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SURVIVAL MATTERS: GROW YOUR OWN INSECTICIDE

by Thom Culpepper

Creating insecticides that are as near as they can be, harmless to non-pest, harmless species.

Big-Ag and their captured burosaur have now monopolised control over most of your gardens and farms. They now have greenmailed you into their webs and traps of food-control-power. They have monstered you into corporate, pest-chemical dependence.

There are some ways to seize back your independence and agency! First, by knowing what the rackets are and understanding what and how the corporate-food-finance mongrels have stolen your society's historical knowledge and utilised it to obtain 'full-spectrum' control over your very survival.

They have managed to steal most of the genetic material from the farming and agriculture communities. This material is the work and genius of the 'landed' rural peoples, not the avaricious finance-clans of the cities, these merchant-town mobs who make up the 'dealing-classes' of usury and capital.

I will give one example of technology of this fiat-finance-controlling class.

It's the story of Tobacco (*Nicotiana glauca*), a plant used by the Meso-American peoples for aeons for various reasons and purposes and by the Australian First Nations peoples, their plant being Pituri or Mingkulpa (*Dubosia hopwoodii*), used for much the same purposes, hunting, narcotics, spiritual and anaesthetic aids.

The tale of Baccy. From the 1490s, when Tobacco reached Europe, through Ag-pest control after the 1780 on into Oz and on to today's nasties, the Neonicotinoids of Big-Ag-Chemistry.



Tobacco

By the 1800s Oz and Old Blighty needed feeding, Irish strife had resulted in a lot of people being 'encouraged' to 'migrate' to the Antipodes, as "assisted" passengers, so to speak.

Squatters and farmers were having a bastard of a time with Ag-pests, lice on sheep, grubs in the fruit and thrips knocking hell out of the grains, especially the wheat and barley (bread and beer).

Some bright spark noticed that tobacco steeped in water bought these nasties under control and noticed another use for the butts.

Tobacco at that time was banned from being grown in the colony by the then Governor Phillip, he didn't ban it for druggy reasons, he just wanted the necessary use of the ag-land for food and besides his 'deep state', the 'MIC' of the time, his army had a monopoly on imported slave-grown rum and American colonial, slave-grown baccy.

Anyway, the world and its minders (the taxman) was waking up to the fact that lots of bucks and quids were to be made from this 'weed'. Tobacco has too much nicotine in-the-raw, so to say. So

what to do? Wash the crop, soak out the excess Nico and sell the supernatant.

Again the old Yorkshire chestnut: "There's brass in muck" never fails.!

On into more filthy-lucre times. "Farm-grown? Can't have this, they might knock up home brew", so let's get the natural banned and get a monopoly on a hard-to-make factory substitute.

Viola! Now all the insects are carking it due to this man-made ultra-poison, Neonicotinoid. "Collateral damage? Not our affair, stock market prices tell the facts." Profits and taxes, a bordello made in heaven.!

It works, more unearned spondooly. More tax-dodges? "Nah. After all, it's Ag, mate, it's Ag, it's fairdinkum, it's for the good of the land". Besides mate, butterflies don't vote.

One solution: grow your own! You can, you know. It's even legal. Just don't sell it.

Get some seed. Make a compost bed, rich in potash and nitrogen. Propagate the seed in a very wet environment. On a brick of coconut coir in water, transplant, keep moist.

Grow out the leaves and harvest when yellowing.

Dry to about 6% water content. Steep leaves in boiled/boiling water for an hour, soak for a day or so add one packed cup of chopped leaves to 4 litres of water, add 50 grams of 'Flowers of Sulphur' and 50 grams of Soluble Copper Sulphate or C. Hydroxide, reboil, cool and filter. Fill spray bottle.

Another way is to dry thoroughly and powder, with your spice/coffee grinder. It keeps chook nesting boxes free of bird lice and ticks. Dust tomatoes, cucs and peppers, kills cabbage and turnip moth larvae. Microwave for five minutes to kill viruses before you apply. Wash the foodstuff before using.

Keep smiling!

thewholeearthveg@gardener.com

The best time for weeding

Weed Words

by Triny Roe

The best time for weeding was a long, long time ago. The second best time is now! Don't let them spread any further.

Weeds, ie opportunistic invasive species which grow where we don't want them to, are here to stay, but we can reduce their impact. Seed of some species can last a long time. The oldest seed ever germinated was 32,000 years old. It had been preserved in permafrost though the millennia.

Even without deep freezing, seeds of many species can still sprout after decades of lying dormant. Perhaps the old adage "One year seeding, seven years weeding" reflects the average. Seeded bananas' hard coated seeds are viable for over 25 years! Get onto new arrivals quickly and prevent them entrenching, or utilise them. Many are useful. Just don't let them spread.

Parramatta grass, *Sporobolus africanus* and its cousin giant parramatta grass, *Sporobolus fertilis* are tough and wiry. A native of Asia and Melanesia, these



Cuphea invades boggy areas

grasses can grow in the hard dirt beside a road or driveway, but equally love to spread through a paddock. Drought tolerant, these clumping grasses can adapt to a range of soil types.

Once arrived in a pasture, they will proliferate as stock preferentially graze to avoid them. They can't chew the fibrous stems. Even mowers struggle with it. If no other grass is available and cattle do eat it, their teeth will wear down prematurely. The sticky seeds on the flower head adhere to vehicles and animals, making it a super-spreader. Seed can remain viable for ten years.

A tricky grass to deal with, the thick fibrous root system grips tightly and the tussocks resist pulling out by hand. Weeding tools will be required to encourage them to release their hold. If there are only a few, treatment with a fire wand to burn out the crown has been shown to

be effective.

Biocontrol can be employed for large infestations. Parramatta grass is susceptible to an endemic fungus *Nigrospora*, which causes crown rot. Source local diseased plants and introduce them to the paddock, placing them at the top of slopes to distribute the spores.

Another sticky, tricky species, Columbian waxweed, *Cuphea carthagenensis*, aka cuphea, is also a pest plant of paddocks, roadsides and bushland. It loves wetlands and other damp boggy areas. With pretty little purple pink star-like flowers and sticky hairs on its stems and leaves, while not considered toxic, it is not palatable to stock and will degrade lawns, pastures and crop land, and can also invade natural areas.

Originating from South America, it has spread to Central and North America, Asia, Africa and Oceania.

Indonesia lists this plant in its top ten weeds due to its impact in the corn fields. Cuphea also has a tenacious root system which needs assistance with an implement to release from the soil.

Used in traditional medicine in Brazil, it can treat a variety of complaints. Efficacious compounds have been isolated from plant tissue and cuphea extracts have demonstrated anti-viral and anti-microbial activity.

Sometimes the weeding jobs seem insurmountable. Exotic opportunistic species grow fast and keep coming. Areas stripped by floods and landslips are prime sites for aggressive species which quickly colonise bare ground. If there were no weeds, the endemic species would step up and do the job, but introduced species often grow faster and more vigorously and outcompete the natives.

It's hard not be overwhelmed by the size of the task. The good news is, you are not alone. Landcare groups can offer support and various grants are available. Council weed officers can also help with identification, advice and resources.

Happy weeding.

ON AUTO-PILOT

by Scott O’Keeffe, ecologist

All animals need to sleep to maintain brain function, but many are exposed to risks that force them to be constantly alert. Those need to remain vigilant for prolonged periods to avoid lethal hazards.

Some, like wild ducks, must remain alert because they are constantly at risk of predation. Other animals undertake continuous long distance movements, during which they are unable to sleep completely.

Arctic shore birds for example make seasonal migrations between the northern and southern hemispheres. This takes them over thousands of kilometres of open ocean where there is nowhere to land and rest.

Similarly, some types of aquatic mammals migrate long distances without stopping. They must maintain vigilance in order to navigate. For those that are unable to rest on dry land there is also the problem of being able to sleep without drowning.

Somehow all these animals must be able to maintain seemingly opposite states of consciousness and sleep. How is this possible?

The short answer is that despite having a similar structure to the human brain, animal brains do not all function in the same way. Humans and a wide range of other animals are either asleep or awake. This means that both of the two halves (hemispheres) of the brain are simultaneously either awake or asleep.

Whereas many other animal species that need to be hypervigilant have evolved the ability to maintain each hemisphere of the brain in a different state. One hemisphere can be in a state of sleep, while the other remains alert. Over an extended period, each hemisphere will receive the same benefit from the restorative state of sleep.

The technical term for this adaptation is “unihemispherical short wavelength sleep”. I’ll abbreviate this word salad to USWS.

The champions of sleeping with one eye open are birds called swifts. Swifts spend at least half of their lives in constant flight. They feed aerially and alight only to nest. Some species roost to sleep, but all spend enormous amounts of time in highly acrobatic flight.

The common swift (*Apus apus*) migrates between Africa and the UK. Tiny data-loggers attached to these birds show that they spend ten months of every year in continuous flight without landing. We think that they maintain alertness and brain health during this period using USWS. There are four species of swifts in Australia, and another two that occasionally wander here from Asia.

The white-throated needletail (*Hirundapus caudacutus*), is commonly seen in the Northern Rivers district in summer, often at the head of advancing weather systems. Both of these swifts spend very long periods in continuous flight, and probably also use USWS to remain alert.

Oceanic (pelagic) birds such as frigatebirds (*Fregata species*) also use USWS to maintain vigilance and navigate during the long periods during which they remain aloft.



Australian white-throated needletail, a bird species that uses USWS during their extended periods of flight. Courtesy Tom Tarrant

Of the 350 species of pelagic birds, there are almost certainly many more that use USWS.

Some gregarious ducks use USWS to remain alert and avoid predation. Not only that, they coordinate the use of this vigilant state between members of a flock.

Ducks on the outer edges of flocks of mallards (*Anas platyrhynchos*) act as sentinels. They stand with one eye open (an indicator of USWS) and facing outwards away from the centre of the flock. Thus, the entire flock is surrounded by an alarm system that can sound a warning against potential attack.

These sentinels eventually move back towards the centre of the flock, where their vigilant state ceases. They are replaced by other members of the flock to ensure that the whole flock remains protected. This has been well studied in mallards, but other flocking waterfowl such as the Pacific black duck (*Anas superciliosa*), probably also use USWS to maintain vigilance.

Dolphins such as the Indo-Pacific bottlenose dolphin (*Tursiops aduncus*), also use USWS. The alert hemisphere of the dolphin’s brain controls swimming and surfacing to breathe while the other hemisphere is in a sleep phase.

As with the mallards, groups of dolphins (pods) travelling together can coordinate their USWS so that each side of the pod has sentinels with one eye open and facing outward to watch for predators.

Fur seals also use USWS to remain at the water’s surface and breathe. One flipper is used to move the animal and maintain the correct orientation for breathing.

Not much is known yet about how USWS is regulated other than that the neurotransmitter acetylcholine is released differentially in the brain to regulate USWS.



Pacific black ducks are related closely to mallards and may use USWS. Seen here with another gregarious species, the Australian white-eyed duck. Courtesy K van Vuuren



Indo-pacific bottlenose dolphin. Courtesy Mike Prince

Likewise, we’ve only begun to discover all the mammals, birds and reptiles that possess this remarkable adaptation.

You’ll have a good chance to see one or two of the Australian swifts during the current season when thunderstorms and large weather systems move through the region.

Look for white-throated needletails (*Hirundapus caudacutus*) and fork-tailed swifts (*Apus pacificus*) in small groups, or if you are lucky, huge flocks that soar at the head of approaching systems. They look a little like swallows, but their aerial skills will be obviously more advanced. With good binoculars you might be able to see whether any of them are flying with one eye closed!

Email Scott O’Keeffe at: malurus@posteo.net

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The Medieval months & the Eucharist

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

With regard to the court cards of the Tarot, The Golden Dawn gives us a very specific astrological framework to consider. It tells us that the Knights, Queens and Kings are each allocated a 30° segment of the zodiac wheel except they are all shifted back by one decan (10°). For example, the Knight of Wands covers the 3rd decan of Cancer [20° – 30°] and the 1st and 2nd decans of Leo [10° – 20°].

If we trace this unusual framework back throughout history, we can see these same astrological allocations in the volvelles of the medieval period. The segment pictured is taken from *Cosmographia* 1564 by Petri Apiani and is entitled "Sol's Theoretical Instrument".

You'll notice that the month of July (IVLIVS) corresponds with the astrological allocations of our Knight of Wands, that is, the 3rd decan of Cancer [20° – 30°] and the 1st and 2nd decans of Leo [10° – 20°]. And it is the same with all the months on this medieval volvelle; each one corresponds with the astrological allocations of a Knight, Queen or King of the Tarot.

You'll also notice that this means the medieval zodiac sign dates differ from the ones we use today. Continuing on with our Knight of Wands example, the dates for Leo in medieval times began around 13th July, while in modern astrology, the dates for Leo begin around 23rd July.

You might be wondering why the medieval Zodiac sign dates differ from the ones we use today?

This is because the Medieval dates are based on the Julian calendar. Since its inception in 45BCE, this calendar gradually drifted away from the equinoxes and the solstices.

To make up for this error and to get the calendar back in sync, a new calendar, the Gregorian, was introduced by Pope Gregory XIII in 1582. It appears that the Zodiac sign dates also changed around this time, likely due to the fact that 10 days were wiped out of the year in which this occurred.

Not all parts of the world gave up the Julian calendar and its use is still continued within some Orthodox Churches today. And of the Orthodox Churches who do not use it there is still one great feast that they continue to calculate in line with the old Julian calendar.

Easter, the Eucharistic feast, the feast of all moveable feasts!

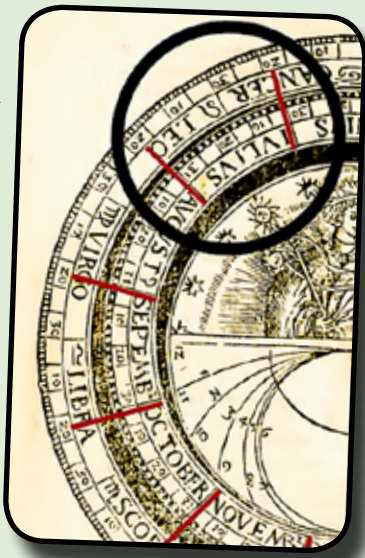
So, what does this have to do with the Tarot? What I can tell you is this... the Eucharist is a prominent feature on the Rider-Waite-Smith Ace of Cups card and it is quite an advanced concept that requires a much deeper investigation for those so inclined.

Perhaps this quote from *The Hidden Church of the Holy Graal* written by Arthur Waite in 1909 might compel one to begin such an investigation:

"We shall make acquaintance successively with the various entanglements which render the [Holy] Graal legend perhaps the most embedded of all cycles. I have said that the Sacred Vessel is sacramental in a high degree; it connects intimately with the Eucharist; it is the most precious of all relics for all Christendom indifferently ...

"And yet, at the same time, the roots of it lie deep in folklore of the pre-Christian period, and in this sense, it is a dish of plenty, with abundance for an eternal festival ... It is like the cup of the elixir and the stone of transmutation in alchemy – described in numberless ways and seldom after the same manner... and blessed are those who find it."

Amy.B is the researcher and illustrator of *The Unveiled Tarot*
www.AmyB-Chalk-Art-Tarot.com



Saving lives and synchronicity

Last month I was left wondering whether the woman I'd drafted an enduring power of attorney for had found a lawyer to witness her mother's signature at the hospital.

Weekend over, she arrives with the bundle of papers, dutifully signed by mum and an unidentified person; two scrawled signatures, undated. She wants me to date it. I can't. I wasn't there. My associate would be horrified.

As I'm about to take her back to my desk, another Indigenous person arrives. "I've got a problem," he says, collapsing into our ridiculously comfortable couch. I've known him since Sally picked him up hitching decades ago and brought him home to our shared house where he stayed a few days before disappearing.

We decided yesterday he would've been about 11. Years later he found me at the farm and stayed for a night. Recently he turned up again and I did his father's will.

It's busy in the office after the holidays. I have

a secretary and associate waiting with questions for me. I return to the other client and ask how her mum's going.

"Oh, she died. Yesterday." Tears flow. But she's handling it well. I explain how the POA doesn't matter anymore and ask her if there's a Will. There isn't.

"Does she have any property? Huge amounts in the bank?"

That gets a smile. They're both on the lease. There's a funeral fund. She starts telling me about the arrangements. Keeping busy is good. I advise all she needs is the death certificate and say I won't be sending her a bill. If she has problems, call us. She leaves. I go back to my old friend, collapse next to him.

"What's the problem?"

"Cops rang my sister, want to get my DNA."

"Why?"

"I dunno. When I was at Glen Innes, they called me and my cell-mate up and tried to get it but it didn't work or something. Can they get it now?"



Legal writes
by John Adams

He assures me he's been good since he got out. I check the *Crimes (Forensic Procedures) Act 2000* and tell him he has nothing to worry about, get them to call me if they turn up again.

"When did you get out?"

I then ask, and that's when he tells me something about his life.

"Last time? 2014. You know, every morning for years I used to wake up with one thought, I need a fight. And I'd go out and get one."

Now he's on his green P's and hasn't been in trouble since. I go outside with him,

say hello to his father and meet his teenage daughter waiting for him in the car, and he's gone. Two pro-bono conferences done. No follow-up required.

Later, dining with lawyer friends, I tell the story. Helen says, "Sometimes it only takes one good influence in their lives to save them," or words to that effect. I think she means me.

Could it be true that he'd hung onto those few days with Sally and me in his mind, and thus been saved? Doubtful.

Next day, with an old friend, telling a new one how he and I had met, he was up to the bit where, long before I'd met my now long-dead wife in Sydney, he'd been her student drama teacher then lover in Melbourne.

Our new friend, hearing the name and having identified the school, said, "That woman saved my life." At 13, during a difficult childhood, she was in her class. That was enough to keep her going.

I decide to adopt Helen's theory as a working hypothesis.

Seasonal allergies

With summer holidays, gorgeous beaches, river and National Parks at our doorstep we had friends and family visiting.

One teenage lad was suffering from severe hayfever. Interestingly he walked immediately to my flowering perilla plant as he recognised it to be Japanese shiso.

I'm not sure he was aware of its medicinal properties for hay fever and other allergies. I encouraged him to eat a few leaves throughout the day. It turned out he didn't like it quite as much as he did when in a salad or food dish.

I grow perilla (*Perilla frutescens*) to make a fresh plant anti-allergy tincture from the leaves and flowering tops. I actually don't like the taste either (I think it tastes like stink bugs – not that I've eaten them), but I find the tincture is more pleasant. I was reminded that it's getting close to the seasonal hay fever time of year. My perilla is mature and begging to be harvested (today's job).

I have some favourite herbs that I would consider in a hay fever herbal mix. As well as anti-allergy herbs, I like to include immune system supporting herbs. I sometimes use andrographis (*Andrographis paniculata*) if immune stimulation is indicated, especially if the liver needs additional support.

However it tastes extremely bitter, and can risk actually causing an allergic reaction in



Nature's pharmacy
by Trish Clough, herbalist

a small percentage of people especially at high doses.

A safer favourite of mine is baical skullcap (*Scutellaria baicalensis*) or Chinese skullcap. As well as its properties as an anti-allergy herb, it's also strongly anti-viral and anti-bacterial. It modulates inflammatory cytokines produced by the immune system and in this way is very useful for chronic infections including Lyme Disease and Long Covid.

Another herb to add to the mix is nigella (*Nigella sativa*), also known as black cumin or simply black seed. It is anti-allergy, anti-inflammatory, anti-microbial, and also beneficial for the liver and kidneys. It is especially helpful if there is sinus congestion. Its aromatic oils have a clearing action and help to open up the breathing when there is nasal congestion.

An Ayurvedic herb called *Albizia lebbek* is also useful with allergy symptoms



including eczema as well as hay fever. For people who can't tolerate the small amount of alcohol in the tincture mixes, or who can't manage the taste of them, I also have access to a tablet formulation of albizzia, baical skullcap and nigella seed.

Unlike many products on the market, it is manufactured from the tinctures which are then slowly evaporated to remove the alcohol. This method captures the full range of medicinal actives in each herb, and provides a therapeutic dosage.

When there is a lot of inflammation in the nasal passages I like to include some soothing herbs for comfort. Options could involve marshmallow, chamomile or lemon balm.

Additionally, the use of an electric essential oil diffuser can be very soothing. I like a blend of oils including peppermint (most important), eucalyptus, lemon myrtle and lavender and use just a few drops in the diffuser. It has a pleasant aroma, not too medicinal.

There is a longer-term

strategy I recommend for people who chronically suffer from hay fever and sinusitis. Chronic allergies indicate a poorly functioning immune system.

I have successfully managed this in a number of people by using a 3-6 month protocol of rebalancing and restoring the gut microbiome followed by liver detoxification and support for healthy functioning. This includes herbs, nutritional supplements and dietary support.

It's quite a commitment but well worth it in the longer term to damp down (and sometimes eliminate altogether) the allergic immune response.

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

The information in the column is meant for general interest only and should not be considered as medical advice.

Therapy as a collaborative journey

The other day I went to a party held by the old school friend of my brother. There I met her fourth husband who effectively cornered me to say something along the lines of how men like himself would never go to a psychotherapist, because they don't want to share their minds with another woman, apart from their partner.

I heard, in the subtext, that he expected me to say that I cared about what he had to say. But actually I don't, and I said so. I have no interest in working with anyone who doesn't want to be there, even if that someone is sent by a friend or partner for therapy. Unless a client wants to be a client, what they think about the possibility of becoming a client, or not, is irrelevant to me.

Doing therapy is a collaborative process. Without the spirit of collaboration, no words can be of any value. We, after all, have freedom of choice to do the therapeutic work, or not.

This conversation got me thinking just the same and that thought converged with some reading I've been doing in recent times. What prompts a potential male client to choose to come to therapy with me in particular? Why do clients, men and women, choose a female therapist over a male therapist?

What choices do I make in this regard, and why? How are my choices compatible with those of other people? And so on. I can't really respond very much to these questions as they are still formulating in my consciousness. I shall, however, try to address something of the gist of it all.

Current research is indicating

that – given an actual choice – 74% of men prefer to see male therapists but will come to see female therapists because of an actual lack of male practitioners. The reason given is that they perceive male practitioners as more authoritative. What exactly is meant here? A male therapist who tells you what to do, or gives the appearance of being in command, or is non-committal, or cares, without showing they care, or what?

The word 'authority' has come to mean someone who has taken power from the people to him/herself, so that the others are disempowered. Interestingly, the other meaning of 'authority' relates to that of 'authorship' (our capacity to determine our own life destiny).

In here, I can see the history of psychotherapy played out from the early forms of psychoanalysis: the therapist who sits back and doesn't engage with the client; to the more modern kind, where therapy is collaborative. Some men, it seems, still buy into the first understanding.

A good well-trained and experienced therapist, male or female, is just this. Their gender probably doesn't matter all that much. Again, current research is examining this and finding this to be so, as an objective fact.

How we read and socially construct the idea of a male versus female therapist changes the way many of us respond and interact. We are, however, all individuals and some are more constitutionally fatherly or motherly, and some not at all.

I am a female psychotherapist, and I care about my clients, but not



by Dr Elizabeth McCardell

– I believe – because of my femaleness. I care, because of my humanity, when I perceive care is required. I am not interested in forcing my care upon others if they are not interested in the reciprocity of care, for giving and receiving is a reciprocal process.

I am a critical thinker, by my philosophical training and basic nature (I suspect) and thus my interactions with others gives them space to pursue their own destiny on their own, unless they choose to work collaboratively with me on their healing journey.

Good therapy is collaborative, and it is a journey. Sometimes, for me, as therapist, it feels like walking together with my client across rocky terrain, across gentle fields, over hills, down valleys, into dark places with ghouls and strange sounds and fleeting memories; walking and working together to make their journey safe and understandable.

It is an honour, and I am happy to be there with my fellow journeyer.

Dr McCardell is relocating to Fremantle in February, but will still be available for on-line consultations. Phone/text: 0429-199-021 Email: dr_mccardell@yahoo.com

Why do we reincarnate?

Why, indeed. Particularly when so many of our lives have been difficult ones, studded with pain and trauma. There has to be something in it for us, else why bother? Particularly as the realms we find ourselves in after we die are beautiful beyond belief.

Earth can be a very difficult realm to be born into. It's considered a type of cosmic classroom, for it is where we come to learn things, and those learnings often do not come easily, too often involving suffering. Yet we keep turning up, time and time again, in a new body, a new place, new time, a new environment.

Perhaps the overriding and most compelling reason to reincarnate is the soul's desire to experience all facets of physicality, to express itself through creative pursuits, to learn and understand things, to feel and express emotions.

It yearns to grow through letting go of old habits so it can thrive and expand, connect and share, relate and live in harmony with all life, to love and be loved. Growth and learning are very important and reincarnation offers unlimited opportunities for soul growth and to achieve new levels of understanding.

For those interested in the topic of reincarnation, check out Mellen Thomas Benedict who died and returned to his body after 1.5 hours and remembers everything that happened on the other side. He shares some fascinating



by Auralia Rose

information about his experiences and says that from the soul's perspective the blending of the soul with a physical body is immensely sacred and desirable.

Even on our worst day or when we're in pain, the soul would give anything to be in that body even for a day! Makes you think doesn't it, when we take this body for granted or worse, criticise it or become over-identified with physical pain?

Sometimes the motivation to reincarnate is to re-experience a particularly happy, enjoyable lifetime, perhaps one where we had a beautiful relationship or grand love.

Sometimes our addictions call us back. They become encoded onto the soul and get carried with us into future lives if not mastered during the lifetime.

We can also become trapped in a sort of karmic retribution cycle, a seemingly endless switching of roles from one lifetime to another. In any type of relationship where there is a pattern of victim/victimiser, whether it be acted out in work

environments, romantic or parent/child relationships, the resentment and anger builds and becomes encoded, which only stops when one party lets go and chooses a more enlightened attitude.

When we are conditioned to believe in a certain way, be it through religious indoctrination, societal or family beliefs, we often forget the one thing that truly matters, and that is the soul's desire to find meaning through connection with their own divine source.

If religious beliefs are strong and a person believes they will be punished after death, it creates a strong encoded energy on their soul and they may just find themselves in a version of what they think Hell is.

Far better I think to believe in a benevolent force greeting us when we exit our life and to make peace with ourselves and others before we depart this earthly plane.

One of the most evolved reasons for a soul to return is to be of genuine loving service to people and/or the earth. It is one of the greatest expressions of love.

Our souls' ultimate goals are truth and love. They never intend us to suffer for the sake of suffering, there's always a lesson, a gift for us or for someone else, a transformation into something far greater.

That's why we reincarnate.

Past life and higher self sessions available in Murwillumbah, please call for a chat on 0422-481-007. auraliarosewellbeing.com

From the bottom up

I was 21 in the Egyptian Sinai, 1988 when I realised the Bedouin I was travelling with held me in contempt for my lack of personal hygiene.

I was unceremoniously banned from eating with them as I could not manage the technique of using a single bite-size piece of pita bread to scoop food from the communal bowl of Ful Medammas, without touching either the food or my mouth with my fingers.

They knew I wiped my ass with my right hand.

I was not desert toilet-trained and therefore a real liability to their health. It didn't take long to realise the reams of toilet paper I had used as a child, wrapped around my hand like a glove to protect me from the "devil's sacrament", served only to insulate me from our culture's stupidity with regards to ass cleaning.

Back in my Cairo slum lodging, I looked with more interest at the strange brass

tube that poked up under the toilet seat.

Cautiously, I experimented with water pressure, ass placement and the careful use of my left middle finger.

Unfortunately, the toilets were communal and, as every other unhygienic backpacker had a stomach bug, the tubes were often caked in dried diarrhea. Obviously there were refinements needed to the Egyptian system!

After much globetrotting, I have discovered that a lot of cultures prefer "pink eyes" to "brown eyes". Hygiene is super important in hot countries that eat with their fingers.

Later on, as a young hippie, I remember trying to convince a Giardia-infested rainbow gathering to stop holding hands in a circle and wash properly... unfortunately it was not well received, and the diarrhea and troppos spread rapidly.

Letting go of my toilet paper addiction was a game-changer for me. If I could make such an immense cultural leap forward, from the bottom up, so to speak, I could subvert any paradigm thrown my way. I was free to think outside the box on any number of things.

Pushing cultural boundaries around, the way we deal with our shit has been a very satisfying job for many years, both as an eco-sanitation consultant and general shit stirrer.

These days I have reverted to a small use (three sheets) of toilet paper initially, then a thorough washing with a water bottle, then hand sanitiser to finish the job.

I burn the toilet paper, rather than composting it, as a bit of ash is good for compost and paper can get wet with urine and create an ammonia smell in the loo.

Anyone with a small batch type compost loo should avoid putting toilet paper



View from the loo

by Stuart McConville

in it, as it prevents effective air flow and fills up the chamber too quickly.

Apologies to the faint-hearted, but if you have read this far then you have earned the right to start experimenting with water yourself.

Good luck and watch out for splash back...

Stuart McConville runs Pooh Solutions, compost toilets and waste water services: www.poohsolutions.com.au phone 0427-897-496.



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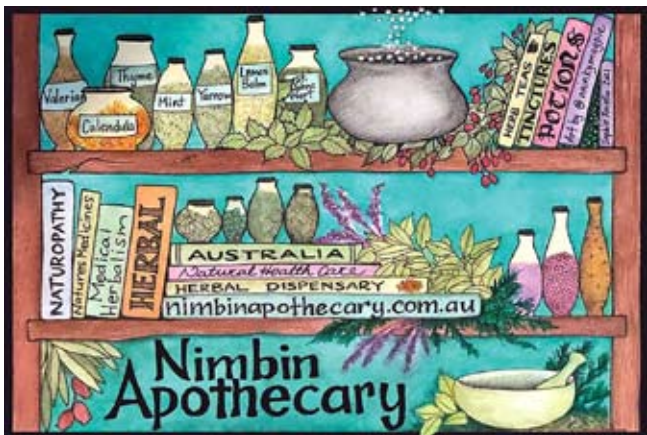
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by Sonia Barton

Over the past few weeks I've been feeling the passion from many folks and they're giving me the same message that it's okay to say 'no' to anything you don't want to accept.

One example is going out for coffee or food and it's not up to standard; from now on I'm just going to ask for my money back and not accept the food if it's below an acceptable standard.

Another example is a friend who has been injured by the Covid vaccine. She is being pushed by her employer to have 'boosters' but is afraid to say 'No' – so she will go ahead even though her health could be affected even more. It is okay to say no.

I went to buy some new knives from a large kitchen store in Tweed Mall, and was shocked that they weren't

It's okay to say 'no'

taking cash any more; they have a card only policy. Of course I walked out after speaking with the assistant.

She said they were losing a lot of sales and there was nothing they could do as it was company policy. But there you go, people have used their power and said no to using card only.

When we were children we were programmed to be 'nice' weren't we? Because of this, I think a lot of people are afraid of standing up for themselves. I know that it feels scary the first time you do it. They don't want to make a scene or embarrass the staff member even though they aren't happy.

The first time you say no to any kind of officials or to any orders that you don't feel comfortable with can feel confronting.

That is human nature; we don't want to upset people. However, the powers that be use that trait in us to direct us and force us to do things that we aren't totally happy with. They know we don't want to upset anyone by saying no.

We are truly at a turning point in the modern history



of our world. Can you feel it? Have you seen it on social media, demonstrators in so many countries are saying that word 'no' to being pushed into ways of living or being, that they don't agree with.

If we don't stand up for ourselves then who knows what kind of world we will end up living in.

We think "but what can I do to change things, it's only little old me?" All it takes is for you to make a choice, stick to your beliefs and that can make a huge difference in the world.

No is such a powerful word in itself. Be courageous. Everything is an offer. We can just say no to the offer if

it doesn't feel right. It can be seen as a negative response but I see it as empowerment.

We can choose to say yes or no at any choice point. You don't have to explain why you are saying no if it's the right answer for you at the time – just say the word 'No'. It will get easier and easier and you will know that you are more in control of your life and being true to yourself.

Wishing you an abundant overflow of health, love and prosperity.

Sonia Barton is a Bowen therapist and Reiki teacher practicing in Nimbin and Murwillumbah Phone 0431-911-329

Grungy grundys

Dear SSHS, I have a delicate situation with my boyfriend. By the end of the day in summer his nether regions emit a pungent odour which I understand is natural. The problem is that he often wants to wear his stinky underpants again the next day! He can't see the problem with this. Help!

–Patty Lovelace, Blue Knob



by Uncle Norm & Aunty Maj

She says

Hygiene is an important area when you are in close contact with another, especially down there! So it bodes well to keep an eye, or a nose, on what's going on.

A big part of what attracts us to a mate is smell, so we don't want to obliterate our natural aromatic pheromones with strong perfumes, aftershaves, deodorants, and the like.

My teenage son got in the car with us once and Norm and I said, "What's that horrible smell?" James said, "It's my hair product."

Norm said, "Quick, somebody fart!" James was offended, but then again, so were our noses.

Let's face it, we all get a bit of miasma in the pantular region by the end of the day. I remember in the 80s they put out a vaginal deodorant spray that everyone thought was the ant's pants, until it was discovered that it caused cancer. I think it's best to leave some things be.

My Google search shows me that in Japan you can buy ladies' deodorising anti-smell panties designed to kill gas, sweat and other unwanted odours.

Apparently 80% of bad odours are eliminated in the first 30 seconds (I don't know what happens after that?) and the underwear retains its functionality for about 100 washes. Perfect, you might think, but I don't see any made for men!

The thing here is to be hygienic. If something smells, there's a reason for it. His undies are full of smegma and bacteria of all sorts and need to be washed.

Buy him a pack of 20 undies and play a game where you guess what colour his undies are each day. But they have to be a different colour.

HE says

I once visited Currumbin Bird Sanctuary where they had kangaroos mingling freely with people in the picnic area. There was a big muscled male lying around like King Farouk, bollocks hanging out like a pair of six guns. He looked pretty pleased with himself and he stank like a sack full of arseholes. Sound familiar?

Now that old 'roo probably thought he smelt like a rose, as did all his females lying around contentedly nearby. Your boyfriend probably thinks he's a bit of a beast too with all that over-cooked DNA stirring around in his undercrackers.

The difference though is that, unlike the kangaroo, he's pretty much on his own when it comes to appreciating his unique biological signatures. The rest of us have evolved over the past millennia and would rather not catch a whiff of his knuttsack and mudsmiles thank you very much.

Maybe it's all your fault Patty. Have you been buying him inappropriate knickers with girly patterns or tight, uncomfortable styles? Maybe he's down to one or two pairs that he actually likes to wear that are suitably stretched.

Perhaps you should get a dog. Dogs love to dine on soiled daks. The more disgusting the better. A good dog can render a pair of grungy grundies completely unwearable in an evening. Here's a thought. Drop kick stinky and keep the dog.

The nurse tells the old man that the doctor wants a urine sample, a stool sample and a sperm sample. He says to his wife, "What did she say?" She replies, "She wants your underpants."

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

Arm and shoulder stiffness and pain

by Tonia Haynes

If you cannot lift your arm to full range, or are suffering sharp pain in your shoulders, or mid-back; and it can be excruciating, you may have from one to ten muscles that are not co-operating with others. Or you may have a rib that has moved out of position. The ribs move every time we breathe, bend, or move our arms. And if they are not absolutely in place, the pain can be most uncomfortable, because ribs do not need to be cracked or broken in order to cause pain. Lifting something too heavy, a fall, excessive coughing, or even emotional issues can create rib problems, or an overloading of muscles to the point that they stop co-operating with



other muscles. And treatment needs to be administered by a therapist who knows about the idiosyncrasies of ribs and how muscles can disassociate from other muscles. I was taught many years ago how to switch on muscles without causing excessive discomfort and after some years of research and being exposed to my own rib issues I also have some insight as to the techniques needed to persuade the ribs to once again, behave properly. I am in clinic in Nimbin on Mondays and also work from my charming cabin in the bush, just outside of Nimbin. Phone for an appointment: 0439-794-420. Love, light and good medicine laughter. May our future be gentle.

Natural Law

by Helene Collard

Happy New Lunar Year! The end of January saw a mighty lifting of the veil. This energetic release and opening allows for a major shift in dynamics. In an interconnected universe, this major movement creates a ripple effect, that resonates out into the field, exposing the status quo and forcing it to change. Ease into this change, one step at a time. Let this new landscape be a process of discovery. There is no need, nor is it desirable to rush. Many programs out there claim to get you there 'faster' yet the story of the tortoise and the hare, still carries important wisdom: 'Slow and steady wins the race'. Now more than ever, we must take care of our well-being – every day – and understand this as beneficial to the whole (rather than it being seen as selfish). The archetype of the martyr, where one routinely and regularly prioritises others' needs ahead of their own, is old-school thinking and counter-productive to one's own well-being, and, to the well-being of the whole. Both negative and positive forces are needed to maintain balance. Like magnets, the right amount of negative and positive energy is required to maintain powerful and sustained connection. Conflict (negative force) seems to be prevalent



in our world, therefore, to maintain a sustained balance, we must focus on cultivating positive energy – enough to balance (or meet) the negative energy – aiming for 50% positive and 50% negative (give or take). You get the idea. In the Tao tradition, if there is too much negative, with no positive to 'meet' it, the whole universe falls apart (and vice-versa). Think about this: where in your interactions, do you 'walk away' or disappear and let the universe collapse? Or where do you over-power and prohibit a balance of energy and power? Where again, the universe collapses. Next month in March, there will be significant changes that will reflect a new age of leadership and power. Use February wisely. **The Yemaya Centre is open in Lismore and Wollongbar** Distance and in-person Reiki treatments available. Reiki courses on website, shiatsu, Over 50's yoga. For information, enquiries and bookings visit: www.yemayacentre.com.au or phone 040- 656-797

The art of practice: setting the space

by Susan Paget

I was sitting in a Bali cafe, enjoying a morning coffee when some pops of colour on a public staircase across the road caught my eye. Dotted in the centre of each step was a single flower so that the overall effect was a vertical line of flowers, evenly spaced from top to bottom. So simple, but so lovely. Who did this? Was it a garden caretaker? Was it a random person who decided to decorate the steps? Every now and then someone walked the staircase, not seeming to notice the flowers at all. But I did. This subtle act of intentional beauty ended up inspiring a personal practice that many call 'Setting the Space' – a ritual that emphasises a feeling you wish to convey. If you've ever walked into a place that has a vibe, chances are good that there was some type of intention that went into making it so. In the case of the Bali stairs, the feelings I received from it were a sense of calm and inspiration. It reminded me so much about what I love about travel – those delightful surprises unique to the culture you're exploring. These flowers on a staircase were very "Bali" to me, and so creating the same experience back in Tuntable Creek was a lasting souvenir. Back at home, setting the space became a daily ritual. We happen to have stone stairs lining a garden path, so this time of year, with a gorgeous old frangipani tree in full bloom, my practice is picking up perfect fallen blossoms and lining them up in the centre of each step, one by one. With each beautiful flower, I think about creating a peaceful environment and, more than anything, my love of travel comes right to me in my own backyard. This was especially comforting during the lockdowns, a great realisation that we can run around the world as much as we want but there's a good chance that everything we're seeking is right inside. Kind of a Dorothy in the Wizard of Oz moment. Setting the space has a limited time-span. It needs to be continuously tended to, so the energy stays fresh. Flowers on the steps last just for a day, so before I lay fresh blossoms, I need to clear the old ones. And when this frangipani season ends, my ritual turns to raking the tree's leaves that cover the



ground. Setting the space becomes the practice of keeping that area beneath its sprawling branches clear. In some ways, setting the space can feel a thankless task. Only occasionally does someone mention the visual of a central path of flowers or a raked patch of land. But I hope they feel it. I certainly do, and that's enough. Here are a few tips for Setting the Space:

Name the feeling

Walk into an area you use often and ask yourself, "How do I want to feel here?" Calm? Inspired? Connected with a loved one? This is key because once you identify the emotional pull you want to have, you can simply find an item to anchor that feeling to and each time you see it, you'll be able to recall that sense you desire.

Keep it simple

You don't need a lot to do this practice. One subtle item, like a tea-candle lit daily against a favourite photo and placed somewhere that draws your eye, is very effective.

Do it for you

This ritual is about unearthing meaningful emotions and putting them out there in a gentle way. The self-discovery of what uplifts us is a step in being able to articulate that to others. How we want our space to feel and expressing that in a quiet way is deceptively powerful. Like those flowers on the Bali steps, setting the space is an offering from the heart and that goes a long way.

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 for more information.



Why worry?

by Magenta Appel-Pye

Recently I discovered an exercise that has changed my life. Five minutes of worry twice daily. Set your clock for five minutes and spend that time dedicatedly worrying. No less, no more. The first time I did it, I was amazed that I was actually able to turn it off. What a revelation! I realised I had been worrying 24/7 for the past six months and it was exhausting. The knot in my stomach relaxed considerably and continues to do so. Now, as soon as I wake up I worry for five minutes. I was going to anyway! After a while the same old worries get boring and I am waiting for the time to be up. After worrying I like to do one of the Mindful Movement meditations (on-line and free) which, in only about 10 minutes, makes me feel peaceful. When I start to fret during the day I remind myself that there is time for it later, not now. I realise that by worrying about other people I was projecting a future negative event onto them, and that was doing them no good whatsoever. It's probably even harmful, because I was choosing to believe the worst outcome for that person. Some people believe that they show care by worrying and that it says something good about them. We need to distinguish between caring about a situation –

including doing everything we can to help it turn out well – and worrying needlessly. Perhaps we could ask our loved ones if they want us to worry about them... or not. I realised that most of what I worry about is out of my control. Many things I agonised about incessantly for years didn't happen. I could have used my brain power for something better, like enjoying life. Humans seem to be programmed to worry. Why? We worry to pre-empt disappointment, but we end up suffering because we fear the future. There can be a superstitious element if we believe that worrying somehow lowers the likelihood of a dreaded outcome. Worrying mostly comes from a place of fear – of being judged or a fear of something happening that we can't control. In our busy lives and frantic world there is much to get worked up about. But if you give your worries undivided attention for five minutes twice a day (I usually only do it in the morning) and then stop, you will be amazed at how much more enjoyable life is. However, people who worry about everything may have a type of anxiety disorder called generalised anxiety disorder (GAD), and it might be good to talk to your doctor about it.

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