has been in the East for a millennium. Marine algae is unlikely to trip off to the great ether, yet. Your dope may be though! Resist food obscurity, be prepared, be a prepper, save seeds and grow your own. Brick-bats and blossoms to: ByronSeaweed@mail.com

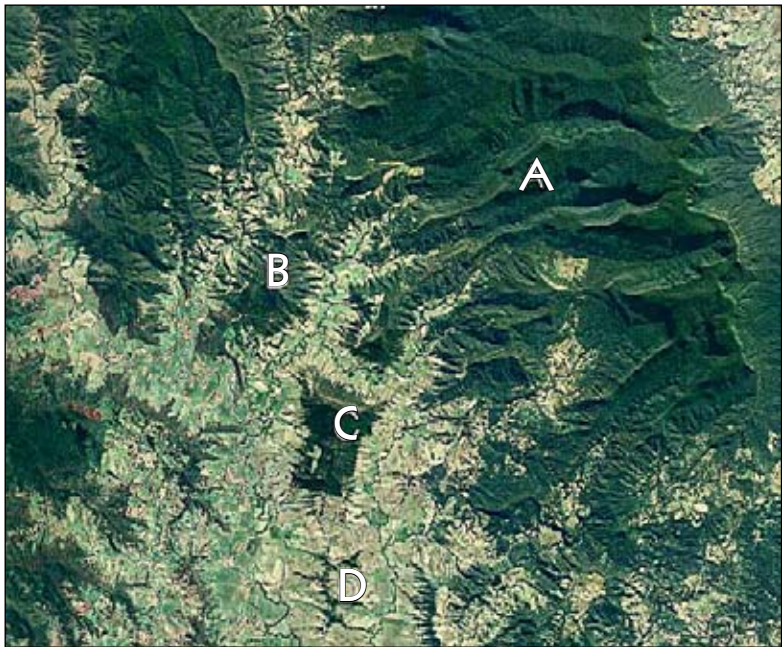
When bigger is better

by Scott O'Keeffe

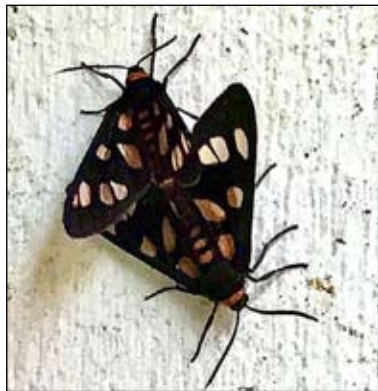
If you've ever walked through a small nature reserve and been surprised by the lack of wildlife diversity, you're not the only one. We live in a fragmented landscape where only remnants of the original vegetation and ecosystems persist. Most of the remaining remnants are relatively small and often in poor condition. They suffer degradation from invasive species, overuse and misuse. Grazing, motorbikes, rubbish dumping and firewood collecting are just some of the pressures put on reserves in highly modified, settled landscapes. However, the conservation value of small remnants can be greatly improved by applying our ecological wisdom. The process of vegetation fragmentation and the performance of remnant vegetation has been intensively studied by ecologists. This knowledge has important applications at all levels, from the individual property to whole landscapes. Bigger reserves are always better for conservation. Large patches of native vegetation have higher species diversity and larger numbers of plants and animals than small patches of a similar type. Small patches do not contain a full suite of species, especially larger organisms. Small patches have a higher risk of species loss through

natural disasters like storms, floods, drought and fire. A disaster in a small patch is likely to affect the whole area, whereas in very large patch with varied terrain there will usually be some unaffected areas from which damaged areas can be recolonised. This applies to all sorts of ecosystems, not just forests. The decline or loss of one species is likely to have a cascading effect in small remnants. For example, let's say we have a small forest patch in the middle of an agricultural district. This small patch is on a bend in a creek that flows through the middle of the valley. It contains a large population of a certain plant that is pollinated by a particular insect. This plant supplies the bulk of the diet of a small mammal in the patch. For some reason the insect pollinator disappears in the district, and no other insect arrives to fill that role. The plant begins to decline since it no longer reproduces. The animal that depends upon this plant has a specific diet, so it too begins to disappear. As one species is lost, more follow. Perhaps the animal in decline provided something that other plants and animals in the remnant needed. Those organisms will also suffer in some way. Now imagine a second patch of similar vegetation in the valley. This larger patch is on a hillside and is much larger than the one on the creek. It slopes sharply and it has

four steep gullies running through it. It's unsuitable for cultivation, so it is left alone. Although it is a kilometre from the creek, the same small mammal inhabits both patches. The mammal is small and moves only short distances through dense vegetation and avoids open areas since it is vulnerable to predation. Open areas are unsuitable anyway, as they don't contain the mammal's food plant. The small population in the patch on the creek is just able to maintain itself with the food and shelter at hand. This population is at risk if there is a disaster. The larger patch has multiple populations of the small mammal, mostly in the gullies. The animals on the hill can move between the gullies because there is cover and food. One summer the creek floods after heavy rain. Half the population of the mammal in the creek patch is drowned or washed away. The floods pass but the population is now too small to sustain itself without some migration of new animals to the remnant. Since this mammal can only disperse short distances, and there is no nearby patch of vegetation, the remaining mammals in the small patch decline as they age, and eventually disappear. This scenario is one often observed in the real world, where small reserves are at risk of losing parts of their flora and fauna. Can we make small remnants more resilient and better



Large ecosystems have high biodiversity (A). Small patch size and isolation reduce biodiversity – there is a sharp drop in biodiversity from B to D. D is a complete disaster.



Small organisms in small remnants may disappear if they cannot disperse when there is a complete disaster.

The role of the subconscious and surrealism

Tarot musings

by Amy Scott-Young
(Amy.B)

Deep within the subconscious mind, lies the language of both emotions and imagery, which directly influence our habits and behaviours to ensure our survival and maintain our wellbeing.

The subconscious also forms the basis of how we perceive the world and is able to completely bypass our conscious thought processes. It is a non-linear function that uses allegorical sources to organise and represent complex principles. It forms the basis of Hermeneutics and, when harnessed, allows for much greater problem solving, discernment and perspective taking.

The subconscious primarily transmits, and receives, messages through our emotions. However, when we are asleep, or in a lucid state, this ability is switched off and our subconscious mind is forced to transmit, or receive, messages through imagery. This is why we dream in imagery and it is also how clairvoyant or psychic impressions are received.

What makes the subconscious so intelligent is also what makes it so susceptible to external manipulation. This is because it is directly affected by the emotions and imagery it is exposed to on a daily basis. In this regard, it is of no consequence what we consciously set our minds to or how logical our thought processes may seem because everything we do is informed and run by our subconscious.

That is why the imagery in the Tarot is so powerful. And also, why the Surrealist, who is able to balance the rational realities of life with the realms of the subconscious and dreams, could be considered the most positive and influential artist in the world of the Tarot.

Incidentally, in 1941, Breton and his fellow surrealists re-designed the Tarot de Marseille deck which was considered by some members of the Golden Dawn to be “a genuine instance of creative Occultism.”

Breton also went on to interpret The Star card of the Tarot in his book *Arcanum 17* (1944) proclaiming it to be the symbol of dreams. Les Etoiles, The Star (pictured) is one of four original Major Arcana illustrations that were created by Roberto Matta for Breton's book.

This book originated from Breton's interest in feminism and from his fascination with the Occult. And its preface states that “from a more Hermetic standpoint, The Star portrays the channelling of superlunary forces into the mundane world. And it is a woman who is the medium of this transfer.”

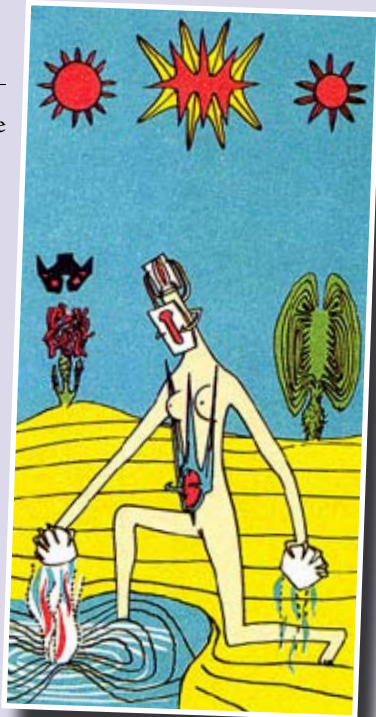
These feminist themes were considered radical at the time but were a positive step forward for the Tarot given that the Rider Waite Smith imagery completely eradicated the equilibrium of the sexes that were so carefully established by the Golden Dawn.

Breton, in his *Manifesto of Surrealism* (1924), wrote: “I believe in the future resolution of these two states, dream and reality, which are seemingly so contradictory, into a kind of absolute reality, a surreality, if one may so speak.”

In Occultism, the powerful combination of these two states, dream and reality, is what transmutes the lower realms into that of the higher. To allow this to happen, our subconscious mind must simply become dissatisfied with its present transitory and imperfect material reality and, in doing so, replace it with a fantastical dreamlike vision of a new non-reality; the unmanifest.

This vision must not contain specific material outcomes as this would go directly against universal laws, leading us down a path of challenges and obstacles. All we must do is harness the spiritual essence and emotional charge of such a vision and, from an artistic standpoint, it is the Surrealist who does this best.

AmyB-Chalk-Art-Tarot.com



Legal writes

by John Adams

The office is coming together. I'm starting to relax. Then there's an email from a mate: “The documents I've identified, need, and don't have: statement of agreed facts, filed cross-claim, defence, response and any amendments or discontinuance.”

I reply: “They're not in the digital files, for some reason. I can get the hard-copy muddy ones out of the storage shed and start peeling pages apart but that could take a while. I'll try to find them in emails next and get back to you.”

I couldn't and didn't. Now he's stressing out – and he's not normally one to stress. Her Honour's told him to find a lawyer. I can't act,

Incompetence of counsel

having fallen on my sword already. He's a bush lawyer, and excellent at what he does, but he's not a solicitor.

A couple of years ago, the owners of a popular alternative business, trusting people, told me about an employee who, after ripping them off in various ways, colluded with a couple of others to sabotage the business, then filed unfair dismissal claims. That's when I went on the record.

The alleged conspirators' case looked unwinnable. How could it be unfair dismissal if they hadn't even been dismissed? So, there I was, a criminal and family lawyer with an age-appropriate interest in wills and estates, assisted by an environmental activist, venturing into a whole new world; first mistake.

Council had threatened to close them down over some building issue. They'd panicked and posted on Facebook that they were closing. Said mate sorted out the Council problem, so they didn't need to close, but the prospective applicants wrote a letter of dismissal and tried to

get the owner to sign it. He, in hospital with a suspected imminent heart attack, refused.

At the trial before a Commissioner, the applicants represented themselves. Any evidence as to the sabotage was irrelevant and therefore inadmissible. The Commissioner awarded the winners some tens of thousands.

We were not the winners. Second mistake: I assumed they'd sue for it in the Local Court, and we'd sort it out there. Wrong, it was the Federal Court and penalties (more tens of thousands) applied because, on my advice, they hadn't paid the ex-employees' judgment debt.

Well out of time to file the appropriate review of the Commissioner's decision in the tribunal, we countered with a cross-claim in the Federal Court, alleging at least equivalent damages, but were forced to withdraw this as not being the right form. Then we drafted a statement of claim in the District Court in the same terms.

I set about filing my notice

of intention to withdraw. Comfortable in the Family Law Comcourts Portal, now I found myself in the eLodgment world of the Federal Court. Filling in all the boxes was hard enough, uploading the pdf unsuccessful. The site insisted the document was infected. I ran the virus check. It wasn't. The portal insisted. Email exchanges followed. Eventually I was allowed to email it. And, when the portal said the same thing about the notice of withdrawal, emailed that as well.

My mate tells me Her Honour didn't get it. When I ask whether he's found a solicitor to go on the record, he is not calm. He's called a large number. I don't think he's pitching it properly. The business is a fondly remembered part of the lives of thousands, not just in Lismore. The publicity value could be spectacular.

And the out-of-time appeal's ready to go, relying on incompetence of counsel and other things like Covid-19 and the floods. Anyone out there know a smart lawyer?

Sea change: Trish has moved to Iluka

Nature's pharmacy

by Trish Clough, herbalist

I've had a huge change in my home and clinic arrangements this month.

Just today as I write this, my husband Simon and I are waiting to receive the keys to our new home near the water.

I'm wanting to reassure readers that I'm not retiring, as I love being a herbalist and will continue to run my clinic as long as I possibly can.

The home we have chosen has a very gorgeous self-contained cabin in the back yard which will be my clinic and dispensary (after I've unpacked 30 boxes of tinctures!).

I'm happy to have a home-based clinic and am looking forward to gradually establishing some medicinal herb gardens for tincture-making. Nice that I can walk from home to work!

There are options for existing and (hopefully) new patients to consult with me. I love face-to-face, they work best, and am encouraging people to have an enjoyable day's outing to the beaches, the river, have lunch or coffee by the water at the boathouse café, a walk in the national park, and/or a ferry trip to Yamba. Lots of nice things to experience.

Oh, and a clinic consultation while they are here. It surprised me to find it's only just over an hour's drive from Lismore to Iluka. A bit more from Nimbin of course.

Because of clever technology, other options for consultations are telehealth by phone, Zoom, Messenger or Facetime. Medicines can be sent by mail, or I may be able to arrange a regular drop-off to my previous clinic in Club Lane.

My lovely Herbalist friend Fiona Gray who has her clinic next to my former rooms in Club Lane is also available for consultations for people who prefer a Lismore-based service.



It's obviously sad to leave friends behind, but we are encouraging them to visit us at Iluka. Another sadness is saying goodbye to my garden and my favourite plants. There are many I can't take with me. I've been potting up some medicinal treasures to grow at my new home.

I'm taking perilla (anti-histamine, good for allergies and inflammation), houttuynia (fantastic anti-viral especially as a fresh plant tincture) and mugwort for its bitter digestive and anti-inflammatory properties. Mugwort is revered for its spiritual and ritualistic purposes.

Because of the time of year, I recently harvested ginger, turmeric and galangal rhizomes so I have planting stock as well as tincture-making material.

I'm so looking forward to gardening in sandy soil instead of heavy clay. It has its challenges too, as I know from my teenage years of living at Tweed Heads.

Iluka beaches are generously supplied at times with seaweed, and there are

friends nearby with chooks. Some compost-making and hopefully it all works well.

We have been asked many times why we are leaving Lismore. Our decision was made before the flood, but I do feel some guilt about leaving when Lismore is so traumatised and needing of love and support.

One incentive for us, now that we are grandparents, is to provide options for our little grandson to spend time with us in the natural environment.

He's an inner-city kid, and we are wanting to share the beaches, the nature walks, the river and the sunsets with him (and his parents of course).

This makes me think of 'Wind in the Willows', and how the characters loved 'messing around in boats'.

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.

Tabula rasa, it isn't

I've hired a painter to do the railings, eaves, front door frame, windowsills, and the like in colorbond classic cream. The door frame to the glorious red front door had been a Chinese green, but now I'm having to subdue my exuberance a little.

The plan is to sell my house and move elsewhere, and so I'm following the painter's advice: provide more of a blank slate, a *tabula rasa*, for potential buyers.

The whole notion of a *tabula rasa* goes against my grain, aesthetically as well as theoretically. Those who know me know I love colour, and beige and grey just doesn't do it.

Classic cream, I'm discovering, as more surfaces are painted, is bringing a lovely sunshine to the place. The house has, after all, violet-blue posts and a deep red roof and a wall cladding of soft golden ochre. She won't be losing her personality getting classic cream railings.

When I was a child my father would consult me as to what colours to paint the doors of the family house, or the family car, or anything else that needed colour. I loved light green (still do), and so we travelled around in a couple of light green cars over the years (my father clearly liked the colour too).

For the exterior doors of the house that my architect father designed, I chose red for the front door, green for my room, yellow, blue and white for the other doors. It looked like a Miro painting.

My trip to China in 1998 saturated my colour passion even further. How incredible were those archways and

porticos of temples in their reds, blues, yellows and greens, dappled in the autumn leaves of November. How very un-beige was that experience.

I'm not made for the idea of the blank slate, and I certainly know that the art of psychotherapy cannot operate from such a bland stance. A person comes for their first (middle and last and every session in between) filled with their uniqueness of life, their palette of intensity and lightness and darkness and different shades of being.

And yet, some branches of psychotherapeutic thought persist with the idea that we are born as blank slates that fill with novel learned and perceived post-natal stuff.

We are already shaped physiologically and emotionally (and thus style and possibly contents of thoughts) by maternal stress levels, our mother's consumption of alcohol and drugs, her experiences of economic and cultural pressures, and other environmental influences all contribute to how we are when we are born, and often, how we are throughout our life.

Too much alcohol consumption affects pre-natal growth, such that offspring can be born with fetal alcohol spectrum disorder. Fetal alcohol spectrum disorder causes brain damage and growth problems. The child also craves alcohol. The effects of FASD last throughout life.

The problems change as the child grows up. Behaviour and mood problems such as alcohol and drug abuse, depression, psychosis and aggressive behaviour may



by Dr Elizabeth McCardell

develop in the teenage years. The problems vary from child to child, but defects are not reversible.

And then there's Neonatal abstinence syndrome which is what happens when fetuses are exposed to drugs (opiates, mostly) in the womb before birth. Babies can then go through drug withdrawal after birth. Prenatal stress can increase the development of depression and anxiety in babies, that may persist throughout life.

On the positive side, newborn babies can remember melodies played to them while they were in the womb, according to some research. There's also that rather mysterious thing of reincarnation: some children, it seems, are born with knowledge of other lives.

Who really knows the veracity of these things, but, in some parts of the world, this idea is built deeply into the psyche of the people.

There is no *tabula rasa*; we are all part of the rich abundance of human experience and that everything we engage in remains present in the broader field of lives. Same goes for houses.

Whatever others make of my house, some of my presence remains. And that's rather fun.

CRAZY HORSE

Recently I've had a spate of clients who have had traumatic American Indian past lives.

Under American colonisation, the indigenous people endured considerable emotional and psychological stress. They suffered brutality, oppression and the forced removal from their native lands.

One such client was a man I'll call Shane, who in his previous life was Crazy Horse of the Lakota tribe. It's not common that I see people who have had famous past lives, nor it is uncommon.

Shane described his homelands on the plains, for which he had deep reverence and love, living peacefully with his wife, daughter and his people. He had a protective role in the tribe, making sure everyone remained safe and had enough food and shelter.

Always on the lookout for any disturbance, one day Crazy Horse observed dust being stirred up on the horizon and knew instinctively they were in danger. He instructed his people to hurriedly pack up camp and make their way to safety.

As protector of his people, Crazy Horse felt a terrible conflict, wanting to help his family but knowing his role was to help the entire tribe. The enemy were the Blue Coats: dangerous, brutal and violent, and they were getting closer.

The men gathered their weapons, some had firearms but Crazy Horse preferred his club which had a very powerful stone attached to it, which he used in battle.

Soon after the tribe reached safety, it was time to prepare



for battle. Crazy Horse painted white dots on his body, representing hail stones. They helped him conjure up the energy of a violent storm.

History tells us that Crazy Horse was a brilliant battle strategist. He described how prior to battle he and his men rode around on their horses in frenzied circles, invoking the energy of a violent storm, frightening and devastating in its power, the dust they stirred up becoming a decoy to reveal their location.

Feeling immensely powerful and charged up with storm energy, they quickly rode away to a well concealed place. They had earlier been joined by two other tribes and surprised the enemy in a pre-dawn attack, riding in screaming loudly, causing the enemy to panic and run in all directions.

Crazy Horse's men retreated, returning in the morning, this time annihilating the terrified army. Despite having much smaller numbers, the Indians triumphantly won the battle, killing or injuring all the Blue Coats.

Over time more battles ensued, resulting in the Lakota tribe suffering big losses. Eventually they were compelled to abandon their ancestral lands, the white men making promises of peace if they agreed to give up their ways and move onto reservations.

Crazy Horse was



by Auralia Rose

vehemently opposed to this but most of his people desired it, including his wife. He eventually agreed for the sake of his family and his people who, exhausted and traumatised from all the battles, believed they would be safer with the white men.

Crazy Horse lost the trust of most of his tribe who now feared him, as did the white men. He was a threat to both of them, symbolising the old ways. Eventually he was imprisoned after it was discovered he wanted to leave the reservation.

Crazy Horse spent his last days imprisoned in a crude wooden box, given no food or water. Physically weakened, his spirit broken, he was eventually dragged out by the soldiers and killed with a bayonet.

On reviewing this life, Shane understood the importance of believing in himself and his power and using it correctly. He clearly saw when we are connected to the Source from which we come then we can help many people.

He was reminded about the importance of standing strong in his beliefs and not bending or buckling to others. By remaining true to himself and following his heart, he will always know what to do.

Phone 0422-481-007

www.auraliarosewellbeing.com



It is 4am. A carpet snake slides along the top of the straw bale wall, its scales grinding a path across the lime render. I can tell it's a big one by the length of sound coming across the bedroom.

The Eastern Yellow Robins call to each other outside, the strength and sharpness of their laser-like call indicating their dominance and willingness to partner up. This is the time of day I love to meditate and think creatively.

Last night, I began considering the possibility that the transition from human to God was occurring in my composting toilet. This apparent apotheosis from human DNA in my scat, to being a part of the living

God poo

earth for ever more, fits nicely with my philosophy of God being everything that there is everywhere.

I liked the idea so much that I now think that compost toilets are actually God recovery and regeneration devices and not "waste" management facilities afterall. I mean, we deposit human by-products and receive compost.

Where is the waste in a compost toilet anyway? It's only a definition in the *Local Government Act* that defines them as such. The same regulation that every local council uses to determine whether you are allowed to build your own "God recovery facility" or not.

Section 41 of the regulations to the *Local Government Act* says that you can't have a compost toilet unless the design (not the product) is accredited by NSW Health. There are

however, three exceptions to the rule. Where the facility:

- (a) is to be installed or constructed as a model for the purposes of testing (this means in conjunction with a well thought out and paid for testing regime); or
- (b) is designed, and is to be constructed, by the owner or occupier of the premises on which it is to be installed, (i.e. you must provide drawings and build it yourself);
- (c) is designed, by a person other than the owner or occupier of the premises on which it is to be installed, specifically and uniquely for those premises.

In theory, this means that councils should not approve any design that does not fit into any of these criteria.

However, the reality is that many excellent composting toilets such as Farralones and Minimus designs are built by builders and later



View from the loo

by Stuart McConville

approved by council upon inspection. This fits with the idiom that it is better to ask for forgiveness than bother asking for permission.

I have great plans on my website. As long as it's built properly, God won't mind, but council might.

Alternatively, there are some excellent accredited products which are economical and proven to work on my website too.

poohsolutions@gmail.com
Phone 0427-897-496



Boodahbee Festival of the Koala

KYOGLÉ SEPTEMBER 2022

SYMPOSIUM: SATURDAY 17TH SEPTEMBER

Bringing together community and stakeholders working on Koala conservation both on-ground actions and research.

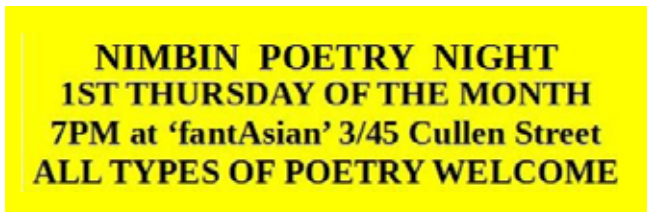
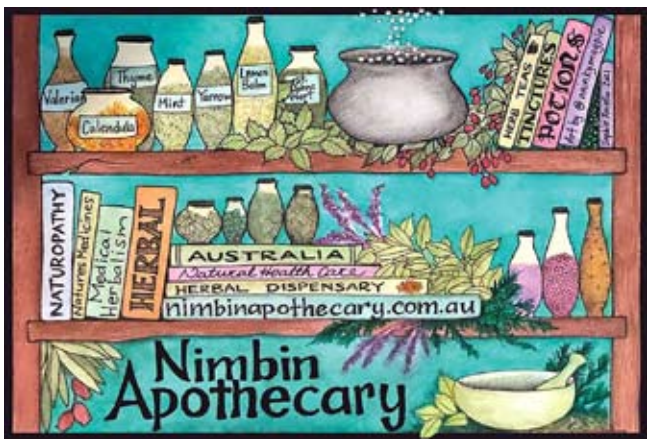
AM - presentations sharing all the activity underway across the Kyogle LGA.
PM - a facilitated workshop to explore gaps and identify opportunities for stronger collaboration and strategic action.

WORKSHOPS:

- Sat 5th - Exploring the role and practice of cultural burning in Koala habitat
- Wed 7th - Community Tree Planting (1)
- Tues 13th - Planning your tree planting - species, spacings and site prep
Seed collection, processing, and propagation techniques
- Wed 14th - Conservation Agreements with Biodiversity Conservation Trust
- Wed 21st - Eucalypt and grass id & fostering grasses in open forest habitat
- Fri 23rd - Exploring the restoration of Koala habitat in Rock Valley
- Sat 24th - Managing Bell Miner Associated Dieback and its impacts on Koalas
- Tues 27th - Community Tree Planting (2)
- Wed 28th - Monitoring Koalas through citizen science and detection dogs

Register: <https://www.brnln.org.au/events>
Email: landcare.support@brnln.org.au
Phone: 66323722 0457052636





The importance of symmetry

A couple of weeks ago I went to Sydney to do some Bowen training. The course was called The Importance of Symmetry.

To stay as a member in my Bowen Association, I have to undertake 20 hours of training a year. This course really popped out to me because the teacher, Graham Pennington, was offering to teach us some of the techniques that Tom Bowen used to assess and find where your issue may be coming from in the first place. It also offered 24 hours training during the three-day course.

It's very practical and very simple and it shows me where I need to work on your body, to help you get out of pain or discomfort, and I can focus on that rather than waste time on guessing. Your body will show me immediately through the assessment.

When Tom Bowen was working in Geelong, Victoria, in the 70's and 80's he didn't spend much time on each patient. He would go in the room that was already prepared by his assistants, and do the assessment, treat them and leave the room and then go to the next room and treat that person. Sometimes the patients would not even get to see his



by Sonia Barton,
Therapist and Reiki teacher

face. He also worked on horses. People would bring their horse to his clinic on a horse float and he would go out and treat them in it.

He figured out that there are four places on the body where fascia gets caught and once you release those then the body can start to balance out and heal.

Of course I could never work like that: he would treat 13,000 patients a year and mainly treated the neck and back. It's mind boggling isn't it?

Of course we have other procedures besides the basic areas, such as the knee procedure, the pelvic procedure, the coccyx procedure etc and over 20 years I've gathered a great tool box of different tips and methods to help you to come back into homeostasis or balance.

Once your body comes back into balance, which is usually after three sessions, then it's best to book a check-up session, say in 4-6 weeks, and maybe have a treatment four times a year to keep everything in Symmetry.

Once you are in balance you should feel taller, have more energy, be out of pain, sleep better and who knows what else will change in your life.

I have only used the new work a few times since the course, but I'm seeing great results and everyone is very happy so far.

I can help anyone from babies with colic to the elderly with stiff and painful joints. And just about anything in between.

If you have any questions or would like a chat first, just give me a call. I work in Nimbin and Murwillumbah.

Phone 0431-911-329
www.bowenenergywork.com.au



A big problem

Help! I have just discovered that my new boyfriend has a gigantic penis.

— Minnie Cocksedge,
Burning Mountain, NSW

by Uncle Norm & Auntie Maj

She says

Yes, this is a huge problem. I have encountered one or two wallopers in my time and I told them they were not to bring that monster anywhere near me.

It's strange how society always thinks that women love guys with huge schlongs.

I guess some do, but often these guys think they are superior to everyone else, which makes them vain and arrogant and not worth your time.

The research shows that actually the majority of women prefer the comfort of an average sized penis and a sensitive lover who knows what to do with it. Guys with little wieners are often skilled in other ways of pleasing their partner to make up for their limitations.

It's important to find out these things before you let yourself fall in love.

I have heard men say that "everything is in proportion", but what about big guys with little wieners, and small guys with whoppers? Women share rumours about noses, and hands, being dead giveaways, but that is not always a reliable sign.

There is someone for everyone, so they say, and there must be some women with larger anatomy who would be the perfect fit for this guy. Unfortunately, it seems that it is not you.

If you're hooked on this guy, then you may have to grow to accommodate him, if you know what I mean. You could help that along by having four or five babies or seeing a sex therapist for help and proper advice.

If your boyfriend is very committed to you, then he might consider penis reduction surgery which involves the removal of tissue beneath the skin, simple excision procedures, or even medication.

Imagine a man saying, "Oh no, I forgot to have my penis reduction pill!"

So, Minnie, there you go. It's a biggie and I'll just have to leave you with it. Good luck.

What do you call a well endowed puppet? Well strung.

HE says

So, Minnie, you've landed a maxi! I'm afraid my male boofhead, bogan persona can't see the problem here. Quite the opposite in fact.

My suspicious nature has me thinking that maybe your letter is one big piss-take, and that you're using our little forum here to have a bit of a skite. Imagine, if I went fishing and landed a ten kilo jewy and complained to my mates it was too big. I'd get my arse kicked.

Oh yes, I'm sure my little fitter and turner has given plenty of sympathy and compassionate advice, and I can hear your sisters in arms out there baying for my blood right now. However, my sympathies lie with Maxi.

We hear about the sufferings of women who nature has blessed with bodacious tatas, but we never talk about the crippling consequences for men with out-sized lunch boxes.

I know, coz I suffer from this problem, except it's not so much the schlong but more of a scrotal issue. It can make life hard in many ways. Finding comfortable trousers and underpants without looking like you've got a colostomy bag is a constant battle. Even walking, crouching or sitting can result in excruciating pain. Yes, ladies, there's a reason why blokes have to man-spread wherever they sit.

So, Minnie, I can concede you may be a little perplexed as to how to have sexual congress with this titan. I'll also concede, much to everyone's surprise, except my wife's, that I'm no expert on sex.

I suggest you get on the Google and type in two words. One begins with 'B', the other begins with 'C', you fill in the blanks. From there you should be able to find the information you're looking for. Enjoy! Just remember to wipe your search history afterwards or it could be embarrassing.

I got a hand job from a blind girl last night. She said, "You've got the biggest dick I've ever put my hands on."
I said, "Nah, you're just pulling my leg."

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

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.

There is still time to enter the container of transformation. You have not missed the boat, however, it will be leaving soon, in this current cycle of change.

When surrendered to, these potent metamorphic energies burn through you and your life, disintegrating all that needs to end. It sounds harsh, and it is.

We are traversing new ground, fresh paths are being revealed. You must travel forward, with only what you need. Shed, release, declutter, purge, let go, give it up.

This month, focus on being Light:

- Let your thoughts, words and actions be filled with Light;
- Let the food and drink you consume be Light;
- Let your environment feel Light;
- Increase your time in Sunlight, Moonlight and Starlight.

Feel Lighter in your body mind and spirit. Reiki is a gentle, yet powerful energy healing technique, where pure life-force energy is channeled by the practitioner and transmitted to the receiver.

The Reiki energy always seeks to restore balance and well-being. This energy has a higher consciousness and therefore, will direct itself to where the receiver needs it most.

Reiki always works on the root cause of imbalance/illness, rather than symptoms, and regulates itself naturally to give a person exactly what they need in each session.

For acute and chronic conditions and/or major life transitions, a series of treatments is required to breakthrough the imbalance and support healing.

This is the holistic approach to healing. I have treatment packages available on my website.

Bookings are also open on my website for my October Reiki Courses – Level 1, 2 and 3.

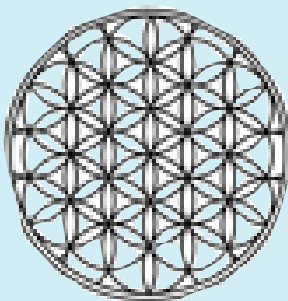
Last month, less than one week after completing the Level 1 course, a student described it as being “life changing”.

I absolutely love teaching Reiki. I have strengthened the holistic care I provide by keeping class sizes small, and in addition to the pre-course



consultation, have now added a new post-course consultation, so I can offer you a deeper container of holistic care.

For the Highest Good of All.



The Yemaya Centre is open

Following the recent floods, the Yemaya Centre is currently open at Happy Mountain: 16/58 Simpson Ave, Wollongbar. Reiki treatments available.

Upcoming Reiki course dates are on my website! Visit my website for info and bookings.

Martha Regnault – 0447-669-679

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

Lisa Jonas – Endorphina Creative

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

Liina Flynn – liina.flynn@gmail.com

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

Mirek Oprzedek – Earth Shiatsu 0412-294-917

- Shiatsu massage available now at Happy Mountain in Wollongbar.

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

An unexpected kick in the ribs

by Tonia Haynes

It appears that many are being faced with an unexpected kick in the ribs, right now. And every one's kick is coming from a direction that hurts them the most.

An unwelcome emotional detox that 'them that knows' decree will take us to higher ground and a clearer understanding and acceptance of the oneness of all

Quite frankly, although I have teetered on many paths of spiritual experience this lifetime, I would not have a clue what's going on, or the outcome. I just hope it all stops soon and the result is positive for all.

On a more physical level, something that I do know a little about, misplaced ribs, and I don't mean broken ones, can be an extremely painful event,

Apart from causing discomfort when one stands or sits, misplaced ribs also create a continual disruption in one's sleep, because laying down forces the



ribs into their most vulnerable position and the result is sharp pain in the back, shoulder, arm or, side of the body.

The causes of misplaced ribs are many and only a few are mentioned here.

It often happens with men, because men are inclined to work their bodies hard and at times lift too heavy a load, without a balanced stance.

Misplaced ribs can also be created by repetitive movement, such as always using a computer without correct posture to keep the body level, or by playing a guitar as much as possible, without thought as to how the body is hunched in the process.

Finally, if a vertebrate in the spine is out of whack, it may cause the associated ribs to lift, or drop out of position.

Fortunately, if the rib is only misplaced, not cracked or broken, it can be brought back into line with a mix of remedial massage, Bowen therapy and other moves specifically designed to encourage the ribs back to their rightful position.

I work from a delightful cabin 10km out of Nimbin. So if you have a back, shoulder, neck, limb, or rib problem and would appreciate a quiet country experience, I am available most days.

My intention in my work is to make you feel as comfortable and pain-free as I possibly can.

Phone now for an appointment: 0439-794-420.

Dreams

Psychic development with Magenta Appel-Pye

"Dreams are the original language of the spiritual path. Dreams are a straight connection to the divine heart of the cosmos."
– Rosemary Ellen Guiley

Dreams function both to solve outward problems and to quicken inner potentials.

In dreams people can experience for themselves every important kind of psychic phenomenon and every level of helpful psychological and religious counsel.

Modern research shows

that normal people tend to persevere into the night about the questions that absorbed them in the day – not only in the questions of their role and status with others, but in very practical questions of money, studies, trips, food, and skills.

Everyone dreams, usually about five per night during REM stage. The symbols in your dreams tend to be all about you.

Some people say they can't remember their dreams. Motivation is the most important element. You must perceive your dreams as worthwhile. From this perspective, you will unwrap great wisdom in



Photo: Maxine Shea

understanding yourself.

Perhaps some attitude is blocking your ability to recall your dreams such as you don't feel dreams are important, or you have previously found your dreams disturbing or are worried about nightmares. You must regard your dreams as valuable messages received from your subconscious that deserve to be heard.

If you have nightmares, it is important to realise that it is

your psyche's way of releasing bad memories. Upon waking say "Thank goodness that is out" and keep doing it until they stop. And they will. It is a great cleanse of your consciousness and a valuable innate tool we all have.

Before you go to sleep each night, tell yourself you will remember your dreams. The best way is to speak your dream aloud as soon as you wake up. You could record it on your phone, or write down the main keywords.

Allow yourself to drift in the twilight zone between sleeping and waking, and watch for bits of dreams to surface. Many people find a handwritten journal best.

I have a dream buddy with whom we share dreams, which is very helpful. Sweet dreams.

Insanity, according to Einstein

What did Albert say?

One of the many quotes attributed to Albert Einstein is: "Insanity is doing the same thing over and over and expecting different results."

Who does that? They'd have to be insane!

Well, if we are being really honest with ourselves, we would find that most, if not all of us have done or are doing the same thing over and over and expecting different results.

Often it is small stuff so it doesn't really have an impact on us apart from being annoying for us and maybe for others who live or work with us; habits for example.

A hint from Albert

To help us along with our insanity cure, Albert gave us a hint in another of his quotes: "No problem can be solved from the same level of consciousness that created it."

When we find we are in a loop of getting the same outcome by doing the same stuff again and again, we must change what we do, change our level of consciousness, to enable new and different action, and with it new and different outcomes.



by Peter Ganser
NLP master practitioner

What insanity are we talking about here?

Examples that fit Albert's quotation are things like this:

- Repeatedly failing in relationship by connecting with the same partner type. This can also be because of self-image and self-esteem issues we collected in our formative years. So we choose the same type of partner and get the same results. Insane to do it over and over hey?
- What about health issues? Why do we keep smoking? What about excessive alcohol? How about what we choose to eat, or not eat? How about more activity in our day? Why do we keep

doing what we know is not supportive of our health? Insane hey?

- Poker Machines are set up to win, and give back only to entice you to stay longer feeding their greedy mauls. We all know this and yet we keep feeding them like we do the lotteries. Crazy?
- Even in politics, we choose the same collection of narcissists and hope we get different results.

Easy words, but how can we change (become more sane)?

Well, you probably guessed this; NLP is one pathway to re-pattern unwanted neural pathways that hold us to our repeated cycles of insanity.

Just being aware when you are doing these patterns will help you change. Your awareness will enable you to stop and choose otherwise.

Unfortunately many face crisis before they initiate their change, if they are still able.

So let me ask you this, have you tried something different, like NLP, to stop your insanities; to enable you to move gently to a new level of consciousness; and have new and different outcomes which are more supportive of your life? You Need to choose!

<https://peterganser.com.au>
0444-561-541