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**DOLPHIN FUNERALS**

## Natural and simply clean

by EaLa

Here at the Nimbin Food Co-op, we stock bulk products from a Lismore-based cleaning brand, SimplyClean.

SimplyClean offers a wide range of home care cleaning products that are completely non-toxic, carcinogen-free, sensitiser-free and as gentle as possible on human health and the environment.

They hand-make all their products in the Northern Rivers and at the heart of SimplyClean is the beautifully fragrant lemon myrtle essential oil, grown locally.

Their other key Australian-grown essential oils fragrances include blue mallee eucalyptus and Australian lime.

SimplyClean products contain absolutely no artificial fragrances and none of the nasty chemicals often found in home cleaning formulations, such as SLS, SLES, parabens, mineral oils or diethanolamides.

They pride themselves on complete transparency

when it comes to their ingredients and welcome any opportunity to discuss the science behind their products. They are also free of palm oil, and their products have never been tested on animals.

Offering bulk cleaning products at the Nimbin Food Co-op allows our customers to bring their own vessels to fill with as much or as little as they desire.

By choosing to purchase these locally-made cleaning products, you will aid in helping to reduce plastic wastage and harmful chemicals in our local waterways.

SimplyClean aspires to be proof of the harmony that can be achieved between premium-quality products, ethics and a passion for health and the environment.

The GreenBank also stocks SimplyClean in Nimbin, so if we do not have a product that you desire, you can always order it through us, or pop over the road to see if Kylie stocks it.

To find out more about SimplyClean go to: [www.simplyclean.com.au](http://www.simplyclean.com.au)



Keep an eye on our Facebook page to keep up to date with any changes to the opening hours over the Easter period.

Finally, you may have noticed that we have put up some boards up either side of the window at the front of the co-op. We would ask

that this be the only place to put up notices outside our shop.

We would really appreciate if the window, door and all newly painted parts of the shopfront be kept free of flyers, brochures, posters etc.

Thank you for your understanding.

## Desiccated foods, health and their place in modern survival

by Thom Culpepper

Satisfying the food needs of families and individuals is becoming increasingly expensive. A recent trip to Aldi bore this out. Most items are escalating in price.

Good wine that was \$2.99 last week was \$3.49 this week. That's no small increase. Bananas in the \$4-5 range, pork \$10-16 per kilo, and beef and lamb – forget it!

With devaluation of the dollar and the price increases on many fresh and processed foods, together with the general increase of housing and energy costs, what can a family do to counter this opportunist banditry?

### Buy desiccated food now! Is a good idea! Most are 'Kosher'!

You can still buy desiccated food staples from overseas, although the supplies are drying up: China, Spain, Vietnam and Sri Lanka, to name a few, and in many cases delivered postage free.

Advanced investments in food processing are now practised and supported by initiatives promoted by the Food and Agricultural Organization, in Rome such as solar evaporation, spray and kiln drying, and freeze drying.

It has overcome what amounted to a huge waste of transporting fresh and seasonal farmer produce to world markets. And bearing the waste of variable harvests, due to the reality of global warming and continual product storage, refrigeration and its capital costs and maintenance inputs, are very expensive, subjecting the rural food producing societies to be forever in the palm of giant food corporations that leave the rurals with little other than a 'price-taking' reality and the use of child labour!

Coffee for one, is a vast abuser of child



Women's co-operative farmers in India  
Photo courtesy Healthysoch

labour. You pay \$4-5 a cup in the west, for the drug caffeine, Third World kids get cents a day to support your habit.

This has been the historical racket for all of capitalists' economic oppressions of the Third World, Africa and the South in general, and that all labour and risk is borne by the Third World with super profits going to Amsterdam, London, New York, and Germany and Belgium!

Transporting dried food overcomes a huge waste associated with transporting fresh and seasonal produce to world markets. Carting water is the problem. Why for example, cart fresh or 'tinned' tomatoes, thousands of 'energy' kilometres?

Refrigeration, together with its capital costs and maintenance inputs, is also expensive.

Dried food excludes water and oxygen, reduces in volume and, if vacuum-packed also excludes pests. When dried, the essence is stored and food value is preserved.

### Plant and husband some of your own dried food needs

Northern NSW, coastal Queensland, in fact much of coastal Australia is a grower's paradise, despite the "droughts and flooding rains..."

All of the solanums – tomatoes, peppers, eggplants; the crucifers – cabbage and broccoli; all citrus – oranges, lemons, limes and pomelo; all of the poms – apples, pears, nashis, etc; can be grown almost anywhere.

Erect a water saving cloche or manageable crop cover, such as a hoop house. Obtain a solar dryer. Build a vermin proof, passive storage. If newly building, always install a vermin proof cellar! Always.

Read the food journals, take little notice of main-stream media, explore the case for community gardens and common-community growing fields. Share community-owned agricultural equipment and resources.

Form a producers' co-operative or join an existing one. Local dairy co-operative NORCO is one example, there are others – think of Mondragon in Spain's Basque region, or Jayrajben, a women-run dairy co-operative in India which is a source of livelihood for over 300 women cattle farmers and their families.

Browse the web to explore women's farmer co-operatives – some the world's biggest producers co-operatives!

"No GMO here!" say the gals. "We save seed of only the best examples of what nature allows us to grow. We have since time immortal!"



# Masala Fusion restaurant Lismore is back

by Yagia Gentle and Satnam Singh

### Yagia's story

In the aftermath of the 2022 Lismore flood I walked into Satnam's restaurant as one of the volunteers wandering around to see who needed help.

The place looked like a bomb had hit it. There was a brown mud wash on everything. The walls and ceiling were peeling. Chairs and tables were lying amongst broken glass, and the silence of tragedy wafted through everything. Stacks of bottles were on a table in a vain effort to create a semblance of order, and standing alone in the middle of all this was Satnam.

He turned with a smile to greet me, as he knew me as one of his customers, but soon into the conversation his despair and overwhelming trauma showed itself.

He held back tears as he told me his fear of his family becoming homeless, as he had bought the building only three months before the flood using his house as security on the loan, and now there was no income and little prospect of repairing the restaurant.

Ten minutes later a woman turned up and announced that her husband and ten of his mates will arrive to help clean up. That was the turning point. Like so many Lismore locals that metamorphose into angels when called to help, these tradie-looking guys worked



all day for free.

I think it was the first time Satnam felt supported, but he's a cook, not a builder. From there it was a case of turning the Titanic around.

### Satnam's story

I came to Australia in 2007 to study hospitality. My family business in the Punjab is with restaurants, so I have been working with hospitality from my childhood.

After connecting with the Sikh community in Melbourne, I met a wonderful Australian girl. A few years later we married and moved up this way to start a family. My first job here was with Henry's Bakery, just up the road. We saved enough to start an Indian restaurant in Byron Bay, 'Bombay to Byron', which is still running.

From there we settled back in Lismore, and in 2018 we opened the Masala Fusion

restaurant, which was going really well until the flood hit. As everyone knows, it was a huge blow to every business in town. I lost about half a million dollars' worth of equipment and stock, and I'm still dealing with the stress and trauma of the event.

When the warning came and the water was rising, we moved everything up, but it wasn't high enough. At 1.00am that morning I just made it out as the levee broke.

When I came back to survey the damage, I had to crawl over the broken glass of a fridge that was blocking the entrance. A wall had collapsed, the ceiling had fallen, expansion from water stopped the doors and windows from opening, and the whole area was broken, messy and smelled of mud.

I was sad. I couldn't sleep for weeks, wondering what to do next. How could we come out of this? I figured the best way to start was to help others. I chose not to come to the restaurant for a while because it was too distressing.

Some of my Sikh friends from Sikh Volunteers Australia, came up from Melbourne and we set up a kitchen at my house, making about 1,200 meals a day to give away. We were sending them to the distribution hubs around town. At that time there was no food available for anyone.

By the time my friends returned to Melbourne, the Koori Mail community hub had started in the carpark. I

took my big commercial-size pots down there and asked if I could help. For the next few months I split my time between working at the hub, cleaning up at the restaurant, and working as a security guard to pay the bills.

The love and support I got from volunteering recharged me to face the devastating mess at my business. I think the Koori kitchen gave me more than I gave it. I made lots of good friends, and some of them helped me fix up the restaurant. Stella still helps out.

I've never asked for help before, but with donations from my Go-Fund-Me page and some money from the government, I'm slowly getting back on my feet, although I still haven't had a holiday yet. My parents saved up and came out to support me, which is so touching. I am so grateful for all the help in getting my family back on our feet.

The restaurant is back in full swing now, offering Masala Dosa and a rich selection of Indian food. We are also now catering for weddings and corporate functions, and planning to host functions in our own space. It's so nice to be back on board, and I'm so grateful for everyone who has helped out.

Masala Fusion restaurant is at 117 Keen Street, Lismore. Open for lunch and dinner. Dining in, catering, and take-away. See: <https://masalafusion.com.au>

# Affluenza

## View from the loo

by Stuart McConville

There is a Hopi Indian prophecy that warns that when the mark of the bear is everywhere, the beginning of the end of abundance is nigh.

Look around you... bar codes are everywhere. The bar code symbolises consumerism and the unsustainable addiction to economic growth.

Back in 1984, the consensus was that future generations would have an abundance of leisure time. My first career choice was to be an environmental recreation specialist. Sadly, the predictions that technology would allow us to work less never eventuated. Australia is now one of the most overworked countries on the planet.

We have a collective case of Affluenza that drives us harder and further down the path of consumer addictions that will eventually destroy us. Imagine how many reasonably-sized homes could have been built with the capital that has gone into the five-bedroom McMansions that fill the ¼-acre blocks around our cities. There would be no shortage of housing.

Imagine how many hospitals and schools could have been built with all the money that has been spent on a flat-screen TV for every room in the house, or outrageous professional kitchens for people who live on take-away.

In the past few decades, most income growth was spent on consumer products for brainwashed people that got the Affluenza virus from the psychological genius of mass mind control, or advertising as some like to call it.

Our addiction to economic growth has been fuelled by neo-liberal economic policies that believe a better society is simply one that consumes

more. Happiness is not a function of how much stuff we own and is often impeded by the process of earning money to pay for stuff... "I owe, I owe, it's off to work I go" is the call most of us make every day.

Scaling down our consumer expectations now will prevent future generations from going without completely. Most resources are finite after all.

It is especially important as we solve the energy crisis, as unlimited cheap sustainable energy will only fuel growth... shunting the problem down the road to the next limitation on human resource exploitation (probably phosphorus or water).

Policies that support de-construction of a capitalist society such as a Universal Basic Income need to be debated and considered by major parties. As in Bhutan, indicators that measure Gross National Happiness should be factored into policy-making.

On a local level, re-zoning rural land so that it is cheaper to buy for someone who wants to live in a tiny home would make good sense.

Greed can be defined by the fear of not enough to go around, a condition hard-wired into our northern European cultures through many a cold winter. Whilst we persist in believing this (now) myth, we will hoard according to the tune of the corporate advertisements.

The problem is not that people own stuff, it is that stuff owns people. Once we can re-discover that the path to happiness is not lined with gold we will become a better society and one that will leave our children something other than a legacy of not enough to go around. Less is more!

\*Inspired by *Affluenza* (2005) by Clive Hamilton and Richard Denniss.

# The Art of Practice: Journaling

by Susan Paget

When I was about 45, I was living the busy life in Sydney. My husband and I worked full time with three teenagers to raise. By all appearances things looked pretty good, but something felt off.

I'd often contemplate the big inner questions of, "Who am I if I'm not my job?" "Why am I here?" and "What's my point?" When it came to living a purposeful life, I felt rudderless.

Fortunately, I stumbled upon the work of Julia Cameron who wrote *The Artist's Way*, a classic primer for creative types who find themselves blocked or stuck in a rut. In the book Cameron outlines a relatively simple writing practice called 'Morning Pages'. Using the early moments of the day, you transcribe three pages of whatever is on your mind.

She emphasises this is not "high art" and compares dumping your thoughts onto paper much like sweeping up dirt with a dust brush onto a pan. The result? You clear your mind and connect with the things that matter.

Fifteen years later, this practice, with a few personalised tweaks, remains part of my morning ritual. It helps me on several levels. But more than anything, putting down on paper what's on my mind has turned my journal into my to-do list, my mindset work, my therapist, my unbiased friend. Whatever is happening in my life, the blank pages I fill in the morning give all that mental energy somewhere to go.

If you're curious about the benefits of

journaling, here are a few tips from my morning practice.

### This is not a diary and it's not for keeps

This type of practice is not a "Dear Diary" situation. You don't need a fancy or expensive journal. I mostly use a simple A5 notebook. The point is to have something to write on during a designated part of your morning routine so you'll do it. I do my practice with my morning cuppa.

Should you share your journaling practice? No! Keeping your practice to yourself will allow you to write without a filter. I don't even read my own journaling, as it's written in such a stream of consciousness way, without attention to grammar or spelling, that it's mostly illegible.

When a journal is full, I kiss it goodbye. It goes into the fire or is shredded with the rubbish, a ritual of sending empowering scribbles out into the universe and letting go of the ones that don't serve me.

### Where to start

A blank page can be daunting. What helps is using a 'Journal Prompt' – a leading statement to help you get on your way. The journal prompt I use when I don't know where to begin is "What's on my mind right now is..."

From there I might just recall a dream from the night before or what obligations I have for the day ahead. I basically translate whatever is on my mind onto the paper, not overthinking it, not

editing or questioning it.

My morning journaling can run the gamut from sharp to blathering and everything in between. All I know is when I'm done it feels a lot better to have listened and let out the chatter of my mind.

### Journal to your schedule

Sometimes there's a lot of time to journal and other times barely any. I try and stick to a plan of either writing three full pages which takes about 15 minutes (a la morning pages), or if very time crunched, I may just do a simple five-minute practice like journaling what I'm grateful for or listing affirmations to support my mindset.

These particular practices are rituals to explain for another time, but the bottom line is you can make a journaling practice your own. You just need to get a piece of paper and start writing!

As I reflect on learning this practice, I know now that journaling helped me discover that the squirmly feelings I had were because I'd entered a new stage. Mid-life. My priorities were changing along with my hormones, and journaling helped me move in a more aligned direction, one where I could finally start answering those tricky questions of "Who am I?" and "Why am I here?"

I'm not sure what would have happened if I hadn't discovered the power of a journaling practice. All I know is that I'm certainly grateful that I did.

Susan Paget is a television producer and well-being writer who teaches yoga classes on-line and at her home in Tuntable Creek. Instagram: @therainforestfarm or email: [susanpaget@gmail.com](mailto:susanpaget@gmail.com) for more info.

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# Brand new day

by Magenta Appel-Pye

After finally finishing a full-on month of daily radiation treatments, I felt the need to get away, reset, to be in the present and to look forwards rather than backwards.

The last eight months of treatments, one after the other, was grueling physically, let alone mentally or emotionally. A cancer diagnosis is such a shock and there is no time to digest the news.

One has to prepare and study the next thing your body will be subjected to all in the name of keeping you alive for a while longer.

So we packed our new campervan that we bought in Southport on the way home from a CAT scan and took off to beautiful Lennox Head. I always try to get some joy out of each medical trip.

It is a wonderful campsite, near the beach and Lake Ainsworth, clean, and doggy friendly. I enjoyed sunrise walks along the beach and sunsets at the serene lake. I could not go out in the daytime because of the burns on my chest from the radiation, so we resurrected Scrabble which we had not played in years.

I slept a lot, meditated and ate great food which Norm takes great joy in cooking. I

think the reason why many women with families like to go camping is that suddenly the menfolk want to cook. I guess it's the great outdoors, all that fresh air and it gives them something to do.

I pulled out my ukulele which had gathered dust since last year and tentatively started playing again. There is still a bit of neuropathy in my fingertips from the chemo drugs and my callouses have disappeared, but I'm not going to let that stop me.

My goal is to get back to playing and singing for the people with dementia at respite care. They come alive and sing along with all the good old songs they grew up with. I call it ego-less playing, because as soon as I finish they have forgotten about it. However, the carers say, they go home happy, which is why they put me on the last thing in the day.

Revisiting those songs was like seeing old friends again and, as rusty as I am, I experienced the happiness that comes through playing music. And from being in nature.

We realised that one week is not long enough and so we are planning to get away for two months soon. Without the dog!

magentaappelpye.com

# Many things to do with Rosellas



## Nature's pharmacy

by Trish Clough, herbalist

Soon after moving to Iluka last Spring, I planted some rosella (*Hibiscus sabdariffa*) seeds.

I now have beautiful plants in flower and fruiting. I could grow them simply for their stunning looks, but they have many uses as food and medicine.

I don't have many plants, so the classic rosella jam isn't an option with my small crop. I picked the first few 'fruits' (never sure exactly what to call them. I think technically they are calyces) and made a syrup. It made a refreshing drink added to soda water or prosecco.

My next experiment as the plants are producing generously was to infuse the magenta-coloured calyces in gin, after removing the seed capsules. Overnight it produced a very pretty pink gin.

I've yet to taste it, but I imagine it would be pleasant with the tart flavour of the rosellas. Studies have been reported that show the rosella decreased the rate of absorption of alcohol, and lessened the effect of the alcohol. The study was done with domestic chickens (!) and I don't know if it's



replicated with humans.

However, in Guatemala a drink made from rosellas is used as a remedy for over-indulgence in alcohol.

The rosella is used in traditional medicine in Africa, India and Mexico. It is used to lower blood pressure and as a blood thinner. Numerous studies have confirmed the blood pressure lowering (hypotensive) effects. It also has anti-parasitic and anti-bacterial properties.

Studies in the 1960s showed an inhibitory effect of rosella extracts against tuberculosis bacteria. Additionally, the rosella which is high in anti-oxidants reduced the damage to the liver and kidneys caused by the strong anti-tuberculosis antibiotics.

In addition to jams and syrups, rosellas can be used in desserts, sweet and savoury sauces and chutneys. It is commonly used as a herbal tea, with a tart berry flavour and beautiful colour. My next project is to capture it into a fresh plant herbal tincture to use as a medicine.

The process is similar to infusing it in gin, other than the tincture will contain a much stronger proportion of plant to liquid so that small



dosing can be effective.

Numerous studies confirm rosella to be anti-hypertensive (blood pressure lowering), anti-diabetic, anti-obesity and cholesterol lowering. Active ingredients include flavonoids and polyphenols which have a potent anti-oxidant effect, thereby detoxifying and protecting healthy cells.

A 2020 published study looked at the effects of rosella in elderly women with 'metabolic syndrome'. This syndrome can be a precursor to diabetes, and is characterised by poor blood sugar regulation, high cholesterol, weight gain and cardiovascular stresses. The treatment was five rosella calyces in boiling water ('herbal tea') twice daily.

After 21 days the study participants were tested on a range of parameters. The group taking rosella tea had improvements in lowering of blood pressure, cholesterol (especially the harmful VLDL cholesterol), and triglycerides.

Participants with diabetes had improvements in blood sugar levels compared with

the control group. Body weight was reduced. Cortisol levels were also reduced.

Considered the 'stress hormone', cortisol also has a role in blood sugar and blood pressure regulation. All the findings were measured to be statistically significant.

For safety reasons, both the control subjects and study participants remained on any prescription medicines that they were already taking.

Needless to say, people should seek professional advice before using medicinal quantities of rosella if they are on prescription medications or have health conditions that are being monitored.

Safety has not been confirmed in pregnant women so it is advised to avoid it in medicinal quantities.

Trish Clough is a Lismore herbalist who has been practising for more than 30 years. She now conducts her own clinic practice in Iluka after relocating from Lismore. Trish is available for consultations by appointment on 0452-219-502 or email: trishclough@internode.net.au



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# Do you suffer with pain in your jaw?

I have written for this paper a couple of times over the years regarding how important it is to have your jaw in alignment, and I get a lot of response from what I write.

So many people do suffer with a clicking jaw, especially when eating or yawning. Some people suffer with a tense jaw in the mornings when they wake, and some just live with a nagging pain in their jaw, neck and shoulders.

If these things above describe you, you're probably one of the 40% of the population who has experienced something called Temporomandibular Joint Disorder, more commonly referred to as TMJ disorder. Usually this means that your jaw is out alignment. That includes the TMJ joint and the C1 (or Atlas), the very top vertebrae. TMJ and C1

create the jaw mechanism.

How can the jaw go out of alignment? It's usually caused by one of these reasons:

- Whiplash injury
- Dental work
- Wisdom teeth removed
- Wearing braces
- Head injury, etc

But not only that, a jaw misalignment can also create unusual pain in various parts of your body. It's understandable that TMJ would trigger headaches, migraines, facial pain and referred pain to the teeth.

It's also logical that such pain and tension in the head region would result in misaligned muscles with shoulder and neck pain. But the lower back? Especially in the sacro-iliac joints in the sacrum? I always know if my jaw is out of alignment as that is exactly where I get a sore and irritated feeling.

The body is constantly



by Sonia Barton

trying to bring itself into balance by over-compensating imbalanced and painful areas. So when the jaw isn't "balanced", the misalignment affects the whole body because 40% of the nerves of the body go through the jaw; therefore it may be trapping nerves and causing tension in muscles in various parts of the body.

I can help you with the Bowen Technique which is

performed over the whole body to check for any misalignments. It is very gentle and it works over the fascia, which wraps around all our muscles, like cling wrap.

During the session, the fascia is released by rolling-type moves, and this allows muscles, tendons and joints to return to their correct position while the patient relaxes, sometimes even falling asleep. The whole body is treated in every session.

With the right movement on the muscles and tendons, the jaw can easily return to its correct position, relieving pain, stress and discomfort from the jaw.

Sonia Barton is a Bowen Therapist and Reiki Teacher practising in Nimbin and Murwillumbah. Phone 0431-911-329, web: BowenEnergyWork.com.au



# Difficult clients

Last month I told our secretary, “We can do this,” then changed my mind.

Our client didn’t have the money to pay for a Queensland Supreme Court application. And I’m not admitted in Queensland, so I’d have to employ an agent, and pay them.

Our last letter (by registered mail) to the recalcitrant executor, when we’d finally found his address, threatened legal action and costs. Making empty threats is not a good idea.

We had a chat about it the next time our client visited the laundromat, and agreed he could find a Queensland solicitor or apply self-represented.

I complete my role by sending him a letter listing the attempts we’ve made to get a copy of the will and attaching a chronology with photographs and copies of unanswered text messages and letters.

I don’t bother with a bill. I think we’re still friends. He’s far from difficult.

But the single father withholding the children for reasons explained to me in weeks of phone calls and emails with attachments, is different. He wants us to apply for Legal Aid.

Our advice is that the Final Orders, made years ago, say the children live with him and spend time with the mother, so it’s her first move. Despite this, his emails and telephone calls continue.

Eventually the Initiating Application arrives, and we can get



**Legal writes**  
by John Adams

Legal Aid and file our Response. Not much later we appear, for and with our client, at 10am by telephone, before a Senior Judicial Registrar, who gives us time to negotiate Interim Consent Orders limited to telephone communication between Mum and the kids, just what times and for how long and, if a call was missed, to call back the next day. Simple, you’d think.

Back in court two hours later there’s still no agreement. We’re given more time. At 5.15pm I send the signed consent orders to the other side. Our client’s gone home. We’re paid for half an hour at legal aid rates for the Mention.

Next day, in a long email complaining he’d been forced into

agreeing, we’re sacked. It’s with a light heart that I deliver the file to his next lawyer.

Then a client comes in with his mother. We’re old friends. Police are looking for him and he insists he hasn’t done anything wrong since the Intensive Corrections Order a couple of years ago.

It’s nearly 5pm, so I send him to the station with his mother as support, advising him to make no statement and just find out what it’s about. He says, “But they won’t give me bail if I say that.”

He’s right, and I end up, after hours, playing the silent solicitor you would’ve seen on TV as police lay out the evidence.

He’s been charged with an altercation in a town half an hour away at the time he was having breakfast with his mother.

Or so he says, and she agrees; a solid alibi. CCTV footage says otherwise. It gets complicated.

Next day my lying client calls from gaol and hands the phone to another inmate needing a lawyer, who tells me no-one will represent him.

When I tell Legal Aid I’m happy to take it on, they email us the Facts and Antecedents and his copious handwritten submissions. It’s clear they’ve competently represented him.

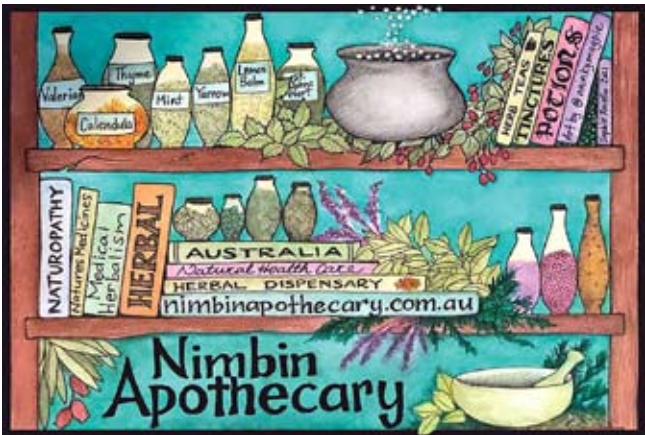
And that he’s facing years inside. I notice he’s been previously dealt with under the Mental Health and Cognitive Impairment Forensic Provisions Act 2020.

Now he’s been charged, basically, with being a very annoying person, but only to police. He’s defending everything.

Definitely difficult. I book another prison visit.

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# Making connections

I’ve just returned from overseas. A break between the old bit of life and what’s to come, this was meant to be a holiday, but it seemed to consist of mostly galloping from one place to the next with nice restful bits in between.

The last haul was a flight from Dublin, Ireland to Istanbul Airport (the largest in the world, and it felt like that) to Kuala Lumpur to Perth. Yikes.

About a day plus of travelling in tight tubes tearing through the sky and racing what seemed like kilometres to new gates in airports and I got to wondering how many people simply don’t make it, and die inside terminals to maybe being found and maybe scraped up and declared finished. They’re not called terminals for nothing.

In amongst it all, some lovely highlights: connection with old friends in Germany and the making of new friends in the Shetland Islands. There was one day, just one, when the rain stopped, the fog lifted, and it was sunny and my two new friends and I took the plunge and swam in the freezing Atlantic.

The water was crystal clear, smooth and lovely to look at, but God it was cold, very cold.



by Dr Elizabeth McCardell

All this was helped along by the fact that these two women are English medicos and, if anything untoward happened, we would look after one another. These sorts of connections are like that. They link us together gently in our humanity.

Our swim was followed by a warm car journey back to the Lerwick guest house, a shower, breakfast and laughter.

Then they went their way and I went on a minibus tour with a very knowledgeable tour operator, on my own, as in no other passengers. As I say, it was a perfect day: sunny, clear and amazingly beautiful.

On that journey, I learned some of the history of the place, that the Shetlands were part of Denmark until 1472 after they, and the Orkneys, had been used as

security for the wedding dowry of Margaret of Denmark, the future wife of King James III.

As with most royal marriages, this was a political act. This was meant to be seen as a way of uniting Denmark and Scotland, following years of disagreements about taxation of the Hebrides Islands.

The reasoning was that Margaret’s father Christian of Denmark had agreed to a large dowry for his daughter’s wedding and pledged the islands of Orkney and Shetland as security until the dowry was paid, as he lacked the funds to pay the dowry up front.

It was meant as a temporary thing, but King James refused to let go of these islands, and so they remained part of Scotland. So, there was connection of a different kind, and driven by economics rather than friendship.

It’s useful to remember that the Shetlands are just under 300 kms from Scandinavia (half the distance between Lismore and Sydney).

The closeness of the islands to that part of the world is reflected in the old language (a seafaring mix of Old Norse and Celtic), and now again, in the architecture, with houses painted in the gorgeous colours of red, blue,

yellow, and green.

Connections, in other words, can have different meanings for different people, and not all are those that nurture gentle friendship. Some are driven by power and money and these can get conflated for many people resulting in ideas that all connections between people are driven by self-interest.

Such cynicism comes up with statements like, friendships between men and women can’t exist, because both are only interested in sex and reproduction, something patently silly when you come to consider other deeper connections.

No, human connection is so much more than biological or economic drives. We all need a safe foundation for exploring our own worlds and being able to share our experiences in getting to know other worldviews.

This is, after all, the first base to empathic caring for others as one cares for one’s own self being. This is the glue that unites us across the world, this is the common ground for a one world life.

*Dr McCardell has relocated to Fremantle, but is still available for on-line consultations. Phone/text: 0429-199-021, email: [dr\\_mccardell@yahoo.com](mailto:dr_mccardell@yahoo.com)*



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**WJ WALLIS AND JAZZ**

# 30 years and still smokin'

by Faerie Nuff

The Gunja Faeries, now in their 30th year, are an independent and unfunded group of volunteers wanting to bring a little color, theatre and playfulness to the MardiGrass parade and to the Marijuana Decriminalisation debate.

We are an open and inclusive organisation who will accept any individual of adult age who is happy to don their faerie costume, learn a few simple steps and turn up for the parade.

We do get partial funding and support from the Nimbin Hemp Embassy (thank you so much to all the Hemp Embassy Crew), and are still committed to Cannabis Law Reform and the decriminalisation of all drugs.

We believe that as adults we have the right to enjoy the recreational and medicinal uses of Ganja. That addiction should be treated as a medical issue rather than a criminal issue and those who suffer from addiction deserve compassion not punishment.

Many faeries have known people who use this herb as



Photo: Bob Dooley

a medicine and who have suffered greatly because of the legal situation.

We also know many people who have been punished for the recreational use of cannabis with harsh laws that more often than not target and punish the members of the poor, indigenous and alternative communities.

We support the use of medicinal cannabis and decriminalisation of cannabis for recreational users. We show this through our participation in the Nimbin MardiGrass, our presence at Hemp Expo's and other Cannabis awareness events.

You can support us

by purchasing our little faerie books (Cooking and growing), T-shirts, patches, badges and ribbons available at selected businesses in Nimbin (including the Hemp Embassy) or at the Faerie Stall over MardiGrass.

If you like, YOU can be a Ganja Faerie. We have a Facebook Page: Nimbin Ganja Faeries with the parade choreography, and an email address: [nimbin.ganja.faeries@gmail.com](mailto:nimbin.ganja.faeries@gmail.com) for people wanting details and who can't attend rehearsals until the MardiGrass weekend.

We do have several costumes available for hire, (first in best dressed), and are



happy to welcome you all in.

This year we have an anonymous First Nations patron who would like to support any indigenous faerie who would like to join us.



## She says

**H**ave you given your wife reason to want to mark you as hers? Is a wedding ring not enough? Perhaps she narcissistically wants to see her own name whenever you make love.

I like tattoos. I got mine before the craze hit. I went to Tahiti as they have arguably the best tattooists in the world.

I was lucky enough to stay on the beautiful island of Morea for several months while studying dance. I had a Tahitian lover, Ronui who was tattooed all over, and I mean all over, except his face. He was once featured on the front cover of Vogue magazine. It was like making love to a live painting.

He put my life story into an armband tattoo, which he called "a jewel". I did not see it until it was done. The cheeky bastard even put himself in there.

I rang my Mum and told her about it, to which she screamed from the other side of the world "You're too old to have a tattoo!" I thought that at 38, I was only just old enough to put something on my body that would be there for life.

I never told her about the other tattoo from my second boyfriend, Nano, whose parting gift was a tattoo for protection on my right buttock.

A word of warning, if you do get a tattoo where it gets sun, use sunscreen as that skin is more prone to skin cancer and also fades, which is not a good look.

Tattoos are deeply personal and should be the decision of the individual. It is their skin, their story, and there for life. By insisting on her name feels creepily like being branded. What happens if you break up or she dies? That makes it difficult for those who follow. Maybe that's her point.

Send your relationship problems to:  
**[normanappel@westnet.com.au](mailto:normanappel@westnet.com.au)**

## Tattoo

Dear SSHS, for our 20th wedding anniversary, my wife is demanding I get a tattoo of her name somewhere on my person. I hate tattoos.

– Tate Ooman, Nimbin

by **Uncle Norm & Aunty Maj**

## HE says

**T**hey say that love is life's richest reward. These days however, it's becoming more like the 12 labors of Hercules.

Pain and suffering are the name of the game now. No longer does a bunch of flowers and a card suffice. Nowadays you have to self-mutilate to prove how committed you are to your beloved.

It's interesting to observe how mainstream tattoos have become. When I was growing up, very few people sported them, usually sailors or ex-cons, and certainly not hot women.

I remember my Dad telling me about one of his shipmates in the Polish Navy who had a tattoo of a cat chasing a mouse up his arsehole. I knew another old ex-sailor who had an anchor tattoo on his arm that had become so wrinkly that the anchor now looked like a blob of pelican shit.

Tattoos have been an important part of indigenous cultures throughout the world for millennia, now conveniently appropriated by the young and beautiful in mainstream society. They were also used for more sinister purposes in the Nazi concentration camps which is one of the reasons (aside from being a wuss) that I would never have one.

There's no denying our fascination with tattoos. I've seen some amazing illustrations of some people ranging from quite beautiful and witty to WTF were they thinking? My wifey even has a couple of which I'm sure she's already told you about at great length. I admit they have served to fulfill certain fantasies.

Our little doggy even has one in her ear to indicate to whom it may concern that she's been spayed.

So, to you my friend, where exactly on your person does your wife expect you to label yourself as belonging to her? On your forehead? On your perineum? Suggest to her that, rather than a tattoo, you have her name branded on your ass. If she agrees that's a good idea, run as fast as you can and don't look back!



# Blinded by population growth

**Shapeshifting**  
by Anand Gandharva

'Blinded by the light' is an old pearl used by several artists. It may mean blinded by delight. Yet, joy and luminosity are not all that blinds. Love is blind.

Abundant population growth can blind too. Excellent for most business, yet often devastating for nature. Unlike many shrinking small towns, Nimbin was revived by the Aquarius Festival. A rural credo soon was "Get big, or get out."

What to do? Population growth now is blamed all over the world. Fine people are trying to do something about it. Look better after bodies, invest in birth control.

There are many who figure that Australia is overpopulated. Nature and society can't cope. There is lots of evidence. More people, less nature.

But lust is a part of life. A growing population is a sign of species success. In our huge galaxy it seems counterproductive to restrict it. The future may well include the stars, solar system and exoplanets. Sustainable Earth is a starting point.



How to go into the universe? As double-dealing, sly, lying marauders who wreck environments that give life and shelter, or peace-loving explorers?

Birds normally don't shit in their own nest, so why allow some people to destroy Earth, home?

This region is lucky. Away from rat races, it still has remnant forests, babbling creeks, birds. But for how long?

The satisfaction to be here is undermined. Not by swelling crowds, although that certainly is part of it, but subsidising resource use.

In past that was understandable. Centuries ago, Spinoza wrote in his *Ethics* that "not eating animals is unmanly." Sounds like "feed the man meat" advertised today.

In his time that seemed OK. Rats were a deadly problem, population much smaller, Earth unexplored and supposedly the cosmic hub. Nature everywhere. Many tribes tried to subdue all others.

But these illusions are no longer. Why still breed warriors? The Global Village is integrating, merging DNA pools. Multicultural and meritocratic, not 'might is right'.

People do not usually drag partners

by the hair into a cave any more, settle disputes by duel, thief, drive drunk. Community bans opportunist, aggressive or dangerous behaviour.

What is needed in future is to charge for environmental footprint. User pays. Why subsidise lifestyles that were norm yesteryear, but eradicate flora and fauna?

Yes, there are many people. But rather than pursue one child policies, free choice must remain, yet allow markets to move towards a sustainable future: charge real prices.

In sport there is something called 'the second wind', when drawing on hidden reserves during exercise. It is needed to solve the riddle of population and business growth versus nature destruction. Open a new door in the mansion of one's head.

Everyone gets hungry. But what we eat is a matter of choice.

It is true that there are more well-off human herbivores than poor ones. Over 80 million. Sick of abusing mammals. A fast-growing segment of society, it still is a small percentage of consumers today.

It took laws to convince people that involuntary bondage of humans was terribly wrong. The maltreatment of mammals may go the same route.

Gaia is hurting badly. Something needs be done: Environmental Footprint Laws.

## What is the difference between my Higher Self, my Soul and my Spirit?

A question many people ask, which I will do my best to answer, based on my 30 years of clinical practice helping people understand that they are more than just their physical body.

Our Higher Self, Soul and Spirit are eternal, part of and inseparable from All That Is, where everyone and everything originates and ultimately merges.

**Your Higher Self** is not separate from you, it is that infinitely wise, loving, all knowing, powerful part of you that helps guide your own unique path life through life by means of signs, messages, tools and symbols, reminding you of your infinite potential.

It's that quiet whispering in you heart you hear before the thinking mind engages, the feeling you get when you just know something is right or wrong.

In order to hear these whisperings, we need to be still, not necessarily in formal meditation, just quietening the mind and observing any thoughts or impulses that seem to come from some deep place inside of you.

With practice, you can ask your Higher Self questions and receive more direct answers. To partner with your Higher Self in this way makes our passage through life so much easier.

Imagine receiving answers you can trust about whether you should take that job, enter that relationship, move to another location, what



by Auralia Rose

your body needs for optimal health!

The modality I practice called QHHT connects a person to their Higher Self through progressive relaxation, where they receive answers to any questions they may have.

**Your soul** is the eternal, infinite, unlimited, ageless consciousness inhabiting your body. The Soul incarnates from one lifetime to another and holds all of our memories from all of our lifetimes.

These memories and experiences mould our feelings, imagination, convictions, desires and emotions.

These soul qualities make us one of a kind having this human experience. The Soul also holds your karma and what you need to learn and master through the incarnational process.

I can help you identify your Soul qualities: is it old and wise, young and playful, innocent, loving, all knowing, soft and gentle, powerful and strong, does it have colour? It is a very



beautiful and moving experience when we "meet" our Soul.

**Spirit** is the connection between Source and the Soul. There is no life without Spirit, it is life itself.

Through Spirit we are connected to everything and everyone. When a person dies and their Soul leaves the body, Spirit remains with Soul.

When a person dies the Spirit/Soul withdraws from the physical body and exists in the infinite non physical realms of Love and Light.

At this amazing time of earth's ascension into the 5th dimension, we have the unique opportunity to more easily reach those higher levels of consciousness, which makes the merging of our Higher Self and Soul much more attainable than has been possible for many

thousands of years.

With that comes the understanding that the Higher Self is who we are. As we intentionally awaken and merge with our Higher Self and Soul during our evolutionary ascension process, we begin to connect back to the very heart of Creation Source. What an exciting adventure!

Thank you for reading this far, I do not have definitive answers to these grand questions, but I hope the understandings I have gleaned from my many years working with both the physical and non physical part of us has helped, or at least given you something to think about.

Past life and higher self sessions available in Murwillumbah, please call for a chat on 0422-481-007. [auraliarosewellbeing.com](http://auraliarosewellbeing.com)

# Goetia

**Tarot musings**  
by Amy Scott-Young (Amy.B)

This is a representation of a sigil from the *Goetia: The Lesser Key of Solomon*.

This goetic grimoire, compiled in the mid-17th Century, is based on King Solomon's ability to command evil spirits through the use of a magickal ring that was entrusted to him by Archangel Michael.

There are 72 spirits in the Goetia's Lesser Key and it was Crowley, in *Liber 777*, who published their link to the 36 timing cards of the Tarot (i.e. the four suits of numbered cards from 2-10) and the 36 decans of the zodiac.

Crowley's goetic system divides the 72 spirits into 36 of the day and 36 of the night. It then allocates a day and a night spirit to each Tarot card.

The goetic spirits Crowley allocated to the 10 of Pentacles were the 18th, Bathin (of the day) and the 54th, Murmur (of the night) who both answer to the 3rd decan of Virgo (i.e. 20-30 degrees).

This follows the same decanate system of the Golden Dawn which also attributes the third decan of Virgo to the 10 of Pentacles. There are some differences between the decanate and goetic systems though.

In relation to the third decan of Virgo, the decanate system assigns Mercury as its ruling planet, represented in the imagery by the dogs on the card. However, within the goetic system this same decan is ruled by the planets Venus and Mars.

Venus is represented in the imagery by the woman and also the Scales of Libra whose planetary ruler is Venus. Mars is represented by the man and also the Tower which is associated with Mars in the Tarot.

Of the two goetic spirits attributed to the 10 of Pentacles, it is the 54th, Murmur, that we see represented on the Waite-Smith card.

"The 54th Spirit is called Murmur, or Murmus, or Murmux. He is a Great Duke, and an Earl; and appeareth in the Form of a Warrior riding upon a Gryphon, with a Ducal crown upon his Head. There go before him those his Ministers with great Trumpets sounding.

"His Office is to teach Philosophy perfectly, and to constrain Souls Deceased to come before the Exorcist to answer those questions which he may wish to put to them. He was partly of the Order of Thrones, and partly of that of Angels. He now ruleth 30 Legions of Spirits." – Mathers

These goetic sigils are generally associated with evil or black magick. However, Crowley believed that only those who feared themselves considered goetic practices to be evil.

The sigils are in fact used in a form of ceremonial or ritual magick to stimulate or regulate an altered state of consciousness with the aim of releasing the darkness hidden within us all.

Before we are able to overcome and manage this darkness, we must first sit with its pain and of course, if we are not properly prepared, we run the risk of being unable to return from it.

As Waite suggests, our success here "will depend upon a recollected and devotional spirit in the operator, together with a clean conscience; otherwise, in place of commanding the evil spirit, the latter will command him (sic)."

If success is achieved however, the rewards are said to be truly remarkable, allowing us the opportunity to obtain that which we so desperately desire and strangely enough, also fear – that is, having control over one's life and being free from the illusions of the present.

"If I stand for anything, it is the acceptance of everything – except, perhaps, for the hypocrisy demonstrated by many mystics who seek the light by running away from the darkness." – Crowley

Amy.B is the researcher and illustrator of *The Unveiled Tarot* [www.AmyB-Chalk-Art-Tarot.com](http://www.AmyB-Chalk-Art-Tarot.com)

